



***KETTLEBELL SPORT FOR ALL***

# WKSF JUDGE COURSE

JUDGE COURSE

# Purpose of the Course



Provide the fundamental concepts for judging athletes during competitions in various specialties and types of races.



Train personnel to support the race committee/secretariat during competitions.

# The Rules

► ....3-2-1-START...



# 1. Characteristics And Program Of The Competitions

1.1 the methods for counting the results obtained by athletes during competitions are defined:

INDIVIDUAL RESULT (BASED ON THE RACES PERFORMED BY THE SINGLE ATHLETE IN THE INDIVIDUAL COMPETITIONS);

TEAM RESULTS, GIVEN BY THE SUMMATION OF THE RESULTS OF ATHLETES FROM THE SAME TEAM IN THE VARIOUS SPECIALTIES;

## 1.2 Time Limit Of Each Competition: :

3 MINUTES;

5 MINUTES;

10 MINUTES;

12 MINUTES;

30 MINUTI  
(HALF  
MARATHON);

1 H  
(MARATON);

3 H ;

1.3 The Characteristics Of The Individual Competitions Are Defined In Point 11.

## 1.4 Kettlebell Weights Allowed During Competitions :

- 8 KG;
- 12 KG;
- 16 KG;
- 20 KG;
- 24 KG;
- 28 KG;
- 32 KG;
- 36 KG;
- 40 KG;
- 48 kg;

# Definition Of Race Types And Execution

- ▶ Jerk – short cycle: one or two arms, the movement starts from the rest position (rack position) and ends above the head (lock out position) with fixation;
- ▶ Clean and jerk-long cycle: one or two arms, the movement starts from the rest position (rack position) and ends above the head (lock out position) with fixation, then proceed with an oscillation between the legs and bring the kettlebells back to the chest starting again with a new cycle;
- ▶ Snatch: one arm only, the movement starts with an oscillation between the legs and immediately the tool is brought over the head where it ends with fixation;
- ▶ Biathlon: composed of jerk and snatch competitions;
- ▶ Relay races: these are competitions between jerk and long cycle teams;

1.5

the program of each day's competitions is rigorously defined for each athlete, in order to allow him to compete in the chosen specialty and in the relay race of the teams;

## 1.6 Each weight category will have a winner.

The final score in biathlon is given by the sum of the repetitions of the two exercises Jerk and Snatch. The result for the snatch is given by the sum of the repetitions of the two arms;

When two or more athletes configure the same result, the following procedure is used to define the winner:

- The weight of the athletes before the competition is compared (lighter athlete);

- Compare the weight of athletes after competition (lighter athlete)

- Athlete chosen for entry to the platform

The order in the ranking of each athlete by weight category is defined by the results of the chosen specialty, the scores are assigned as follows:

Biathlon repetitions are worth 1 point for jerk and 0.5 points for each snatch respectively the sum gives the final result;

Note: if the athlete totals ZERO repetitions in the Jerk, he will not be able to compete for the snatch, if the score is zero in one of the two competitions, the result is null;

Long cycle repetitions are worth 1 point, the total of repetitions gives the final result;

Snatch and long cycle one arm women: the result is given by the sum of the repetitions of the two arms (1 point each repetition);

The position in the ranking of the teams is defined by the sum of the points scored by each athlete of the same, the score is well defined for each position.

1.7 The calculated result is reported and shown as per the table

<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

## 1.8 Award Ceremony

- THE PROCEDURE FOR INDIVIDUAL AND TEAM AWARDS IS DEFINED ACCORDING TO THE RULES OF THE COMPETITION.
- THE AWARDS BEGIN FOR EACH SPECIALTY FROM THE LOWEST TO THE HIGHEST WEIGHT CATEGORY.
- THE PODIUM IS AWARDED TO THE FIRST THREE ATHLETES IN EACH WEIGHT CATEGORY, THE ORDER OF AWARD IS FROM THIRD TO FIRST PLACE.
- THE BEST TEAMS, THE BEST COACH, JUDGES OR SOME ATHLETES WHO SET NEW RECORDS OR THE ATHLETE WITH THE BEST TECHNIQUE ETC. CAN ALSO BE AWARDED.
- THE AWARDS ARE CARRIED OUT BY REPRESENTATIVES OF THE FEDERATION OR BY THE STAFF OF THE RACE ORGANIZATION.

### 1. WHAT ARE COEFFICIENTS

- A COEFFICIENT IS A NUMBER (OTHER THAN 1) CALCULATED ACCORDING TO THE WKSF CLASSIFICATION SYSTEM FOR THE CMS GRADE, WHICH MAKES IT POSSIBLE TO MAKE COMPETITION BETWEEN ATHLETES OF DIFFERENT BODY WEIGHT CATEGORIES MORE EQUAL. **2.**

### WHY THEY ARE USED

- THE WKSF IS AN OFFICIAL INTERNATIONAL FEDERATION OF KETTLEBELL SPORTS THAT PROMOTES SPORT AND COMPETITION AMONG ATHLETES. THE WKSF BELIEVES THAT STRONG COMPETITION CAN FURTHER ADVANCE THE SPORT AND ENSURE HIGH STANDARDS IN COMPETITIONS.
- THERE ARE MANY DISCIPLINES AND CATEGORIES, INCLUDING ELITE, AMATEUR, MASTER, CHILDREN, YOUTH, JUNIOR, AND ATHLETES WITH DISABILITIES, DIVIDED INTO DIFFERENT BODY WEIGHT CATEGORIES.

## GUIDE TO USING COEFFICIENTS

- AFTER STUDYING THE HISTORY OF OUR SPORT AND THE PROTOCOLS ESTABLISHED BY THE FOUNDATION OF THE WKSF, IT WAS CONCLUDED THAT SOME DISCIPLINES OR BODYWEIGHT CATEGORIES DO NOT REACH AT LEAST THREE ATHLETES TO COMPLETE THE PODIUM, THEREFORE AWARDING A 1ST PLACE, 2ND PLACE AND 3RD PLACE.
- THE LARGE NUMBER OF CATEGORIES WITH ONLY ONE ATHLETE REPRESENTS AN ADDITIONAL EFFORT FOR THE ORGANIZATION OF THE WKSF CHAMPIONSHIPS, RESULTING IN MORE TIME FOR AWARD CEREMONIES, AS WELL AS LESS MANAGEMENT OF MEDALS AND REDUCED COSTS FOR THEIR PRODUCTION.
- IN ADDITION, WE BELIEVE THAT A FULL PODIUM HELPS TO CREATE A BETTER ATMOSPHERE AMONG ATHLETES AND DELEGATIONS, AS WELL AS ENSURING MORE MEANINGFUL RECOGNITION FOR THE EFFORTS MADE BY ATHLETES TO ACHIEVE HIGH-LEVEL RESULTS.

