

Place of competitions
Sport complex of Corfu
Kosta Georgaki, Kerkira 491 32, Greece
[Google maps](#)

Preliminary schedule of the World Championship and World Grand Prix:

Day 1 (October 11) – One arm jerk, Two arms jerk, Snatch, Biathlon, Relay two arms jerk
Day 2 (October 12) – One arm long cycle, Two arms long cycle, All-around, Relay two arms long cycle, Half marathon (30min)
Day 3 (October 13) – Snatch-12, Mixed Relay (2 stages jerk + 2 stages snatch),

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.

Disciplines and exercises (in the program of World Championship):

Male adults (with 32 kg kettlebells):

- two arms jerk;
- snatch;
- two arms long cycle;
- snatch-12 (12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-around (jerk + snatch + 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;
- snatch-12 (12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-around (jerk + snatch + 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; +95 kg;

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

Disciplines and exercises (in the program of World Championship):

Male adults (with 24 kg kettlebells):

- two arms jerk;
- snatch;
- two arms long cycle;
- snatch-12 (12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-around (jerk + snatch + 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;
- snatch-12 (12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-around (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Additional exercises (in the program of the World Grand Prix):

Male adults (with 32 kg kettlebells):

- one arm jerk;
- one arm long cycle;
- relay / 32 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Female adults (with 24 kg kettlebells):

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

Jointly Male adults (with 32 kg) and Female adults (with 24 kg):

- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min;
- Stage 1 - two arms jerk Male with kettlebells 24 kg;
- Stage 2 - two arms jerk Female with kettlebells 16 kg;
- Stage 3 - snatch Male snatch with a kettlebell 24 kg;
- Stage 4 - snatch Female with a kettlebell 16 kg.

Male adults (with 24 kg kettlebells):

- one arm jerk;
- one arm long cycle;
- one arm jerk-30 min (half marathon 30 min. with multiple hand changes);
- snatch-30 (half marathon 30 min. with multiple hand changes);
- one arm long cycle-30 min (half marathon 30 min. with multiple hand changes);
- relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Female adults (with 16 kg kettlebells):

- one arm jerk;
- one arm long cycle;
- one arm jerk-30 min (half marathon 30 min. with multiple hand changes);
- snatch-30 (half marathon 30 min. with multiple hand changes);
- one arm long cycle-30 min (half marathon 30 min. with multiple hand changes);
- relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Jointly Male-adults (with 24 kg) and Female-adults (with 16 kg):

- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min;
- Stage 1 - two arms jerk Male with kettlebells 24 kg;
- Stage 2 - two arms jerk Female with kettlebells 16 kg;
- Stage 3 - snatch Male snatch with a kettlebell 24 kg;
- Stage 4 - snatch Female with a kettlebell 16 kg.

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.

Disciplines and exercises:

Male seniors:

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

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.

Additional exercises:

Male seniors:

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

Female seniors:

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

Jointly Male-seniors (with 24 kg) and Female-seniors (with 16 kg):

- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min;
- Stage 1 - two arms jerk Male-seniors with kettlebells 24 kg;
- Stage 2 - two arms jerk Female-seniors with kettlebells 16 kg;
- Stage 3 - snatch Male-seniors snatch with a kettlebell 24 kg;
- Stage 4 - snatch Female-seniors with a kettlebell 16 kg.