# INTERNATIONAL RULES OF REFERRING TO COMPETITIONS WKSF

# INTERNATIONAL RULES FOR THE PROCEDURE AND THE MANAGEMENT OF COMPETITIONS

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## 1 Features and program 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 team member.

## Coefficient:

The use of the coefficient (CO) is only used in a body weight categories that has less than 3 athletes. Athletes into an incomplete weight class must be merged into a higher body weight category class. If exist a gap higher than two upper distance categories and exist a lower category less than 2 BW Categories, the athlete/s must join the near lower category.
The results of all athletes in the category are multiplied by a coefficient according to the table of coefficients. The winner is determined by the highest result. In a discipline has all categories full and only one category has two athletes, the category remains with two athletes. It should be noted that: To achieve a Rank or achieve a Record is always under the repetition results and not by Coefficient results or rank classification. All details and information of Coefficients are at the specific Coefficient Regulations document.

1.2 Timeline competitions: 3 minutes challenge, 5 minutes challenge, 10 minutes challenge, 12 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, 48kg.

**Jerk** (Short Cycle): one or two arms, starting from the chest (rack position) to over the head (lockout position) and returning to the chest.

**Long Cycle** (Clean and Jerk): one or two arms, starting from the chest (rack position) to over the head (lockout position) with the return of the kettlebell/s to the chest and in a single movement between two legs with an oscillation bring the Kettlebell/s again 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 a 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 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 the 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 are:

-The athlete with the lightest body weight before the performance

-The athlete with the lightest body weight 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 points 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 men and 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 the team is calculated as shown in the following list

1.8 Award ceremony

The procedure of awarding individuals and teams are 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 the best team leader and coach, judges, record athletes, the best technical athletes, and so on.
The 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 |
| **Master Men (M):** | 40-49 years, 50-59 years - kettlebells 24kg<br>60-69 years, 70-74 years - kettlebells 16kg<br>+75 years - kettlebells 12kg |
| **Master Women (M):** | 35-44 years, 45-54 years - kettlebells 16kg<br>55-64 years - kettlebells 12kg<br>+65 years - kettlebells 8kg |
| **Junior Under 22 Men (U22):** | 19-22 years - kettlebells 32kg |
| **Junior Under 22 Women (U22):** | 19-22 years - kettlebells 20kg |
| **Young Men (U18):** | 16-18 years - kettlebells 24kg |
| **Young Women (U18):** | 16-18 years - kettlebells 16kg |
| **Children Men (U15):** | 14-15 years - kettlebells 16kg |
| **Children Women (U15):** | 14-15 years - kettlebells 12kg |
| **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 in upper-age category challenges only with medical and federation consent.

## 2.2 Weight categories

**Athletes are divided into the following weight categories for the discipline:**
**TWO KETTLEBELL (TALC 10'-BIATHLON 10')**

| | |
|---|---|
| **Senior, Junior 19-22, Master Men** | • Up to 63 kg<br>• Up to 68 kg<br>• Up to 74 kg<br>• Up to 80 kg<br>• Up to 87 kg<br>• Up to 95 kg<br>• Over 95 kg |
| **Senior, Junior 19-22, Master Women** | • Up to 52 kg<br>• Up to 58 kg<br>• Up to 65 kg<br>• Up to 75 kg<br>• Over 75 kg |
| **Young 16-18, Children 14-15 Men** | • Up to 52kg<br>• Up to 62kg<br>• Up to 72kg<br>• Over 72kg |
| **Young 16-18, Children 14-15 Women** | • Up to 48kg<br>• Up to 58kg<br>• Over 58kg |

**Athletes are divided into the following weight categories for the discipline:**

**ONE KETTLEBELL (OALC 30'-60' - OAS 30'-60' - OAJ 30'-60' - OAS 10' – OALC 10' - OAS 12')**

| | |
|---|---|
| **Senior, Junior 19-22, Master Men** | • Up to 74 kg<br>• Up to 87 kg<br>• Over 87 kg |
| **Senior, Junior 19-22, Master Women** | • Up to 58 kg<br>• Up to 65 kg<br>• Over 65 kg |
| **Young 16-18 Men** | • Up to 62kg<br>• Over 62kg |
| **Young 16-18 Women** | • Up to 58kg<br>• Over 58kg |
| **Children 14-15 Men** | • Up to 52kg<br>• Over 52kg |
| **Children 14-15 Women** | • Up to 48kg<br>• Over 48kg |

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**

3.1 For the entire day before the beginning of the competition, the Main Judiciary Board deals with the 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.

