

AAU US Kettlebell Sport Lifting



RULES FOR JUDGING COMPETITIONS

2023

CONTENTS

1. Type and program of competitions	3
2. Competitors of competitions.....	4
Age of competitors	4
Weigh-in of competitors.....	4
Weight categories	5
Rights and duties of competitors	9
The uniform of athletes.....	10
3. Managers, coaches, and team captains	11
4. The equipment and supplies	12
5. Main Judges commission	13
The main commission	13
The Head judge and assistants	14
The Head secretary	15
The Platform judge	15
The Secretaries.....	15
The Judge-announcer	16
The Supporting judge	16
The Technical inspector	16
The Competition medical staffer.....	16
The Competition superintendent	17
Jury of Appeal.....	17
6. Rules regarding execution of lifts	17
General provisions	17
JERK of two kettlebells from the chest (Short cycle).....	18
JERK of two kettlebells from a chest with drop/clean back to chest (Long cycle).....	19
SNATCH.....	20
7. Relay.....	21
8. Registration of records.....	22
9. Applications.....	23



1. Type and program of competitions

Type of competitions

1.1. Kettlebell lifting competitions may be classified as:

1.1.1. Individual.

1.1.2. Team.

1.1.3. Mixed (individual and team).

Personal, team and mixed results are determined in accordance with this classification.

1.2. The type and program of each competition is defined by the Competition Regulations.

Program of competitions

1.3. Weights of competition kettlebells are 12, 16, 24, 32 kg. Exercises are as follows:

1.3.1. Short Cycle: jerk of two kettlebells holding them on the chest in the rack position, jerking them overhead, and returning them in the same initial position. A detailed definition is presented in Part 6.

1.3.2. Long Cycle: jerk of two kettlebells holding them on the chest in the initial position, jerking them overhead, and returning them in the same initial position after every overhead lift, then swinging them down into a fully extended position and then back to initial position. A detailed definition is presented in Part 6.

1.3.3. Snatch: lifting one kettlebell from an extended low position to an overhead position in one motion. A detailed definition is presented in Part 6.

1.3.4. Classic biathlon: Jerk and Snatch.

1.3.5. Relay.

1.3.6. Additional exercises are:

1.3.6.1. One-Arm Long Cycle

1.3.6.2. One-Arm Jerk

1.4. An athlete may participate in no more than one competition discipline and relay on the same day.

1.5. The winner in biathlon is determined by the highest number of correctly executed lifts. The total number of lifts is the sum of total jerks plus 1/2 of total snatches.

1.6. If several competitors register the same result, the following tie-breaking rules shall be applied in order, the advantage in determining the place will be given to:

1.6.1. First, the competitors who weighed less before the competition,

1.6.2 Second, if the first tie-breaking rule does not break the tie, then the competitors who weighed less after the competition,



1.6.3. Third, if the second tie-breaking rule does not break the tie, then the competitor who competed earlier than the other competitors.

2. Competitors

2.1. Age of competitors:

2.1.1. Younger youth (males & females) 14-16 years (U-16),

2.1.2. Older youth (males and females) 17-18 years (U-18),

2.1.3. Juniors (males & females) 19-22 years (U-22),

2.1.4. Adults (males & females) 23 years and over.

The age of the competitor is defined by the age of the competitor on the day of the competition.

2.2. Younger competitors, as an exception, may be permitted to compete in a higher age group, if they have an appropriate technical level, medical permission, and a special permission of the organization hosting the competition.

In any given competition each athlete may participate in only one weight category. For team competitions (relay), a competitor may weigh-in a second time and compete in a different weight category.

2.3. Applications for taking part in a competition, the order of their form and submission are determined by the regulations of the competition.

Weigh-in of competitors

2.4. Timing of weigh-in: The weigh-in period for a competition may begin no earlier than 24hrs before the beginning of that competition.

2.5. Weigh-in is done in a place specially designated for this purpose. Male and female competitors should be weighed in separate rooms.

2.6. The members of the Main Judges Commission, judges officiating the weigh-in, and one official representative of each team are permitted to be present at the weigh-in.

2.7. During the weigh-in, male competitors must wear swimming shorts/trunks, females - bathing suits. Competitors may elect to weigh in nude if separate rooms for male and female competitors are provided by the competition organizers.

In case the weight of an athlete exceeds the limit of his/her weight category, the athlete has the right to be weighed in again within the time slot designated for general weigh-in by the regulations of the competition.

2.8. The order of competition of the competitors may be determined by a draw at the weigh-in.

The main Judges Commission has the right to form the final groups of competitors based



on the results of the last few competitions as indicated in the application.

