



WORLD CHAMPIONSHIP KETTLEBELL LIFTING **KALISZ 2025**

**WORLD CHAMPIONSHIP
IN SNATCH- 12, BIATHLON & ALL-ROUND
AMONG YOUTH U-16/U-18, JUNIORS U-23, ADULTS**

**WORLD CUP
IN SNATCH- 12, BIATHLON & ALL-ROUND**

**WORLD CUP
IN SNATCH- 12, BIATHLON & ALL-ROUND
AMONG SENIORS**

WORLD GRAND PRIX


Place and dates of Competitions:

Event organizer: *Polish Federation of Kettlebell Sport*

Venue of competition:

Ośrodek Sportu Rehabilitacji i Rekreacji in Kalisz

Address: Łódzka Street 19-29, 62-800 Kalisz

 [Link](#) to the venue website

 Google [maps](#)

Dates of the competition:

Weighting first day: 15.10.2025, Wednesday

13:00-20:00 Place: BB hotel, Parczewskiego 9a, Kalisz

Additional weighting

16.10.2025, Thursday

17.10.2025, Friday

18.10.2025, Saturday

19.10.2025, Sunday

09:00-09:30

Place: venue

Preliminary schedule of the World Championship and World Grand Prix:

16.10.* - Jerk, team relays (jerk), one-arm jerk

17.10.* - Snatch, half marathons

18.10.* - Long cycle, relays (long cycle), one-arm long cycle

19.10.* - Snatch 12 min, mixed relays.

* - *Will be confirmed a week or two after the closing date for applications.*

Competitive classes, weight category, disciplines and exercises.**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, World Cup):

Program	Category	Kettlebell	Exercises
World Championship	Male Adults	32 kg	<ul style="list-style-type: none"> • Two arms jerk • Snatch • Two arms long cycle • Snatch-12 (12 min. mult. hand changes) • Biathlon (jerk+snatch) • All-round (jerk+snatch+long cycle) • Relay (jerk) - 4 stages x 3 min. • Relay (long cycle) - 4 stages x 3 min.
	Female Adults	24 kg	<ul style="list-style-type: none"> • Two arms jerk • Snatch • Two arms long cycle • Snatch-12 (12 min. mult. hand changes) • Biathlon (jerk+snatch) • All-round (jerk+snatch+long cycle) • Relay (jerk) - 4 stages x 3 min. • Relay (long cycle) - 4 stages x 3 min.

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):

Program	Category	Kettlebell	Exercises
World Championship	Male Adults	24 kg	<ul style="list-style-type: none"> • Two arms jerk • Snatch • Two arms long cycle • Snatch-12 (12 min. mult. hand changes) • Biathlon (jerk+snatch) • All-round (jerk+snatch+long cycle) • Relay (jerk) - 4 stages x 3 min. • Relay (long cycle) - 4 stages x 3 min.

	Female Adults	16 kg	<ul style="list-style-type: none"> • Two arms jerk • Snatch • Two arms long cycle • Snatch-12 (12 min. mult. hand changes) • Biathlon (jerk+snatch) • All-round (jerk+snatch+long cycle) • Relay (jerk) - 4 stages x 3 min. • Relay (long cycle) - 4 stages x 3 min.
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Additional exercises (in the program of the World Grand Prix):

Program	Category	Kettlebell	Exercises
World Grand Prix	Male Adults	32 kg	<ul style="list-style-type: none"> • One arm jerk • One arm long cycle
	Female Adults	24 kg	<ul style="list-style-type: none"> • One arm jerk • One arm long cycle
			<ul style="list-style-type: none"> • One arm jerk • One arm long cycle • One arm jerk-30 min (half marathon 30 min. mult. hand changes) • Snatch-30 (half marathon 30 min. mult. hand changes) • One arm long cycle-30 min (half marathon 30 min. mult. hand changes) • Mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.
	Male Adults	24 kg	
	Female Adults	16 kg	<ul style="list-style-type: none"> • One arm jerk • One arm long cycle • One arm jerk-30 min (half marathon 30 min. mult. hand changes) • Snatch-30 (half marathon 30 min. mult. hand changes) • One arm long cycle-30 min (half marathon 30 min. mult. hand changes) • 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 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.