### **3. WHEN TO USE**

THE COEFFICIENT IS ONLY USED WHEN ONE BODY WEIGHT CATEGORY IS MERGED WITH ANOTHER BODY WEIGHT CATEGORY. IF A BODY WEIGHT CATEGORY KEEPS ALL ATHLETES IN THE SAME CATEGORY, THE CALCULATION IS MADE BASED ON REGULAR REPETITIONS (I.E., THE COEFFICIENT = 1).

# GUIDE TO USING COEFFICIENTS

## 4. HOW TO USE

- THE WKSF MANAGEMENT, TOGETHER WITH THE DISCIPLINARY AND EXECUTIVE COMMITTEE, WORKED TO MAKE A FAIR DECISION FOR ALL ATHLETES, FOLLOWING A MAIN GUIDELINE.
- A) ONLY BODY WEIGHT CATEGORIES WITH LESS THAN 3 ATHLETES CAN BE COMBINED WITH ANOTHER BODY WEIGHT CATEGORY.
- B) THE CONTROL OF THE UNION STARTS FROM THE LIGHTEST TO THE HIGHER (SUCCESSIVE) BODY WEIGHT CATEGORIES.
- THE LIGHTEST CATEGORY IS CHECKED WITH ATHLETES AVAILABLE TO COMPLETE THE HIGHER WEIGHT CATEGORY.

EXAMPLE.



Male		Male
BW Category		BW Category
63kg		68kg
Athlete 1		Athlete 2
		Athlete 3
		Athlete 4
		63kg / 68kg
		Athlete 1
		Athlete 2
		Athlete 3
		Athlete 4



## GUIDE TO USING COEFFICIENTS

- D) AS A GENERAL GUIDELINE, A CATEGORY IS ALWAYS MOVED UPWARDS. ONLY THE HIGHEST CATEGORY (MALES = +95 KG AND FEMALES = +75 KG) CAN BE LOWERED. HOWEVER, THERE ARE SOME EXCEPTIONS:
- **D1) A BODY WEIGHT CATEGORY CAN BE MERGED DIRECTLY WITH A COMPLETE CATEGORY THAT IS TWO LEVELS ABOVE.**
- **D2) IF THERE ARE MORE THAN TWO HIGHER CATEGORIES OF DISTANCE AND THERE IS A LOWER CATEGORY WITH LESS THAN TWO CATEGORIES OF DIFFERENCE, THE ATHLETES ARE MOVED TO THE NEAREST LOWER CATEGORY.**
- **EXAMPLE 1 (MOVING TO A LOWER CATEGORY):**

Male				
BW Category	BW Category	BW Category	BW Category	BW Category
63kg	68kg	74kg	80kg	87kg
Athlete 1	Athlete 4	Athlete 5		Athlete 6
Athlete 2				Athlete 7
Athlete 3				Athlete 8

## GUIDE TO USING COEFFICIENTS

- **FINAL RESULT :**

Male	
BW Category	BW Category
63kg / 68kg	74kg / 87kg
Athlete 1	Athlete 5
Athlete 2	Athlete 6
Athlete 3	Athlete 7
Athlete 4	Athlete 8

## GUIDE TO USING COEFFICIENTS

- **EXAMPLE 2 (MOVING TO A LOWER CATEGORY):**


Female		Female <b>NEW</b>
BW Category	BW Category	BW Category
75kg	>75kg	75kg / >75kg
Athlete 5	Athlete 8	Athlete 5
Athlete 6		Athlete 6
Athlete 7		Athlete 7
		Athlete 8



## GUIDE TO USING COEFFICIENTS

- **E)** YOU CAN MERGE ALL CATEGORIES THAT HAVE A DISTANCE OF MORE THAN 2 LEVELS.

Female					Female
BW Category	BW Category	BW Category	BW Category	BW Category	BW Category
52kg	58kg	65kg	75kg	>75kg	52kg / 58kg / >75kg
Athlete 1	Athlete 2	free	free	Athlete 3	Athlete 1
					Athlete 2
					Athlete 3



## GUIDE TO USING COEFFICIENTS

- **F)** YOU CAN ONLY HAVE 2 ATHLETES IN A CLEAN WEIGHT CATEGORY (NOT MERGED WITH OTHER CATEGORIES) WHEN ALL CATEGORIES HAVE BEEN COMPLETED. HOWEVER, THE 2 ATHLETES MUST BELONG TO THE SAME BODY WEIGHT CATEGORY.

Female				
BW Category	BW Category	BW Category	BW Category	BW Category
52kg	58kg	65kg	75kg	>75kg
Athlete 1	Athlete 4	Athlete 7	Athlete 10	Athlete 13
Athlete 2	Athlete 5	Athlete 8	Athlete 11	Athlete 14
Athlete 3	Athlete 6	Athlete 9	Athlete 12	

## GUIDE TO USING COEFFICIENTS

- G) IF THERE ARE 2 DIFFERENT CATEGORIES WITH ONLY ONE ATHLETE EACH, AND ALL OTHER CATEGORIES ARE COMPLETE WITH 3 ATHLETES, IT IS NOT POSSIBLE TO MERGE THE 2 ATHLETES TOGETHER. THEY MUST FOLLOW THE GUIDELINE, MOVING TO THE HIGHER CATEGORY (OR LOWER, IF APPLICABLE).

