

1. Age groups, competitive classes, weight category, disciplines and exercises.

1.1. Group „Adults”

Male adults (without limitation of age)

Female adults (without limitation of age)

1.1.1. Group „Adults” / Class „Professionals”

Weight categories:

Male adults: -63 kg; -68 kg.; -73 kg; -78 kg; -85 kg; -95 kg; +95 kg

Female adults: -58 kg; -63 kg; -68 kg; +68 kg

Competitive disciplines (in the program of World Championship):

Male adults (with 32 kg kettlebells):

- two arms jerk
- snatch
- two arms long cycle
- biathlon (jerk + snatch)
- relay (jerk) - 4 stages x 3 min
- relay (long cycle) - 4 stages x 3 min

Female adults (with 24 kg kettlebells):

- two arms jerk
- snatch
- two arms long cycle
- biathlon (jerk + snatch)
- relay (jerk) - 4 stages x 3 min
- relay (long cycle) - 4 stages x 3 min

Competitive exercises (in the program of the World Games):

Male adults (with 40 / 32 kg kettlebells):

- one arm jerk / 40 kg
- one arm long cycle / 40 kg
- snatch-12 (12 min. with multiple hand changes) / 32 kg
- relay / 32 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min

Female adults (with 32 / 24 kg kettlebells):

- one arm jerk / 32 kg
- one arm long cycle / 32 kg
- snatch-12 (12 min. with multiple hand changes) / 24 kg
- relay / 24 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min

1.1.2. Group “Adults” / Class “Amateurs”

Weight categories:

Male adults: -63 kg; -68 kg.; -73 kg; -78 kg; -85 kg; -95 kg; -105 kg; +105 kg

Female adults: -58 kg; -63 kg; -68 kg; -73 kg; -78 kg; -85 kg; +85 kg

Competitive disciplines (in the program of World Championship):

Male adults (with 24 kg kettlebells):

- two arms jerk
- snatch
- two arms long cycle
- biathlon (jerk + snatch)
- relay (jerk) - 4 stages x 3 min
- relay (long cycle) - 4 stages x 3 min

Female adults (with 16 kg kettlebells):

- two arms jerk
- snatch
- two arms long cycle
- biathlon (jerk + snatch)
- relay (jerk) - 4 stages x 3 min
- relay (long cycle) - 4 stages x 3 min

Competitive exercises (in the program of the World Games):

Male adults (with 32 / 28 / 24 kg kettlebells):

- one arm jerk / 32 kg / 28 kg / 24 kg
- one arm long cycle / 32 kg / 28 kg / 24 kg
- snatch-12 (12 min. with multiple hand changes) / 28 kg / 24 kg
- two arms jerk-30 (marathon 30 min.) / 28 kg / 24 kg / 20 kg
- two arms long cycle-30 (marathon 30 min.) / 28 kg / 24 kg / 20 kg
- relay / 24 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min

Female adults (with 24 / 20 / 16 kg kettlebells):

- one arm jerk / 24 kg / 20 kg / 16 kg
- one arm long cycle / 24 kg / 20 kg / 16 kg
- snatch-12 (12 min. with multiple hand changes) / 20 kg / 16 kg
- snatch-30 (marathon 30 min. with multiple changes of hands) / 20 kg / 16 kg
- relay / 16 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min

1.2. Group „Seniors” / Class „Veterans”

Male seniors (40 years old and older with an interval of five years - age is determined by year of birth)

Female seniors (35 years old and older with an interval of five years - age is determined by year of birth).

In the program of World Championship

Weight categories and kettlebells:

<u>Male seniors</u>	<u>40-44:</u>	-73 kg; -85 kg; +85 kg - KB weight 24kg
	<u>45-49:</u>	-73 kg; -85 kg; +85 kg - KB weight 24kg
	<u>50-54:</u>	-73 kg; -85 kg; +85 kg - KB weight 24kg
	<u>55-59:</u>	-73 kg; -85 kg; +85 kg - KB weight 24kg
	<u>60-64:</u>	-85 kg; +85 kg; - KB weight 16kg
	<u>65-69:</u>	-85 kg; +85 kg; - KB weight 16kg
	<u>70-74:</u>	-85 kg; +85 kg; - KB weight 12kg
	<u>75+:</u>	- one common weight category - KB weight 12kg
<u>Female seniors</u>	<u>35-39:</u>	-63 kg, -68kg, +68kg - KB weight 16 kg
	<u>40-44:</u>	-63 kg, -68kg, +68kg - KB weight 16 kg
	<u>45-49:</u>	-68kg, +68kg - KB weight 16 kg
	<u>50-54:</u>	-68kg, +68kg - KB weight 12 kg
	<u>55-59:</u>	-68kg, +68kg - KB weight 12 kg
	<u>60-64:</u>	- one common weight category - KB weight 8 kg
	<u>65+:</u>	- one common weight category - KB weight 8 kg

Competitive disciplines:

Male seniors:

- two arms jerk
- snatch
- two arms long cycle
- biathlon (jerk + snatch)
- relay (jerk) - 4 stages x 3 min

- relay (long cycle) - 4 stages x 3 min

Female seniors:

- two arms jerk
- snatch
- two arms long cycle
- biathlon (jerk + snatch)
- relay (jerk) - 4 stages x 3 min
- relay (long cycle) - 4 stages x 3 min

In the program of the World Games

Weight categories and kettlebells:

<u>Male seniors</u>	40-44: - one common weight category – KB weight 32 kg
	45-49: - one common weight category - KB weight 32 kg
	50-54: - one common weight category - KB weight 28 kg
	55-59: - one common weight category - KB weight 28 kg
	60-64: - one common weight category - KB weight 24 kg
	65-69: - one common weight category - KB weight 24 kg
	70-74: - one common weight category - KB weight 20 kg
	75+: - one common weight category - KB weight 16 kg
<u>Female seniors</u>	35-39: - one common weight category - KB weight 24 kg
	40-44: - one common weight category – KB weight 20 kg
	45-49: - one common weight category - KB weight 20 kg
	50-54: - one common weight category - KB weight 16 kg
	55-59: - one common weight category - KB weight 16 kg
	60-64: - one common weight category - KB weight 12 kg
	65+: - one common weight category - KB weight 12 kg

Competitive exercises:

Male seniors:

- one arm jerk
- one arm long cycle
- snatch-12 (12 min. with multiple hand changes)
- two arms jerk-30 (marathon 30 min.)
- two arms long cycle-30 (marathon 30 min.)
- relay 24 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min

Female seniors:

- one arm jerk
- one arm long cycle
- snatch-12 (12 min. with multiple hand changes)
- snatch-30 (marathon 30 min. with multiple changes of hands)
- relay 16 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min

Preliminary competition program

- Day 1 – two arms long cycle
- Day 2 – two arms jerk
- Day 3 – snatch
- Day 4 – relay races