



INTERNATIONAL RULES OF REFERING OF COMPETITIONS WKSF



INTERNATIONAL RULES FOR THE PROCEDURE AND THE MANAGEMENT OF COMPETITIONS

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1. Features and program of competitions

Features of competitions.

1.1 kettlebell lifting competitions are divided into individual scored challenges, team scored challenges and summation scored challenges (individual and team).

The individual scored challenges are based on the score made by one athlete only in one singular competition. The team scored challenges are the result of the scores collected by the team. The summation scored challenges is the product of the sum of the single personal scores of each member of the team.

1.2 Cap time of competition: 3 minutes challenge, 5 minutes challenge, 10 minutes challenge, 30- minutes challenge (half marathon), 1-hour challenge (marathon), 3 -hours challenge.

1.3 The features of every single competition are defined in 11.

1.4 Kettlebell weights admitted: 8kg, 12kg, 16kg, 20kg, 24kg, 28kg, 32kg, 36kg, 40kg.

Jerk -short cycle-: one or two arms, starting from the chest (rack position) to over the head (lock out position).

Clean and jerk -long cycle-: one or two arms, starting from the chest (rack position) to over the head (lock out position) with the return of the kettlebell between two legs with an oscillation and a brought to the chest to start again cycling.

Snatch: one arm only, starting with an oscillation between two legs to immediately over the head.

Biathlon: (jerk and snatch).

Relay race: team challenge, with jerk and long cycle.

1.5 The schedule of the competition day is strictly defined by heats and lines for each athlete. That is to permit to every competitor to perform in one specialty and in the team relay race.

1.6 Every weight category owns a winner. The final score for biathlon is made by the sum of two exercises, jerk and snatch. The score for snatch is the sum of repetitions made with both arms.

When two or more athletes attempt the same score, the first to appear in ranking order is:

- The athlete with the lightest bodyweight before the performance
- The athlete with lightest bodyweight after the performance
- The athlete chosen tossing-up

The athlete position in ranking order is defined by the score of the specialty chosen (1 point for jerk, 1 point for long cycle for each repetition made) and the summed score for biathlon (1 point for each repetition of jerk and 0.5 point for each repetition of snatch). In particular, if the points in jerk or snatch are 0 the final score cannot be counted: if the score of jerk is 0, the athlete cannot perform in snatch. For one arm kettlebell snatch and



long cycle for women the score is made by the sum of the repetitions made with both arms (1 point for each).

The ranking position for teams is defined by the points collected by each competitor of the team. According to the general rules, for every position reached there is a well-defined score.

Scoreboard for athlete results according to the position reached

1.7 The score for team are calculated as shown in the following list

1.8 Award ceremony

The procedure of awarding individuals and team is defined according to the rules of the competition. The award ceremony starts for each specialty from the lightest weight category to the heaviest. The podium is assigned to the first three athletes of each weight category, from the third one to the winner.

Prizes can also be given to best team leader and coach, judges, record athletes or best technical athlete and so on.

Award ceremony is led by representatives of the federation or the host organization.

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



2. Athletes

2.1 Age and gender of competitors

Senior Men (SE):	23 years and more - kettlebells 32kg, 24kg
Senior Women (SE):	23 years and more - kettlebells 24kg, 20kg, 16kg
Veterans Men (M):	40-49 years, 50-59 years - kettlebells 24kg 60-69 years, 70-74 years - kettlebells 16kg +75 years - kettlebells 12kg
Veterans 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, 24kg
Juniors Under 22 Women (U22):	19-22 years - kettlebells 24kg, 20kg
Youth Men (U15):	14-15 years - kettlebells 16kg
(U18):	16-18 years - kettlebells 24kg
Youth Women (U15):	14-15 years - kettlebells 12kg
(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

The age category is defined by the year of birth according to the current year: day and month of birth are not considered.

Teens and juniors can participate to upper age category challenges only under medical consent.



2.2 Weight categories

Athletes are divided into the following weight categories

Senior, Under 22, Veterans Men	<ul style="list-style-type: none"> • Up to 63 kg • Up to 68 kg • Up to 74 kg • Up to 80 kg • Up to 87 kg • Up to 95 kg • Over 95 kg
Senior, Under 22, Veteran Women	<ul style="list-style-type: none"> • Up to 52 kg • Up to 58 kg • Up to 65 kg • Up to 75 kg • Over 75 kg
Youth, Students Men	<ul style="list-style-type: none"> • Up to 52kg • Up to 62kg • Up to 72kg • Over 72kg
Youth, Students Women	<ul style="list-style-type: none"> • Up to 48kg • Up to 58kg • Over 58kg

2.3 Special groups and related competition kettlebell

Each athlete has the right to perform only in one weight category. It is authorized to participate in other weight category challenges only in team challenges (relay race) under the condition to repeat the weighting in operation.