Female				
BW Category	BW Category	BW Category	BW Category	BW Category
52kg	58kg	65kg	75kg	>75kg
Athlete 1	Athlete 2	Athlete 5	Athlete 6	Athlete 8
	Athlete 3		Athlete 7	Athlete 9
	Athlete 4			Athlete 10

# GUIDE TO USING COEFFICIENTS

## FINAL RESULT

Female		
BW Category	BW Category	BW Category
52kg / 58kg	65kg / 75kg	>75kg
Athlete 1	Athlete 5	Athlete 8
Athlete 2	Athlete 6	Athlete 9
Athlete 3	Athlete 7	Athlete 10
Athlete 4		

## GUIDE TO USING COEFFICIENTS

- H) IT IS POSSIBLE TO HAVE ONLY ONE ATHLETE ON THE PODIUM

Female				
BW Category	BW Category	BW Category	BW Category	BW Category
52kg	58kg	65kg	75kg	>75kg
Free	Athlete 1	Free	Free	Free

## 2. Athletes

### 2.1 Age and gender of athletes

The age category is defined according to the year of birth considering the current year, day and month of the birthday are not considered.

The youth category can participate in the higher age categories only with medical authorization and discharge of responsibility from the parents/guardians.

<b>Senior Men (SE):</b>	23 years and more - kettlebells 32kg, 24kg
<b>Senior Women (SE):</b>	23 years and more - 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>Junior Under 22 Men (U22):</b>	19-22 years - kettlebells 32kg
<b>Junior Under 22 Women (U22):</b>	19-22 years - kettlebells 20kg
<b>Young Men (U18):</b>	16-18 years - kettlebells 24kg
<b>Young 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

## 2.2 Weight Category

The athletes are divided into the following weight categories....

### WKSF WEIGHT CATEGORY

Weight categories for the discipline Two Kettlebells 10' BIATHLON & LONG CYCLE									
<b>Men:</b>									
Senior, Junior 19-22 Year, Master:	63kg,	68kg,	74kg,	80kg	87kg,	95kg,	+95kg		
Children 14-15 Year, Young 16-18 Year:	52kg,	62kg,	72kg,	+72kg					
Student:	Absolute Category								
Disabled:	Absolute Category								
Weight categories for the discipline One Kettlebell 10'-12'-30'-60' OALC-OAJ-OAS									
<b>Men:</b>									
Senior, Junior 19-22 Year, Master:	74kg,	87kg,	+87kg						
Young 16-18 Year:	62kg,	+62kg							
Children 14-15 Year:	52kg,	+52kg							

Weight categories for the discipline Two Kettlebells 10' BIATHLON & LONG CYCLE									
<b>Women:</b>									
Senior, Junior 19-22 Year, Master:	52kg,	58kg,	65kg,	75kg,	+75kg				
Children 14-15 Year, Young 16-18 Year:	48kg,	58kg,	+58kg						
Student:	Absolute Category								
Disabled:	Absolute Category								
Weight categories for the discipline One Kettlebell 10'-12'-30'-60' OALC-OAJ-OAS									
<b>Women:</b>									
Senior, Junior 19-22 Year, Master:	58kg,	65kg,	+65kg						
Young 16-18 Year:	58kg,	+58kg							
Children 14-15 Year:	48kg,	+48kg							

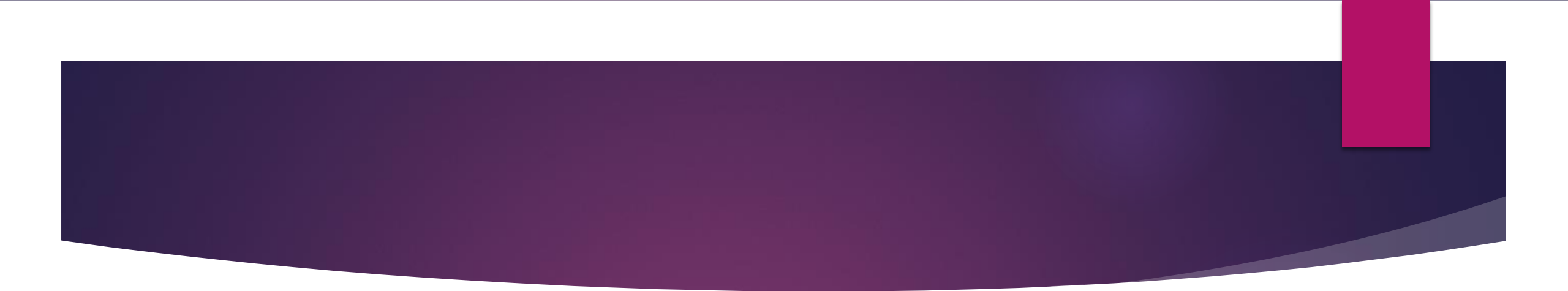
## 2.3 Special groups and related competitions

Each athlete has the right to participate only in his weight category, he is allowed to compete with other categories only in team races (relay race)

## 3 Application forms

For the entire day before the start of the competitions, the competition commission takes care of the acceptance of all athletes, filling in all the forms concerning the personal data of each athlete.

All application forms must be regularized and accepted by the head of the organization.

- 
- 3.1 The weighing of the athletes is carried out only before the race, the athletes participating in the team relay (relay race) are assumed to have already competed and therefore weighed before the start of the competitions.
  - 3.2 Weighing is carried out in well-defined and authorized areas under the supervision of judges or members of the competition organization.
  - 3.3 Weighing is carried out only by the judges.
  - 3.4 Weighing should only be carried out with underwear or swimming clothing.
  - 3.5 Athletes must send the pre-registration form no later than 30 days before the start day of the competitions, in order to allow the organizer to create the preliminary protocols for each weight category.

## 4. Rights and duties of athletes

- 4.1 The athlete can ask for help to prepare their kettlebells before the start of the competition. For this purpose there is a specific area where to use chalk to prepare the tools. Only chalk can be used.
- 4.2 Athletes may have individual sponsors, or with the permission of the Federation they may use logos or materials from the Federation's sponsors.
- 4.3 Rules and regulations must be known to the athletes.
- 4.4 In case of non-compliance with the rules or in case of public disorder, the judge may decide to disqualify the athlete from the competition.
- 4.5 The athlete must be fair and polite to other competitors, spectators and judges and strictly adhere to protocol.
- 4.6 The athlete performs with the kettlebell prepared before his turn on the platform and can be helped to carry them on the platform.
- 4.7 It is strictly forbidden to use any type of device that can facilitate lifting.
- 4.8 Repetition of the previous one.
- 4.9 It is possible to remove an athlete from competition due to health problems

## 5. Uniforms and clothing for athletes

### 5.1

The athlete is required to dress and act appropriately. Permitted clothes are bodysuits, weightlifting T-shirts or vests, and shorts above the knees.

