

KETTLEBELL SPORT

Competition

Rules and Regulations

by International Kettlebell Organization



Year 2026

Kettlebell Sport World League Manifesto

We are the fellowship of the
Kettlebell Sport lifters.

We stand for the hard and consistent training;

We stand for brave and honest competition;

We stand for fair and unbiased judgement;

We are united by the kettlebell;

To grow the sport by building our character
and excellence of self-amidst sharing it with
others is our mission;

By living a happy and healthy lifestyle;

By showing support and respect to
our fellow lifters beside us;

We Never doubt - We never stop.



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1. COMPETITION EXERCISES AND EVENTS

Kettlebell Sport Exercises	Kettlebell Sport Events
<ul style="list-style-type: none"> - Two kettlebells Long Cycle; - Two kettlebells Jerk; - One kettlebell Snatch. 	<ul style="list-style-type: none"> - Long Cycle 10minutes; - Long Cycle 5minutes; - Jerk only 10minutes; - Jerk only 5minutes; - Snatch only 10minutes; - Snatch only 5minutes; - Biathlon 10 minutes; - Biathlon 5 minutes; - Triathlon 10minutes; - Triathlon 5minutes.

Kettlebell Sport BIATHLON:

- Two kettlebells Jerk is going first.
- One kettlebell Snatch with one hand switch is going second.
- Both exercises must be completed in one day, minimum time gap between Jerk and Snatch is 30 minutes.

Kettlebell Sport TRIATHLON:

- Two kettlebells Jerk, two kettlebells Long Cycle, one arm Snatch with one hand switch can be performed in any order. *
- Allowed to perform one exercise a day, up to three days to complete all three TRIATHLON exercises. However, it's allowed to complete TRIATHLON competition in one day, minimum time gap between Long Cycle, Jerk and Snatch is 30 minutes.

* Common TRIATHLON exercises orders are:
a) Long Cycle, Jerk, Snatch.
b) Jerk, Snatch, Long Cycle.

CLEAN/ JERK/ LONG CYCLE GRAPHICS

KETTLEBELL SPORT LONG CYCLE GRAPHICS BY DENIS VASILEV



Figure 1.

1.1. **JERK:**

After the "start" command, the lifter swings and Cleans the kettlebells from the platform once into the start position (arms are bent so elbows are below the hands, upper arms are against or near the ribs). The start position is also called "Rack Fixation", Phase 7, *Fig.1*. The lifter moves the weight from the start position through a midpoint (under squat/ "Second Dip", Phase 10, *Fig.1*) position, then to the overhead (end) position also called "Top Fixation", Phase 11, *Fig.1*. A point is added to the score in the end position upon lockout of the legs and fixation of the kettlebells. Fixation is a pause in which the weights have stopped moving, demonstrating that the lifter is in full control of the kettlebell load.

Required elements of the Jerk:

- Fixation of the legs in the Rack Fixation. The hips are extended, and legs are straightened briefly to establish fixation of the legs.
- The arms lock out at the midpoint of the lift (Second Dip). The arms are in their straight position before the legs straighten.
- Fixation of the kettlebells in the end position (Top Fixation). A dedicated pause is required at this point for the Platform Judge to count each repetition.

Exceptions:

- Shoulder Rack is allowed just once, after lifting kettlebells from the ground (platform) and before the first Top Fixation. All other instances of setting the kettlebell on the shoulders will result in a "**no count**" for that repetition (see below).

Technical Performance violations specific to the Jerk:

- **No fixation of the legs to start a repetition.** If the lifter's legs do not straighten before the first knee dip to initiate the Jerk, the Platform Judge can issue a "**no count**" for "**no leg fixation**".
- **No lockout of the arm/s in the mid-point (under squat/ Second Dip) before the lifter stands up.** If the lifter's arm/s do not straighten in the Second Dip, the Platform Judge may issue a "**no count**" for "**no lockout**".
- **No fixation at the completion of a repetition.** If lifter and kettlebell do not become motionless at the completion of a repetition (Top Fixation) and before dropping the weight to the start position (Rack Fixation), the Platform Judge can issue a "**no count**" for "**no fixation**".
- **Unsynchronized lift.** If the weights do not ascend to the overhead position (Top Fixation) together the Platform Judge may issue a "**no count**" for "**unsynchronized lift**".
- **Touching shoulders (Shoulder Rack).** After the first Clean from the platform, if the kettlebell/s are racked on the shoulders the Platform Judge may issue a "**no count**" for "**touching shoulders**" or "**shoulder rack**". Shoulder Rack is defined as: when the lifter's elbow/s move away from the body and the kettlebell/s are on the shoulder above the upper arm bone.