AAU RANKING TABLE

Men's Ranking Youth and Adult

SNATCH										
Rank	KB	58kg	63kg	68kg	73kg	78kg	85kg	95kg	105kg	105kg+
MSIC	32KG	122	134	144	154	164	172	178	184	188
MS	32KG	82	94	104	114	124	132	138	144	148
CMS	28KG	82	94	104	114	124	132	138	144	148
1	24KG	82	94	104	114	124	132	138	144	148
2	20KG	82	94	104	114	124	132	138	144	148
3	16KG	82	94	104	114	124	132	138	144	148
BIATHLON (Jerk=1/Snatch=0.5)										
Rank	KB	58kg	63kg	68kg	73kg	78kg	85kg	95kg	105kg	105kg+
MSIC	32KG	125	145	165	180	195	205	215	220	222
MS	32KG	80	95	110	125	135	145	155	160	162
CMS	28KG	80	95	110	125	135	145	155	160	162
1	24KG	80	95	110	125	135	145	155	160	162
2	20KG	80	95	110	125	135	145	155	160	162
3	16KG	80	95	110	125	135	145	155	160	162
LONG CYCLE										
Rank	KB	58kg	63kg	68kg	73kg	78kg	85kg	95kg	105kg	105kg+
MSIC	32KG	40	48	57	64	69	75	80	82	85
MS	32KG	30	37	44	49	53	57	60	62	64
CMS	28KG	30	37	44	49	53	57	60	62	64
1	24KG	30	37	44	49	53	57	60	62	64
2	20KG	30	37	44	49	53	57	60	62	64
3	16KG	30	37	44	49	53	57	60	62	64
ONE ARM LONG CYCLE										
Rank	KB	58kg	63kg	68kg	73kg	78kg	85kg	95kg	105kg	105kg+
MSIC	40KG	76	80	84	90	94	98	104	106	108
MS	36KG	80	84	88	94	98	104	108	110	112
CMS	32KG	94	100	106	112	116	120	124	128	130
1	28KG	94	100	106	112	116	120	124	128	130
2	24KG	94	100	106	112	116	120	124	128	130
3	20KG	94	100	106	112	116	120	124	128	130



Men's Ranking Veteran

SNATCH										
Rank	KB	58kg	63kg	68kg	73kg	78kg	85kg	95kg	105kg	105kg+
MSIC	28KG	102	114	124	134	144	152	158	164	168
MS	24KG	102	114	124	134	144	152	158	164	168
CMS	20KG	102	114	124	134	144	152	158	164	168
1	16KG	102	114	124	134	144	152	158	164	168
2	12KG	102	114	124	134	144	152	158	164	168
3	8KG	102	114	124	134	144	152	158	164	168
BIATHLON (Jerk=1/Snatch=0.5)										
Rank	KB	58kg	63kg	68kg	73kg	78kg	85kg	95kg	105kg	105kg+
MSIC	28KG	110	130	150	165	180	190	200	205	207
MS	24KG	110	130	150	165	180	190	200	205	207
CMS	20KG	110	130	150	165	180	190	200	205	207
1	16KG	110	130	150	165	180	190	200	205	207
2	12KG	110	130	150	165	180	190	200	205	207
3	8KG	110	130	150	165	180	190	200	205	207
LONG CYCLE										
Rank	KB	58kg	63kg	68kg	73kg	78kg	85kg	95kg	105kg	105kg+
MSIC	28KG	35	43	50	56	61	66	70	73	75
MS	24KG	35	43	50	56	61	66	70	73	75
CMS	20KG	35	43	50	56	61	66	70	73	75
1	16KG	35	43	50	56	61	66	70	73	75
2	12KG	35	43	50	56	61	66	70	73	75
3	8KG	35	43	50	56	61	66	70	73	75
ONE ARM LONG CYCLE										
Rank	KB	58kg	63kg	68kg	73kg	78kg	85kg	95kg	105kg	105kg+
MSIC	32KG	74	80	84	90	94	98	104	106	108
MS	28KG	82	84	88	94	98	104	108	110	112
CMS	24KG	94	100	106	112	116	120	124	128	130
1	20KG	94	100	106	112	116	120	124	128	130
2	20KG	82	84	88	94	98	104	108	110	112
3	16KG	94	100	106	112	116	120	124	128	130



Woman's Rankings Youth and Adult

SNATCH						
Rank	KB	53kg	58kg	63kg	68kg	68kg+
MSIC	24kg	110	120	130	140	150
MS	24kg	90	100	110	120	130
CMS	20kg	90	100	110	120	130
1	16kg	90	100	110	120	130
2	12kg	90	100	110	120	130
3	8kg	90	100	110	120	130

ONE ARM BIATHLON (Jerk=1/Snatch=1)				TWO ARM BIATHLON (Jerk=1/Snatch=0.5)									
Rank	KB	53kg	58kg	63kg	68kg	68kg+	Rank	KB	53kg	58kg	63kg	68kg	68kg+
MSIC	24kg	208	230	252	274	280	MSIC	24kg	110	120	130	140	150
MS	24kg	176	194	212	230	236	MS	20kg	129	140	151	152	173
CMS	20kg	176	194	212	230	236	CMS	16kg	153	165	177	189	201
1	16kg	176	194	212	230	236	1	12kg	158	170	182	194	206
2	12kg	176	194	212	230	236	2	12kg	119	130	141	151	161
3	8kg	176	194	212	230	236	3	8kg	155	167	179	190	191

