



**WKSF OPEN  
NORTH AMERICA  
CHAMPIONSHIP  
2024**

**USA  
MINNESOTA  
28 SEPTEMBER**



Approved by the Executive Committee

Pr. N°038/December 28.2023 Milan, Italy



REGULATION NOTICE APPLICATION

**Information letter for the**

# **Open North America Championship 2024**

## **1. Goals and Objectives**

The competitions shall be held for the following purposes:

- to further develop and promote Kettlebell Sport for All in the world, in the America Continent ;
- to determine competitions winners;
- to strengthen and expand international cultural and sports relations.

## **2. Dates and Places of Competitions**

**USA 28 September 2024**

**Sport Center**

**Minnesota**

Programm:

**Saturday 28.09.2024** - COMPETITIONS LONG CYCLE 10' MEN'S AND WOMEN'S, DISABLE 10' MEN'S AND WOMEN'S. COMPETITIONS BIATHLON 10' MEN'S AND WOMEN'S, SNATCH 10' MEN'S AND WOMEN'S, RELAY JERK 3' MEN'S AND WOMEN'S, MIX RELAY 3' MEN+WOMEN. COMPETITIONS Jerk 30'-60', Long Cycle 30'-60', SNATCH 30' Men's and Women's.



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**DISCIPLINE:**

**MEN:**

- LONG CYCLE ELITE 32KG
- LONG CYCLE AMATEUR 24KG
- LONG CYCLE MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- LONG CYCLE ONE ARM MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- LONG CYCLE JUNIOR 19-22 YEARS 32KG (2002-2005)
- LONG CYCLE JUNIOR 16-18 YEARS 24KG (2006-2008)
- LONG CYCLE YOUTH 14-15 YEARS 16KG (2009-2010)

**WOMEN:**

- LONG CYCLE ELITE 24+24KG ABSOLUTE
- LONG CYCLE ELITE 20+20KG
- LONG CYCLE ONE ARM ELITE 24KG
- LONG CYCLE AMATEUR 16+16KG
- LONG CYCLE ONE ARM AMATEUR 16KG
- LONG CYCLE MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- LONG CYCLE ONE ARM MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- LONG CYCLE JUNIOR 19-22 YEARS 20+20KG (2002-2005)
- LONG CYCLE JUNIOR 16-18 YEARS 16+16KG (2006-2008)
- LONG CYCLE YOUTH 14-15 YEARS 12+12KG (2009-2010)

**MEN:**

- BIATHLON ELITE 32KG
- BIATHLON AMATEUR 24KG
- SNATCH AMATEUR 24KG
- SNATCH MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- BIATHLON MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- BIATHLON JUNIOR 19-22 YEARS 32KG (2002-2005)
- BIATHLON JUNIOR 16-18 YEARS 24KG (2006-2008)
- BIATHLON YOUTH 14-15 YEARS 16KG (2009-2010)
- DISABLET 16KG ABSOLUTE
- STUDENTS SNATCH 24KG ABSOLUTE

**WOMEN:**

- BIATHLON ELITE 24+24KG ABSOLUTE
- BIATHLON ELITE 20+20KG
- SNATCH ELITE 24KG
- BIATHLON AMATEUR 16+16KG
- SNATCH AMATEUR 16KG
- BIATHLON MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- SNATCH MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- BIATHLON JUNIOR 19-22 YEARS 20+20KG (2002-2005)
- BIATHLON JUNIOR 16-18 YEARS 16+16KG (2006-2008)
- BIATHLON JUNIOR 14-15 YEARS 12+12KG (2009-2010)
- DISABLET 8KG ABSOLUTE
- STUDENTS SNATCH 16KG ABSOLUTE