1.2. LONG CYCLE:

All the Competition Rules for the Jerk exercise are valid and mandatory for the Long Cycle.

Required Elements of Long Cycle:

- After each completed Jerk repetition, the lifter drops the kettlebells below the rack position and, through a continuous motion (Clean), returns them to the start position (Rack Fixation). The Clean may be done between the legs or outside them.

Technical Performance Violations Specific to Long Cycle:

All the Technical Performance violations specific to the Jerk apply to Long Cycle.

- **No Clean between Jerk attempts.** If the lifter does not drop the kettlebells into a Clean between a successful or failed Jerk attempt and another Jerk attempt, the Platform Judge will issue a "no count" for "no Clean".
- **Unsynchronized Clean.** When lifting with two kettlebells, if the weights do not drop from the Rack Fixation and/or return to the Rack Fixation together the Platform Judge may issue a "no count" for "unsynchronized Clean" after the following Jerk attempt.
- **Swing.** If the lifter Swings rather than Cleans after the drop down from the Rack Fixation the Platform Judge will give a WARNING and a "no count" for "extra swing" after the following Jerk.

Re-Clean Rule: If a lifter fails a Jerk attempt or performs an Unsynchronized Clean, the lifter may opt to Re-Clean the weights rather than receive a "no count" for the next successful Jerk.

KETTLEBELL SPORT **SNATCH GRAPHICS** BY DENIS VASILEV



Figure 2.

1.3. **SNATCH:**

After the "start" command, the lifter swings the kettlebell from the platform to the swing position (between the legs) to the overhead (end) position (Top Fixation, Phase 5, *Fig.2.*) in one continuous motion.

A repetition is complete when the arm and legs are locked out/straight and the kettlebell is motionless. A point is added to the score in the end position upon lockout of the legs and fixation of the kettlebell: Top Fixation. Fixation is a pause in which the kettlebell has stopped moving, demonstrating that the lifter is in full control of the kettlebell load. The lifter may switch to the second hand one time during the competition set. The switching of sides is not required for the lifter to receive full count for all successful repetitions.

Required elements of the Snatch:

- Lockout of the arm occurs before, or simultaneously with, lockout of the legs. If the lifter uses an under squat, the arm is locked out before standing up out from the under squat.
- Fixation of the kettlebell in the end position (Top Fixation). A dedicated pause is required at this point for the Platform Judge to count each repetition.
- The lifter may drop the kettlebell to the shoulder on the first side once. This indicates that he/she will switch sides before attempting another repetition.
- The lifter may swing the kettlebell once on the first side. This indicates that he/she will switch sides before attempting another repetition. A total of two swings are allowed to change sides.

Technical Performance violations specific to the Snatch:

- **No Arm Lockout.** If the lifter's arm does not straighten in the under squat before the legs straighten, the Platform Judge will issue a "**no count**" for "**no arm lockout**".
 - **No Fixation.** If lifter and kettlebell do not become motionless at the completion of an attempted repetition (Top Fixation) and before dropping the kettlebell to the swing position, the Platform Judge will issue a "**no count**" for "**no fixation**".
 - **Free Hand Assist.** The lifter may not use the free hand to assist during the lift. If the lifter touches the body or kettlebell during any part of the lift in a deliberate attempt to assist the lift the Platform Judge will give a WARNING, issue a "**no count**" for "**free hand assist**" and give a command to switch sides.
- a) **The lifter will only receive one WARNING/ "no count" for "free hand assist" for the entire set. The second "free hand assist" offence is a technical foul and the Platform Judge will stop the set.**
- **Extra Swing.** Swings are not permitted between repetitions. If there is a swing between repetitions on the first side the judge will expect the lifter to switch sides.

- a) If at the switch of sides the lifter uses more than two total swings to complete the switch and resume Snatch attempts on the second side the Platform Judge will issue a WARNING and a "**no count**" for "**extra swing**".
- b) If the lifter performs a Swing on the first side but does not switch to the second side the judge will give a WARNING and a "**no count**" for "**extra swing**" and give a command to switch sides. Failure to switch sides at the judge's command is a technical foul and the Platform Judge **will stop the set**.
- c) The lifter will only receive one WARNING/ "no count" for "extra swing" for the entire set. The second "extra swing" offence is a technical foul, and the Platform Judge **will stop the set**.
- **Shoulder Touch.** If the kettlebell is lowered to the shoulder on the first side the judge will expect the lifter to switch sides. If the lifter attempts additional repetitions on that same side, the Platform Judge will give a WARNING, issue a "**no count**" for "**shoulder touch**" and give a command to switch sides.
- a) The lifter will only receive one WARNING/ "no count" for "shoulder touch" for the entire set. The second "shoulder touch" offence is a technical foul and the Platform Judge **will stop the set**.