ONE ARM LONG CYCLE							TWO ARM LONG CYCLE						
Rank	KB	53kg	58kg	63kg	68kg	68kg+	Rank	KB	53kg	58kg	63kg	68kg	68kg+
MSIC	24kg	96	102	108	116	120	MSIC	24kg	50	61	69	76	81
MS	24kg	80	86	92	100	104	MS	20kg	59	70	78	85	90
CMS	20kg	80	86	92	100	104	CMS	16kg	64	75	83	90	95
1	16kg	80	86	92	100	104	1	12kg	64	75	83	90	95
2	12kg	80	86	92	100	104	2	12kg	50	61	69	76	81
3	8kg	80	86	92	100	104	3	8kg	64	75	83	90	95

Women	Men	VetW	VetM	+
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Woman's Ranking Veteran

SNATCH						
Rank	KB	53kg	58kg	63kg	68kg	68kg+
MSIC	20KG	110	120	130	140	150
MSIC	16KG	110	120	130	140	150
CMS	12KG	110	120	130	140	150
1	12KG	90	100	110	120	130
2	8KG	110	120	130	140	150
3	8KG	90	100	110	120	130

ONE ARM BIATHLON (Jerk=1/Snatch=1)				TWO ARM BIATHLON (Jerk=1/Snatch=0.5)									
Rank	KB	53kg	58kg	63kg	68kg	68kg+	Rank	KB	53kg	58kg	63kg	68kg	68kg+
MSIC	20KG	208	230	252	274	280	MSIC	20KG	100	110	120	130	140
MS	16KG	208	230	252	274	280	MS	16KG	117	128	139	150	161
CMS	12KG	208	230	252	274	280	CMS	12KG	138	150	162	174	186
1	12KG	176	194	212	230	236	1	12KG	117	128	139	150	161
2	8KG	208	230	252	274	280	2	8KG	138	150	162	174	186
3	8KG	176	194	212	230	236	3	8KG	117	128	139	150	161

ONE ARM LONG CYCLE							TWO ARM LONG CYCLE						
Rank	KB	53kg	58kg	63kg	68kg	68kg+	Rank	KB	53kg	58kg	63kg	68kg	68kg+
MSIC	20KG	96	102	108	116	120	MSIC	20KG	45	56	64	71	76
MS	20KG	80	86	92	100	104	MS	16KG	53	64	72	79	84
CMS	16KG	80	86	92	100	104	CMS	12KG	57	68	76	83	88
1	12KG	80	86	92	100	104	1	12KG	53	64	72	79	84
2	8KG	80	86	92	100	104	2	8KG	57	68	76	83	88
3	8KG	60	66	72	80	84	3	8KG	53	64	72	79	84



YOUTH MALE RANKS

SNATCH

Rank	KB	53kg	58kg	63kg	68kg	73kg	78kg	78kg+
Y-MSIC	16KG	140	150	160	170	180	190	200
Y-MS	16KG	110	120	130	140	150	160	170
Y-CMS	12KG	140	150	160	170	180	190	200
1	12KG	110	120	130	140	150	160	170
2	8KG	140	150	160	170	180	190	200
3	8KG	110	120	130	140	150	160	170

BIATHLON (Jerk=1/Snatch=0.5)

Rank	KB	53kg	58kg	63kg	68kg	73kg	78kg	78kg+
Y-MSIC	16KG	138	150	162	174	186	198	210
Y-MS	16KG	117	128	139	150	161	172	183
Y-CMS	12KG	138	150	162	174	186	198	210
1	12KG	117	128	139	150	161	172	183
2	8KG	138	150	162	174	186	198	210
3	8KG	117	128	139	150	161	172	183

LONG CYCLE

Rank	KB	53kg	58kg	63kg	68kg	73kg	78kg	78kg+
Y-MSIC	16KG	94	100	106	112	116	120	124
Y-MS	16KG	82	84	88	94	98	104	108
Y-CMS	12KG	94	100	106	112	116	120	124
1	12KG	82	84	88	94	98	104	108
2	8KG	94	100	106	112	116	120	124
3	8KG	82	84	88	94	98	104	108

ONE ARM LONG CYCLE

Rank	KB	53kg	58kg	63kg	68kg	73kg	78kg	78kg+
Y-MSIC	16KG	94	100	106	112	116	120	124
Y-MS	16KG	82	84	88	94	98	104	108
Y-CMS	12KG	94	100	106	112	116	120	124
1	12KG	82	84	88	94	98	104	108
2	8KG	94	100	106	112	116	120	124
3	8KG	82	84	88	94	98	104	108



YOUTH FEMALE RANKS

SNATCH

Rank	KB	33kg	38kg	43kg	48kg	48kg+
Y-MSIC	12KG	140	150	160	170	180
Y-MS	12KG	110	120	130	140	150
Y-CMS	8KG	140	150	160	170	180
1	8KG	110	120	130	140	150
2	4KG	140	150	160	170	180
3	4KG	110	120	130	140	150

ONE ARM BIATHLON (Jerk=1/Snatch=1)

Rank	KB	33kg	38kg	43kg	48kg	48kg+
Y-MSIC	12KG	208	230	252	274	280
Y-MS	12KG	176	194	212	230	236
Y-CMS	8KG	208	230	252	274	280
1	8KG	176	194	212	230	236
2	4KG	208	230	252	274	280
3	4KG	176	194	212	230	236

TWO ARM BIATHLON (Jerk=1/Snatch=0.5)