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 Cup

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:

Program	Category	Exercises
World Championship	Male Seniors	<ul style="list-style-type: none">• Two arms jerk• Snatch• Two arms long cycle• Snatch-12 (12 min. mult. hand changes)• Biathlon (jerk+snatch)• All-round (jerk+snatch+long cycle)• Relay (jerk) - 4 stages x 3 min.• Relay (long cycle) - 4 stages x 3 min.
	Female Seniors	<ul style="list-style-type: none">• Two arms jerk• Snatch• Two arms long cycle• Snatch-12 (12 min. mult. hand changes)• Biathlon (jerk+snatch)• All-round (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:

Program	Category	Exercises
World Grand Prix	Male Seniors	<ul style="list-style-type: none">• One arm jerk• One arm long cycle• One arm jerk-30 min (half marathon 30 min. mult. hand changes)• Snatch-30 (half marathon 30 min. mult. hand changes)• One arm long cycle-30 min (half marathon 30 min. mult. hand changes)• Mixed relay 24 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.
	Female Seniors	<ul style="list-style-type: none">• One arm jerk• One arm long cycle• One arm jerk-30 min (half marathon 30 min. mult. hand changes)• Snatch-30 (marathon 30 min. mult. hand changes)• One arm long cycle-30 min (half marathon 30 min. mult. hand changes)• 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.

Individual Achievements

- **Small Medals:** Awarded to athletes who place 1st, 2nd, or 3rd in **individual exercises** (like 2-arms Long Cycle, 2-arms Jerk or Snatch). This applies to each age group, competitive class, and weight category.
- **Large Medals:** Awarded to athletes who place 1st, 2nd, or 3rd in **full disciplines** (like Biathlon, All-around or Snatch -12). This also applies to each age group, competitive class, and weight category.

Team Achievements

- **Small Medals:** Given to members of relay teams that finish 1st, 2nd, or 3rd in **exercise-based relay races**.
- **Large Medals:** Given to members of relay teams that finish 1st, 2nd, or 3rd in **discipline-based relay races**.

Annual personal license (per year):

Group "Adults" (male, female / Professionals, Amateurs) - 60 EUR;

Group "Seniors" (male, female / Veterans) - 60 EUR;

The entry fees for participation in the competition:

Group "Adults" (male, female) / Class "Amateurs"

Two arms jerk - 80 EUR;

Snatch - 80 EUR;

Two arms long cycle - 80 EUR;

Snatch-12 (12 min. with multiple hand changes) - 80 EUR;

Biathlon (excluding results in individual exercises) - 80 EUR;

Biathlon (including results in the jerk and snatch) - 210 EUR;

All-round (excluding results in individual exercises) - 80 EUR;

All-round (including results in the jerk, snatch, long cycle) - 280 EUR;

Relay races (male, female) = 40 EUR/stage × 4;

One arm jerk - 80 EUR;

One arm long cycle - 80 EUR;

Relay (2 stages jerk + 2 stages snatch) = 40 EUR/stage × 4;

Mixed relay (2 stages jerk + 2 stages snatch) = 40 EUR/stage × 4.

Group "Seniors" (male, female) / Class "Veterans"

Two arms jerk - 70 EUR;

Snatch - 70 EUR;

Two arms long cycle - 70 EUR;

Snatch-12 (12 min. with multiple hand changes) - 70 EUR;

Biathlon (excluding results in individual exercises) - 70 EUR;

Biathlon (including results in the jerk and snatch) - 180 EUR;

All-round (excluding results in individual exercises) - 70 EUR;

All-round (including results in the jerk, snatch, long cycle) - 240 EUR;

Relay races (male, female) = 25 EUR/stage × 4;

One arm jerk - 70 EUR;

One arm long cycle - 70 EUR;

One arm jerk-30 min (half marathon 30 min. with multiple hand changes) - 70 EUR;

Snatch-30 (half marathon 30 min. with multiple changes of hands) - 70 EUR;

One arm long cycle-30 min (half marathon 30 min. with multiple hand changes) - 70 EUR;

Relay (2 stages jerk + 2 stages snatch) = 25 EUR/stage × 4;

Mixed relay (2 stages jerk + 2 stages snatch) = 25 EUR/stage × 4.

Group "Adults" (male, female) / Class "Professionals"

Two arms jerk - 100 EUR;

Snatch - 100 EUR;

Two arms long cycle - 100 EUR;

Snatch-12 (12 min. with multiple hand changes) - 100 EUR;

Biathlon (excluding results in individual exercises) - 100 EUR;

Biathlon (including results in the jerk and snatch) - 270 EUR;

All-round (excluding results in individual exercises) - 100 EUR;

All-round (including results in the jerk, snatch, long cycle) - 360 EUR;

Relay races (male, female) = 50 EUR/stage × 4.