



WKSF WORLD CUP

22 & 23 MARCH 2025
ITALY - CATANZARO



Prot. N°036 / 07 December 2024

Approved by the Executive Committee
of the WKSF on December 07, 2024
Milan, Italy



REGULATION NOTICE APPLICATION

Information letter for the

Kettlebell World Cup 2025

1. Goals and Objectives

The competitions shall be held for the following purposes:

- to further develop and promote kettlebell lifting in the world;
- to determine competition winners;
- to strengthen and expand international cultural and sports relationships.

2. Dates and Places of Competitions

KETTLEBELL WKSF WORLD CUP - ITALY 22-23.03.2025, Catanzaro

Indirizzo Pallazetto dello sport "Stefano Gallo"

via Brigata Catanzaro, 59

88100 Catanzaro (CZ), Italy

Programs:

21.03.2025 – ARRIVAL OF DELEGATIONS, WEIGH-IN 17.00-20.00

22.03.2025 – MEN'S AND WOMEN'S LONG CYCLE, DISABLED (Additional weigh-in for athletes competing in Men's and Women's Biathlon, Snatch, Marathon)

23.03.2025 - MEN'S AND WOMEN'S BIATHLON, MEN'S AND WOMEN'S SNATCH, STUDENT SNATCH MEN'S AND WOMEN'S. COMPETITIONS FOR LONG CYCLE 30', JERK 30', SNATCH 30' MEN AND WOMEN

24.03.2025 – DEPARTURE OF DELEGATIONS



WKSF WORLD CUP

22 & 23 MARCH 2025
ITALY - CATANZARO



DISCIPLINES:

MEN:

- LONG CYCLE ELITE 32KG 10'-5'
- LONG CYCLE JUNIOR 19-22 YEARS 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 YOUNG 16-18 YEARS 24KG
- LONG CYCLE CHILDREN 14-15 YEARS 16KG

WOMEN:

- LONG CYCLE ELITE 24+24KG ABSOLUTE
- LONG CYCLE ELITE 20+20KG 10'-5'
- LONG CYCLE ONE ARM ELITE 24KG
- LONG CYCLE AMATEUR 16+16KG
- LONG CYCLE ONE ARM AMATEUR 16KG
- LONG CYCLE JUNIOR 19-22 YEARS 20+20KG
- LONG CYCLE MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- LONG CYCLE MASTER ONE ARM 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- LONG CYCLE YOUNG 16-18 YEARS 16+16KG
- LONG CYCLE CHILDREN 14-15 YEARS 12+12KG

MEN:

- BIATHLON ELITE 32KG **SNATCH 12' 32KG-24KG**
- BIATHLON JUNIOR 19-22 YEARS 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 YOUNG 16-18 YEARS 24KG
- BIATHLON CHILDREN 14-15 YEARS 16KG
- DISABLED 16KG ABSOLUTE
- SNATCH STUDENT 24KG ABSOLUTE

WOMEN:

- BIATHLON ELITE 24+24KG ABSOLUTE
- BIATHLON ELITE 20+20KG
- SNATCH ELITE 24KG **SNATCH 12' 20KG-16KG**
- BIATHLON AMATEUR 16+16KG
- SNATCH AMATEUR 16KG
- BIATHLON JUNIOR 19-22 YEARS 20+20KG
- BIATHLON MASTER 35-54 YEARS 16+16KG, 55-64 YEARS 12+12KG, +65 YEARS 8+8KG
- SNATCH MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- BIATHLON YOUNG 16-18 YEARS 16+16KG



WKSF WORLD CUP

22 & 23 MARCH 2025
ITALY - CATANZARO



- BIATHLON CHILDREN 14-15 YEARS 12+12KG
- DISABLED 8KG ABSOLUTE
- SNATCH STUDENT 16KG ABSOLUTE

MEN:

- LONG CYCLE 30' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, YOUNG 16-18 YEARS 24KG, CHILDREN 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' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, YOUNG 16-18 YEARS 24KG, CHILDREN 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, YOUNG 16-18 YEARS 24KG, CHILDREN 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)

WOMEN:

- LONG CYCLE 30' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, YOUNG 16-18 YEARS 16KG, CHILDREN 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' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, YOUNG 16-18 YEARS 16KG, CHILDREN 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, YOUNG 16-18 YEARS 16KG, CHILDREN 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)

- **MEN:**

RELAY LONG CYCLE 32+32KG 3'X4 ATHLETES

- **WOMEN:**

RELAY LONG CYCLE 20+20KG 3'X3 ATHLETES

- **MIXED RELAY:**

RELAY LONG CYCLE OF MEN 3'X2 ATHLETES 32+32kg and WOMEN 3'X2 ATHLETES 20+20kg

3. Competition Management

The general management of competition and organization shall be performed by the WKSF Executive Committee. The immediate Competition Host shall be assigned to the national and territorial federations for kettlebell lifting at the place of competition, the Organizing Committee and the duly approved Main Jury.