Rank	KB	33kg	38kg	43kg	48kg	48kg+
Y-MSIC	12KG	138	150	162	174	186
Y-MS	12KG	117	128	139	150	161
Y-CMS	8KG	138	150	162	174	186
1	8KG	117	128	139	150	161
2	4KG	138	150	162	174	186
3	4KG	117	128	139	150	161

ONE ARM LONG CYCLE

Rank	KB	33kg	38kg	43kg	48kg	48kg+
Y-MSIC	12KG	96	102	108	116	120
Y-MS	12KG	80	86	92	100	104
Y-CMS	8KG	96	102	108	116	120
1	8KG	80	86	92	100	104
2	4KG	96	102	108	116	120
3	4KG	80	86	92	100	104

TWO ARM LONG CYCLE

Rank	KB	33kg	38kg	43kg	48kg	48kg+
Y-MSIC	12KG	67	78	86	93	108
Y-MS	12KG	53	64	72	79	84
Y-CMS	8KG	67	78	86	93	108
1	8KG	53	64	72	79	84
2	4KG	67	78	86	93	108
3	4KG	53	64	72	79	84

The rights and duties of the competitor

2.9. The competitor has the right to address the Main Judges Commission with any concerns or questions only through the team representative or the Supporting judge. Submission of concerns or questions must be presented before the end of the preparation time for the subsequent set.

2.10. The competitor is given time (up to 3 minutes) to prepare kettlebells in the place provided for this purpose. This time is determined by the Main Judges Commission according to the competition regulations.

2.11. The competitor may use only the marked kettlebells which are located on the platform where the competitor will compete.

2.12. Only magnesium carbonate chalk and water may be used to prepare the kettlebells and hands.

2.13. The competitor has the right to represent an enterprise or a firm by advertising its products. The competitor must notify the Main Judges Commission of the competitor's intent to represent an enterprise or firm and may do so only upon receiving written permission from the Main Judges Commission.

2.14. The competitor shall comply with the Rules and Regulations of the competition.

2.15. The competitor shall conform to the rules of social behavior and shall show respect toward other competitors, spectators, and judges.


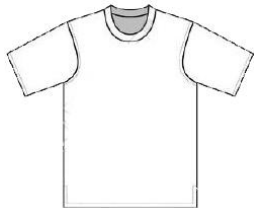






2.16. The competitor's uniform must meet the competition regulations. The uniform shall leave knees and elbows uncovered. With special approval from the Main Judges Commission, spandex tights that cover knees and/or elbows may be permitted. The competitor must wear a clean and tidy uniform. Women may wear sports mini-skirts.

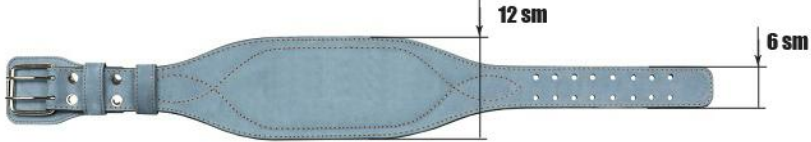


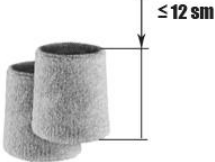


Competitors may use a weightlifting belt (its width cannot exceed 12 cm at the back and 6 cm in front). Knee pads, bandages, and elastic wraps no longer than 1.5 m are permitted. The width of overlay bandage on wrists must be no more than 12 cm. The width of the overlay bandage on knees must be no more than 25 cm.

Members of each team must wear the same uniform with the national symbols of their country.

The uniform of athletes

Competition Uniform for Kettlebell Lifting Competitors				
Lift	Bottom	Top		
Jerk and Long Cycle				
				
Snatch				

Competition Equipment

Belt			
Footwear			
Wrist guards, knee wraps and head bands			

2.17. Competitors arriving at the competition must have medical insurance and a valid ID document.

2.18. Competitors are obliged to participate in the competition's opening and closing ceremonies, presentation, and the awards ceremony.

2.19. It is prohibited to use any device which may facilitate lifting of the kettlebell (kettlebells) **including using a belt to support elbows while fixating kettlebells in the rack position.**

2.20. It is prohibited to talk while competing on the platform, loudly express emotions which interfere with the counting procedure or with performance of other athletes on neighboring platforms.

2.21. It is prohibited to deliberately drop the kettlebells on the platform.

2.22. A competitor who violates paragraphs 2.9 - 2.21 will receive a warning. Based on the decision of the Main Judges Commission the competitor may be banned from the competition.

3. Managers, coaches, and team captains

3.1. Each team participating in a competition shall have a manager.

3.2. Manager is responsible for the appropriate behavior of the team members and their timely attendance at the event.



3.3. The manager must know the rules and regulations of the competition.

3.4. The manager or coach may be present at the weigh-in of the team members and the draw and must attend all the meetings called by the competition organizers.

3.5. Managers and coaches are not permitted to be in the competition area during the competition. They shall be in a specially designated area.