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**MEN:**

- LONG CYCLE 30'-60' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, JUNIOR 16-18 YEARS 24KG, YOUTH 14-15 YEARS 16KG, MASTER 40-49 YEARS 24KG, MASTER 50-59 YEARS 24KG, MASTER 60-69 YEARS 16KG, MASTER 70-74 YEARS 16KG, MASTER +75 YEARS 12KG)
- JERK 30'-60' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, JUNIOR 16-18 YEARS 24KG, YOUTH 14-15 YEARS 16KG, MASTER 40-49 YEARS 24KG, MASTER 50-59 YEARS 24KG, MASTER 60-69 YEARS 16KG, MASTER 70-74 YEARS 16KG, MASTER +75 YEARS 12KG)
- SNATCH 30' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, JUNIOR 16-18 YEARS 24KG, YOUTH 14-15 YEARS 16KG, MASTER 40-49 YEARS 24KG, MASTER 50-59 YEARS 24KG, MASTER 60-69 YEARS 16KG, MASTER 70-74 YEARS 16KG, MASTER +75 YEARS 12KG)
- RELAY JERK 32+32KG - 24+24KG 3'X5 ATHLETE

**WOMEN:**

- LONG CYCLE 30'-60' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, JUNIOR 16-18 YEARS 16KG, YOUTH 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)
- JERK 30'-60' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, JUNIOR 16-18 YEARS 16KG, YOUTH 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)
- SNATCH 30' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, JUNIOR 16-18 YEARS 16KG, YOUTH 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)
- RELAY JERK 20+20KG - 16+16KG 3'X3 ATHLETES

WEIGHT CATEGORIES OF MEN FOR MARATHON **74KG , 87KG , +87KG**

WEIGHT CATEGORIES OF WOMEN FOR MARATHON **58KG , 65KG , +65KG**

The Rules for doing the Exercises are the same as in the classical ones, only a multiple hand change is allowed.

### **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).



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**4. Competitions Participants**

National teams and sportsmen from the countries cultivating kettlebell lifting shall be admitted to participate in the competition. The list of team members shall be defined before weigh-in of competitors. The number of team members in each weight category shall **NO LIMITED** in each weight category and discipline for Elite Men and Women. In the categories of Amateur and Veterans, Junior 19-22, Youth 16-18, 14-15 years, Student and Disabled Men’s and Women’s there is **NO athlete limited**. One month prior to the competition each National Team must submit their roster to the WKSF Open North America Championship Committee. The National Team roster must be compliant with the above guidelines concerning the number of athletes in categories. Once this roster is submitted athletes may not change weight category. If an athlete fails to meet the listed weight, the athlete will be disqualified from competition.

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

- Weight category Men:** 63kg, 68kg, 74kg, 80kg, 87kg, 95kg,+95kg (Mar 74kg, 87kg, +87kg)
- Weight category Women:** 52kg, 58kg, 65kg, 75kg,+75kg (Mar 58kg, 65kg, +65kg)
- Weight category Your Men:** 52kg, 62kg, 72kg, +72kg (Mar 52kg, +52kg)
- Weight category Your Women:** 48kg, 58kg, +58kg (Mar 48kg, +48kg)

<b>Senior Men (SE):</b>	23-39 years - kettlebells 32kg,24kg
<b>Senior Women (SE):</b>	23-34 years - kettlebells 24kg,20kg,16kg
<b>Master Men (M):</b>	40-49 years, 50-59 years - kettlebells 24kg 60-69 years, 70-74 years - kettlebells 16kg +75 years - kettlebells 12kg
<b>Master Women (M):</b>	35-44 years, 45-54 years - kettlebells 16kg 55-64 years - kettlebells 12kg +65 years - kettlebells 8kg
<b>Juniors Men (U22):</b>	19-22 years - kettlebells 32kg
<b>Juniors Women (U22):</b>	19-22 years - kettlebells 20kg
<b>Youth Men (U18):</b>	16-18 years - kettlebells 24kg
<b>Youth Women (U18):</b>	16-18 years - kettlebells 16kg
<b>Children Men (U15):</b>	14-15 years - kettlebells 16kg
<b>Children Women (U15):</b>	14-15 years - kettlebells 12kg
<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



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**Relay Men:**

JERK 32+32KG -JERK 24+24kg 3 minutes x 5 athletes

**Realy Women:**

JERK 20+20KG- JERK 16+16kg 3 minutes x 3 athletes

**Relay Mix Men+Women:**

JERK 32KG MEN 3 ATHLETES+JERK 20KG WOMEN 2 ATHLETES

**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):

LC Men Elite 7 Athletes + LC Men Amateur 2 Athletes(50%) + LC Men Master 2 Athletes(50%) + OALC Men Master 2 Athletes(50%) + Marathon Men 30' Elite 3 Athletes. LC Women Elite 5 Athletes + OALC Women Elite 5 Athletes + LC Women Elite 24+24 kg 2 Athletes + LC Women Master 1 Athlete(50%) + OALC Women Amateur 1 Athlete(50%) + Marathon 30' Women Elite 3 Athletes + Junior 1 Athlete(50%).