The sleeves of the shirt cannot pass past the elbow joints;

The devices allowed are the weightlifting belt (no more than 12 cm wide for the back and 6 cm for the front), bandages (no more than 1.5 m in length) and cuffs (no more than 12 cm). Knee protectors and knee bandage can also be used (knee brace max 25cm). The belt cannot be worn over or under the suit.

The footwear used is simple training shoes or weightlifting shoes.

The team must be dressed in the same way.

## 6. Representatives and Team Leader

6.1 The team (in individual or team competitions) must always have a representative.

6.2 The team leader, who is the representative of the entire team, has full responsibility for the organization of the team and for the discipline of the participants. The team leader is required to attend all meetings with judges and other representatives, He must also ensure that all team members arrive in time for the competition, parade opening, award ceremony, doping control, and reward.

6.3 The foreman should be present during weighing.

6.4 It is strictly forbidden for representatives, coaches and team members to remain in the competition area (platform) during the competition itself. There are specific areas where reps and the team are allowed to stay.

6.5 Representatives are prohibited from interacting with judges and athletes during the challenge. It is allowed to present objections and protests to the head judges

6.6 If the athletes involved in the competition have no representatives, their duties are carried out by the head of the organization.

## 7. Equipment and devices

7.1 Competition platforms have standard dimensions of 1.5 m x 1.5 m. The distances between the platforms are defined according to safety so as not to hinder or endanger the other athletes in the competition.

7.2 The weight of the kettlebells must not vary by more than 100 grams less or more than the standardized weights.

7.3 Kettlebells Parameters and Colors:

Whenever possible, kettlebells should be paired with the footboard. In international and domestic competitions, the electronic counting and timer system must be installed to ensure visibility for spectators and athletes. Whenever possible, cameras should be installed to ensure the impartiality and objectivity of judges. If the number of feet exceeds 5, the cameras should be installed so that all feet and screens are captured.

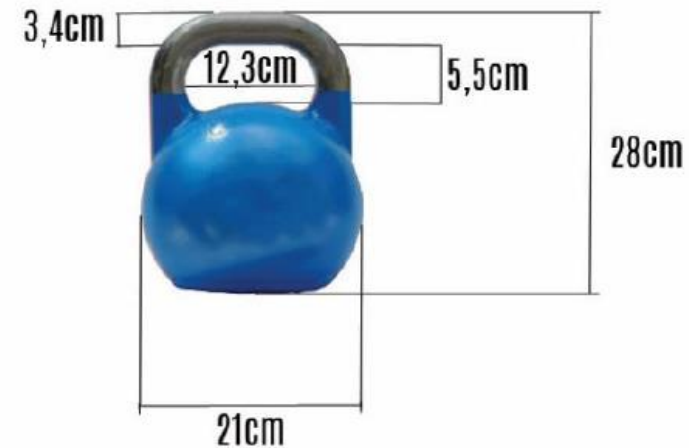
7.4 A judicial reporting system (electronic file) should be set up for the management of the account and information.

7.5 Before the start of competitions, the certificate of conformity of the equipment and stock with the rules of the competitions must be issued.

### Color Weight Dimensions

- Height: 280 mm
- Diameter of the ball: 210 mm
- Diameter of handle: 34 mm
- Internal handle height: 55 mm
- Distance from handle handle 123 mm

Kg	Color	
8 kg	Blue	
12 kg	Brown	
16 kg	Yellow	
20 kg	Violet	
24 kg	Green	
28 kg	Orange	
32 kg	Red	
36 kg	Grey	
40 kg	White	



## 8. Heating area and heating lines

8.1 To prepare athletes for competition, the warm-up area must be well organized. The warm-up area should be as close to the competition area as possible.

According to the number of competitors, there should be enough equipment for the athlete to prepare for the challenge: platforms, kettlebells of different weights, chalk, etc.

Near the heating area, the following equipment should be placed:

- Speakers connected to a microphone
- A printout of the heats, showing the names of the athletes, generalities, weights, specialties of the competition
- Table for the doctor on duty.

## 9. Judicial Commission

9.1 The Judicial Council is composed of the organisation, which is entrusted with specific tasks.

9.2 The Judicial Council:

- Responsible for judges
- Chief Secretary
- Individual judges of the platform
- Relationship Secretaries
- Race speaker
- in charge of roadworthiness testing

In relation to the number of athletes (more than 30 people), the number of judges can be increased by introducing the assistant judge in charge, the chief secretary and the number of judges assigned to the platform.

9.3 Judges are required to have a thorough knowledge of the rules and to ensure that they are applied during competitions. He should be impartial and firm in his decisions: he should embody the example of discipline, organization and clarity in work.



9.4 Judges must wear a uniform, a dark blue jacket and black trousers for men or a skirt for women.

9.5 The judges assigned to each platform are chosen by lot: the number drawn corresponds to the platform number.

9.6 The main judicial body:

- Chief Judges
- Chief Secretary
- Assistant to the Chief Judge
- Assistant to the Chief Secretary

9.7 Depending on the number of participants and before the start of the competition, the main judicial council consists of 3 to 5 people

9.8 The Principal Judicial Commission is authorized to rank the strongest athletes and teams based on the results of their performance in the competitions of the current year or the last year.

9.9 The jury has the task of checking the performance following the rules and regulations. The conditions of the competition established by the rules cannot change.



9.10 The jury accepts the protests and supports their decision.

9.11 The jury has the right to dismiss judges who make mistakes in arbitration or misconduct against athletes and participants.