3.6. Managers and coaches are forbidden from interfering with the orders or instructions of the Main Judges Commission and officials of the competition. A team manager has the right to submit a statement or protest to the Main Judges Commission; such a statement or protest shall be limited solely to the members of the manager's team. Any statement or protest concerning the result of the team manager's team member performance must be filed before the next flight. Competitions are normally suspended to review the protest.

3.7. If a team does not have a manager designated under Rule 3.1, a coach or a team captain may fulfill the responsibilities of a manager and shall be specified in the application submitted for the consideration of any review under Rule 3.6.

3.8. If a team representative violates Rules 3.1-3.7, the team representative shall be subject to penalties specified in Rule 2.22.

4. The equipment and supplies

4.1. Competitions are conducted on platforms not less than 1.5 x 1.5 meters in size. The distance between platforms should be at least 1 meter.

4.2. The dimensions and weight of kettlebells must conform to the technical specifications and requirements of AAU.

4.2.1. Technical specifications of kettlebells:

4.2.1.1. Dimensions: height - 280 mm; diameter of the body - 210 mm; diameter of the handle - 32 mm or greater.

4.2.1.2. Colors: 12 kg – dark blue
 16 kg – yellow,
 20 kg – purple,*
 24 kg – green,
 28 kg – orange,*
 32 kg – red.

* Kettlebells denoted with an * are listed for purposes of providing a complete list in the event additional weights are permitted.

4.3. The weight of a kettlebell may not deviate from the standard by more than 50 grams.



4.4. Kettlebells used in a competition should be marked according to the platform on which they are going to be lifted.

4.5. An electronic counting system which displays the count, and the elapsed time of the lift must be used.

4.6. Athletes must be provided with a warm-up area:

4.6.1. with enough platforms, kettlebells of appropriate weight, magnesium carbonate chalk, water and other necessary items to aid competitors' preparations.

4.6.2. area for rest and recovery.

4.6.3. additional flight schedule, means of radio communication and video recording of competitors' performances.

4.7. Competition organizers shall provide changing rooms, bathrooms, showers, and medical support for the competitors. Competition organizers shall provide officials with areas for carrying out their duties and conducting meetings.

4.8. Not later than 24 hours before the competition, the competition organizers and the owner(s) of the sports facilities shall prepare and execute a document that confirms the availability of supplies and equipment that correspond to the competition rules and ascertains the measures undertaken for the safety of competitors and spectators.

5. Main Judges Commission

5.1. The Main Judges Commission is approved by USKSL to act in the role of organizers on behalf of AAU.

5.2. A Main Judges Commission consists of (as needed based on the size of the competition):

5.2.1. Head Judge.

5.2.2. Head Secretary.

5.2.3. Platform Judges.

5.2.4. Secretaries.

5.2.5. Judge-Announcer.

5.2.6. Supporting Judge.

5.2.7. Technical Supervisor.

5.2.8. Doctor/nurse/med tech/emergency contact.

5.2.9. Superintendent of the Competition.

5.3. Depending on the size of the competition additional staff may be utilized.

5.4. A Judge in kettlebell lifting shall:



- 5.4.1. know the rules and be able to apply them at competitions.
- 5.4.2. be objective and honest in their decisions.
- 5.4.3. be an example of the appropriate behavior and work ethics.
- 5.4.4. know the regulations of the competitions.

5.5. For larger competitions, judges shall wear approved attire. Judges shall wear dark blue jacket, black trousers, dark red tie (men) or scarf (women) with appropriate organizational emblem, badges and other symbolic paraphernalia according to their official duties and qualifications.

5.6. For logistics coordination, the organization holding a competition designates a Superintendent of the Competition at the disposal of the Main Judges Commission.

Head Judge and Assistant Head Judge

5.10. The Head Judge supervises the work of the Main Judges Commission. The Head Judge is responsible for ensuring that the Main Judges Commission properly conducts the competition. This responsibility involves, but is not limited to, ensuring the competition strictly complies with AAU rules, maintains discipline and appropriate safety measures, and provides equal conditions for all competitors.

5.11. The Head Judge shall:

5.11.1. hold and conduct meetings with the Main Judges Commission and with team representatives before the beginning of the competition.

5.11.2. examine the venue, supplies, technical equipment and ensure their conformity with the rules of competitions and with the safety requirements prior to the beginning of competitions.

5.11.3. define the operation of the Main Judges Commission and scheduling of Platform Judges.

5.11.4. monitor the competition and resolve problems.

5.11.5. control the work of the Platform Judges at the competition and identify the winners.

5.11.6. accept appeals and protests.

5.11.7. present appeals and protests to the Jury of Appeal for resolution.

5.11.8. present, in due time, a written report of the results of the competition and any necessary documentation to the organization holding the competition.

5.11.9. conduct meetings of the Main Judges Commission during the competition.

5.12. The Assistant Head Judge is guided by instructions for the Head Judge and carries out the duties of the Head Judge in the Head Judge's absence.



The Head Secretary

5.13. The Head Secretary:

5.13.1. prepares all necessary technical documentation such as competition order and is responsible for keeping it in the correct format.

5.13.2. prepares reports of Main Judges Commission meetings and records instructions and decisions of the Head Judge.

5.13.3. provides Head Judge-approved information regarding the competition to the Judge-Announcer, to the team representatives, and to representatives of media.