Technical Foul: an action or attitude of the lifter demonstrating lack of preparedness to maintain proper form for the duration of the competition set. The call for any Technical Foul is "stop." After the "stop" command the lifter must put down the kettlebell/s. All previously executed fair repetitions will be counted as the participant's score.

Rack Fixation

Jerk/ Long Cycle



Nocona Jodrey
Multiple World Champion

RACK FIXATION is the position in which the athlete's coronal plane is oriented toward the platform judge.

1. Kettlebells must be fixed on the chest.
2. Upper arms (from shoulder to elbow) must be pressed against the abdomen.
3. Legs must be fully extended, with knees locked.
4. The athlete must maintain either:
 - Direct eye contact with the judge, or
 - Visual monitoring of repetitions on the rep counter timer.

Top Fixation

Jerk/ Long Cycle



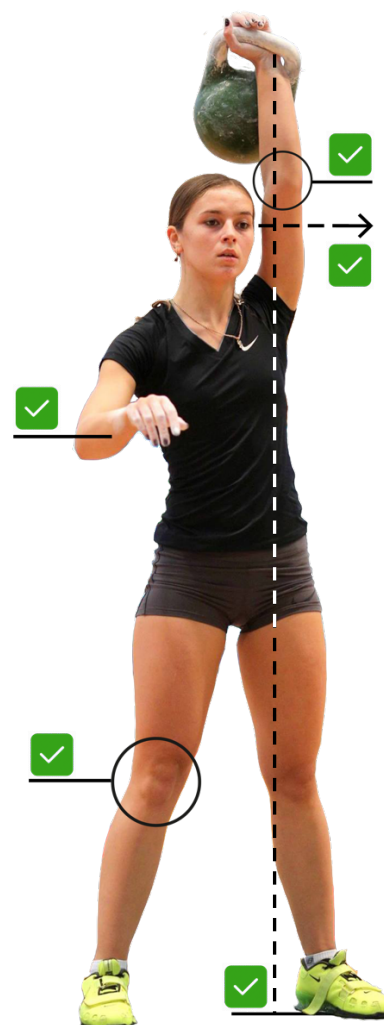
Denis Vasilev
Multiple World Champion

TOP FIXATION is the position in which the athlete's coronal plane is oriented toward the platform judge.

1. The body must be fully upright and straight.
2. Legs must be fully extended, with knees locked.
3. Arms must be fully extended, with elbows locked.
4. **The entire body must remain completely motionless.**
5. The athlete must maintain either:
 - Direct eye contact with the judge, or
 - Visual monitoring of repetitions on the rep counter timer.

Top Fixation

Snatch



Ksenia Dedukhina
Multiple World Champion

TOP FIXATION is the position in which the athlete's coronal plane is oriented toward the platform judge.

1. The body must be fully upright and straight.
2. Legs must be fully extended, with knees locked.
3. The arm holding the kettlebell must be fully extended, with the elbow locked.
4. The free arm must not make contact with any part of the body.
5. **The entire body must remain completely motionless.**
6. The athlete must maintain either:
 - Direct eye contact with the judge, or
 - Visual monitoring of repetitions on the rep counter timer.

1.4. **ACTION:**

- **Self-termination:** If in any lifting event the lifter drops or sets one or both kettlebells down before the end of the set time.
- **Lifter leaves the platform:** If in any lifting event the lifter steps or falls off the platform during the competition set.
- **(Jerk) Weights drop below the Rack:** If in Jerk events one or both kettlebells drops below the start (rack) position.
- **(LC) Second Extra Swing:** If in Long Cycle events the lifter performs a Swing rather than a Clean after dropping down from the end position, the platform judge will give a warning and issue a "no count" for the following completed repetition. If the lifter performs a second Swing rather than a Clean after dropping down from the end position the platform judge will stop the set.
- **(Snatch/LC) Dead Hang:** If in the Snatch/Long Cycle events the kettlebell/s stop moving (dead hang) in the swing position (Snatch) or the position below the rack (Long Cycle).
- **(Snatch) Second Free Hand Assist:** If in Snatch events the lifter touches the kettlebell with the free hand after switching sides.
- **(Snatch) Second Extra Swing:** If the lifter has received a WARNING/"no count" on either the first or second side and performs a second Extra Swing at any point in the remainder of the set, the platform judge will stop the set.
- **(Snatch) Second Shoulder Touch:** If in Snatch events the kettlebell is lowered to the shoulder of the second side.
- **(Snatch) Not switching sides:** If in single kettlebell events a lifter plainly ignores a judge's command to switch sides and continues attempting repetitions on the first side after a technical violation (for Free Hand Assist, Extra Swing or Shoulder Touch) has been called.