9.12 If necessary, the Principal Judicial Commission may make changes to the competition schedule.

9.13 The decision of the jury is accepted by a majority. The members of the principal judges shall have two votes

9.14 Responsible judges and assistants :

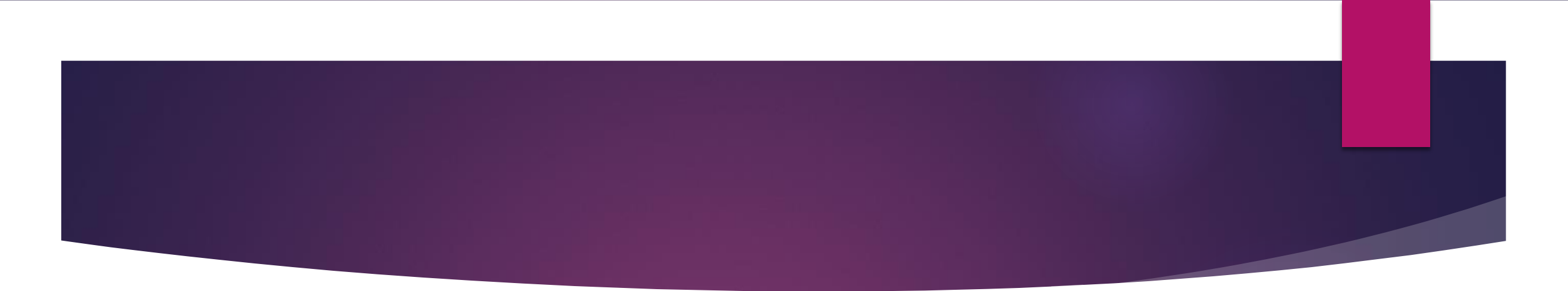
The Chief Judges oversees the work of the Judicial Council and is responsible for managing the organisation of the competition, discipline and safety, the creation of a level playing field for all participants, strict compliance with the rules, objectivity of arbitration and reporting of results.

## 9.15 The Chief Arbitrator is obliged to:

- Holding meetings with both the judicial council and team representatives before and during the competition.
- Verify a place to compete, supervise technological devices and systems, provide stock and equipment, compliance with regulations and safety precautions.
- Define the judicial procedure.
- Supervise protests and resolve emerging questions to control the work of judges.
- Agree to discuss questions and protests.
- Submit a written report with the relevant documents within a period of 15 days.



- 9.16 The assistant to the head of the competition judges is guided by the instructions of the manager himself and in case of absence he performs his duties.
- 
- 9.17 The Chief Secretary
- Prepares the necessary technical devices and is responsible for its proper functioning
- Prepares reports on decisions made by the judicial bard and refers to all decisions of the chief judge
- Provides information to the rapporteur, representatives, judges on the platform and the judges' team leader about the decision taken by the head of judges;
- Create a certificate on established records
- Process all competition documents
- Maintains contact and signs decisions in protest

- 
- 9.18 The Judge of the Platform
  - He must count each repetition aloud and count them correctly.
  - Decides whether a repetition is incorrect with the special command DO NOT COUNT.
  - Declare aloud the result for each athlete in each specialty.
  - Note: In international competitions and national championships, you can find two judges for each platform.
  - 9.19 The Secretary
  - Fill in the athlete's entry cards by marking the weighing report and the result of the challenge;
  - Establishes the order of entry onto the platform and warns the athlete when he must be on it;

## 9.20 The Speaker Judge

declares all decisions taken by the principal judicial council

Inform viewers and participants about the results of the challenge

## 9.21 The Judge Accompanist

Check the presence of the athlete and the conformity of the clothing of the same that complies with the rules of the competition.

Bring the athlete to the assigned platform.

Informs the secretary of an athlete's absence or refusal to take part in the competition.

is the intermediary between the participants and the judicial council

## 9.22 The Technical Controller

- Under the supervision of the head judges, it verifies the compliance of the facilities with the rules of the competitions, safety, warm-up locations, kettlebells in the warm-up area and on the platform, the judges' signaling system, stopwatches, and others.
- Under the supervision of one of the members of the main judicial body, it checks the weights and parameters of kettlebells and issues a certificate of their compliance.
- During the competition, check the technical condition of the stock and equipment maintains the order of the athletes in the competition area and encourages anyone in the vicinity of the competition area to acclimatize to dedicated areas.
- intervenes to eliminate any type of problem that occurs during the competition
- In case of delay in the organization of the materials, he informs the jury and interrupts the competition for the time necessary to solve the problem.
- In the event of extreme situations arising, it provides emergency measures for evacuation from dangerous situations and guides people to the defined assembly point.

## 10. The doctor on duty

10.1 The doctor on duty is a member of the organisation who specialises in sports medicine and competitions.

10.2 Check the medical references of each individual athlete and allow participation in the challenge.

He performs medical supervision on athletes during weighing and during competitions.  
Check the hygienic and sanitary conditions.

It defines the possibility of an athlete with trauma or illness to continue the challenge, in the event of an accident.

It helps judges remove or admit an athlete from the challenge and certify the reason for their removal.  
Bring back a medical document after the end of the competition.

# 11. Rules for the execution of the exercises General provisions

11.1. 2 minutes before the start of the RACE the participant is invited to INTRODUCE HIMSELF.

5 seconds before the start of the countdown, the presence check is carried out on the athletes and judges on the platform asking if they are ready to start, followed by the countdown 5,4,3,2,1 and start, the participant is obliged to start the exercises: momentum or snatch or complete momentum. When the kettlebell participant arrives on the platform until the "Start" command, the main judge sends a "Stop, and has the kettlebells placed on the platform before starting the exercise"

11.2 A participant who is late on the platform at the time of departure will not be allowed to compete.

11.3 A maximum time of 3'-10'-12'-30'-60' minutes is given for the execution of the competition.

The judge-secretary through each minute COMMUNICATES the time ELAPSED OR MISSING OF THE COMPETITION. After 9 minutes the REMAINING time is ANNOUNCED as follows: 30 seconds, 50 seconds, last 5 seconds every second.

11.4 After 10 minutes, it sends the "Stop" command, after which, if the time increases are not set, the participant is obliged to stop performing the exercise. (in case of races other than the classics the time is reset e.g. marathons etc.)



11.5 Each correctly performed repetition is accompanied by the total report by the platform judge. The judge declares the repetition valid as soon as all parts of the athlete's body become immobile (fixation).

11.6 if the athlete performs an infraction during the (technical) execution of the exercise, the judge on the platform signals the commands "Not consider", "Stop".

11.7 If during the execution there is contact of the apparatus with the platform, or if the athlete gets off it, there is a contact with the body, for example in the snatch with the arm not involved in the exercise, the command "Stop» is sent

11.8 Sportsman who is unable to fully extend his elbows due to physical problems should inform the judges of the platform and the jury before the start of the execution of the exercises.

# Jerk

11.9. The JERK is performed from a RACK POSITION:

kettlebells are stationary on the chest, the arms are in contact with the trunk, the legs are in contact with the lying position.

