

Place of competitions

Name venue: Lokomotiv BeStrong Kettlebell Club

Address: Promishlena zona Iliyantsi, bul. "Rozhen" 23, 1220 Sofia, Bulgaria

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

1.1. „Adults” Group

Male adults (without age limitations);

Female adults (without age limitation).

1.1.1. „Adults” Group / „Professionals” Class

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 European Championships and European Cup program):

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. “Adults” Group / “Amateurs” Class

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.

Competitive disciplines (in the European Championships and European Grand Prix program):

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 European Games program):

Male adults (with 32 kg kettlebells):

- one arm jerk;
- one arm long cycle;

Female adults (with 24 kg kettlebells):

- one arm jerk;
- one arm long cycle;

Male adults (with 24 kg kettlebells):

- one arm jerk;
- one arm long cycle;
- two arms jerk-30 (half marathon 30 min.);
- snatch-30 (half marathon 30 min. with multiple hand changes);
- two arms long cycle-30 min (half marathon 30 min.);
- mixed 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;
- two arm jerk-30 (half marathon 30 min.);
- snatch-30 (half marathon 30 min. with multiple hand changes);
- two arms long cycle-30 min (half marathon 30 min.);
- mixed 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-adults with kettlebells 24 kg;
- Stage 2 - two arms jerk Female-adults with kettlebells 16 kg;
- Stage 3 - snatch Male-adults with a kettlebell 24 kg;
- Stage 4 - snatch Female-adults with a kettlebell 16 kg.

1.2. „Seniors” Group / „Veterans” Class

Male seniors (from 40 years and older with an interval of five years - age determined by the year of birth);

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

In the European Cup program

Weight categories and kettlebells:

Male seniors

40-44: -73 kg; -85 kg; +85 kg - kettlebell's weight 24kg;

45-49: -73 kg; -85 kg; +85 kg; - kettlebell's weight 24kg;

50-54: -73 kg; -85 kg; +85 kg; - kettlebell's weight 24kg;

55-59: -73 kg; -85 kg; +85 kg; - kettlebell's weight 24kg;

60-64: -85 kg; +85 kg; - kettlebell's weight 16kg;

65-69: -85 kg; +85 kg; - kettlebell's weight 16kg;

70-74: -85 kg; +85 kg; - kettlebell's weight 12kg;

75+: - one common weight category - kettlebell's weight 12kg.

Female seniors

35-39: -63 kg, -68kg, +68kg; - kettlebell's weight 16 kg;

40-44: -63 kg, -68kg, +68kg; - kettlebell's weight 16 kg;

45-49: -68kg, +68kg; - kettlebell's weight 16 kg;

50-54: -68kg, +68kg; - kettlebell's weight 12 kg;

55-59: -68kg, +68kg; - kettlebell's weight 12 kg;

60-64: - one common weight category - kettlebell's weight 8 kg;

65+: - one common weight category - kettlebell's weight 8 kg.

Competitive disciplines for Seniors:

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 European Games program

Weight categories and kettlebells:

40-44: - one common weight category – kettlebell's weight 24 kg;

45-49: - one common weight category - kettlebell's weight 24 kg;
50-54: - one common weight category - kettlebell's weight 24 kg;
55-59: - one common weight category - kettlebell's weight 24 kg;
60-64: - one common weight category - kettlebell's weight 16 kg;
65-69: - one common weight category - kettlebell's weight 16 kg;
70-74: - one common weight category - kettlebell's weight 12 kg;
75+: - one common weight category - kettlebell's weight 12 kg.

Female seniors

35-39: - one common weight category - kettlebell's weight 16 kg;
40-44: - one common weight category - kettlebell's weight 16 kg;
45-49: - one common weight category - kettlebell's weight 16 kg;
50-54: - one common weight category - kettlebell's weight 12 kg;
55-59: - one common weight category - kettlebell's weight 12 kg;
60-64: - one common weight category - kettlebell's weight 8 kg;
65+: - one common weight category - kettlebell's weight 8 kg

Additional exercises for Seniors:

Male seniors:

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

Female seniors:

- one arm jerk;
- one arm long cycle;
- two arms jerk-30 min (half marathon 30 min.);
- snatch-30 (marathon 30 min. with multiple hand changes);
- two arms long cycle-30 min (half marathon 30 min.);
- mixed 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.