1.5. ATTITUDE:

- **Poor Sportsmanship:** If the lifter demonstrates multiple incidents of poor sportsmanship during the competition. A lifter will be disqualified only if three competition officials agree.
- **Late to the Platform:** If a lifter is not standing on his/her designated platform with the kettlebell/s to be used on that platform at the beginning of the 10-second countdown to start the flight clock.
- **False Start:** If a lifter picks up the kettlebell/s before the "start" command is given.
 - The head/platform judge will tell that lifter to put the weight down.
 - The lifter will be given a three second countdown (Three... Two... One... Start) and may begin lifting after the "start" command.
 - No repetitions that occurred during the false start will be added to that lifter's total count.

1.6. ABOUT DISQUALIFICATION

For example, if you appear with the wrong or inappropriate outfit, gear, or behave inappropriately, etc. on a platform before your set, we may let you lift and then tell you about the disqualification AFTER YOUR SET. As we only have a short interval between the sets, we will not stop the flight clock for this.

2. KETTLEBELL WEIGHTS AVAILABLE FOR PARTICIPATION:

Men	16kg, 20kg, 24kg, 28kg, 32kg	Women	8kg, 12kg, 16kg, 20kg, 24kg
Men over 60yo	12kg	Women over 60yo	6kg
Boys under 16yo	12kg	Girls under 16yo	6kg
Boys under 12yo	8kg	Girls under 12yo	4kg

Kettlebell Weight Divisions in KETTLEBELL SPORT



FEMALE BEGINNERS



**FEMALE
SEMI-AMATEURS**



**FEMALE AMATEURS
MALE BEGINNERS**



SEMI



**FEMALE PROFESSIONALS
MALE AMATEURS**



**MALE
SEMI-PRO**



**MALE PROFESSIONALS
FEMALE SUPER-PRO**



MALE SUPER-PRO

3. **BODY WEIGHT DIVISIONS:**

Men	
Bantamweight	135lb (61kg)
Featherweight	145lb (66kg)
Lightweight	155lb (70kg)
Super Lightweight	165lb (74kg)
Welterweight	175lb (80kg)
Middleweight	185lb (84kg)
Super Middleweight	195lb (89kg)
Cruiserweight	205lb (93kg)
Heavyweight	225lb (102kg)
Super Heavyweight	225+lb (102+kg)

Women	
Strawweight	115lb (52kg)
Flyweight	125lb (57kg)
Bantamweight	135lb (61kg)
Featherweight	145lb (66kg)
Lightweight	155lb (70kg)
Super Lightweight	165lb (74kg)
Welterweight	175lb (80kg)
Super Welterweight	175+lb (80+kg)

Boys, Girls under 16 years old	
Leafweight	95lb (43kg)
Flyweight	125lb (57kg)
Lightweight	155lb (70kg)
Super Lightweight	155+lb (70+kg)

Boys, Girls under 12 years old	
Fuzzweight	65lb (30kg)
Leafweight	95lb (43kg)
Flyweight	125lb (57kg)
Super Flyweight	125+lb (57+kg)

4. **JUDGING STANDARDS:**

All lifters, regardless of experience and weight load, will be held to the rules. To receive full points for your sets, know the Rules of Technical Performance and Technical Fouls (below).

Participants must demonstrate to the platform judge physical inability to fully straighten the arm/s in the overhead position before the competition set begins. This applies to all events the lifter participates in at the competition.

Rules of Technical Performance: The guidelines of the lifts support fairness amongst all participants.

The platform judge will indicate a completed repetition by audible count and/or by advancing the participant's score by one on the electronic counter.

Unless otherwise noted, all violations of these rules will result in a "no count". The platform judge will give a reason for each "no count". The lifter may continue to attempt correct repetitions for the duration of the set time.

Safety Rule: If a lifter demonstrates fatigue to the point where anyone's safety is in question, and/or technique has deteriorated to the extent of five consecutive failed repetitions the **platform judge or head judge may stop that lifter's set.**