3.2 The weighing-in is spent only before the competition.

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

3.4 The weighing-in is collocated only in an authorized place with the supervision of the judges and the members of the organization.

3.5 The weighting is provided by judges only.

3.6 The weighing-in operation has to be done only with underwear or swimming clothes.

3.7 Athletes must send a Pre-registration form for the competition at least 30 days before the competition day: that is, to permit the creation of a temporary protocol for heats and weights.

**4 Rights and duties of athlete**

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 the 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. The athlete cannot speak or discuss with the competition judge during his performance, otherwise he may be disqualified or stopped during the performance (if the athlete sees injustice he can protest immediately after the performance ends).

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 the platform, and he can be helped to carry them on the platform.

4.7 It is strictly forbidden to use any kind of adaptations that can help the lifts.

4.8 It is possible to remove an athlete from the competition if exists any health problem that compromises the athlete's well-being and health.

## 5 Uniforms and apparel for athletes

5.1 Athletes are obliged to dress and act in a proper way; the clothes allowed are a 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 12 cm in the back part of the body and a maximum of 6 cm on the front, with a maximum thickness of the belt of 1,5 cm. On the belt are not allowed to wear any other bandages or patches. The belt cannot be worn under the bodysuit.

•The Size of Knee caps and knee bandages can also be used, size maximum of 25 cm (the length of the bandages and dressings is not limited). Bandages at wrist joints allowed a maximum of 12 cm (the length of the bandages and dressings is not limited).

•Footwear used is simple training shoes or weightlifting shoes.

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

6.3 The team leader should be present during the weighting

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 the 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 platforms are regularized in 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.

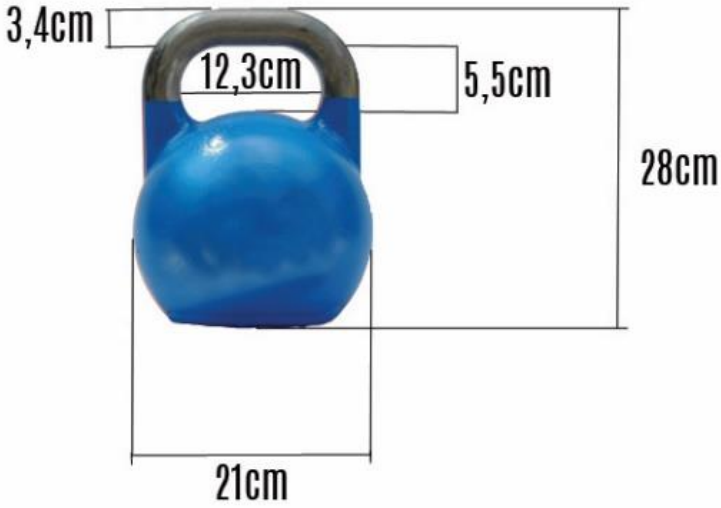
Whenever possible, cameras must be installed to ensure the impartiality and objectivity of the judges. If the number of feet exceeds 5, cameras must be installed so that all athletes and displays are filmed.

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 the conformity of the equipment and stock to the 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 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 | |
| **48 kg** | Gold | |

## 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 warm-up area should be as near as possible to the competition area.
According to the number of competitors, there should be enough equipment to permit the athlete to prepare themselves for the 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 athlete's names, generality, weights, the specialty of competition
- Table for the doctor on duty.

## 9 A Judiciary Board

9.1 The judiciary board is made up of the organization charged with specific tasks.

9.2 The judiciary board:

- Head judge
- Head secretary
- Individual judges for the 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 by introducing the assistant of the head judge, head secretary, and the number of judges assigned to the platform.