At the end of the momentum the kettlebells are fixed above the head, (the fixation must be visible therefore kettlebell stops BODY STILL), hands, trunk and legs must be stretched out.

Legs and kettlebells should be on a line parallel to the plane of the body.

After fixing in the highest position, the judge validates the repetition (counting high voice or signals the no count), then the participant lowers the kettlebells to the position of departure.

## 11.10 The "STOP" command is given when:

- Kettlebells rest on the shoulder joints (except for the beginning of the exercise, it is allowed set up kettlebells for the start) or on the platform
- When kettlebells are brought below belt level
- When the athlete LEAVES the platform DURING THE EXECUTION

## 11.11 The "DO NOT COUNT" command is given when:

- The lifting movement is performed with a pause
- When alternating kettlebells (right and left)
- When the kettlebells are not moved at the same time;
- Lack of technical stop in rack position
- Lack of fixation over the head

# LONG CYCLE

## (Long Cycle – Clean And Jerk)

11.12 The Long-cycle must be performed according to the rules of the jerk, plus the clean part is added which consists of the bring kettlebells to dead center between your legs behind your knees after each momentum (EXTRA SWINGS ARE NOT ALLOWED, KETTLEBELLS ARE NOT ALLOWED ON THE SHOULDERS.)

The oscillating push to dead center and the return to the rack position can only be performed once per momentum. fixation must be visible so kettlebell stops BODY FIRM.

11.13 The "STOP" command is given when:

- Kettlebells are kept "dangling" between the legs to rest;
- MORE than one oscillation is made in the phase of passage to dead center (EXTRA SWING, START TO BE PERFORMED WITHOUT SWING);
- The kettlebells rest on the platform;
- The athlete LEAVES the platform DURING THE EXECUTION;
- KETTLEBELLS REST ON THE SHOULDERS;

# Snatch

- ▶ 11.14. The exercise should be performed in a single fluid motion.
- ▶ The athlete must lift the kettlebell without stopping in the fixation position above the head. At the time of fixation, the arms, legs and trunk must be relaxed, and the kettlebell and the athlete must remain still.
- ▶ After fixation, the athlete must lower the kettlebell to perform a new lift.
- ▶ You are not allowed to touch the kettlebell with any part of the body other than the hand with which it is held. Descent and ascent can only be performed once. It is not allowed to perform a swing in the initial phase of the exercise (with the START command, the athlete must immediately perform the Snatch).
- ▶ If the athlete, after the START command, performs ONE SWING, the judge gives the command CHANGE HANDS, and the athlete must continue with the other hand.
- ▶ If the athlete performed a swing at the beginning of the exercise and the judge gave the command CHANGE HAND, but the athlete continued to perform the exercise with the first hand, the judge will give the command STOP.
- ▶ Only one change of hands is allowed. In the event that the athlete has poor joint mobility and the arms are bent in the fixation above the head, the fixation must be clearly visible.

## 11.15. The "STOP" command is communicated when:

- The kettlebell rests on the shoulder;
- IF THE ATHLETE'S ARM GIVES WAY DURING FIXATION AND THE KETTLEBELL TOUCHES THE HEAD, OR YOU HELP YOURSELF WITH THE OTHER ARM TO PREVENT IT FROM GIVING WAY AND HELP TO STRETCH IT AGAIN.
- The kettlebell rests on the platform (if the kettlebell touches the platform during the oscillations, it is not considered a mistake);
- The athlete LEAVES the platform DURING THE EXECUTION;
- The kettlebell is left to rest between the "dangling« legs;
- Performs more than one oscillation between two fixations (swing tear);
- If the kettlebell is left to "dangle" between the legs or a double swing is performed BEFORE the change of hands has been carried out, the judge of the platform commands "CHANGE HAND". If the athlete does not obey, THE "STOP" is commanded.

## 11.16. "DO NOT COUNT" is communicated when:

- The movement is performed with the press technique;
- - Lack of fixation;
- - When the free arm or any other part of the body touches the platform, legs, arm
- in use, (except for the moment of changing hands);

Video Rules SNATCH: <https://youtu.be/SzJXkJZDc8>

Video Rules JERK: <https://youtu.be/-xRnWWf6CnQ>

Video Rules LONG CYCLE: <https://youtu.be/5OmPqHankAE>

# Team Race (Relay Race)

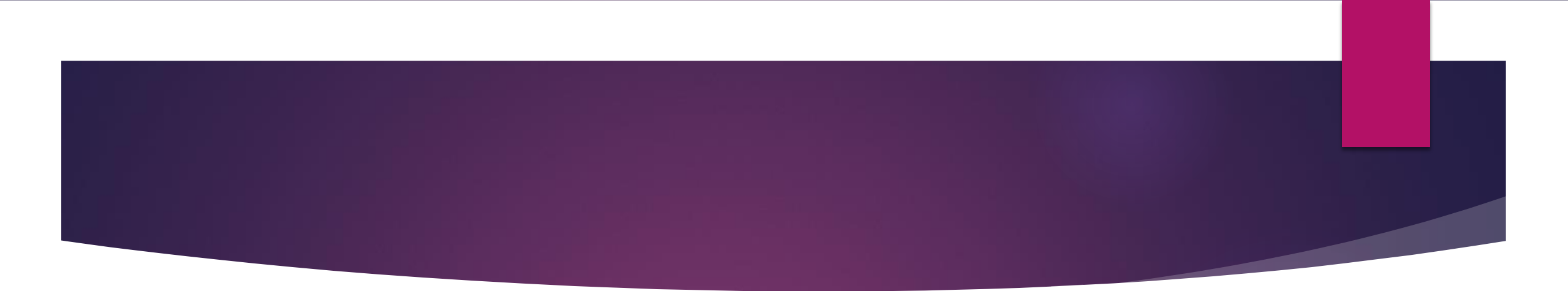
11.17 The weight of kettlebells, the discipline, the time factor, the number of athletes are defined by the rules of the competitions.

11.18 The rules for the execution of the exercises are the same as for the individual specialties.

11.19 The execution of the exercises on the platform begins with the lower weight categories both as body weight and as weight of the tool.