Platform Judge COMMANDS chart

	WARNING	NO COUNT /2 warnings/	STOP /3 no counts/
JERK	<p><i>Issued when the athlete is close to a NO COUNT mistake, to allow correction before the lift is judged NO COUNT</i></p> <p style="text-align: center;">EXCEPTIONS:</p> <ul style="list-style-type: none"> - no Top Fixation - no Clean (LC) - re-Clean (Jerk) 	No legs fixation in the Rack	<p style="text-align: center;"><i>3 NO COUNTS in a row, or any technical foul might cause danger to the athlete himself or to others</i></p> <p style="text-align: center;">EXCEPTION:</p> <ul style="list-style-type: none"> - kettlebell(s) on the ground
		No legs fixation at the Top	
		No arms lockout at the Top	
		No Top Fixation	
		Re-Clean *	
		Stop & Hold kettlebells between legs or outside the hips *	
		Unsynchronized lift	
LONG CYCLE	<ul style="list-style-type: none"> - no legs fixation at the Top - no arm lockout at the Top - shoulders Rack/ touch (Snatch) 	Shoulder Rack *	
		No Clean	
		Unsynchronized Clean	
SNATCH	<ul style="list-style-type: none"> - Stop & Hold kettlebells between legs or outside the hip (LC, J, Sn) 	Extra Swing	
		No legs fixation at the Top	
		No arm lockout at the Top	
		No Top Fixation	
		Stop & Hold kettlebells between legs or outside the hips *	
		Free hand assist *	
Extra swing			
		Shoulders Rack/ touch *	

* STOP command for

PROFESSIONAL division athletes (Male 32kg, Female 24kg) at the title events: Nationals, Regionals (Europe, Asia, America, Oceania), Worlds.

5. UNIFORM AND GEAR:

Specifications of the outfit and gear worn by the athlete are outlined below. All lifters are expected to conform to the uniform rules.

Outfit:

- Uniform: All members of a team must have matching uniforms.
- Top: Must allow clear visibility of both elbows.
- Bottoms: Must be form fitting and allow clear visibility of the knees.
- Shoes: Closed toed athletic shoes are required.

Gear:

- Headwear: Brimmed hats are not allowed. Sweat bands / bandanas are allowed.
- Belt specifications: No greater than 6cm/2.25 inches in the front, and 12cm/4.75 inches in the back. The belt must taper in the front.
- Belt: Material added on or under the belt is not allowed. Tape on the belt buckle prongs is allowed.
- Wrist wrap specifications: No thicker than 1.25cm/0.5 inches. There is no specified width. Wraps may be one continuous loop (ie. wrist band) or a cloth bandage.
- Wrist wraps: One wrist wrap may be worn per arm. Inserts of any kind are not allowed. If wrist wraps are designed to hold shielding or any sort of plastic insert it must be removed.
- Knee wraps: May be used at the lifter's discretion.
- Kettlebell preparation: Chalk/magnesium carbonate and water are allowed at the lifter's discretion.

6. STAFF

Head Judge – responsible for timer, flight schedules, platform judges' qualifications;

Platform Judge – providing quality judging prioritized on Athlete's support and best result that meets lifting rules;

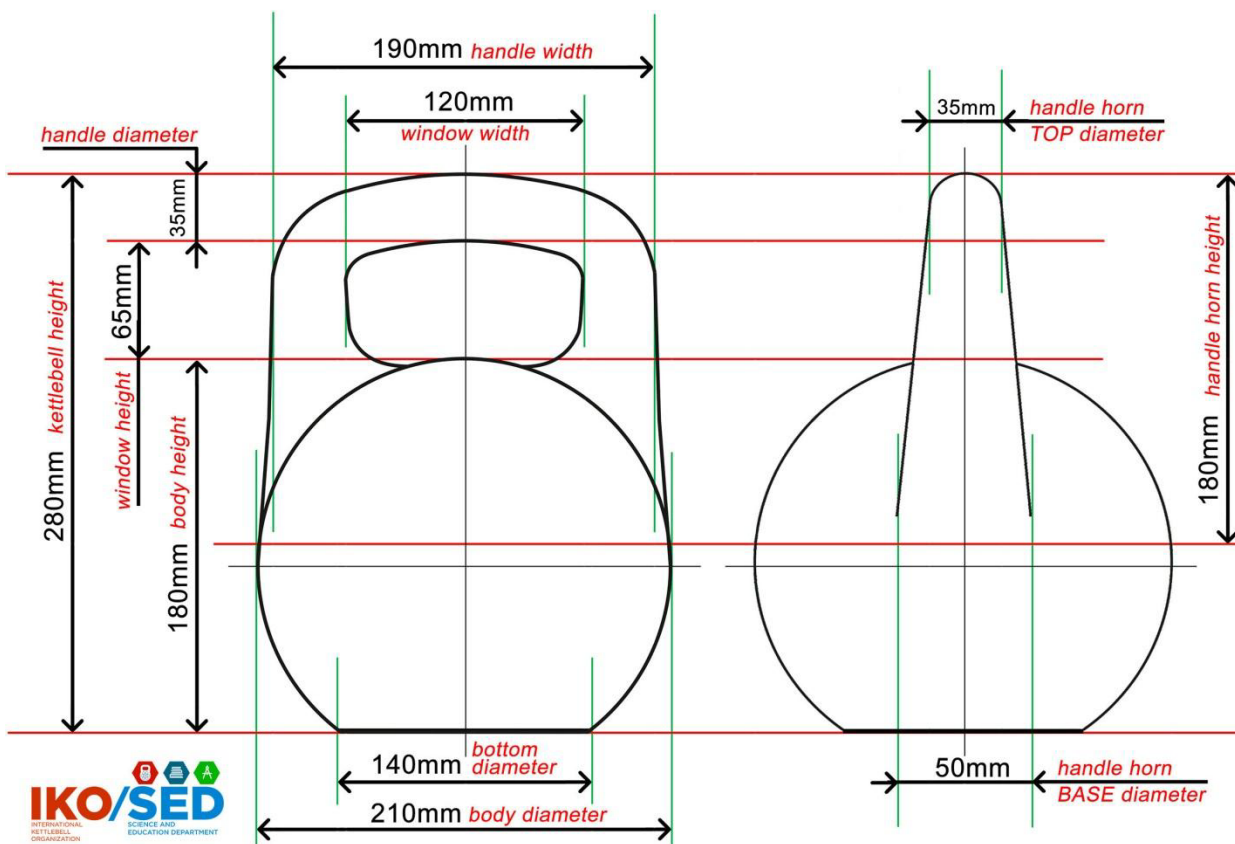
MC – keeps the competitors happy and lifting, provide a motivated atmosphere with cool music... fun comments, cheering, and motivating speeches are welcome!