5.13.4. documents registration of new records.

5.13.5. processes all documentation of competitions.

5.13.6. provides the Head Judge with all necessary materials for competition reports.

5.13.7. retains records of decisions, appeals, comments, and suggestions.

The Assistant Head Secretary is guided by instructions for the Head Secretary and carries out the duties of the Head Secretary in the Head Secretary's absence.

The Platform Judge

5.14. The Platform Judge:

5.14.1. determines and counts correctly executed lifts.

5.14.2. does not count incorrectly executed lifts.

5.14.3. penalizes other mistakes by warning an athlete with a yellow card.

5.14.4. terminates a competition set by the command "Stop!" with a red card in the case of severe violations.

5.14.5. announces the result of a competitor.

Secretaries

5.15. A Secretary:

5.15.1. completes competitors' cards during the weigh-in and is responsible for filing the records of the competition.

5.15.2. maintains back-up documentation of the competition.

5.15.3. carries out other instructions of the Head Secretary.



The Judge-Announcer

5.16. The Judge-Announcer:

5.16.1. announces decisions and instructions of the Head Judge.

5.16.2. provides information about the competition process to competitors and spectators.

The Supporting Judge

5.17. The Supporting Judge:

5.17.1. prepares competitors for the flights.

5.17.2. checks the dress code and equipment of the competitors in accordance with the rules of the competition.

5.17.3. leads competitors to the presentation ceremony.

5.18. The Supporting Judge is an intermediary between the competitor and the Main Judges Commission in case of any questions, conflicts, or unforeseen situations.

The Technical Inspector

5.19. The Technical Inspector:

5.19.1. Before the event, together with the Superintendent of the Competition, checks the supplies and equipment, the weight of the kettlebells, scales, logistics, and audio system.

5.19.2. During the competition supervises the working condition of the supplies and equipment, the weight of the kettlebells, scales, logistics, counting and timing equipment, and audio system.

5.19.3. controls the organization of the competition area, the warm-up zone, changing rooms, and showers.

5.19.4. ensures security and order during the competition.

5.20. The Technical Inspector shall require the Superintendent of the Competition to resolve identified deficiencies and problems that occur during the competition. In case of an emergency, the Technical Inspector shall take emergency measures to evacuate the competitors and spectators from the danger zone.

The Competition Medical Staffer

5.21. The Competition Medical Staffer is part of the Main Judges Commission as the medical assistant to the Head Judge.

5.22. Competition Medical Staffer:

supervises the competitors during weigh-in procedure and during competitions.



5.22.1. carries out medical supervision of competitors at weigh-in and during competitions.

5.22.2. supervises the maintenance of sanitary and hygienic conditions during competitions in the competition area, residences, and places of food consumption,

5.22.3. provides medical aid in case of injuries or diseases of the competitors,

5.22.4. makes the decision regarding withdrawal of the competitor from the competition for medical reasons, writes the certificate describing the reasons for his/her removal,

5.22.5. When a competition is over, presents the Head judge with a report regarding medical, hygienic and sanitary service.

The Superintendent of a Competition

5.23. The Superintendent is:

5.23.1. responsible for the timely preparation of the facilities and equipment: the venue of the competition, warm-up area, changing rooms, showers, rest and recovery rooms, rooms for judges and media representatives.

5.23.2. provides all necessary logistics and paraphernalia for the opening and closing ceremonies,

5.23.3. follows the instruction of the Head Judge, the Technical Supervisor, and the representative of the organization hosting the competition in everything that concerns logistics and technology being used at the competition.

Jury of Appeal

5.8 The Jury of Appeal (3-5 judges) is formed from the most qualified judges.

5.9 The Jury of Appeal monitors compliance with the rules and regulations, detects violations of the rules and regulations and by a majority of votes determines any correspondent penalty. The Head Judge makes final decisions regarding violations and protests.

6. Rules of performance of exercises.

General provisions

6.1. Competitors are called to the platform for their flight. Five (5) seconds prior to the start of the flight, time is counted down in seconds: 5, 4, 3, 2, 1. Then the command "Start!" follows. After the command "Start!" The competitors begin the set.

6.2. A competitor who is late to the platform shall be disqualified.

6.3. If the competitor lifts kettlebell(s) from the platform before the command "Start!" the



referee at the platform shall command: "Stop, put the kettlebell (kettlebells) on the platform, and begin the set!"

6.4. The time limit for a competition set is 10 minutes. The judge-announcer shall announce time as each minute passes. After 9 minutes have passed, control time will be announced at 50 seconds, 30 seconds, 10 seconds, 5 seconds, and every second until time runs out.

At the conclusion of 10 minutes, the judge-announcer shall issue the command, "Stop!" Lifts completed after the conclusion of 10 minutes shall not be counted.

6.5. **Warnings ("Yellow Card"):** Violations described in Part 6 and, where applicable, paragraph 2.22, shall, unless otherwise specified, receive a warning and yellow card from the platform judge.

6.6. **Stop set ("Red Card"):** As specified in Part 6, for severe violations, the platform judge shall stop the set by the command "Stop!" and show a red card.

As 7. If the athlete steps off the platform, the command "Stop!" is announced and accompanied by a red card.