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

4. Competition Participation

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 athlete** 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 and Women there is **NO LIMITED athlete**. One month prior to the competition each National Team must submit their roster to the WKSF World Cup 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.

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



WKSF WORLD CUP

22 & 23 MARCH 2025
ITALY - CATANZARO



DISCIPLINES MEN & WOMEN RELAY JERK 3':

Relay Elite Men: 4 athletes 32kg & 24kg (Minimum 1 athlete 32kg) / Coefficient: 32kg=1 points, 24kg=0,7 points

Relay Elite Women: 3 athletes 20kg & 16kg (Minimum 1 athlete 20kg) / Coefficient: 20kg=1 points, 16kg=0,70 points

Relay Elite Mix: 4 athletes (2 men & 2 women) Men 32kg & Women 20kg

Relay Master Men: 4 athletes 24kg & 16kg (Minimum 1 atleta 24kg) / Coefficient: 24kg=1 points, 16kg=0,70 points

Relay Master Women: (3 athletes 16kg & 12kg) Minimum 1 atleta 16kg / Coefficient: 16kg=1 points, 12kg=0,70 points

Relay Master Mix: 4 athletes (2 men & 2 women) Men 24kg & Women 16kg

Relay Amateur Men: 4 athletes 24kg

Relay Amateur Women: 3 athletes 16kg

Relay Amateur Mix: 4 athletes (2 men & 2 women) Men 24kg & Women 16kg

5. Weight Category

TWO KETTLEBELL (TALC 10'-BIATHLON 10')

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

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

Weight category Men U-15 & U-18: 52kg, 62kg, 72kg, +72kg

Weight category Children Women: 48kg, 58kg, +58kg

ONE KETTLEBELL (OALC 30'-OAS 30'-OAJ 30'-OAS 10'-OAS 12'-OALC 10')

Weight category Men: 74kg, 87kg, +87kg

Weight category Women: 58kg, 65kg, +65kg

Weight category Men U-18: 62kg, +62kg

Weight category Women U-18: 58kg, +58kg

Weight category Men U-15: 52kg, +52kg

Weight category Women U-15: 48kg, +48kg

5. Competition Program and Determination of Winners

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 shall be determined according to the results of scoring members of the countries (WKSF chart of the ranking points):



WKSF WORLD CUP

22 & 23 MARCH 2025
ITALY - CATANZARO



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 3 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 + OAS 12' Men Elite 3 Athletes + OAS 12' Women Elite 3 Athletes.

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%).

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 part of the general competition and subject to participation of at least minimum 3 teams from various countries. Men's and women's relay discipline at World Cup shall be Long Cycle. 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.
- Mixed Relay - Men 3 stages 3 minutes each and Women 2 stages 3 minutes.

The relay race results shall be determined based on the total number of Long Cycle repetitions 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).

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).



WKSF WORLD CUP

22 & 23 MARCH 2025
ITALY - CATANZARO



Competitions participants taking the 1st- 2nd- 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 trophy, medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Elite with a 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, Student, Disable with a medal, diploma.

7. 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.

National teams must present with matching team uniforms in national colors for the awards ceremony. Uniforms must consist of shoes, pants, and National Team jacket.

All participating athletes must have a medical examination for weightlifting sporting (kettlebell) activities (one copy to be left on record and another copy to keep for inspection).

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

Costs from competitions Relay 100€ for the Team Men's and 75€ for the Team Women's. 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. If the athlete participates only in Relay-he must pay a registration fee of 70€ instead of 25€. 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.



WKSF WORLD CUP

22 & 23 MARCH 2025
ITALY - CATANZARO



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

Until 01.03.2025-70€

From 02.03 to 10.03.2025-80€

From 11.03 to 18.03.2025-90€

From 19.03 to 22.03.2025-100€

During Check In-Weigh In- +120€ (in case: change category, change discipline)

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

Until 01.03.2025-100€

From 02.03 to 10.03.2025-110€

From 11.03 to 18.03.2025-120€

From 19.03 to 22.03.2025-130€

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

Teams NOT AFFILIATED: (Registration/Discipline):

Until 01.03.2025-140€

From 02.03 to 10.03.2025-150€

From 11.03 to 18.03.2025-160€

From 19.03 to 22.03.2025-170€

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

9. Accommodation information: Hotels CATANZARO

For enquiries:

Secretary general WKSF: Eduardo Fonseca - info.wksf@gmail.com

President WKSF: Oleh Ilika - president.wksf@gmail.com



This notice is an official invitation to the competitions!