



**European Championship
among Youth U-16/U-18, Juniors U-23, Adults, Seniors**

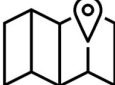
Open European Cup & Grand Prix

Open European Games

in Kettlebell Lifting in 2026

York, United Kingdom
14-17 of MAY 2026

1. Event Dates and location

TITLE/SUBJECT	DATE/TIME		LOCATION
Dates	14-17 MAY 2026		
Place of competitions	Name venue: York Stadium Leisure Complex, Kathryn Avenue, Huntington, York, YO32 9AF, United Kingdom		 Google Maps
Beginning of competitions	15th of May '26 16th of May '26 17th of May '26		10:00 ***
Weighting 1st day	14th of May '26	14:00-20:00 ***	Place: venue
Weighting on competition days	15th of May '26 16th of May '26 17th of May '26	09:00-9:30 ***	Place: venue

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

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

2.1. „Open” Group

Male (without age limitations);

Female (without age limitation).

2.1.1. „Open” Group / „Professionals” Class

Weight categories:

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

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

Competitive disciplines (in the European Championships and European Cup program):

Male (with 32 kg kettlebells):

- two arms jerk;
- snatch;
- two arms long cycle;
- snatch-12 (12 min. with multiple 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 (with 24 kg kettlebells):

- two arms jerk;
- snatch;
- two arms long cycle;
- snatch-12 (12 min. with multiple 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.

2.1.2. “Open” Group / “Amateurs” Class

Weight categories:

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

Female: -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 (with 24 kg kettlebells):

- two arms jerk;
- snatch;
- two arms long cycle;
- snatch-12 (12 min. with multiple 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 (with 16 kg kettlebells):

- two arms jerk;
- snatch.
- two arms long cycle;

- snatch-12 (12 min. with multiple 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.

Additional exercises (in the European Games program):

Male (with 32 kg kettlebells):

- one arm jerk;
- one arm long cycle.

Female (with 24 kg kettlebells):

- one arm jerk;
- one arm long cycle.

Male (with 24 kg kettlebells):

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

Female (with 16 kg kettlebells):

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

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

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

2.2. „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 (form 35 years and older with an interval of five years - age determined by the year of birth).**

In the Senior Championships and 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:

Male seniors:

- two arms jerk;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple 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:

- two arms jerk;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple 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 Grand Prix, and World Games program

Weight categories and kettlebells:

Male seniors 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 - KB 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:

Male seniors:

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

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

3. Costs and Fees

Annual personal license (per year)

- Group "Open" (male, female / Professionals, Amateurs) - 60 EUR;
- Group "Seniors" (male seniors, female seniors / Veterans) - 60 EUR;
- Para-athletes group (male para-athletes, female para-athletes) - 30 EUR.

A personal annual license gives the right to participate in all official IUKL competitions during the calendar year, for groups U-23, "Open" and "Seniors" is valid immediately in all these groups and classes of these groups, as well as in case of parallel offset of results in all these groups.

The entry fees for participation in the competition:

Group "Open" (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;
- Half-Marathon (one arm jerk, two arms jerk, snatch, one arm long cycle, two arms long cycle - 30 min) - 80 EUR;
- 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 seniors, female seniors) = 35 EUR/stage × 4;
- One arm jerk - 70 EUR;
- One arm long cycle - 70 EUR;
- Half-Marathon (one arm jerk, two arms jerk, snatch, one arm long cycle, two arms long cycle - 30 min) - 70 EUR;
- Mixed relay (2 stages jerk + 2 stages snatch) = 35 EUR/stage × 4.

Group "Open" (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 \times 4.