JERK

JERK of two kettlebells from the chest

(Short cycle)

6.8. Execution of the jerk:

6.8.1. At the initiation of the set, the competitor cleans the kettlebells to the "rack position." After the initial clean and before the first jerk, the competitor may lift the kettlebells to their shoulders to adjust their grip and then lower the kettlebells to the rack position. The rack position is achieved when the kettlebells are positioned on the chest, arms are pressed to the torso, and legs are straight.

6.8.2 The jerk is executed from the rack position. To execute the jerk, the competitor squats (bending their legs) then straighten their legs forcefully, lifting the kettlebells upwards.

6.8.3. As the kettlebells approach the final overhead position, the competitor under squats a second time and locks out their elbows.

6.8.4. With the elbows locked out, the competitor straightens their legs, lifting the bells into the final overhead position.

6.9. **Fixation:** During fixation of kettlebells in the final overhead position, arms, torso and legs must be straight, and the competitor must be facing the platform judge(s). Fixation is a static position that transfers no energy from one repetition to the next repetition and is achieved when there is a lack of any movement of the kettlebell or the competitor.

6.9.1. The platform judge shall count the repetition only after the competitor achieves fixation in the final overhead position.



6.9.2. After achieving fixation in the final overhead position, the competitor shall return the kettlebells to the rack position. The competitor must achieve fixation in the rack position before initiating the next repetition. Fixation of kettlebells in the rack position is a static position that transfers no energy from one repetition to the next repetition and is achieved when there is a lack of any movement of the kettlebell or the competitor.

6.10. The platform judge shall issue the command "Stop!" (Accompanied by a red card) for the following violations:

6.10.1. Technical unpreparedness (numerous no-counts).

6.10.2. After the initial jerk, the competitor may adjust the kettlebells in the rack position, but after the initial jerk may not lift their elbows resulting in a transfer of weight to their shoulders (shoulder joints). The first violation of this provision shall receive a warning and a yellow card. The second violation of this provision shall receive a "stop set" and a red card.

6.10.3. Lowering of kettlebell(s) below the rack position.

6.11. A lift is not counted ("no-count") when:

6.11.1. **Push-press:** A "push-press" occurs when the competitor, after the second under squat, straightens legs and elbows simultaneously or straightens the elbows after the legs are straightened.

6.11.2. **Lack of fixation:** The competitor fails to achieve fixation in the rack position or in the final overhead position.

6.11.3. The competitor changes the position of arms (arms separate from the body) during the first dip.

6.12 A warning is issued (a yellow card is shown) when:

6.12.1. While lowering the kettlebells from the overhead position into the rack position the athlete pauses/lingers keeping the bells on his/her shoulder. A second violation results in a red card and "stop set" command.

6.12.2. All other violations which do not fit the description of 6.8.

LONG CYCLE

JERK of two kettlebells followed by swing and clean

6.13. Execution of the long cycle:

6.13.1. The long cycle contains the jerk, and all the rules for the jerk apply (including the violations described in Rules 6.10 through 6.12).

6.13.2. At the initiation of the set, the competitor cleans the kettlebells to the rack position. The competitor then performs a jerk. From the rack position, the competitor then lowers the kettlebells down and swings the kettlebells between the legs or on the outside of the legs before cleaning the kettlebells to the rack position. An uneven clean results in a no-count in the subsequent lift.



6.13.3. **Fixation:** The competitor must achieve fixation in the final overhead position and in the rack position that occurs after the clean as described in Rule 6.9. The competitor is not required to achieve fixation in the rack position that occurs when the kettlebells are being lowered from the final overhead position.

6.13.4. The platform judge shall count the repetition only after the competitor achieves fixation in the final overhead position.

6.14. The competitor must lower the kettlebells down after each jerk and swing the kettlebells between or outside their legs before each clean. The competitor may contact the floor with the kettlebells provided that the bells do not stop during this contact.

6.15. **Double swing:** If two subsequent swings are made before the clean, the platform judge shall warn the athlete by showing a yellow card. If this violation of the rules is repeated, the platform judge shall issue the “Stop!” command with a red card.

6.16 **Resting kettlebells on legs:** If when lowering kettlebells from the chest into the swing position the athlete places them on the legs for support, the platform judge shall issue the “Stop!” command with a red card.

SNATCH

6.17. Execution of the Snatch:

6.17.1. The snatch is executed with one kettlebell held in one hand at a time.

6.17.2. At the initiation of the set, the competitor grasps the kettlebell on the floor with one hand. After the “Start” command, the competitor swings the kettlebell backward between the legs and then lifts the kettlebell upward with one hand, in a continuous movement into the final overhead position with arm fully extended. Alternatively, this initial movement may be executed with a direct lift from a static resting position. The upward motion may be completed with or without an underscore. The arm must be fully extended before the legs are straightened.

6.17.3. Fixation:

6.17.3.1. During fixation of the kettlebell in the final overhead position, the arm holding the kettlebell, torso, and legs must be straight, and the competitor must be facing the platform judge(s). The arm not holding the kettlebell is held motionless in any position and not touching the body. Bending or twisting of the torso, or bending in the hip joint, during fixation is not permitted. Fixation is a static position that transfers no energy from one repetition to the next repetition and is achieved when there is a lack of any movement of the kettlebell or the competitor.

