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| President WAKSC  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_S.Rachinsky  C:\Users\Иван\YandexDisk\ШКОЛА ДЕНИСОВА\Дизайн\wakc_logo-198x200.jpg  **REGULATIONS**  **«KETTLEBELL FIGHTS»**  «JULY 1-20, 2020»  Partners of competition:  C:\Users\Иван\YandexDisk\ШКОЛА ДЕНИСОВА\Дизайн\PeXBpUPk4Yc.jpg**../../Лого/ЛОго%20БАза.jpg**  **Organizers:** |

World Association of Kettlebell Sport Clubs (WAKSC)

Russian Union of Kettlebellsport

1. **Purpose, Goals and Objectives**

The competition shall be held for the following purposes:

- to allow all athletes to maintain training and focus on personal goals

- to further develop kettlebell sport around the world

- to strengthen and expand the kettlebell sport community

**2. Location, Date and Time**  
July 1-20, 2020, online at www.kettlebellathlete.com

1. **Divisions of Competitors**

Professional Men, Professional Women, Amateur Men, Amateur Women, Junior Male, Junior Female, Youth Male, Youth Female, Veteran Men, Veteran Women, Male with Disability, Female with Disability

All levels of athletes can compete in their respective amateur division. Professionals will compete in a separate category.

Team scoring will apply for those wishing to compete with their respective clubs.

The Competition will follow WAKSC Rules of lifting:

All types of lifting in Table 1.

All disciplines except marathon (Upper part).  
2 Arm Jerk (1 min, 3 min, 5 min, 10 min), One Arm Snatch (5 min, 10 min), Two Arm Long Cycle (3 min, 5 min, 10 min), Biathlon (5 min, 10 min) Triathlon (5 min, 10 min), Military snatch (12 min).

**Divisions of Competitors:**

**Table 1**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Child M (Under 12) | Child F (under 12) | Youth M (13-16) | Youth W (13-16) | Youth M (17-18) | Youth W (17-18) | Juniors M (19-22) | Juniors W (19-22) | Veteran Mens | Veterans Women |
| All disciplines except marathon | | | | | | | | | |
| 32 кg | 28 кг | 48 кг | 42 кг | 53 кг | 48 кг | 58 кг | 53 кг | 63 кг | 53 кг |
| 40 кг | 36 кг | 53 кг | 48 кг | 58 кг | 53 кг | 63 кг | 58 кг | 68 кг | 58 кг |
| 48 кг | 42 кг | 58 кг | 53 кг | 63 кг | 58 кг | 68 кг | 63 кг | 74 кг | 63 кг |
| +48 | + 42 кg | 63 кг | 58 кг | 68 кг | 63 кг | 74 кг | 68 кг | 80 кг | 68 кг |
|  |  | 68 кг | + 58 кg | 74 кг | + 63кг | 80 кг | 73 кг | 87 кг | 73 кг |
|  |  | 73 кг |  | 78 кг |  | 87 кг | + 73 кg | 95 кg | + 73 кg |
|  |  | + 73 kg |  | 85 кг |  | 95 кг |  | 105 кг |  |
|  |  |  |  | + 85 кg |  | + 95 kg |  | + 105 кg |  |
|  |  |  |  | Marathon |  |  |  |  |  |
|  |  | 48 кг | 42 кг | 53 кг | 48 кг | 63 кг | 58 кг | 63 кг | 58 кг |
|  |  | 58 кг | 53 кг | 68 кг | 63 кг | 78 кг | 68 кг | 78 кг | 68 кг |
|  |  | + 58 кg | + 53 кg | +68 kg | + 63 кg | + 78 кg | + 68 кg | + 78 кg | +68 кg |

Male with Disability, Female with Disability: chair press 1 kb, chair snatch kettlebell, snatch, Military snatch.

Marathon — 60 min, Half-marathon — 30 min for all age groups except disable and child (under 12)

All Disciplines are available on all weights of kettlebells.

**Minimum weights allowed:**

**2 Arm Jerk, 1 minute**

Men (Amateur, Veteran, Junior, Youth) - 24kg

Мen (Pro) - 32kg

Women (Amateur, Veteran, Junior, Youth) - 16kg

Women (Pro) - 20kg

Children - 1 min jerk not available.

**2 Arm Jerk, 3 minutes, Long Cycle, 3 minutes**

Men (Amateur, Veteran, Junior, Youth) - 20kg

Мen (Pro)- 28kg

Women (Amateur, Veteran, Junior, Youth) - 12kg

Women (Pro) - 16kg

Children Male - 8 kg

Children Female – 6kg

**Kettlebell coefficient for all disciplines:**

**Table 2**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Points in 1 rep | 0,5 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8,5 | 10 | 13 | 16 |
| Mens and  Juniors M |  | 12 | 16 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 36 | 40 |
| Women, Veterans M and W, Youth W | 6 | 8 | 12 | 16 |  | 20 | 22 | 24 | 26 | 28 | 30 | 32 |

1. **Determining the winners of the competition.**

Winners and prize winners in the individual competition are determined in all sport disciplines in accordance with the rules of WAKSC competition on <https://kettlebellathlete.com/> platform.