3. Application forms

For the entire day before the beginning of the competition the Main Judiciary Board deals with acceptance of all the athletes filling sheets with personal data. All the application forms must be regularized and accepted by the head of the organization.

3.1 The weighing in is spent only before the competition;

3.2 The athletes joining team for the relay race are supposed to perform during the competition and to be weighted in individually before the competition starts.



- 3.3 The weighing in is collocated only in an authorized place with the supervision of the judges and the members of the organization.
- 3.4 The weighing in is provided by judges only
- 3.5 The weighing in operation has to be done only with underwear or swimming clothes.
- 3.6 Athletes must send Pre-registration form for the competition at least 30 days before the competition day: that is to permit to create a temporary protocol for heats and weights.

4. Rights and duties of athletes

- 4.1 The athlete can ask for help to prepare his own kettlebell before starting the competition. For this purpose, there are specific areas where to use magnesium chalk to prepare kettlebells. Only magnesium chalk can be used for that.
- 4.2 Athletes have the possibility to be sponsored individually or, through permission of federation, to use logos or materials by the federation sponsors.
- 4.3 Rules and regulations must be fully known by all the athletes
- 4.4 In case of breaking standard rules or public order, the judges can decide to disqualify the athlete from the competition.
- 4.5 The athlete has to be correct and polite with other competitors, spectators and judges and strictly adhere to the protocol.
- 4.6 The athlete performs with the kettlebell prepared before his turn on platform and he can be helped to carry them on the platform.
- 4.7 It is strictly forbidden to use any kind of adaptations which can ease the lifts
- 4.8 It is possible to remove an athlete from the competition because of health problem

5. Uniforms and apparel for athletes

- 5.1 Athlete are obliged to dress and act in a proper way, clothes allowed are weightlifting bodysuit, t-shirt or vest and over the knees shorts. T-shirt sleeves should not cover elbow joints. Women of Muslim faith are allowed to use additional clothing in all National and International competitions held by WKSF (Long Tights up to their feet, Tie-wrapped arms, Hands and head clothed).
 - The Size of the Belt is a maximum of **12cm** in the back part of the body and a maximum of **6 cm** on the front. On the belt is not allowed to wear any other bandages or patches. Belt cannot be worn on under bodysuit.
 - The Size of Knee caps and knee bandage can be also used, size maximum **25 cm** (the length of the bandages and dressings is not limited). Bandages at wrist joints allowed a maximum of **10 cm** (the length of the bandages and dressings is not limited).



- Footwear used are simple training shoes or weightlifting shoes.
- Team should be dressed in the same way.

6. Representatives and team leader

6.1 The team (In individual or team competition) must always have a representative.

6.2 the team leader, who is the representative of all the team, has the full responsibility for the organization of the team and the discipline of the participants. The team leader is obliged to attend to all the meeting with judges and other representatives. He further must make sure that all the members of the team arrive on time for competition, opening parade, awards ceremony, doping-control and rewarding.

6.3 the team leader should be present during the weighting in

6.4 representatives, coaches and team members are strictly forbidden to stay in the competition area (platform) during the competition itself. there are specific areas where the representatives and team are allowed to stay.

6.5 representatives are forbidden to interpose with judges and athletes during the challenge. It's allowed to make contestants and protests with head judges

6.6 if athletes involved in competition have no representatives, their duties are executed by the head of the organization.

7. Equipment and gears

7.1 Competition platforms have got a standard size of 1.5m x 1.5 m. Distances between platform are regularized on the form of safety and not to interpose to the challenge in action.

7.2 The weight of kettlebells should not vary more than 100 gr less or more than the standardized weights.

7.3 Parameters and colors of kettlebells:

Whenever possible, kettlebells must be associated with the platform. In international and national competitions, the electronic counting and timer system must be installed to ensure visibility to viewers and athletes.

Whenever possible, cameras must be installed to ensure the impartiality and objectivity of the judges. If the number of feet exceeds 5, cameras must be installed so that all footsets and displays are resumed.