BT Men Elite 7 Athletes + BT Men Amateur 2 Athletes(50%) + BT Men Master 2 Athletes(50%) + SN Men Master 2 Athletes(50%) + SN Men Amateur 1 Athlete(50%) + Disabled Men 1 Athlete(50%). BT Women Elite 5 Athletes + SN Women Elite 5 Athletes + BT Women Elite 24+24 kg 1 Athletes + BT Women Master 1 Athlete (50%) + SN Women Master 1 Athlete(50%) + Disabled Women 1 Athlete(50%) + Junior 1 Athlete(50%).

**RANKING POINTS WKSF**

Position	1	2	3	4	5	6	7	8	9	10	11	12
Points	60	55	50	45	40	35	30	25	20	15	10	9
Position	13	14	15	16	17	18	19	20	21	22	23	Etc.
Points	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 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. Team line-up: 5 members of various weight categories;

**Women**– 3 stages lasting 3 minutes each. Team line-up: 3 members of various weight categories. 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 (Relay Men’s and Women’s included in the offset only in the case of the same amount of points in the team event).



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### 6. Awarding

If the weight category does not have a minimum of 3 athletes, they will automatically be moved to the next weight category and the calculation will be made in the WKSF coefficient (example: Long Cycle 10' in the 63kg weight category there are 1 athlete, this athlete will be moved to the next 68kg weight category and for example there are 2 athletes in the 68kg category, in total there will be 3 athletes, the award ceremony will be 63-68kg / 1st-2nd-3rd place calculated in WKSF coefficient).

Competitions participants taking the 1<sup>st</sup>- 2<sup>nd</sup>- 3rd 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 a trophy, medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Elite with a trophy, medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Amateur with a medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Junior, Veterans, Disable with a 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, streaming, 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 Open North America Championships go (40 € per organizing committee and 30 € for WKSF). Costs from competitions Relay 75€ for the Team Men and 45€ for the Team Women. Registration for the Relay is sent in the same way as registrations for individual disciplines and must be sent by the national representative list of athletes for Relay teams. Accreditation ANTI-DOPING shall comprise the price of a license for participation in the international competitions in the current year – (€ 30) from each participant. For those countries that failed to pay a collective membership fee (€150,00) to the WKSF.

**Members Teams already Paid Annual Fee:** (Registration/Discipline):

Until 28.08.2024-70€

From 29.08 to 10.09.2024-90€

From 11.09 to 19.09.2024-110€

From 20.09 to 27.09.2024-130€

During Check & In-Weigh In- +150€ (in case: change category, change discipline)

**Members Teams Didn't Pay Annual Fee:** (Registration/Discipline):

Until 28.08.2024-100€

From 29.08 to 10.09.2024-120€

From 11.09 to 19.09.2024-140€

From 20.09 to 27.09.2024-160€

During Check & In-Weigh In- +180€ (in case: change category, change discipline)

**Teams NOT AFFILIATED:** (Registration/Discipline):

Until 28.08.2024-140€

From 29.08 to 10.09.2024-150€

From 11.09 to 19.09.2024-160€

From 20.09 to 27.09.2024-180€

During Check & In-Weigh In- +190€ (in case: change category, change discipline)



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### 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).

Recommended Hotels:

#### Hotel

For enquiries:

WKSF Vice President Operational North America – [idemuro101@icloud.com](mailto:idemuro101@icloud.com)

WKSF Secretary General - [info.wksf@gmail.com](mailto:info.wksf@gmail.com)

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

**This notice is an official invitation to the competitions!**

