



Approved by the Executive Committee  
of the WKSF on January 11, 2018  
Pr. N°043/04 June. 2018 Milan, Italy



# REGULATION NOTICE APPLICATION

## Information letter for the **EUROPEAN CHAMPIONSHIP 2018**

### 1. Goals and Objectives

The competitions shall be held for the following purposes:

- to further develop and promote kettlebell lifting in the world, in the Continents;
- to determine competitions winners;
- to strengthen and expand international cultural and sports relations.

### 2. Dates and Places of Competitions

**EUROPEAN CHAMPIONSHIP**  
**PORTUGAL 08-11.11.2018**

Address: **Avenida Luis de Camoes**  
**S/N 4470 Maia**  
**Portugal**  
**Palacetto de citta Maia**

#### Programm:

**Thursday 08.11.2018 - ARRIVAL DELEGATIONS, WEIGHTING 16.00-20.00**

**Friday 09.11.2018 - COMPETITIONS LONG CYCLE MEN AND WOMEN (Additional weighting for athletes performing in Biathlon and Snatch among Women)**

**Saturday 10.11.2018 - COMPETITIONS BIATHLON WOMEN, SNATCH WOMEN (Additional weighting for athletes performing in Biathlon among Men), WKSF ordinary Assembly**

**Sunday 11.11.2018 - COMPETITIONS BIATHLON MEN, RELAY MEN AND WOMEN**



**DISCIPLINE:**

**MEN:**

- LONG CYCLE ELITE 32KG
- LONG CYCLE UNDER 22 32KG (1996-1999)
- LONG CYCLE AMATEUR 24KG
- LONG CYCLE VETERANS 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- LONG CYCLE JUNIOR 16-18 YEARS 24KG (2000-2002)
- LONG CYCLE JUNIOR 14-15 YEARS 16KG (2003-2004)

**WOMEN:**

- LONG CYCLE ELITE 20+20KG
- LONG CYCLE ELITE 24KG
- LONG CYCLE AMATEUR 16+16KG
- LONG CYCLE AMATEUR 16KG
- LONG CYCLE UNDER 22 20+20KG (1996-1999)
- LONG CYCLE VETERANS 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- LONG CYCLE JUNIOR 16-18 YEARS 16+16KG (2000-2002)
- LONG CYCLE JUNIOR 14-15 YEARS 12+12KG (2003-2004)

**MEN:**

- BIATHLON ELITE 32KG
- BIATHLON UNDER 22 32KG (1996-1999)
- BIATHLON AMATEUR 24KG
- BIATHLON VETERANS 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- BIATHLON JUNIOR 16-18 YEARS 24KG (2000-2002)
- BIATHLON JUNIOR 14-15 YEARS 16KG (2003-2004)

**WOMEN:**

- BIATHLON ELITE 20+20KG
- SNATCH ELITE 24KG
- BIATHLON AMATEUR 16+16KG
- SNATCH AMATEUR 16KG
- BIATHLON UNDER 22 20+20KG (1996-1999)
- BIATHLON VETERANS 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- BIATHLON JUNIOR 16-18 YEARS 16+16KG (2000-2002)
- BIATHLON JUNIOR 14-15 YEARS 12+12KG (2003-2004)



**MEN:**

- RELAY JERK 32+32KG 3'X5 ATHLETES  
20+20kg

**MIXED RELAY JERK** of men 3'X3 athlete 32+32kg and Women 3'X2 athlete

**WOMEN:**

- RELAY JERK 20+20KG 3'X3 ATHLETES

### 3. Competitions Management

The general management of competitions organization and holding shall be performed by the WKSF Executive Committee.

The immediate competitions holding shall be assigned to the national and territorial federations for kettlebell lifting at the place of competitions, the Organizing Committee and the duly approved Main Jury.

The organizing committee of the following championships must provide auxiliary staff to judges (speaker, accompany athlete judge, musical director, assistant secretary, awards assistant, competition area assistant).

### 4. Competitions Participants

National teams and sportsmen from the countries cultivating kettlebell lifting shall be admitted to participation in the competitions. The list of team members shall be defined before weighing of competitors. The number of team members in each weight category shall be limited 2 athletes in category and disciplines Elite Men and Women. Amateur and Veterans, Under 22 19-22 years and Junior 14-15, 16-18 years, Disable Men and Women No Limite.

One month before the national team's racing competition indicates up to 2 athletes in category and discipline, indicate weight category and not move more from the category (if athlete does not enter the category of weight indicated, it must be expelled from the competition).

The athlete from January 1st of the current year will be in international competition in Elite category with 32kg, until December 31 of the current year can not compete in Amateur category.

The European Championship is open only for athletes from the European Continent.





