

International Union of Kettlebell Lifting

**INTERNATIONAL RULES OF REFERING
OF COMPETITIONS**

2017

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1. Type and program of competitions

Type of competitions

1.1. By their type kettlebell lifting competitions can be classified as:

- individual,
- team,
- mixed (individual and team).

In accordance with this classification personal, team and mixed results are determined.

1.2. Type and program of a competition in every particular case is defined by the Competition Regulations.

Program of competitions

1.3. Competition programs with kettlebells of 16, 24, 32 consist of the following lifts:

- jerk of two kettlebells holding them on the chest in the initial position and returning them in the same position after every overhead lift (short cycle),
- jerk of two kettlebells from 'holding them on the chest' position with lowering them down into hanging position after every overhead lift and then back to 'holding them on the chest' position (long cycle),
- snatch of one kettlebell in turn with one and with other hand,
- classic biathlon (jerk and snatch)
- relays.

1.4. An athlete can participate in no more than one competition discipline and rely on the same day.

1.5. The winner in biathlon is determined by the highest number of correctly executed lifts (**in snatch half of the total number of counted lifts with both hands is recorded**).

1.6. If several participants register the same result, the advantage in determining the place will be given to:

- the participants who weighed less before the performance,
- the participants who weighed less after the performance,
- the participants who performed earlier than his/her competitors.

2. Participants of competitions

Age of participants:

-younger youth (males & females) 14-16 years (U-16),

-older youth (males and females) 17-18 years (U-18)

-juniors (males & females) 19-22 years (U-22),

-adults (males & females) 23 years and older,

2.1. The age of the participant is defined by the year of a birth (on 1st of January of the current year).

2.2. Younger athletes, as an exception, can be allowed to compete in the older age group division, provided they have appropriate technical level, medical permission, and a special permission of the organization holding the competition.

In any given competition each participant has the right to participate only in one weight division. It is permitted to participate in another weight



category only in team competitions (relay) on condition that a participant undergoes another weighing procedure.

2.3. Applications for participation in a competition, the order of their submission and their form are determined by the regulations of a competition.

Weighing of participants

2.4. Weighing of participants is carried out on the eve of the competition, according to the regulations approved by the organizers.

2.5. Weighing is done in a place specially designated for this purpose.

2.6. The members of the Main Judiciary Board, **judges conducting the weigh-in procedure and one official representative of each team are allowed to be present at the procedure.**

2.7. **During the weigh-in, male participants must wear swimming shorts/trunks, females - bathing suits.**

In case the weight of an athlete exceeds the limit of his/her weight division, the athlete has the right to be weighed again within the time slot designated for general weighing by the regulations of the completion.

2.8. **At the weigh-in the order of performance of the participants is determined by a draw.**

The main judiciary board is given the right to form the final group out of number of participants (according to the results of the preliminary competitions indicated in the application).

Weight categories

Younger youth U-16		Older youth U-18		Juniors U-22		Adults	
males	females	males	females	males	females	males	females
up to 53 kg	up to 53 kg						
up to 58 kg	up to 58 kg	up to 58 kg	up to 58 kg		up to 58 kg		up to 58 kg
	over 58 kg						
up to 63 kg		up to 63 kg	up to 63 kg	up to 63 kg	up to 63 kg	up to 63 kg	up to 63 kg
			over 63 kg				
up to 68 kg		up to 68 kg		up to 68 kg	up to 68 kg	up to 68 kg	up to 68 kg
over 68 kg					over 68 kg		over 68 kg
		up to 73 kg		up to 73 kg		up to 73 kg	
		up to 78 kg		up to 78 kg		up to 78 kg	
		over 78 kg					
				up to 85 kg		up to 85 kg	
				up to 95 kg		up to 95 kg	
				over 95 kg		over 95 kg	

The rights and duties of the participant

2.9. The participant has the right to address the main judiciary board with any concern or question only through the team representative or the judge over participants.

2.10. The participant is given time (**up to 3 minutes**) to prepare kettlebells in the place provided for this purpose. **This time period is determined by the Main Judiciary Board according to the competition regulations.**

2.11. The participant may use only the marked kettlebells **which are located** on the platform where he/she is going to perform.



2.12. Only magnesium can be used while preparing the kettlebells and hands before the start.

2.13. The participant has the right to represent an enterprise or a firm by advertising its products. The participant should notify the main judiciary board about this and get the correspondent permission.

2.14. The participant is obliged to know Rules and Regulations of the competition and strictly follow them.

2.15. The participant is obliged to abide by the rules of social behavior and show respect toward other participants, spectators and judges.

