

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

In the program of World Championship

Competitive disciplines:

Male adults (with 32 kg kettlebells):

- snatch-12 (12 min. with multiple hand changes)

- all-around (jerk + snatch + long cycle)

Female adults (with 24 kg kettlebells):

- snatch-12 (12 min. with multiple hand changes)

- all-around (jerk + snatch + long cycle)

Competitive exercises:

Male adults (with 32 kg kettlebells):

- two arms jerk

- snatch

- two arms long cycle

- 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

- relay (jerk) - 4 stages x 3 min

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

In the program of the World Cup Final

Competitive exercises:

Male adults (with 32 kg kettlebells):

- two arms jerk

- snatch

- two arms long cycle

- 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

- relay (jerk) - 4 stages x 3 min

- relay (long cycle) - 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

In the program of World Championship

Competitive disciplines:

Male adults (with 24 kg kettlebells):

- snatch-12 (12 min. with multiple hand changes)
- all-around (jerk + snatch + long cycle)

Female adults (with 16 kg kettlebells):

- snatch-12 (12 min. with multiple hand changes)
- all-around (jerk + snatch + long cycle)

Competitive exercises:

Male adults (with 24 kg kettlebells):

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

In the program of the World Grand Prix Final

Competitive exercises:

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

- one arm jerk / 32 / 28 / 24 kg
- one arm long cycle / 32 / 28 / 24 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 / 20 / 16 kg
- one arm long cycle / 24 / 20 / 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:

- Male seniors 40-44: -73 kg; -85 kg; +85 kg - KB weight 24kg
45-49: -73 kg; -85 kg; +85 kg - KB weight 24kg
50-54: -73 kg; -85 kg; +85 kg - KB weight 24kg
55-59: -73 kg; -85 kg; +85 kg - KB weight 24kg
60-64: -85 kg; +85 kg; - KB weight 16kg
65-69: -85 kg; +85 kg; - KB weight 16kg

70-74: -85 kg; +85 kg; - KB weight 12kg
75+: - one common weight category - KB weight 12kg
Female seniors 35-39: -63 kg, -68kg, +68kg - KB weight 16 kg
40-44: -63 kg, -68kg, +68kg - KB weight 16 kg
45-49: -68kg, +68kg - KB weight 16 kg
50-54: -68kg, +68kg - KB weight 12 kg
55-59: -68kg, +68kg - KB weight 12 kg
60-64: - one common weight category – KB weight 8 kg
65+: - one common weight category - KB weight 8 kg

Competitive disciplines:

Male seniors:

- snatch-12 (12 min. with multiple hand changes)
- all-around (jerk + snatch + long cycle)

Female seniors:

- snatch-12 (12 min. with multiple hand changes)
- all-around (jerk + snatch + long cycle)

Competitive exercises:

Male seniors:

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

In the program of the World Grand Prix Final

Weight categories and kettlebells:

Male seniors 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
Female seniors 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:

- mixed relay, male seniors with kettlebells 24 kg, female seniors with kettlebells 16 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 minutes

Male seniors:

- one arm jerk

- one arm long cycle
- relay 24 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min

Female seniors:

- one arm jerk
- one arm long cycle
- relay 16 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min

2. Preliminary competition program

Day 1 – two arms jerk, snatch

Day 2 – two arms long cycle

Day 3 – snatch-12 (12 min. with multiple arms changes), relay (long cycle), relay (jerk)