Doctor – providing basic medical assistance;

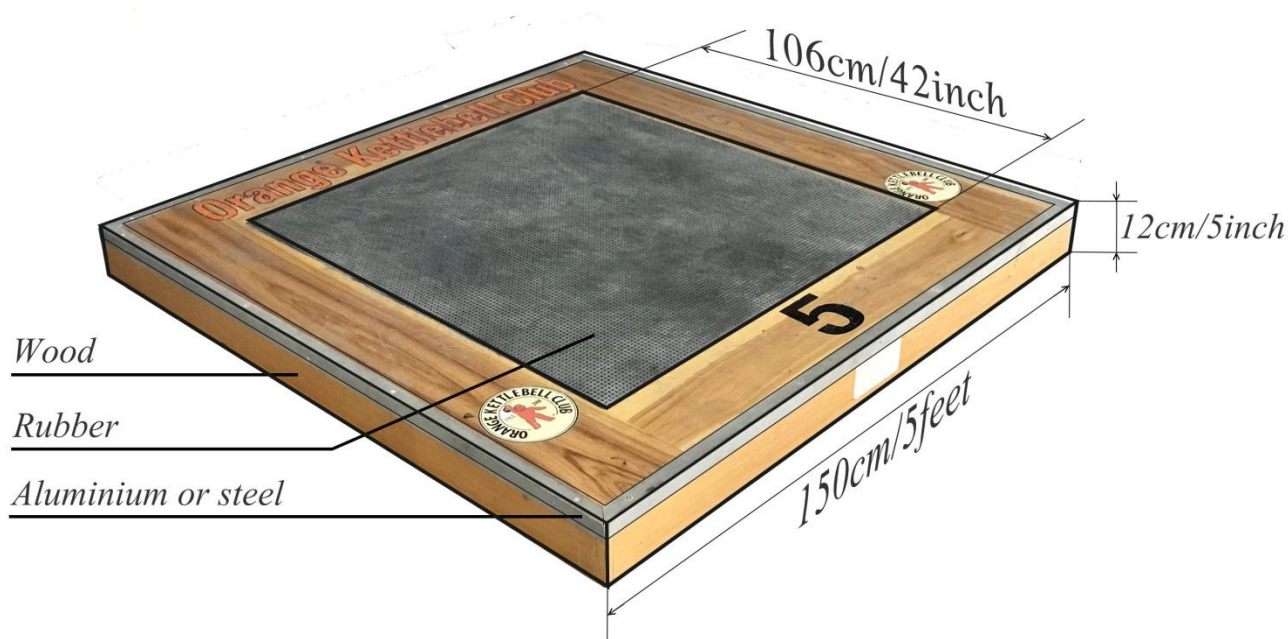
Massage therapist – recommended.

7. EQUIPMENT

Kettlebells



Lifting Platforms



DIMENSIONS & MATERIALS

Timers



Supplies

Chalk, Sandpaper, Brushes allowed for handle preparation.