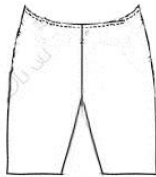
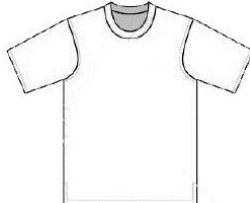
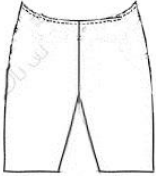


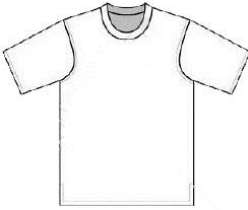

2.16. The participant's uniform must meet the competition regulations and leave knees and elbows uncovered. The participant is obliged to wear clean and neat uniform. Women may wear sports mini-skirts.

It is allowed to use a weightlifting belt (its width cannot exceed 12 cm at the back **and 6 cm in front**), knee pads, bandages and elastic wraps no longer than 1.5 m. The width of overlay bandage on wrists – should be no more than 12 cm, on knees - no more than 25 cm.

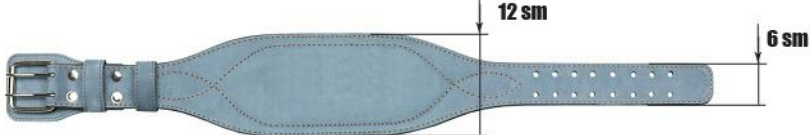


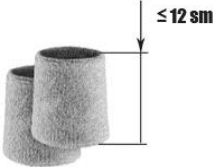
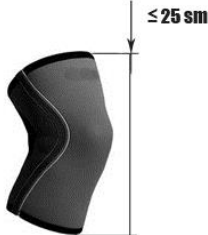
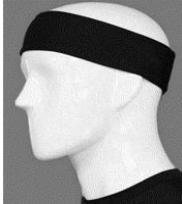
Members of each team must wear the same uniform with national symbols of their country.

Wearing sponsors' logos without the expressed permission of the meet organizers is prohibited.

The uniform of athletes

Performance Uniform for Kettlebell Lifting Competitors				
Lift	Bottom	Top		
Jerk and Long Cycle				
Snatch				
				



Performance Equipment			
Belt			
Footwear			
Wrist guards, knee wraps and head bands			

2.17. Participants arriving to the competition must have a medical insurance and a valid ID document.

2.18. Participants are obliged to take part in the presentation ceremony, the parades of opening and closing of the completion, and the award procedure.

2.19. It is prohibited to use any device that may facilitate lifting of the kettlebell (kettlebells) **including using a belt to support elbows while fixating kettlebells in the rack position.**

2.20. It is prohibited to talk while lifting weights, loudly express emotions which interferes with the judges and counting procedure as well as with performance of other participants on neighboring platforms.

2.21. The participants are not permitted **to deliberately drop the kettlebells on the platform.**

2.22. A participant who violates p. 2.9 - 2.21 **receives a warning.** By the decision of the main judiciary board he/she may be banned from the competition.

3. Managers, coaches and team captains

3.1. Each team participating in a competition should have a manager.

3.2. Manager is responsible for the appropriate behavior of the team members and their attendance at the event.

3.3. The manager must know the rules and regulations of the competition.

3.4. The manager or coach **may** be present at the weigh-in of the team members and the draw, but **must** attend all the meetings called by the meet organizers.

3.5. Managers and coaches are not permitted to be in the competition area during the competition. They should be in a specially designated zone.

3.6. Managers and coaches are forbidden to interfere in the orders or



instructions of judges and officials of the competition. A team manager has the right to submit to the judiciary board a statement or protest regarding only the members of his team. The protest concerning the result of his team member, recorded by judge must be filed before the next flight. Competitions normally are suspended, in this case, to consider the protest.

3.7. In case a team is small and does not have a manager, a coach or a team captain take over his responsibilities which should be specified in the application submitted to the consideration of the Credentials Committee.

3.8. If a team representative violates p. 3.1-3.7 of these rules he/she will be subject to penalties specified in p. 2.22.

4. The equipment and supplies

4.1. Competitions are conducted on platforms not less than 1.5 x 1.5 m in size. Distance between platforms should be at least 1 meter and guarantee safe environment for the participants.