7.4 *For conducting the account and the information the judicial signal system should be established (electronic board).*

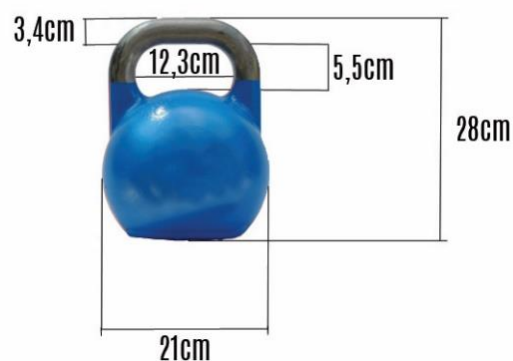
7.5 *Before the beginning of competitions, the certificate on conformity of the equipment and stock to rules of competitions should be made.*



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. Warm-up area and warming up lines

8.1 In order to get the athletes ready to compete, the warm up area has to be well organized.

The warmup area should be as near as possible to competition area. According to the number of competitors, there should be enough equipment to permit athlete to prepare themselves for challenge: platforms, kettlebells of different weights, chalk etc.

Nearby the warm up area, the following equipment needs to be placed:

- . Loudspeakers attached to a microphone
- . A board, showing athletes names, generality, weights, specialty of competition
- . Table for the doctor on duty.



9. A Judiciary board

9.1 the judiciary board is made up by the organization charged of specific tasks

9.2 the judiciary board:

- Head judge
- Head secretary
- Individual judges for platform
- Secretaries for reports
- Judges speaker
- Technical control assigner

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

9.3 Judges are obliged to know deeply rules and make them been applied during competitions. He should be unbiased and firm on decision: he should embody the example of discipline, organization and clearness in work

9.4 Judges should wear a uniform, dark jacket and black trouser for men or skirt for women.

9.5 The judges assigned to each platform are chosen by draw: the number drawn correspond to the number of platform.

9.6 The main judiciary board:

- Head judge
- Head secretary
- Assistant to head judge
- Assistant to head secretary

9.7 Depending to the quantity of participants and before the beginning of the competition, the main judiciary board consists in 3 up to 5 people

9.8 The main judiciary board is authorized to classify the strongest athletes and teams on results of performance in the competitions of the current year or the last year.

9.9 The jury has the task to control the performance following rules and regulation. They cannot change the condition of the competition established by rules.

9.10 The jury accept protests and bears on their decision

9.11 The jury has the right to discharge judges who make blunders refereeing or incorrect actions towards athlete and participants.

9.12 In case of necessity, the main judiciary board can make changes to the schedule of competitions.



9.13 The decision of jury is accepted through a majority vote. The members of the head of main judges has two votes

9.14 Head judge and head assistants: the head judge supervises over the work of the judiciary board and bears the responsibility of managing the organization of the competition, discipline and safety, creation of equal condition for all the participants, strict observance of the rules, objectivity of refereeing and results reporting.

9.15 *The head judge is obliged*

- Hold meeting both with judiciary board and with the representatives of team before and during competition.
- To check out a place where to carry out competitions, to supervise technological device and system, provides stock and equipment, the conformity with rules and safety precautions.
- To define the judiciary board procedure.
- To supervise protests and solve arising question- to control the work of the judges .
- To accept to discuss over applications and protests.
- To present in a 15 days period a written report with the related documents.

9.16 The assistant of the head judge is guided by instructions of the head judges and in case of absence he carries out his duties.

9.17 *The head secretary*

- Prepares the technical devices needed and is responsible for the its correct work
- Makes out reports of the decisions taken by the judiciary board and refer all the decision of the head judge
- Provides to inform the judge speaker, representatives, judges on platform and team Leader of the decision taken by the head judge
- Makes certificate about records established
- Process all the documents of the competition
- Keeps contact and subscribe decision under protest

9.18 *The judge on platform*

- provides to count loudly every repetition and sign them correctly.
- decides whether a repetition is not correct by special command "DO NOT COUNT"
- declares loudly the result for each athlete in each specialty.

Note: in international competition and in national championship is it possible to find two judges for each platform .