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

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

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

9.6 The main judiciary board:

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

9.7 Depending on the number of participants and before the beginning of the competition, the main judiciary board consists of 3 up to 5 people.

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

9.9 The jury has the task of controlling the performance by following rules and Regulations. They cannot change the condition of the competition established by rules.

9.10 The jury accepts protests and bears on their decision. Jury can change judge's final result in platform if judge made mistake.

9.11 The jury has the right to discharge judges who make blunders in refereeing or incorrect actions towards athletes and participants. In case of necessity, the main judiciary board can make changes to the schedule of competitions.

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

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

9.14 The head judge is obliged.

-Hold meetings both with the judiciary board and with the representatives of the team before and during the competition.

-To check out a place where to carry out competitions, supervise technological device and system, provides stock and equipment, the conformity with rules and safety precautions.

-To define the judiciary boar procedure.

-To supervise protests and solve arising questions- to control the work of the judges.

-To accept to discuss applications and protests.

-To present in a 15 days period a written report with the related documents.

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

9.16 The head secretary.

-Prepares the technical devices needed and is responsible for the 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 the 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 decisions under protest.

9.17 The judge on the platform.

-provides to count loudly every repetition and sign them correctly.

-decides whether a repetition is not correct by the special command “DO NOT COUNT."

-declares the result for each athlete in each specialty loudly.

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

9.18 The Secretary.

- fills entry cards of athletes 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

9.19 The judge speaker.

-declares all the decisions taken by the main judiciary board.

-informs spectators and participants about the results of the challenge.

9.20 The judge accompanist.

-Checks the presence of all the athletes and the conformity of their suits to the rules of the competition.

-Carries the athlete to their assigned platform.

-Informs the secretary of the absence of an athlete or his refusal to take part in the competition.

-Is the intermediary between participants and the judiciary board.

9.21 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 members of the main judiciary board, he controls the weights and parameters of kettlebells and makes certificates about their conformity.

-During the competition, supervises the technical condition of the tock and equipment.

-Provides the order of the athletes on the stage and exhorts 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 in arranging materials, he provides to inform the jury and stop competition for the time it takes to solve the problem.

-In case of the occurrence of an extreme situation, he provides emergency measures for evacuation from a dangerous one and reports it in the regional center of the extreme situation.

## 10 The doctor on duty

10.1 The doctor on duty is a member of the organization specializing in medal sanitary reports over athletes and competitions themselves.

10.2 Check and controls the medical references of every single athlete and allow the participants to participate in the challenge.
Carries out medical supervision over the athletes at the e weighting in the moment and during competitions.
Controls the sanitary and hygienic conditions.
Defines the possibility of an athlete with trauma or disease continuing the challenge in the event of an accident.
Helps the head judges to remove or admit an athlete from the challenge and certify the reason for his removal.
Reports a medical sanitary document after the end of the competition

10.3 The head of the competition is responsible for organizing the competition (platforms, kettlebells, weighing devices, and others) materially, for setting a place where to compete, and for accommodation for the participants, representatives, judges, and 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 the exercise, the participant is invited to representation.
Five seconds prior to the start readout of control time is made: 5, 4, 3, 2, I 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 exercises: jerk, Snatch, or Long Cycle.
At the rise by the participant of kettlebell (kettlebells) from a scaffold up to the 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 the start of competitions is not supposed to be.
11.3 On the performance of exercise to the participant time of 10 minutes is given.
The judge-secretary, through every minute, declares control of 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 the performance of the 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 the body of the sportsman become motionless.

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

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

11.8 The sportsman who cannot straighten elbows completely in connection with natural deviations should inform on it judges on a scaffold and jury before the beginning of the 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 the trunk, and legs are straightened.
During the moment of fixing of kettlebells in the top position, hands, trunks, and legs should be straightened. Legs and kettlebells should be on one line in parallel to a plane of the body.
After fixing in the top position and accounts of the judge, the participant lowers the kettlebells in starting position in any way.
In the case when the athlete has poor joint mobility and arms in fixation above the head bent - fixation must be very visual.
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 the rack position

- Lack of fixation over the head

- Movement is performed by press and push press technique

## 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.
In the case when the athlete has poor joint mobility and arms in fixation above the head bent - fixation must be very visual.