4.2. The dimensions and weight of kettlebells should meet the technical parameters and requirements of IUKL.

Technical specifications of kettlebells:

- the dimensions: height - 280 mm, diameter of the body - 210 mm, diameter of the handle - 32 mm;

- colors: 12 kg – dark blue
 16 kg – yellow,
 24 kg – green,
 32 kg – red,

4.3. The weight of a kettlebell may not deviate from the standard by more than 50 grams.

4.4. Kettlebells used in a competition should be marked according to the platform on which they are going to be lifted.

4.5. For conducting the count and providing the information the signal system (electronic board) for judges should be installed.

4.6. In order to get ready for the performance the athletes must be provided with a warm-up area equipped with:

- sufficient number of platforms, kettlebells of various weight, magnesium, and other necessary items to aid participants' preparations;

- area for rest and recovery;

- additional flight schedule, means of radio communication and video recording of participants' performances.

4.7. Changing rooms, bathrooms, showers, and a medical office should be available for the participants; for the officials – special rooms for carrying out their duties and having meetings.

4.8. Not later than 24 hours before the competition a document is drawn up and signed by the representatives of the organization holding the competition, and the owner(s) of the sports facilities. This document confirms the availability of supplies and equipment that correspond to the competition rules as well as ascertains the undertaken measures of safety of participants and spectators.



5. Judiciary board

5.1. The main judiciary board is approved by the Executive Board of IUKL. The judiciary board is formed by the Judiciary Board of IUKL jointly with by the organization which holds a competition.

5.2. A judiciary board consists of:

- head judge;
- head secretary;
- judges on platforms,
- secretaries of duplicating reports,
- judge-announcer;
- judge over participants,
- technical supervisor,
- doctor
- the superintendant of the competition.

5.3. If the number of participants exceeds 50, the number of judges can be increased by introducing into a judiciary board a post of the assistant to the main judge, the assistant to the main secretary, and additional number of judges on platforms.

5.4. The judge in kettlebell lifting has to:

- know firmly the actual rules and be able to apply them during competitions;
- be objective and honest in his/her decisions;
- be an example of the appropriate behavior and work ethics;
- know regulations of competitions.

5.5. Judges have to wear the same outfit: dark blue jacket, black trousers, dark red tie with the Federation emblem, badges and other symbolic paraphernalia according to their official duties and qualifications.

5.6. For logistics maintenance the organization holding a competition designates a superintendant of the competition at the disposal of a judiciary board.

The main judiciary board

5.7. Main judiciary board consists of:

- head judge, head secretary,
- assistant to the head judge,
- assistant to the head secretary.

5.8 The jury of appeal (3-5 judges) is formed from among the most qualified judges, which is headed by the main judge.

5.9 The jury of appeal monitors the meet rules and regulations, detects infractions and by a majority vote determines any correspondent penalty. The Head Judge makes final decisions regarding infractions and protests.

Head judge and his/her assistants

5.10. The head judge supervises the work of a judiciary board and bears the responsibility before the organization holding a competition for the smooth delivery of the competition, its discipline and safety as well as providing equal conditions for all participants.

5.11. The Head Judge must:



- hold a briefing with the judiciary board and a meeting with representatives of teams before the beginning of the competition;
- prior to the beginning of competitions to check up the venue, its supplies and technical equipment and their conformity to the rules of competitions and to the safety requirements;
- to define the operating order of a judiciary board and judicial brigades;
- to guide the course of competitions and to solve arising questions;
- to provide control over the work of the judges during competitions and in identifying the winners;
- to accept and present the appeals and protests for the discussion of the jury;
- to present in due time the written report and the necessary documentation to the organization holding the competition;
- to appoint and conduct meetings of the judiciary board during competitions.

5.12. The assistant to the head judge is guided by instructions of the head judge, and carries out his duties in his absence.

The head secretary

5.13. The head secretary:

- prepares the necessary technical documentation and is responsible for keeping it in the correct format;
- prepares reports of sessions of a judiciary board and records orders and decisions of the main judge;
- with the permission of the main judge provides information regarding the competition to the judge-announcer, and to representatives of teams and journalists;
- makes documented registration of new records;
- processes all the documentation of competitions;
- presents to the main judge necessary materials for the report;
- keeps an account and records about decisions, appeals, comments and suggestions.

The judge on a platform

5.14. The judge on a platform:

- determines and counts correctly executed lifts,
- does not count incorrectly executed lifts by showing a yellow card;
- penalizes other mistakes by warning an athlete showing a yellow card;
- terminates a performance by the command “Stop!” and showing a red card if an athlete gravely violates the rules or receives multiple warnings;
- announces the final result of a participant.

The secretary of a competition

5.15. The secretary:

- fills in participants’ cards during the weigh-in and is responsible for the records of the competition;
- is responsible for the back-up records document of the competition;
- carries out other directives of the head secretary.



