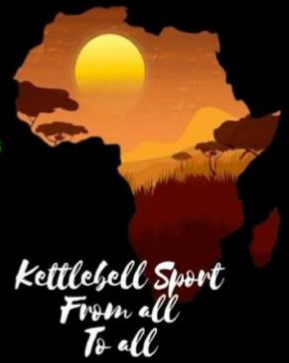


WKSF ONLINE OPEN CUP AFRICA

25 JANUARY 2025



Prot. N°036 / 07 December 2024

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



REGULATION NOTICE APPLICATION

Information letter for the

ONLINE OPEN CUP AFRICA 2025

1. Goals and Objectives

The competitions shall be held for the following purposes:

- to further develop and **promote kettlebell lifting in Africa** Continent and in the World;
- **support the Kettlebell Sport For All Project in Africa**
- to determine competition winners;
- to strengthen and expand international cultural and sports relationships.

2. Dates and Places of Competitions KETTLEBELL WKSF OPEN CUP AFRICA

ONLINE/VIRTUAL

Program:

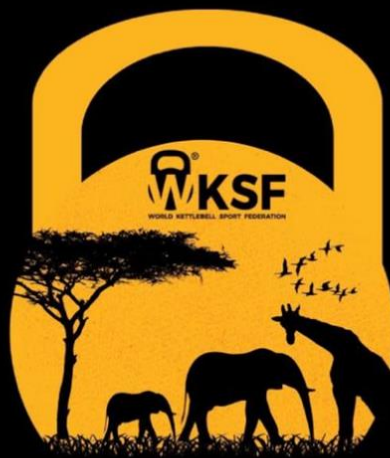
Registration – **Open from 10-01-2025**

at 25-01.2025 – **Start permission to send video**

ends 25-02-2025 – **Timeline to payment and share video ends at 23:59 UK**

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3. Body Weight Categories

Body Weigh Category Seniors and Juniors 19-22 **Male** – 74kg, 87kg, +87kg / **Female** – 58kg ,65kg, +65kg

Body Weigh Category Children 14-15 **Male** – 52kg, +52kg / **Female** – 48kg, +48kg

Body Weigh Category Young16-18 **Male** – 62kg, +62kg / **Female** – 52kg, +52kg

4. Categories

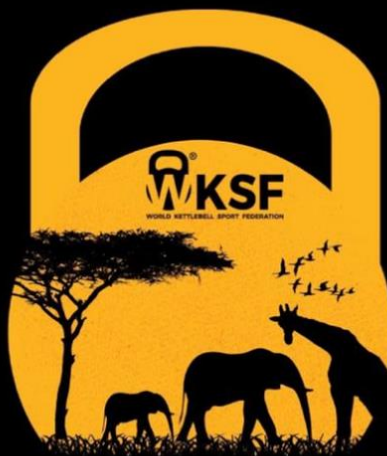
- a) Senior
- b) Children 14-15/ Young16-18 / Junior U19-22
- c) Master Male 40-59 / Master Male +60
- d) Master Female 35-54 / Master Female +55
- e) Disabled

5. Disciplines

- a) TALC 5 minutes
- b) OALC 10 minutes
- c) Snatch 10 minutes
- d) Snatch 12 minutes
- e) Disables under all WKSF Disciplines Regulations

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6. Regulations

- a) All 5 minutes and 10 minutes competitions allowed just 1 change arm. The Snatch 12 minutes allowed multi change.
- b) All technical regulations must be followed under the technical WKSF regulations for each (regular) discipline.
- c) Each athlete is free to use the Kettlebell Weight (*Table 1*) and will be used a coefficient for each Kettlebell.
- d) Disabled also by Kettlebell Coefficient under BW Absolut Category

7. Video Format, Record and Upload

- a) Video must be sent **as a link** (shared or public).
- b) It must be on an available platform to be able to the judge open and have a clear vision of the video (f possible as Youtube link).
- c) Do not record video against light, record it with full body vision and do not show any electronic device counter on the video.
- d) Present yourself on video and announce the discipline
- e) Video must be only 1 video without any edition

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8. Body Weight and Kettlebell Weight

The athlete must record previously (in only 1 video) the body weight on scale and also the Kettlebell weight on the scale. It must be visible.

9. Result

Each result must be achieved under the formula:

$$\text{Result} = \text{Number of Repetitions} \times \text{Kettlebell Coefficient}$$

10. Awards

In each Discipline and Body Weight Category, the Ranking will be defined by the 1st place with higher result to the lower result. The 1st Place, 2nd Place and 3rd Place will receive a diploma (.pdf) by email and medals will be delivered at the World's 2025 directly or at the National Representative without any ceremony.

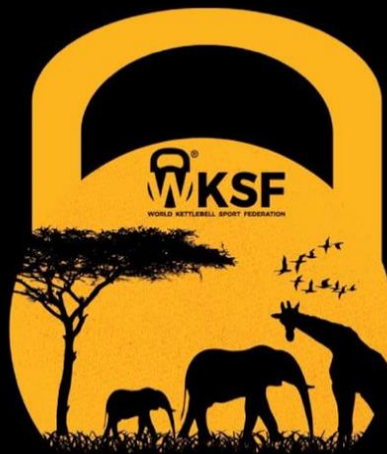
11. Coefficient Table:

Table 1

KTb	COEF	KTb	COEF	KTb	COEF	KTb	COEF
6kg	0,60	22kg	3,70	38kg	9,00	54kg	17,70
8kg	0,90	24kg	4,20	40kg	9,85	56kg	19,40
10kg	1,20	26kg	4,75	42kg	10,80	58kg	21,30
12kg	1,50	28kg	5,35	44kg	11,80	60kg	23,50
14kg	1,90	30kg	5,95	46kg	12,85		
16kg	2,30	32kg	6,65	48kg	13,90		
18kg	2,70	34kg	7,40	50kg	15,00		
20kg	3,20	36kg	8,20	52kg	16,30		

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12. Registration

- athlete must send registration under National Representative Control/Permission.
- must send an email identifying:

- . Name + Surname
- . Nationality
- . Discipline
- . Body Weight Category
- . Kettlebell Weight

- athlete must send, if master or Children 14-15 / Young 16-18 / Junior 19-22, must confirm with Passport or Card ID.
- Payment confirmation

13. Payment

- Children 14-15 / Young 16-18 / Junior 19-23+2, Disabled – 10€/discipline
- Senior, Master – 20€ /discipline

Payment by PayPal with Name Identification use the email – president.wksf@gmail.com

This notice is an official invitation to the competitions!