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
- The kettlebell leans on the shoulder
- The athlete descends from the platform
- The kettlebell does not touch the shoulder during the descent or ascent.

## SNATCH

11.14 Exercise SNATCH must be performed in a single fluid motion.
The athlete should lift the kettlebell without stopping at 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. It is not allowed to make a swing in the initial stage of the exercise (with the START command, the athlete must immediately perform Snatch).
If the athlete, after the START command, does ONE SWING, the judge gives the CHANGE OF HAND command, and then the athlete continues with the second hand.
If the athlete made a swing at the beginning of the exercise and the judge gave the CHANGE HAND command, and the athlete continued to perform the exercises, the judge gave the STOP COMMAND.
Only one change of hand is allowed. In the case when the athlete has poor joint mobility and arms in fixation above the head bent - fixation must be very visual.

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 the hand change was made, the pedestrian judge commanded, "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, or 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.

## DISCIPLINES MARATHON & DISCIPLINE (with multiple-hand change)

11.17 The Rules for doing the Exercises are the same as in the classical ones. Only a multiple-hand change is allowed. Calculations of Winners among Men and Women in the group Elite, Amateur, Master, Young, Children and Junior by Weight Categories and Coefficient WKSF.

### Additional Regulation for disciplines 30' and 60' or more:

The same WKSF regulation is the same for all disciplines; for the marathon, there is a multiple-arm change. Technical assistance is carried out every 10 minutes (speaker judge announces to enter the competition area assistants, assistants enter with a court-appointed guide, the assistant can serve the athlete for 3 minutes (give water, towel, magnesium). During assistance, an athlete must not have contact with an assistant. Otherwise, repetition is not counted. In the case when the athlete has poor joint mobility and arms in fixation above the head bent - fixation must be very visual.

**JERK**

- the arm can be changed only by lowering the kettlebell halfway through the legs with one arm or two arms and brought to the rack position

- free arm must not touch the tool for rack position, if it is touched with another arm, the repetition is not counted

**SNATCH**

- arm change can be carried out with a swing, arm change can be carried out with a two-arm swing and is carried overhead from a dead center only with one arm, arm change can be made downhill from fixation at any point (at the level of the face, at the level of the abdomen, half dead in the legs)

- if arm change is made uphill from the dead center with one arm or with two arms, the repetition is not counted

- during the kettlebell arm change, it must not touch the shoulder; otherwise, Stop command, during fixation if the athlete holds the kettlebell with a free arm to avoid falling on the shoulder or head is command Stop

**LONG CYCLE**

- arm change can be carried out with a swing, arm change can be carried out with a two-arm swing and is brought to rack position from the dead center only with one arm, arm change can be made downhill from fixation at any point (at the level of the face, at the level of the abdomen, half dead in the legs)

- if arm change is made uphill from the dead center with one arm or with two arms, the repetition is not counted

## RELAY RACE

Command competitions (relay race)

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

11.19 The performance of exercises is spent by the general rules.

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

11.21 The order of carrying out of relay race:

- before the beginning of the relay race, participants are built on representation on commands, on stages. 5 seconds prior to the start readout of control time is made: 5, 4, 3, 2, 1, then the command "Start" to participants of the first stage is submitted
- 15 seconds before the start of the next stage, the judge participants deduce the 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 platform.
- 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 in 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; the advantage is received with the command having a smaller body weight of participants.

## 12 Anti-Doping control

12.1 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 the training period.
Anti-doping control is carried out in pre-arranged spaces that are suitable for accommodating athletes who have an 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 by 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

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.

WKSF Regulation for the 2023-2027 Season

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Update and Approved by WKSF Executive Committee, 31 December 2024

WKSF President, Oleh Ilika
WKSF Executive Committee