## 11.20 Relay execution order:

- Before the start of the relay the participants follow the instructions given by the judge or assistant speaker,
- The start of the competition is given as in all other cases, it is checked that the athletes and the judges of the platform are Ready, we then proceed with the green manure count: 5, 4, 3, 2, 1, and the "start" command is given to the participants of the first phase;
- 15 seconds before the start of the next phase, the judge in charge of controlling the platforms, introduces behind the platform the athletes of the next phase;

- 
- 5 seconds before the end of the next phase, the deadline is communicated with the account to the reverse: 5,4,3, 2,1;
  - the transfer of the relay is carried out with a "change" command The participant who has finished the minutes of competition should put the kettlebells back on the platform;
  - the participant of the previous phase if he has not put away the kettlebells after the "Change" command, they are not counted repetitions;
  - the total count is generated with the sum of the repetitions performed in the various phases by all athletes;
- The winner is the team that totals the most repetitions, with the same repetitions between two or more teams, the winner is obtained by checking which team has the lowest body weight of the participants.

## 12. Anti-doping control

Doping control is part of the race and can be performed in any race.

It is performed according to the rules of the World Anti-Doping Agency (WADA).

Doping control can be performed on any athlete in training or competition.

The anti-doping control is carried out in pre-established spaces suitable for hosting athletes with an adequate number of bathrooms for men and women and which respect the principles of personal privacy.

The number of athletes to be subjected to doping control is determined by the jury, which is required to inform the selected athletes in written or verbal form that they will be subjected to doping control.

Alerted athletes must present themselves in the biological sampling area immediately after their performance in the competition.

If the athlete does not show or refuses to be tested, the result of his control is identified as POSITIVE.

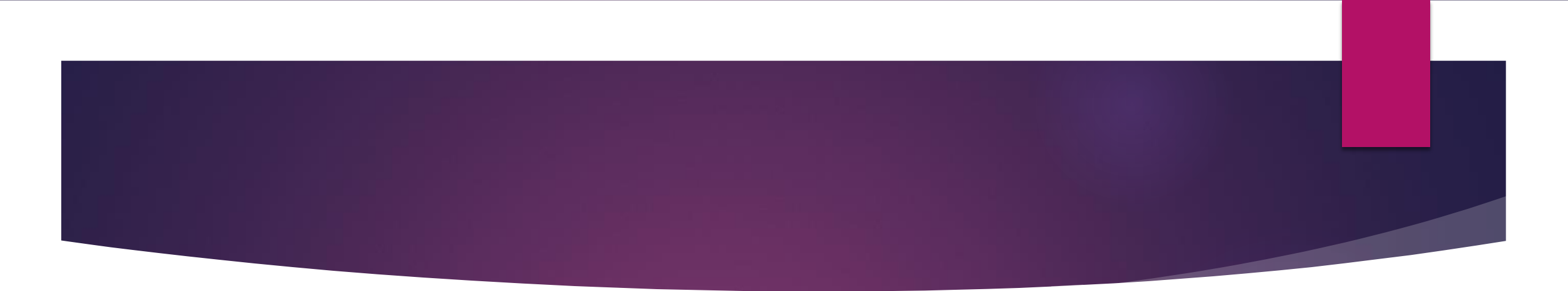


Sampling must be carried out by accompanying the athlete to an isolated bathroom, following WADA guidelines:

- Athletes provide the sample (urine or blood) in a special container, in the presence of the authorized representative of the doping control;
- The doping control officer must be of the same sex as the athlete;

The doping control officer must monitor the flow of urine from the athlete's genitals to the container, which must be filled in and signed by the employee and the athlete, to be sent to the laboratory.

- At the time of the pick-up, team representatives, coaches and doctors may be present in the area but not in the bathroom where sampling takes place;
- Media cannot be present in the control area;



The use of substances banned by WADA and the refusal to be tested, in accordance with federal regulations, makes disciplinary sanctions possible in the form of payment of money and a ban from participation in competitions for a defined period of time (disqualification), which can also be done for life.

The sanctioned athlete is required to pay what is required and to cover the costs of the control in case of a positive test result.

The costs, in other cases, are borne by WKSF. After the final outcome of the check, the Federation has the right to report to the media and the public the violation by the anti-doping rules athlete part.

## 13 Registration of records and the maximum achievements

13.1 Records and the maximum achievements among Elite Senior Men & Women, Master Men & Women, Children 14-15 Years Men & Women, Young 16-18 Years Men & Women, Junior 19-22 Years Men & Women are registered only at the competitions included in the official schedule of sports actions of WKSf.

13.2 In the structure of a judiciary, the board should be no less than three judges of the international category. Registration of records and the maximum achievements occur according to regulations about registration of records and the maximum achievements of WKSf.

13.3 Registration of World Records is only subject to Doping Control at this Competition.

# 14 ADDENDUM

▶ 14.1. WKSF YELLOW CARD & RED CARD



## **Cases in which the Judge on the platform or Jury can punish the athlete:**

1) Athlete argues with Judge YELLOW card;



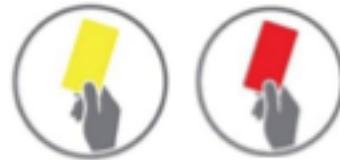
2) The athlete during his execution does not perform the exercise correctly and the Judge repeats the warning order several times, for example: If the athlete does not respond to the technical remarks of the judge on the platform. for fixing above the head or in rack position, other technical errors or non-count followed for many times,



YELLOW card;




# 14 ADDENDUM

## ▶ 14.1. WKSF YELLOW CARD & RED CARD

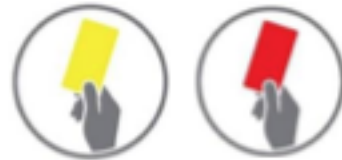



3) The athlete receives 3 (three) YELLOW  cards during the All Set, and only after three yellow cards does he receive a RED card  and consequently the Stop command is given. In this case the Judge stops the athlete's execution and saves his result;

4) Athlete during the performance puts down the kettlebell and aggressively argues with the Judge or with members of the Jury. In this case the Judge marks the result assigned. Jury reviews the case and can present the athlete with the RED card  and consequently disqualification from the competition;

# 14 ADDENDUM

▶ 14.1. WKSF YELLOW CARD & RED CARD

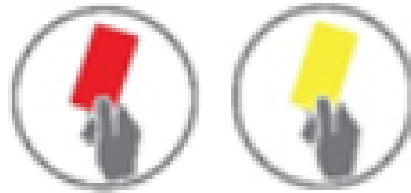


5) Some cases of incorrect behavior of the athlete outside the platform, such as: immediately after the competition, the athlete dissatisfied with the result shouts aggressively or destroys the material of the sports hall, curses or fears losing control. In these cases, the jury can present the RED card  to the athlete and consequently disqualify him from the competition. In case of material damage, the athlete must reimburse the expenses of the material arrangement, in case the athlete does not accept, the burden takes the organization where the athlete comes from;

# 14 ADDENDUM

## ▶ 14.1. WKSF YELLOW CARD & RED CARD

### **The right touse Cards (Yellow and Red)**



- judges on the platforms (only on their platforms);
- judge with the participants (in the warm-up area and in the area where athletes are formed to go to the platforms);
- chairman and members of the jury;
- members of the main judging panel.