Results can be in points or repetitions. In table web site put numbers of repetitions without kettlebell coefficient.

According to the results of the competition, the athlete can achieve ranks up to and including Master of Sport. No higher rank will be awarded for the purposes of this competition. Ranks will be awarded at the end of Regulation Competition.

The competitor with the highest total points of the two exercises (Jerk and Snatch) will be named winner of the Biathlon. The competitor with highest total of points of three exercises (Jerk, Long cycle and Snatch) multiplied by the kettlebell weight coefficient will be named the winner of “Kettlebell FIGHTS”.

In Jerk, Long Cycle, Snatch, and Military Snatch, the winner is determined by the number of repetitions completed multiplied by the Kettlebell Weight Coefficient.

Team championship among clubs is determined by the highest number of points scored by 12 results (no more than 50% of youth and veteran teams together). Points are awarded according to table 3:

Table 3. Team points.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Place** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** |
| Points Awarded | 30 | 27 | 25 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 |
| Place | **14** | **15** | **16** | **17** | **18** | **19** | **20** | **21** | **22** | **23** | **24** | **25** | **26** |
| Points Awarded | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

If the points are equal for two or more athletes, the advantage is given to:

-participant with lower body weight before the competition lift;

-participant with lower body weight after the competition lift;

**5. Instructions for entry**

To enter the competition and add a result to the online platform at www.kettlebellathlete.com, please follow these steps:

1- follow the registration link https://kettlebellathlete.com/

2- register athlete (if the athlete belongs to a gym or club, this should be completed by the gym owner or club president)

3- register the club (the club is added by the owner/president before the athletes are added to the club)

4- if the athlete is completing the application, they should apply for addition to the club to which they belong

5- club president/gym owner will confirm the athlete’s membership

6- record video of lift including weight. Video filming instructions can be found at:

<https://www.youtube.com/watch?v=bfk6MjMauNo>

7- upload the video of your set to your Youtube channel (or different acceptable online video platform)

8- pay the entry fee on the online platform https://kettlebellathlete.com/

9- add the result and insert a link to the video of the set in the required field in the entry form

10 - Results will then be verified by the competition judge.

All registration instructions can be found at: <https://www.youtube.com/watch?v=8eTaHftnX4Q&t=9s>

**6. Award Ceremony**

Award ceremony for all winners will be held on July 25, 2020.

Awards shall be announced and granted for each weight category.

Winners of personal competitions are awarded medals and diplomas of “Kettlebell Fights”.

Winning teams are awarded with cups and diplomas.

Delivery of medals and diplomas will be directly to the clubs. Do not forget to provide the correct club address.

**7. Cost of Entry**

Entry fee for participation in the competition: $15 US for all disciplines.

**8. Contact information.**

Email for any correspondence regarding the organization of the competition or applying for participation should be sent to: rosgiri@mail.ru

**9. Responsibility/waiver of liability**

The participation of the athlete in the competition assumes familiarity with the technical rules of kettlebell lifting. Each athlete understands that it is his or her responsibility to ensure that their health is sufficient to participate in the competition. The participating athlete agrees that they are responsible for all direct, indirect and potential risks associated with participation in Kettlebell Fights. Any violation of the rules of filming, video editing, and/or deception will result in immediate disqualification from Kettlebell Fights as well as a lifetime ban for the athlete from competing in any and all future WAKSC events.

**10. Management of the competition**

The chief judge of the competition is I.N. Denisov, the chief secretary of the competition is N.V. Bondarenko.

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| Word Association of Kettlebell Sport Clubs | | |
| Фото | **Анкета кандидата на получение спортивного разряда/звания** | wakc-1.pdf   |  | | --- | |  | | |
| Photo | **Questionnaire for a sports rank/title** |
| *Информация о спортсмене / Informationaboutathlete* | | |
| Фамилия спортсмена | ENGLISH | |
| Athlete Last name |
| Имя спортсмена |  | |
| Athlete First name |
| Страна Country |  | |
| Город City |  | |
| Весовая категория |  | |
| Weight class |
| Дисциплина Discipline |  | |
| Время выполнения упражнения |  | |
| Time of exercise |
| Результат Result |  | |
| Вес гирь |  | |
| Kettlebell weight |
| Количество гирь |  | |
| Number of kettlebells |
| Место установления результата (страна, город и пр.) |  | |
| Place of establishment of the result |
| Заявленный разряд/звание |  | |
| Declared rank |
| *Информация о тренере / Coach Information* | | |
| Фамилия тренера | На Английском языке | |
| Coach Last name |
| Имя тренера | На Английском языке | |
| Coach First name |
| Страна Country |  | |
| Город City |  | |
| *Почтовыйадресатлета / Mailing address of the athlete* | | |
| E-mail: |  | |
| Почтовый адрес |  | Индекс |
|  | |  |
| Postcode |
| Mailing Address |  |  |