The judge-announcer

5.16. The judge-announcer: announces decisions (directives) of the head judge and gives current information concerning the competition to participants and spectators.

The judge over participants

5.17. The judge over participants:

- prepares participants to enter the platforms;
- checks if the dress code and equipment of the participants are in accordance with the rules of the competition;
- leads the participants to the presentation ceremony.

5.18. The judge over participants is an intermediary between the participant and the main judiciary board in case of any questions, conflicts or in unforeseen situations.

The technical inspector

5.19. The technical inspector:

- before the event, together with the superintendent checks the supplies and equipment, the weight of the kettlebells, scales, logistics, and audio system;
- in the course of the competition supervises their working condition;
- controls the order in the competition area, the warm-up zone, changing rooms and showers;
- ensures security and order during the competition.

5.20. Technical inspector requires from the superintendent to fix the identified deficiencies and drawbacks in the process of the competition. In case of an emergency, s/he shall take emergency measures to evacuate the participants and spectators from the danger zone.

The doctor of a competition

5.21. The doctor of a competition forms part of the judiciary board as the medical assistant to the head judge.

5.22. The doctor of a competition:

- supervises the participants during weigh-in procedure and the course of the competitions;
- carries out medical supervision over participants at weighing and during competitions;
- supervises the maintenance of sanitary and hygienic conditions in the course of competitions in the competition zone, residences and places of food consumption,
- provides medical aid in case of injuries or diseases of the participants, determines the possibility of their further participation,
- makes the decision regarding withdrawal of the participant from the competition for medical reasons, draws the written certificate about the reasons of his/her removal,
- after a competition is over, presents to the main judge the report regarding medico-sanitary service.

The superintendent of a competition

5.23. The superintendent is:



- responsible for the timely preparation of the facilities and equipment: the venue of the competition, warm-up area, changing rooms, showers, rest and recovery rooms, rooms for judges and media representatives;
- provides all necessary logistics and paraphernalia for the opening and closing ceremonies,
- follows the instruction of the main judge, the technical supervisor and the representative of the organization holding the competition in everything that concerns logistics and technology being used in the competition.

6. Rules of performance of exercises.

General provisions

6.1. Participants are called to the platform for their set. 5 seconds prior to start the time is counted down in seconds: 5, 4, 3, 2, 1. Then the command "Start!" follows. After the command "Start!" the participant is obliged to begin the exercise: jerk, snatch or long cycle.

6.2. The participant who is late to the platform will be disqualified.

6.3. If the participant lifts kettlebell(s) from the platform before the command "Start!" the main judge at the platform commands: "Stop, put the kettlebell (kettlebells) on the platform, and begin the exercise!"

6.4. 10 min period is given as the time limit for competition exercises. The judge-secretary will announce time as each minute passes. After 9 minutes have passed, control time will be announced at 50 seconds, 30 seconds, 10 seconds, 5 seconds, and every second until time runs out.

After that the "Stop!" command will be called, and any following lifts will not be counted. The time is counted from 0 to 10 min.

6.5. If, during his/her set, a competitor makes a violation of the rules (including paragraph 2.22), the platform judge will issue a warning by showing a yellow card.

6.6. In the cases stipulated by the rules, the platform judge will stop the set by the command "Stop!" and showing a red card; the command "Stop!" (accompanied by a red card) is given after a repeated violation (ex.: doing more than one swing) during the performance;

6.7. If the athlete steps off the platform, the command "Stop!" is given (accompanied by a red card).

JERK of two kettlebells from the chest

(Short cycle)

6.8. The JERK is performed from the starting position: kettlebells are positioned on chest, arms are pressed to a trunk, legs are straightened.

6.9. During the moment of fixation of kettlebells in the top position arms, trunk and legs should be straightened; the participant must be facing judges on the platform.

6.10. The command "Stop!" is given (accompanied by a red card):

- for technical unpreparedness (numerous warnings regarding the execution);
- placing the kettlebells on shoulders (shoulder joints);
- lowering of kettlebell(s) from a chest into a hanging position or into a



"kettlebell(s) below the hands" position or on the platform.

6.11. A lift is not counted and a yellow card is shown when:

- jerk is performed with a pause in the movement, and an additional press movement of kettlebell(s);
- there is no fixation in the starting position or/and in the overhead position;
- when the position of arms changes (arms separate from the body) during the first dip.

6.12 A warning is issued (a yellow card is shown) when:

- while lowering the kettlebells from the overhead position into the rack position the athlete makes a pause/lingers keeping the bells on his/her shoulder;
- at all other violations which do not fit the description of 6.10.