6.17.3.2. The platform judge shall count the repetition only after the competitor achieves fixation in the final overhead position.

6.17.4. After achieving fixation in the final overhead position, the competitor shall lower the kettlebell down without touching the torso to a position where the arm is fully extended downward. The competitor may or may not swing the kettlebell backward between the legs. During this motion, the competitor may contact the floor with the kettlebell provided that the bell



does not stop during this contact.

6.18. The competitor may switch hands only once during the competition set.

6.19. If the kettlebell is lowered/placed on a shoulder or to the rack position or supported by the free hand while executing the snatch with the first hand, the platform judge shall issue the command "Switch!" with a yellow card. The competitor must switch hands and continue the set with the second hand.

6.20. The platform judge shall command "Stop!" with a red card for the following violations:

6.20.1. Technical unpreparedness (numerous no-counts).

6.20.2. The kettlebell is placed on a shoulder (arm) or in the rack position or supported by the free hand while snatching with the second hand.

6.20.3. The kettlebell is put on the platform.

6.21. A lift is not counted ("no-count") when:

6.21.1. Pressing the kettlebell after the legs are straightened.

6.21.2. Absence of fixation in the final overhead position.

6.21.3. The free hand touches (without supporting) any part of the body, the platform, the kettlebell, the working hand, legs, or torso.

6.22. A warning is issued, and a yellow card is shown:

6.22.1. **Double swing:** The competitor makes an extra swing with the same hand. If this violation occurs with the first hand, the platform judge shall command "Switch!" with a yellow card. If this violation is repeated or if the extra swing occurs with the second hand, the platform judge shall issue the "Stop!" command with a red card. The judge will discriminate between a failed attempt and an extra swing. A failed attempt results in a no-count.

6.22.2. All other violations which do not fit the description of paragraph 6.20.

7. Team competitions (relays)

7.1. The weight of kettlebell(s), the lift, the number of team members, number of stages of the relay, weight categories, time of the sets are determined by the competition regulations.

7.2. A competitor may compete only in one stage of the relay.

7.3. It is not permitted to substitute members of a team after the application for participation has been submitted.

7.4. A team which does not have a competitor on each leg of the relay will be disqualified.

7.5. All team members must wear the same uniform.

7.6. The order of carrying out a relay:

7.6.1. Before the beginning of a relay, the team members are placed in a formation: each



member according to his/her stage as indicated in the application for participation.

7.6.2. After the presentation of the teams, only the competitors of the first stage should remain on the platforms. All other members of the teams shall be escorted to the warmup area.

7.6.3. All lifts must be executed in accordance with the general rules.

7.6.4. The athletes of light weight categories begin the relay in strict accordance with the order indicated in the application.

7.6.5. Five seconds prior to the start the judge-announcer gives the countdown: 5, 4, 3, 2, 1 and then issues the command "Start!" to competitors of the first stage.

7.6.6. The platform judge records and displays on a monitor every correctly executed lift by every team member and the cumulative number of lifts made by the team.

7.6.7. The platform judge's records must include the results of every competitor on every stage.

7.6.8. The supporting referee shall bring out the competitors of the following stage thirty (30) seconds prior to the switch of the competitors.

7.6.9. Five (5) seconds prior to the conclusion of each stage the judge-announcer shall issue a countdown: 5, 4, 3, 2, 1 and afterwards the command "Change/Switch!" is issued. After this command any subsequent lifts made by the competitors of the previous stage shall not be counted.

7.6.10. Lifts made by the competitors of the following stage prior to the command "Change/Switch!" shall not be counted.

7.6.11. At the conclusion of the final stage, the platform judge shall issue the "Stop!" command is issued. Lifts completed after the "Stop!" command shall not be not counted.

7.7 The winning team is determined by the highest cumulative number of lifts made by all members of a team.

7.8 In case of a tie between two or more teams, the winner is determined by the lower combined weight of the team members.

8. Registration of records and highest achievements

8.1. The highest world achievements in kettlebell lifting are recorded for classic exercises stipulated by the competition rules.

8.2. Records are registered in all age divisions: adults (male/female), juniors (male/female), senior youth (male/female), and junior youth (male/female).

8.3. Records may be set and recorded only for IUKL competitions which have been formally listed in the IUKL competitions calendar plan.

8.4. Competitors who set records (except junior youth) must undergo doping control.



9. Application for participation

Format of the application for taking part in the competition, deadlines for submission of the application, competition regulations, kettlebell weights, credentials verification, weigh-in procedures, means of determining winners, dress code of the competitors, and other organizational details are stipulated in the Regulations of the Competition.

The Kettlebell lifting rules in this document are entirely consistent with the IUKL International Rules of Refereeing of Competitions 2017. The only material differences are that this document contains the lifting tables for AAU competitions. Also, these rules restrict the use of the yellow card to violation where a second occurrence will result in a red card.

AAU has designated USKSL (USA Kettlebell Sports Lifting) as the entity which will maintain relevant documentation, and both organize and oversee AAU sanctioned US Kettlebell Sports Lifting events.