8. VENUE

Parameters	Local	National	International
Indoors		✓	✓
Spectators capacity	20 people or more	40 people or more	80 people or more
Restroom	1 or more	2 or more	3 or more
Showers			✓
Competitions area capacity	3 platforms or more	4 platforms or more	6 platforms or more
Warm up area capacity	5 people or more	10 people or more	20 people or more
Chalk	✓	✓	✓
Heating		✓	✓
Air conditioning		✓	✓
Individual timer and repetitions display for each platform		✓	✓
Lifting Platforms according standard		✓	✓
Competition kettlebells according standard	✓	✓	✓
Video streaming	✓	✓	✓
Photographer	✓	✓	✓
Scales	✓	✓	✓
First kit	✓	✓	✓

9. REGISTRATION (WEIGH-IN)

The following information is needed to be collected by the host from each participant:

- First, Last Name
- Gender
- Date of Birth
- Club name and location (City, Country)
- Coach
- Weight Class
- Kettlebell weight (division)
- Event
- Time frame
- Present Sport Rank
- Present Titles.

Registration closed one week before competitions or sooner.

- *If there are less than 3 participants in the lightest weight class, it must be combined with the weight class above it.*
- *If there are less than 3 participants in the kettlebell weight division, that division must be canceled and participants moved to division below it.*

10. REGISTRATION FEES

Registration fees are generated by the competition host; 100% belong to the host.

Recommended Discounts:

- 10% for athletes IKO Clubs members
- 50% for IKO MS athletes
- free of charge participation for IKO MSIC athletes.

11. AWARDS CEREMONY

- Awards ceremony can be one big event after the competition is over, or it can be multiple events at the end of each division.
- Awarding area should be equipped with pedestal for three best athletes in each division (1st place, 2nd place and 3rd place)
- Diplomas, medals, trophies, prizes should be awarded by at least one of officials from the list: competition host, IKO representer, Head Judge, celebrity guest, sponsor company representer.

	Local	National	International
Competition participation certificates (Diplomas)	<i>For each participant</i>	<i>For each participant</i>	<i>For each participant</i>
Medals	<i>Gold - 1st place; Silver - 2nd place; Bronze - 3rd place</i>	<i>Gold - 1st place; Silver - 2nd place; Bronze - 3rd place</i>	<i>Gold - 1st place; Silver - 2nd place; Bronze - 3rd place</i>
Trophies		<i>1st place</i>	<i>1st place</i>
Prizes			<i>1st place</i>

Absolute Best Lifter per Exercise Award (IN PERSON Competition)

(across all kettlebell weights and both 5-minute and 10-minute sets)

Awarding Rules

The winner is determined according to the following priority criteria:


1. The highest Sport Rank achieved prevails.
2. If Sport Rank is the same, a 10-minute set prevails over a 5-minute set, regardless of the kettlebell weight and number of repetitions.
3. If Sport Rank and set length are the same, the heavier kettlebell weight prevails, regardless of the number of repetitions.
4. If Sport Rank, set length, and kettlebell weight are the same, the higher repetition count prevails.
5. If Sport Rank, set length, kettlebell weight, and repetition count are the same, the athlete with the lighter official body weight at weigh-in prevails.

Examples

- Example 1:
10-minute CMS with 2×24 kg prevails over
5-minute CMS with 2×32 kg.
- Example 2:
5-minute CMS with 2×32 kg prevails over
10-minute Sport Rank 1 with 2×24 kg.

12. COMPETITION RESULTS

Competition results should be entered into the spreadsheet in World League format, in the English language.

Your Club(Organization) LOGO		Your Event Name													
No	Name (First, Last)	Gender	Year of Birth	Age Division	Club (city)	Event Name	Coach	Body Weight (kg)	Weight Class	Kettlebell Weight (kg)	Exercise (LC/J/Sn)	Time (5min/ 10min)	Sport Rank Achieved	KB WL Points	Result (reps, points)

- After the competition has ended, the Competition Results spreadsheet should be e-mailed to internationalkettlebellorg@yahoo.com in Excel format or shared in Google table format.
- All of the present year World League competition results will be entered in a master score chart with several categories:

I. Best Club Of The Year.

All results attained by a Club's Team members will score for their Club according to the following points system:

