

WORLD CHAMPIONSHIP KETTLEBELL LIFTING RIGA 2026

COMPETITION RULES & REGULATIONS

Latvia, Riga 14-18.11.2026

**WORLD CHAMPIONSHIP IN SEPARATE DISCIPLINES AMONG
YOUTH U-16/U-18,
JUNIORS U-23,
ADULTS,
SENIORS**

WORLD CUP

WORLD GRAND PRIX

1. Place and dates of Competitions

TITLE/SUBJECT	DATE/TIME			LOCATION
Dates	14-18 NOVEMBER 2026			Sporta centrs "Mežaparks" Sporta komplekss Roberta Feldmaņa iela 11, Ziemeļu rajons, Rīga, LV-1014, Latvia
Place of competitions	<i>Name venue: Sporta centrs "Mežaparks" Sporta komplekss Roberta Feldmaņa iela 11, Ziemeļu rajons, Rīga, LV-1014, Latvia</i>			https://www.google.com/maps/search/me%C5%B7Eaparks+sporta+centrs/@57.0020343,24.1746838,17z?entry=ttu&g_ep=EgoyMDI2MDUxMS4wIKXMDSOA SAFQAw%3D%3D
Preliminary schedule of competition	15th of November '26	2-Arm Jerk & 1-Arm Jerk Half Marathon -Jerk Jerk Relays	10:00 ***	
	16th of November '26	Snatch Half Marathon- Snatch Mixed Relays	10:00 ***	
	17th of November '26	2-Arm & 1-Arm Long Cycle Half Marathon -Long Cycle Long Cycle Relays	10:00 ***	
	18th of November '26	12-min Snatch	10:00 ***	
Weighting 1st day	14th of November '26		13:00-18:00 ***	Place: venue
Seminar on Anti-Doping *	14th of November '26		18:00-19:30 ***	Place: venue
Weighting on competition days	15th of November '26 16th of November '26 17th of November '26 18th of November '26		08:30-09:00 *** 18:30-19:00 ***	Place: venue
Opening Ceremony	15th of November '26		9:00 ***	Place: venue

* Mandatory for all Athletes in the U-23 and "Open" age groups, and also open to the general public: Athletes, Coaches, Doctors and others interested

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

Important: Mandatory Anti-Doping Certification *

- To participate in IUKL international competitions in the U-23 and "Open" age groups, all athletes (and their coaches) must provide a certificate of completion of the anti-doping training program for international-level athletes, which is valid at the time of the competition. For other age groups and competition classes, certification is voluntary.

Certification can be obtained in the following ways:

- ADEL Platform: Complete the online course and generate a certificate.

Training names:

Athletes: „International-Level Athletes”;

Coaches: „Coaches of High-Performance Education Program”;

Doctors: „Medical Professional's Education Program”.

Login instructions for ADEL are available on our website – remember to select “Kettlebell Lifting (IUKL)” as the sport and “IUKL International Union of Kettlebell Lifting” as the organization. Training is available in multiple languages, including Ukrainian, English, Russian, and others. Link to the ADEL educational platform <https://adel.wada-ama.org/learn/signin>.

- IUKL Seminar: Attend the anti-doping seminar listed in schedule.

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

Group „Open”

Male adults (without limitation of age);

Female adults (without limitation of age).

Group „Open” / 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 And World Cup	Male Adults	32 kg	- 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	- 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 “Open” / 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, World Cup):

Program	Category	Kettlebell	Exercises
World Championship And World Cup	Male Adults	24 kg	- 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	- 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.
--	--	--	--

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

Program	Category	Kettlebell	Exercises
World Grand Prix	Male Adults	32 kg	• 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.
	Female Adults	24 kg	• 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	• 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.
	Female Adults	16 kg	• 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 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 32 kg;

Stage 2 - two arms jerk Female with kettlebells 24 kg;

Stage 3 - snatch Male snatch with a kettlebell 32 kg;

Stage 4 - snatch Female with a kettlebell 24 kg.

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 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:

Program	Category	Exercises
World Championship	Male Seniors	• 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	• 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 (in the program of the World Grand Prix):

Program	Category	Exercises
World Grand Prix	Male Seniors	• 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	• 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 24kg) and Female-seniors (with 16kg):

- 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.

3. Costs and Fees

Annual personal license (per year):

Group U-16 (boys, girls) - released;
 Group U-18 (boys, girls) - released;
 Group U-23 (male, female / Professionals, Amateurs) - 60 EUR;
 Group "Open" (male, female / Professionals, Amateurs) - 60 EUR;
 Group "Seniors" (male, female / Veterans) - 60 EUR;
 Para-athletes group (male, female) - 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:

Discipline / Exercise	U-16/U-18 (boys and girls)	U-23 & 'Open' (Amateurs)	Seniors (Veterans)	U-23 & 'Open' (Professionals)	Para-athletes (All classes)
Two Arms Jerk	60 EUR	80 EUR	70 EUR	100 EUR	30 EUR
Snatch	60 EUR	80 EUR	70 EUR	100 EUR	30 EUR
Two Arms Long Cycle	60 EUR	80 EUR	70 EUR	100 EUR	30 EUR
Snatch-12 (12 min, multiple hand changes)	60 EUR	80 EUR	70 EUR	100 EUR	30 EUR
Biathlon (excluding individual results)	60 EUR	80 EUR	70 EUR	100 EUR	30 EUR
Biathlon (including jerk & snatch results)	150 EUR	210 EUR	180 EUR	270 EUR	75 EUR
All-round (excluding individual results)	60 EUR	80 EUR	70 EUR	100 EUR	30 EUR

Discipline / Exercise	U-16/U-18 (boys and girls)	U-23 & 'Open' (Amateurs)	Seniors (Veterans)	U-23 & 'Open' (Professionals)	Para-athletes (All classes)
All-round <i>(including jerk, snatch, LC results)</i>	200 EUR	280 EUR	240 EUR	360 EUR	100 EUR
One Arm Jerk	60 EUR	80 EUR	70 EUR	100 EUR	30 EUR
One Arm Long Cycle	60 EUR	80 EUR	70 EUR	100 EUR	30 EUR
One Arm Jerk - 30 min <i>(Half Marathon)</i>	—	80 EUR	70 EUR	100 EUR	30 EUR
Snatch-30 <i>(Half Marathon)</i>	—	80 EUR	70 EUR	100 EUR	30 EUR
One Arm Long Cycle - 30 min <i>(Half Marathon)</i>	—	80 EUR	70 EUR	100 EUR	30 EUR
Relay Races <i>(Classic / Standard)</i>	80 EUR (20 EUR/stage × 4)	160 EUR (40 EUR/stage × 4)	140 EUR (35 EUR/stage × 4)	200 EUR (50 EUR/stage × 4)	—
Relay / Mixed Relay <i>(2 stages jerk + 2 stages snatch)</i>	80 EUR (20 EUR/stage × 4)	160 EUR (40 EUR/stage × 4)	140 EUR (35 EUR/stage × 4)	200 EUR (50 EUR/stage × 4)	—

The results of the biathlon participants are taken into account in the standings of only one of the two separate exercises in case of paying a fee for participating in this exercise.

The results of the participants in the all-around are taken into account in the standings of only one / two of the three separate exercises in case of paying a fee for participating in these exercises.