



PROCLAMATION

Kettlebell

Class division

- ❖ Men "Open Class"
- ❖ Women "Open Class"

Division

1. The participants are divided in 5 classes according to age
2. The grouping applies to both men and women

Class-A:	18 - 30 years
Class-B:	31 - 40 years
Class-C:	41 - 50 years
Class-D:	51 - 60 years
Class-E:	over 60 years

Disciplines

There are 2 athletics trials:

- Biathlon (Clean & Jerk)
 - Clean: kettlebell movement that involves moving the bell using the hips in a pendulum motion from between the legs to chest level in front of the body in the Rack position or the top of the swing position.
 - Jerk: kettlebell movement that uses the triple extension to launch the kettlebell from the rack position to overhead position. Jerk begins with a dynamic push-press with the heels lifting, followed by a squat under the overhead lockout and finishing with standing up with straight legs.
- Long Cycle : kettlebell movement that is composed of the clean, followed by the jerk, then a drop to the rack and the re-cleaned for the next jerk.

Competition

Biathlon involves the girevik (kettlebell lifter) performing a set of jerks for five (5) minutes, with at least 15mins rest, followed by a set of snatches for five (5) minutes. Bells cannot be set down or the set is over. The players use one bell, only one arm switch is allowed. Jerk reps receive one point. Snatch reps receive .5 points. Biathlon score is the combined jerk and snatch points.

Long cycle involves the girevik performing a set of clean and jerks for ten minutes. Bells cannot be set down or the set is over. The players use two bells. Each rep is 1 point.

Bells Weights:

- Men : 16kg
- Women: 8kg



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Rules

1. Unless otherwise specified, the rules of the International Union of Kettlebell Lifting apply
2. Even a referee must apply the international rules
3. Detailed game rules are published in the tournament program