9.19 *The secretary*

- fills entry cards of athlete marking the report of weighing and the result of the challenge
- establishes the order of appearance on the platform and warns the athlete when to be on the platform



9.20 *The judge speaker*

- declares all the decisions taken by the main judiciary board
- informs spectators and participants about the results of the challenge

9.21 *The judge accompanist*

- Checks the presence of all the athlete and the conformity of their suits to the rules of the competition.
- Carries the athlete to their assigned platform.
- Informs secretary the absence of an athlete or his refusal to take part into competition.
- is the intermediary between participants and judiciary board

9.22 *The technical controller*

- Under the supervision of the head judges, he checks the conformity of the structures to the rules of competitions, the safety, places of warm up, kettlebell in the warm up area and on the platform, the judges signal system, chronometers and others.
 - Under the supervision of one of the member of the main judiciary board, he controls the weights and parameters of kettlebells and makes certificate about their conformity.
 - During competition supervises the technical condition of tock and equipment
 - Provides the order of the athletes on the stage and exhort anyone in the proximity of the stage to set in devoted areas.
 - Provides to eliminate any kind of problem appearing during competition
 - In case of delay on arranging materials, he provides to inform jury and stop competition for the time it takes to solve the problem .
 - In case of occurrence of extreme situation he provides emergency measures for evacuation from a dangerous one and reports it in the regional center of extreme situation.



10. The doctor on duty

- 10.1 The doctor on duty is a member of the organization specialize on medical sanitary report over athletes and competitions itself.
- 10.2 Check and controls medical references of every single athlete and allow the participation to the challenge.
Carries out medical supervision over the athletes at the e weighing in moment and during competitions.
Controls the sanitary and hygienic conditions.
Defines the possibility of an athlete with trauma or disease to continue the challenge, in the event of accident.
Helps the head judges to remove or admit an athlete from the challenge and certified the reason of his removal.
Reports a medical sanitary document after the end of the competition
- 10.3 The head of the competition is responsible to organize materially the competition (platforms, kettlebells, weighing device and other), to set a place where to compete, accommodation for the participants, representatives, judges, press. He provides the parade and follows the instruction of the main judge, technical controls and the representatives of each team.

11. Rules of performance of exercises

General provisions

11.1. For 2 minutes prior to the beginning of exercise the participant is invited to representation.

5 seconds prior to start readout of control time is made: 5, 4, 3, 2, 1 second during which the participant is obliged to leave on a scaffold. Then the command "Start" moves. After a command "Start" the participant is obliged to start to carry out of exercises: jerk or snatch or long cycle. At rise by the participant of kettlebell (kettlebells) from a scaffold up to a command "Start" the main judge submits a command "Stop, to put kettlebell (kettlebells) on a scaffold and to begin exercise".

11.2. The participant who has late for a scaffold by the moment of start, to competitions is not supposed.



11.3. On performance of exercise to the participant time of 10 minutes is given. The judge-secretary through every minute declares control time. After 9 minutes control time appears through 30 seconds, 50 seconds, last 5 seconds every second.

11.4. After 10 minutes submits the command "Stop" after which rises are not set, and the participant is obliged to stop performance of exercise.

11.5. Each correctly executed rise is accompanied by the account of the judge on a scaffold. The judge declares the account as soon as all parts of a body of the sportsman become motionless.

11.6. At infringement of requirements to technical performance of exercise the judge on a scaffold submits commands "To not consider", "Stop".

11.7. At a contact any part of a body of a scaffold or in case if the sportsman has descended from a scaffold, the command "Stop" is submits.

11.8. The sportsman who cannot straighten completely elbows in connection with natural deviations, should inform on it to judges on a scaffold and jury before the beginning of performance of exercises.

JERK

11.9. The JERK is carried out from a starting position: kettlebells are fixed on a chest, arms are pressed to trunk, legs are straightened. During the moment of fixing of kettlebells in the top position hands, trunk and legs should be straightened. Legs and kettlebells should be on one line in parallel a plane of a body. After fixing in the top position and accounts of the judge the participant lowers kettlebells in starting position by any way.

The important note: fixing – the accented allocated, visible stop of kettlebells and the sportsman.

11.10. The "STOP" command is controlled when:

- The kettlebells are resting on the shoulder joints (except for the beginning of the exercise, after having the kettlebell first in the chest) or on the platform
- When kettlebells fall below the level of the belt
- When the athlete leaves the platform

11.11. It is commanded "DO NOT COUNT" when:

- The lifting movement is carried out with a break
- When kettlebells alternate (right and left)
- When the kettlebells do not hold down simultaneously



- *Lack of technical stop in rack position*
- *Lack of fixation over the head*

LONG CYCLE (Clean and jerk)

11.12. Long Cycle must be executed according to Jerk rules, bringing the kettlebells to the dead point behind the knees after each raise. The oscillatory thrust towards the dead point and the rack position return can only be performed once per raise.

11.13. The "STOP" command is also controlled when:

- The kettlebells are held "dangling" between their legs to rest
- There is more than one oscillation in the step of passing to the dead point
- The kettlebells rest on the platform

SNATCH

11.14. Exercise must be performed in a single fluid motion. The athlete should lift the kettlebell without stopping to the fixing position over the head. At the moment of fixation, the arms, legs and torso should be loose and the kettlebell and the athlete must stop.