JERK of two kettlebells from a chest with the subsequent lowering of the kettlebells after overhead lift into clean/swing position (LONG CYCLE)

6.13. It's performed by the same rules as a short cycle jerk from the chest.

6.14. The athlete must lower the kettlebell down after each overhead lift (jerk) and make the swing carrying kettlebells between legs or by the sides before each clean.

6.15. If two subsequent swings are made before the clean, the judge will warn the athlete by showing a yellow card. If this violation is repeated, or: more than 2 subsequent swings are made, the "Stop!" command will be given.

6.16 The "Stop!" command is given if while lowering kettlebells from the chest into the swing position the athlete places them on the legs for support.

SNATCH

6.17. Exercise is carried out in one motion. The participant must lift the kettlebell upward with one hand, in a continuous movement into the overhead position. The kettlebell must be fixated with a straightened arm. During the moment of fixation of the kettlebell in the top position the arm, legs and a trunk should be straightened and motionless, free hand (in any position) is also motionless. Bending or twisting of the torso, bending in the hip joint during the fixation is not permitted.

After fixation in the overhead position the participant lowers the kettlebell down without touching the trunk for the next lift.

6.18. Change of hands is made once in any way.

6.19. If the kettlebell is lowered/placed on a shoulder while performing snatch by the first hand, the command "Switch!" is given and the participant may continue the set with the second hand.

6.20. The command "Stop" is given accompanied by a red card:

- for technical unpreparedness (numerous remarks regarding the execution);
- if the kettlebells is placed on a shoulder (arm) while snatching with the second hand;
- if the kettlebell is put on the platform.

6.21. A lift is not counted (a yellow card is shown):

- for additional press of the kettlebell;
- for the absence of fixation in the top position;
- if the free hand touches any part of the body, the platform, the kettlebell,



the working hand, legs, trunk.

6.22. A warning is given (a yellow card is shown):

- if two swings are made by the same hand. If this violation is repeated, or more than 2 subsequent swings are made, the "Stop!" command will be given.
- at all other violations which do not fit the description of paragraph 6.20.

7. Team competitions (relays)

7.1 The weight of kettlebell(s), the lift, the composition of a team, number of legs of the relay, weight divisions, time of the sets are determined by the competition regulations.

7.2 A participant may compete only in one leg of the relay.

7.3 It is not permitted to substitute members of a team after the application for participation has been submitted.

7.4 A team which does not have a participant on each leg of the relay will be disqualified.

7.5 A team members must wear the same uniform.

7.6 The order of carrying out a relay:

- before the beginning of a relay, the team members are placed in a formation: each member according to his/her stage as indicated in the application for participation;

- after the presentation of the teams only the participants of the first leg remain on the platforms, all other members of the teams are escorted to the warm up area;

- all lifts must be executed in accordance with the general rules;

- the athletes of light weight divisions in strict accordance with the order indicated in the application for participation begin the relay;

- the judge-announcer five seconds prior to the start gives the countdown: 5, 4, 3, 2, 1; and then the command "Start!" is given to participants of the first stage;

- the platform judge records and displays on a monitor every correctly executed lift by every team member and the cumulative number of lifts made by the team;

- the judges' records must include the results of every participant on every leg;

- 30 seconds prior to the switch of the participants a judge ushers the participants of the following leg;

- 5 seconds prior to the conclusion of each leg the countdown is done: 5, 4, 3, 2, 1 and afterwards the command "Change/Switch!" is given. After this any subsequent lifts made by the participants of the expired leg are not counted anymore;

- lifts made by the participants of the following leg prior to the command "Change/Switch!" are not counted;

- once the time of the final leg runs out the "Stop!" command is given after which lifts are not counted.

7.7 The winning team is determined by the highest cumulative number of lifts made by all members of a team.



7.8 In case of a tie between two or more teams the winner is determined by the least combined weight of the team members.

8. Registration of records and highest achievements

8.1. The highest world achievements in kettlebell lifting are recorded in classic exercises stipulated by the competition rules.

8.2. Records are registered in all age divisions: adults (male/female), juniors (male/female), senior youth (male/female), and junior youth (male/female).

8.3. The competition, where the records are set, should be formally included in the IUKL competition schedule.

8.4. Participants who set records (except junior youth) must undergo doping control.

9. Application for participation

Format of the application for participation in competition, deadlines for submission of the application, competition rules and regulations, kettlebell weights, credentials verification and weigh-in procedures, means of determining winners, dress uniform of the participants and other organizational details are stipulated in the Regulations of the Competition.

