

Regulation 9 stage

ONLINE WORLD CUP

of Kettlebell sport

**Long Cycle**

**(10 minutes)**

**September 1-25**

Two arms Long cycle. The exercises are performed with two kettlebells in 10 minutes. Results: 1 repetition = 1 Point.

Groups and Weight classes:

Adult Men PRO: 63kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, 105 kg, 105+ kg.

Adult Women PRO: 53 kg, 58 kg, 63 kg, 68 kg, 73 kg, + 73 kg

Adult Men Amature: 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, 105 kg, 105+ kg.

Adult Women Amature: 53 kg, 58 kg, 63 kg, 68 kg, + 73 kg, + 73 kg

Youth men under 18 y.o.: 58 kg, 68 kg, 73 kg, + 73 kg

Girls under 18 y.o.: 48 kg, 53 kg, 58 kg, 68 kg, + 68 kg

Veteran Men 40 + y.o:73 kg, 78 kg, 85 kg, 95 kg, +95 kg

Veteran Women 40 + y.o: 58 kg, 63 kg, 68 kg, + 68 kg

Kettlebell weights:

Adult Men PRO 36 kg (coef 2, 5), 32 kg (coef 2), 28 kg (coef 1,5), 24 kg (coef 1)

Adult Women PRO 24 kg (coef 2), 20 kg (coef 1,5), 16 kg (coef 1), 12 kg (coef 0,5)

Adult Men Amature 28 kg (coef 2,5), 24 kg (coef 2), 20 kg (coef 1,5), 16 kg (coef 1), 12 kg (coef 0,5)

Adult Women Amature 16 kg (coef 2), 12 kg (coef 1,5), 10 kg (coef 1,3), 8 kg (coef 1), 6 kg (coef 0,5)

Veteran Men 40 + y.o 24 kg (coef 2), 20 kg (coef 1,5), 16 kg (coef 1), 12 kg (coef 0,5)

Veteran Women 40 + y.o 16 kg (coef 2), 12 kg (coef 1,5), 10 kg (coef 1,3), 8 kg (coef 1), 6 kg (coef 0,5)

Youth men under 18 y.o. 24 kg (coef 2), 20 kg (coef 1,5), 16 kg (coef 1), 12 kg (coef 0,8), 8 kg (coef 0,4)

Girls under 18 y.o 16 kg (coef 2), 12 kg (coef 1,5), 10 kg (coef 1,3), 8 kg (coef 1), 6 kg (coef 0,5)

The winner in the weight category is determined by the most points scored according to the formula: Jerk x kettlebell weight coefficient.

Winners (1-3 places) awarding Diplomas and medals in each age group.

**Carefully read the rules for recording videos at competitions.**

**https://www.youtube.com/watch?v=OybXimNrdQg**

Registration help video:

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