After fixation, the athlete must bring down the kettlebell to perform a new raise. It is not allowed to touch the kettlebell with any part of the body other than the hand with which it is being held. Swing down and uphill can only be performed once.

Only one change of hand is allowed.

11.15. The "STOP" command is controlled when:

- The kettlebell leans on the shoulder
- The kettlebell leans on the platform (if the kettlebell touches the platform during oscillations is not considered a mistake)
- The athlete descends from the platform
- The kettlebell is left in the "dangling" legs to rest
- There is more than one oscillation between two fixations
- If the free hand touches the kettlebell in the upper position (when trying to fix the kettlebell above the head). If the kettlebell is left "dangling" between the legs or a double oscillation is performed



BEFORE that the hand change was made, the pedestrian judge commands "CHANGE HAND". If the athlete does not obey, the "STOP" is commanded.

An extra oscillation (double oscillation) is permitted after changing hands, before first fixing with the new hand.

11.16. It is commanded "DO NOT COUNT" when:

- Movement is performed by press technique
- Lack of fixation
- When the free arm or any other part of the body touches the platform, legs, arm engaged in the hoist or the kettlebell (except for the hand change moment)
- Do not touch the kettlebell with a free hand, if the free hand touches the kettlebell while moving it upwards.

Command competitions (relay race)

11.17. The weight of kettlebells (kettlebell), exercise, the time factor, quantity of stages are defined by regulations about competitions.

11.18. Performance of exercises is spent by the general rules.

11.19. Performance of exercises on stages begins with easy weight categories.

11.20 The order of carrying out of relay race:

- before the beginning of relay race participants are built on representation on commands, on stages. 5 seconds prior to start readout of control time is made: 5, 4, 3, 2, 1 then the command "Start" to participants of the first stage is submits;
- 15 seconds before start of the next stage the judge at participants deduces following sportsmen;
- 5 seconds prior to the termination of the next stage the report of control time is made: 5,4,3, 2,1.
- transfer of relay race is made on a command "Change". The participant who has finished a stage, should put kettlebells on a scaffold;
- to the participant of the previous stage who has fixed the kettlebells after a command "Change" for the next stage, rises are not set off;
- the account is conducted the general, with an accruing result.



The Command-winner is defined by the greatest quantity of rises - at equality of quantity of rises at two and more commands advantage is received with the command having a smaller body weight of participants.

12. Anti-doping control

Anti-doping control is part of the race and can be performed in any race. According to the rules of the World Anti-Doping Agency (WADA), anti-doping control can be performed on any competing athlete and training period.

Anti-doping control is carried out in pre-arranged spaces that are suitable for accommodating athletes who have the adequate number of baths for men and women and who respect the principles of personal privacy.

The number of athletes to be subjected to anti-doping control is determined by the jury, which is obliged to athletes involved in oral or written form.

Alerted athletes must present themselves in the area of biological sampling immediately after their performance in the race. If the athlete does not show or refuses to be tested, the outcome of his or her check is identified as POSITIVE.

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

- Athletes provide the sample (urine or blood) in a special, naked container, in the presence of the authorized representative of the anti-doping control
- The anti-doping control officer must be of the same sex as the athlete
- The duty of anti-doping control must monitor the urine flow from the athlete's genitalia to the container, which must be filled and signed by the agent and the athlete, to be sent to the laboratory.

At the time of the withdrawal, team representatives, coaches and doctors may be present in the area but not in the bath where the drainage takes place. Media cannot be present in the control area.

The use of substances prohibited by WADA and the refusal to be tested, in accordance with federal provisions, makes disciplinary sanctions possible in the form of payment of money and prohibition of participation in tenders for a definite period of time (disqualification), possibly even to life.



The sanctioned athlete is obliged to pay what is required and to cover the costs of anti-doping control in the event of a positive test result. Expenses, in other cases, are incurred by WKSF.

After the final outcome of the check, the Federation has the right to report the athlete's violation of anti-doping rules to the media and the public.

13. Registration of records and the maximum achievements

Records and the maximum achievements among young men, girls, juniors-men and juniors-women, adults-men and adults-women are registered only at the competitions included in the official schedule of sports actions of WKSF. In structure of a judiciary board should be not less than 3 judges of the international category. Registration of records and the maximum achievements occurs according to regulations about registration of records and the maximum achievements of WKSF.