	Men					Women					Points		
	Open	Legend		Futures		Sport Rank	Open	Legend		Futures		Sport Rank	
		50-59	60+	12-16	12-			50-59	60+	12-16			12-
Long Cycle, Jerk, Snatch, Biathlon, Triathlon 10 and 5 minutes													
PRO	32kg					MSIC	24kg					MSIC	21
PRO	32kg	24kg				MS	24kg	16kg				MS	20
PRO	32kg	24kg				CMS	24kg	16kg				CMS	19
Semi-PRO	28kg	20kg				CMS	20kg	12kg				CMS	18
Amateur	24kg	16kg				CMS	16kg	8kg				CMS	17
PRO	32kg	24kg				Rank I	24kg	16kg				Rank I	16
Semi-PRO	28kg	20kg				Rank I	20kg	12kg				Rank I	15
Amateur	24kg	16kg	12kg			Rank I	16kg	8kg	6kg			Rank I	14
Semi-Amat	20kg					Rank I	12kg					Rank I	13
Beginner	16kg			12kg	8kg	Rank I	8kg			6kg	4kg	Rank I	12
PRO	32kg	24kg				Rank II	24kg	16kg				Rank II	11
Semi-PRO	28kg	20kg				Rank II	20kg	12kg				Rank II	10
Amateur	24kg	16kg	12kg			Rank II	16kg	8kg	6kg			Rank II	9
Semi-Amat	20kg					Rank II	12kg					Rank II	8
Beginner	16kg			12kg	8kg	Rank II	8kg			6kg	4kg	Rank II	7
PRO	32kg	24kg				Rank III	24kg	16kg				Rank III	6
Semi-PRO	28kg	20kg				Rank III	20kg	12kg				Rank III	5
Amateur	24kg	16kg	12kg			Rank III	16kg	8kg	6kg			Rank III	4
Semi-Amat	20kg					Rank III	12kg					Rank III	3
Beginner	16kg			12kg	8kg	Rank III	8kg			6kg	4kg	Rank III	2
						none						none	1

A Club Team member can attend as many World League Competitions a year and lift in as many events as he (or she) wishes.

II. Best Male and Female Athlete Of The Year

- a) in **Long Cycle** for each kettlebell weight class and each body weight category that has at least three participants;
- b) in **Jerk Only** for each kettlebell weight class and each body weight category that has at least three participants;
- c) in **Snatch Only** for each kettlebell weight class and each body weight category that has at least three participants;
- d) in **Biathlon** for each kettlebell weight class and each body weight category that has at least three participants;
- c) in **Triathlon** for each kettlebell weight class and each body weight category that has at least three participants.

III. Absolute Best Male and Female Athlete Of The Year

- a) in **Long Cycle** for each kettlebell weight class among all of the body weight categories based on shown numbers;
- b) in **Jerk Only** for each kettlebell weight class among all of the body weight categories based on shown numbers;
- c) in **Snatch Only** for each kettlebell weight class among all of the body weight categories based on shown numbers;
- d) in **Biathlon** for each kettlebell weight class among all of the body weight categories based on earned Biathlon score;
- c) in **Triathlon** for each kettlebell weight class among all of the body weight categories based on earned Triathlon score.

13. SPORT RANKS AWARDING CRITERIA

- **MSIC** can be awarded based on results attained at international status competitions (World Championship, World Cup, Latino American Championship, Latin American Cup, European Championship, European Cup, Asian Championship, Asian Cup);
- **MS** can be awarded based on results attained at national status competitions (National Championships, National Cups);
- **CMS, Sport Rank I, Sport Rank II, Sport Rank III** can be awarded based on results attained at any local competitions officially registered in the World League calendar for the current year.

** IKO sport ranks can be awarded based on results attained at any other kettlebell organization competitions (competition certificate, competition results table, and video of the set may be requested).*

Apply for IKO Sport Rank:

<https://www.kettlebellworld.org/iko-sport-rank-submission-form>

14. COMPETITION STATUS CRITERIA & WORLD LEAGUE PARTICIPATION

Local competitions

- Usually based on One Club members and close neighboring Clubs (same City, same State or Province),
- **5 to 50 participants.**

Any Club can apply for World League Participation by hosting a Local Competition at least one month before the date of competition.

National competitions

- Have at least three States or Provinces represented by a Team of at least 5 participants,
- **30 or more participants.**

The biggest competition of the year in the country is automatically selected to host a National Championship for the following year.

** or by decision of the National Council.*

The National Council includes all of the World League Club leaders in the Country.

International competitions

- Have at least three Countries represented by a Team of at least 5 participants,
- **50 or more participants.**

The biggest competitions of the year in the Region (North America, Latin America, Asia, Europe, and Oceania) are automatically selected to host a Regional Championship for the following year.

** or by decision of the Regional Council.*

The Regional Council includes all Countries' representatives in the Region.

World Championship

- Have at least three Regions represented by at least one Team of at least 5 participants,
- **80 or more participants.**

The biggest competition of the year is automatically selected to host the World Championship for the following year.

** or by decision of the World League Council.*

The World League Council includes all Regionals' representatives, or all Countries' representatives, if the Regional representatives weren't selected.

DO YOUR BEST AND GOOD LUCK!