# 14 ADDENDUM

## ▶ 14.1. WKSF YELLOW CARD & RED CARD



Subject: Disciplinary sanctions for Coach or National Representative

6) Disciplinary sanctions for Coach or National Representative: Aggressive and rude behavior by coach or national representative. Jury or main group of judges warns with Yellow card. Three Yellow cards during sporting event for the same person, Red card will be presented, and consequently coach or national representative must leave the competition.



# 14 ADDENDUM

▶ 14.1. WKSJ YELLOW CARD & RED CARD



## **Subject: Disciplinary sanctions for Judges**

7) Disciplinary sanctions for judges are implemented by a decision of a joint meeting of the disciplinary commission and the board of judges.

Sanctions may be: a warning; a strict warning; referral for re-certification, with repeated completion of the judicial seminar; deprivation of the judicial license.

# 14 ADDENDUM

## ▶ 14.1. WKSF YELLOW CARD & RED CARD



### **Considerations:**

- First of all, to start with: In the event that an athlete or coach sees errors in judgment, he must calmly finish his performance and as soon as the heat is over he can present a written protest to the jury, where the video of the race will be reviewed and a final decision will be made.
- The competition begins from the moment of registration and weigh-in, and the worthy behavior of absolutely everyone involved in the sporting event is emphasized: Athletes, Judges, Representatives, Coaches. In general, not only the athlete himself, but also the national organization is responsible for the athlete's behavior.

# Standard Judging Commands

This cheatsheet provides clear judging commands and fault criteria to ensure fair and consistent decisions across all WKSF disciplines.

It aims to overcome language barriers by using a standardized set of English terms understood by all.

Distinguishing between main commands (e.g. Warning, No Count, Stop) and specific exercise commands explaining the reason.

# Main Commands

## Command

## Description

Warning

Athlete not following the movement standard and risks getting "no reps" or "stop"

No Count

Previous repetition is not valid

Stop

Athlete has to stop his set

# Specific Commands

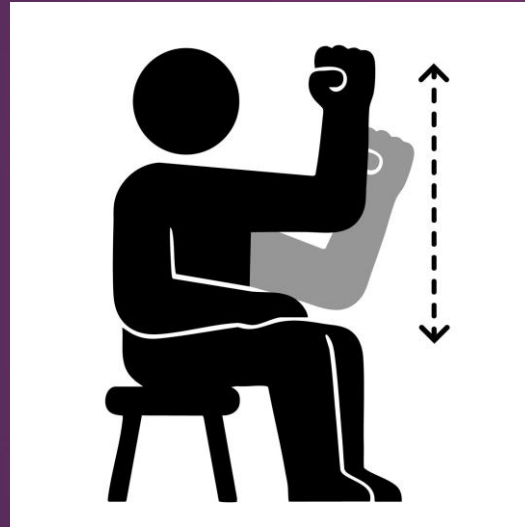
Command	Description	Applies to	Main commands
Fixation	Lack of overhead fixation	Jerk, LC, Snatch	No Count
Rack	Lack of technical stop in the rack position	Jerk, LC	No Count
Press	Wrong movement, press out or push press	Jerk, LC	No Count
Platform	Kettlebell hit the platform hard	Snatch, LC	Stop
Shoulders	Kettlebells are resting the shoulder joints	Jerk, LC	Stop
Shoulders	Kettlebell touch the shoulder during the descent or ascent	Snatch	Stop
Dangling	Kettlebells are held "dangling" between legs to rest	LC, Snatch	Stop
Extra swing	An extra swing is performed	LC, Snatch	Stop
Leaving platform	Athlete left the platform	Jerk, LC, Snatch	Stop
Free arm	Free hand touches the kettlebell in the overhead position	Snatch	Stop
Free arm	Free arm touched the kettlebell in rack position or in motion	OAJ, Snatch, OALC	No Count
Extra swing	Only at the beginning of the exercise	OAJ, Snatch, OALC	Change of hand, No Count
Platform	Kettlebell touched the platform without losing inertia	Snatch, LC	Warning-Attention
Attention	Why to give a warning signal? Judge can help to avoid you a "No Count"	Jerk, Snatch, LC	Warning-Attention

# Specific Commands & Gestures for Judges

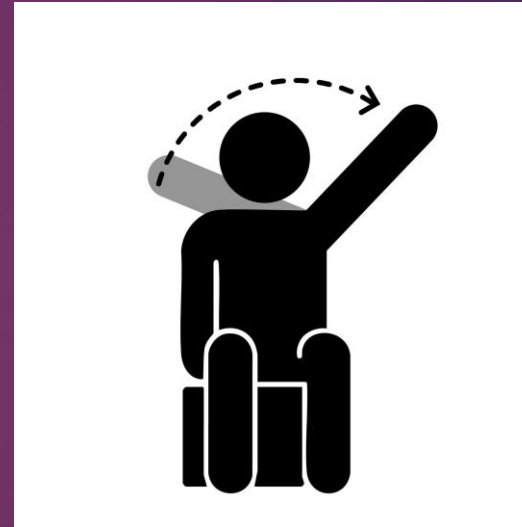
Warning-Attention



Rack Position



No Count



Stop



# "TECHNICAL VIDEO RULES FOR WKSJF JUDGING"

SNATCH: <https://youtu.be/SzJXkDJZDc8>

JERK: <https://youtu.be/-xRnWWf6CnQ>

LONG CYCLE: <https://youtu.be/5OmPqHankAE>