**Group: age groups and weights for each group**

**Weight category Men:** 63kg, 68kg, 74kg, 80kg, 87kg, 95kg, +95kg

**Weight category Women:** 52kg, 58kg, 65kg, 75kg, +75kg

**Weight category Your Men:** 52kg, 62kg, 72kg, +72kg

**Weight category Your Women:** 48kg, 58kg, +58kg

<b>Senior Men (SE):</b>	23- ... years - kettlebells 32kg,24kg
<b>Senior Women (SE):</b>	23- ... years - kettlebells 24kg,20kg,16kg
<b>Veterans Men (M):</b>	40-49 years, 50-59 years - kettlebells 24kg 60-69 years, 70-74 years - kettlebells 16kg +75 years - kettlebells 12kg
<b>Veterans Women (M):</b>	35-44 years, 45-54 years - kettlebells 16kg 55-64 years - kettlebells 12kg +65 years - kettlebells 8kg
<b>Juniors Under 23 Men (U22):</b>	19-22 years - kettlebells 32kg,24kg
<b>Juniors Under 23 Women (U22):</b>	19-22 years - kettlebells 24kg,20kg
<b>Youth Men (U15):</b>	14-15 years - kettlebells 16kg
<b>(U18):</b>	16-18 years - kettlebells 24kg
<b>Youth Women (U15):</b>	14-15 years - kettlebells 12kg
<b>(U18):</b>	16-18 years - kettlebells 16kg
<b>Disable Men (D):</b>	Absolute - kettlebells 16kg
<b>Disable Women (D):</b>	Absolute - kettlebells 8kg
<b>Students Men (ST):</b>	Absolute - kettlebells 24kg
<b>Students Women (ST):</b>	Absolute - kettlebells 16kg



**Relay Men:**

JERK 32+32kg 3 minutes x 5 athlete

**Realy Women:**

JERK 20+20kg 3 minutes x 3 athlete

**MIXED RELAY:**

JERK of Men 32+32kg 3 minutes x 3 athlete and Women 20+20kg 3 minutes x 2 athlete

**5. Competitions Programme and Winner Election**

The competitions shall be held under the World Kettlebell Sport Federation Rules valid as of the competition date.

The team championship in World Championships and Continental Championships and Open Cup shall be determined according to the results of scoring members of the countries (WKSF chart of the ranking points):

- Long Cycle Men + Long Cycle Women category Elit double kettlebells+ long Cycle category Elit single kettlebell
- Biathlon Men + Biathlon Women category Elit double kettlebells + Snatch Women category Elit

**RANKING POINTS WKSF**

<b>Position</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Points</b>	60	55	50	45	40	35	30	25	20	15	10	9
<b>Position</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>Etc.</b>
<b>Points</b>	8	7	6	5	4	3	2	1	0	0	0	0

Relay races shall be held as a separate kind of competition subject to participation of at least minimum 3 teams from various countries. In case with the World Championship the relay race for men shall consist of jerking two kettlebells upwards from the chest Long Cycle, and in case with the European,Asian,American,Oceanian Championship – jerking two kettlebells upwards from the chest and subsequent lowering to vertical hang Jerk.

The time-limit of the exercises:

- men - 5 stages lasting 3 minutes each
- women -3 stages lasting 3 minutes each
- men+women-5 stages lasting 3 minutes each(3 stages men 32kg and 2 stages women 20kg)

The relay race results shall be determined based on the maximum number of kettlebells jerks made by each member of the relay race team.

The relay race results shall not be included in any total team score.



## 6. Awarding

Competitions participants taking the 1<sup>st</sup>- 2<sup>nd</sup>- 3<sup>rd</sup> prizes:

- National Team Recognition 1-2-3 ranked in the overall standings with a trophy, diploma;
- Awarded 1-2-3 prizes in Relay race participants and teams with trophy, medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Elit with a trophy, medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Amateur with a trophy, medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Junior, Veterans, Disabled with a trophy, medal, diploma.

## 7. Financing

Competitions participation costs (travel, meals, accommodation, initiation fee, accreditation) shall be incurred by the sending organizations.

Competitions organization and holding costs (sports premises leasing, advertising, posters, award attributes – diplomas, medals, valuable prizes, judges consideration etc.) shall be incurred by the competitions organizers, concerned organizations, and sponsors, the costs shall also be covered at the expense of the WKSF contributions from initiation fees on a share basis. World Championships and Championships or Continental Cups organizes a unique WKSF organ.

Costs from competitions that match 70 € in World Championships go (40 € per organizing committee and 30 € for WKSF).

Judges receive a fee of 50 € for each day of service.

The initiation fee shall amount to:

*EUROPEAN CHAMPIONSHIP – men and women, senior, juniors, veterans-The European Championship is open only for athletes from the European Continent - €70 from each participant;*

Accreditation shall comprise the price of a license for participation in the international competitions in the current year – (€ 00) from each participant.

For those countries that failed to pay a collective membership fee (€ 00) to the WKSF.



## 8. Applications

A preliminary application for participation in the competitions shall be filed to the Organizing Committee and the WKSF at least 30 days prior to the competitions.

An individual application for participation in the competitions certified by a physician and the Federation (Association, Club...), a passport (identity card) and other documents stipulated by the competitions rules shall be filed to the Credentials Committee on the day of arrival.

Team national present only with equal clothing in national colors

In the awards ceremony (sneakers, rackets, national jacket).

### Hotel Premium Porto Maia (Partner Hotel)

Rua Simao Bolivar, 375

4470-214 Maia, Portugal

[www.premiumportomaia.com](http://www.premiumportomaia.com)

[reservas.maia@hoteispremium.com](mailto:reservas.maia@hoteispremium.com)

Moov Hotel Porto Norte

Rua Henrique Pousao, 907

4460-282 Porto, Portugal

+351 22 040 7000

[www.hotelmoov.com](http://www.hotelmoov.com)

[portonorte@hotelmoov.com](mailto:portonorte@hotelmoov.com)

For enquiries: Eduardo Fonseca

Mobile: +351 939104384

E-mail:

[info.wksf@gmail.com](mailto:info.wksf@gmail.com)

[president.wksf@gmail.com](mailto:president.wksf@gmail.com)

This notice is an official invitation to the competitions!

**WE INVITE YOU TO TAKE PART IN THE INTERNATIONAL COMPETITIONS!**

