



Prot: 025/2024

Milan, Italy

07th October 2024

Subject: RELAY RACE DISCIPLINE

To promote the discipline of Relay Race between nations the WKSF informs:

➡ RELAY RACE ELITE MALE

Number of Athletes = 4

Kettlebell Weights = 32kg or 24kg (**mandatory, at least, 1 athlete lift 32kg**)

Time = 3 minutes / Athlete

Total Time = 12 minutes / team

Kettlebell Coefficients: 32kg = 1 / 24kg = 0,70

Points/Athlete = (Kettlebell Coefficient x Total Repetitions)

Team Rank = Sumatory of each athlete points achievement.

➡ RELAY RACE ELITE FEMALE

Number of Athletes = 3

Kettlebell Weights = 20kg or 16kg (**mandatory, at least, 1 athlete lift 20kg**)

Time = 3 minutes / Athlete

Total Time = 9 minutes / team



Kettlebell Coefficients: 20kg = 1 / 16kg = 0,70

Points/Athlete = (Kettlebell Coefficient x Total Repetitions)

Team Rank = Sumatory of each athlete points achievement.

➡ RELAY RACE ELITE MIX

Number of Athletes = 4 (2 males + 2 females)

Kettlebell Weights = Males 32kg / Females 20kg

Time = 3 minutes / Athlete

Total Time = 12 minutes / team

Points/Athlete = Total Repetitions on set

Team Rank = Sumatory of each athlete points achievement.

➡ RELAY RACE MALE AMATEUR

Number of Athletes = 4

Kettlebell Weights = 24kg

Time = 3 minutes / Athlete

Total Time = 12 minutes / team

Points/Athlete = Total Repetitions on set

Team Rank = Sumatory of each athlete points achievement.



➡ RELAY RACE FEMALE AMATEUR

Number of Athletes = 3

Kettlebell Weights = 16kg

Time = 3 minutes / Athlete

Total Time = 9 minutes / team

Points/Athlete = Total Repetitions on set

Team Rank = Sumatory of each athlete points achievement.

➡ RELAY RACE AMATEUR MIX

Number of Athletes = 4

Kettlebell Weights = (Male 24kg / Female 16kg)

Time = 3 minutes / Athlete

Total Time = 12 minutes / team

Points/Athlete = Total Repetitions on set

Team Rank = Sumatory of each athlete points achievement.



➡ RELAY RACE MASTER MALE

Number of Athletes = 4

Kettlebell Weights = 24kg or 16kg (**mandatory, at least, 1 athlete lift 24kg**)

Time = 3 minutes / Athlete

Total Time = 12 minutes / team

Kettlebell Coefficients: 24kg = 1 / 16kg = 0,70

Points/Athlete = (Kettlebell Coefficient x Total Repetitions)

Team Rank = Sumatory of each athlete points achievement.

➡ RELAY RACE MASTER FEMALE

Number of Athletes = 4

Kettlebell Weights = 16kg or 12kg (**mandatory at least 1 athlete lift 16kg**)

Time = 3 minutes / Athlete

Total Time = 12 minutes / team

Kettlebell Coefficients: 16kg = 1 / 12kg = 0,70

Points/Athlete = (Kettlebell Coefficient x Total Repetitions)

Team Rank = Sumatory of each athlete points achievement.



➔ RELAY RACE MASTERS MIX

Number of Athletes = 4

Kettlebell Weights = (Male 24kg / Female 16kg)

Time = 3 minutes / Athlete

Total Time = 12 minutes / team

Points/Athlete = Total Repetitions on set

Team Rank = Sumatory of each athlete points achievement.



Oleh Ilika

WKSF President