



Competition Regulations of Open Polish Military Championship 2026

I. Purpose of the Competition:

- Promotion of kettlebell sports,
- Promotion of a healthy lifestyle.

II. Date and Venue of the Competition

- Venue: Academic Sports Center of the Polish Naval Academy in Gdynia, ul. Grudzińskiego 1, 81-103 Gdynia, Poland
- Competition date: 20 June 2026 (Saturday)
- Registration and weigh-in:
 - 19 June 2026 (Friday), 17:00–19:00 at the competition venue
 - 20 June 2026 (Saturday), 9:00 –9:30 at the competition venue
- A competitor who exceeds the declared weight category limit may be reassigned to another category after paying an additional entry fee equal to one starting fee.
- Competition start: 20 June 2026 (Saturday), 10:00
- Competitions will be held in:
 - Open Military Snatch Championships of Poland in the categories: Junior, Youth, Professional, Amateur, and Veteran
 - Polish Uniformed Services Championships in the Amateur and Professional categories
 - Recruit Tournament
- The competition schedule will be published after registration and verification are completed.

III. Management and Organizers

- The competition is organized by the Polish Kettlebell Sport Federation and the Polish Naval Academy in Gdynia.
- Contact:
 - Email: biuro@sportyodwaznikowe.pl
 - Phone: +48 693 585 626
- International competitors and registration:
 - Instagram: [polskafederacjakettlebellsport](https://www.instagram.com/polskafederacjakettlebellsport)
 - Phone: +48 518 361 051

IV. Participants and Conditions

- All persons without medical contraindications for endurance-strength sports may participate, provided they register according to Section V and are entered on the start list.
- Participants in the Uniformed Services Championships must be active or retired service personnel and present proof of service or retirement status during weigh-in.

- The competition is OPEN to international participants, but only Polish citizens may receive the title of Polish Champion.

V. Competition Categories

A) Military Championships of Poland

Event: Snatch

Type: Individual

Duration: 12 minutes

Hand changes: Unlimited

Additional rule: Putting the kettlebell down or stopping its movement ends the attempt.

Age categories: Adults – 18 years and older

Weight categories:

Women: up to 65 kg and over 65 kg

Men: up to 85 kg and over 85 kg

Kettlebell weight:

Women – 24 kg (professional), 16 kg (amateur)

Men – 32 kg (professional), 24 kg (amateur)

Scoring: 1 valid repetition = 1 point

B) Military Junior and Youth Championships of Poland

Event: Snatch

Type: Individual

Duration: 12 minutes

Hand changes: Unlimited

Age:

Junior: 14–16 years

Youth: 10–13 years

No weight categories.

Kettlebell weight:

Junior girls – 12 kg

Junior boys – 16 kg

Youth girls – 8 kg

Youth boys – 12 kg

Scoring: 1 valid repetition = 1 point

C) Veteran Championships of Poland

Event: Snatch

Type: Individual

Duration: 12 minutes

Hand changes: Unlimited

Age categories:

Women – over 44 years old

Men – over 49 years old

No weight categories.

Kettlebell weight:

Women – 16 kg (8 kg for competitors over 70 years old)

Men – 24 kg (8 kg for competitors over 70 years old)

Scoring: 1 valid repetition = 1 point

D) Polish Uniformed Services Championships

Event: Snatch

Type: Individual

Duration: 12 minutes

Hand changes: Unlimited

Age categories: Adults – 18 years and older

No weight categories.

Kettlebell weight:

Women – 24 kg (professional), 16 kg (amateur)

Men – 32 kg (professional), 24 kg (amateur)

Scoring: 1 valid repetition = 1 point

VI. Athlete Clothing Requirements

- Short-sleeved shirt not covering the elbows or sleeveless shirt (black or khaki if military style).
- Men: long military-style trousers.
- Women: long military-style trousers or military-colored leggings.
- Sports or military-style footwear.
- Optional wristbands and headbands (maximum width 6 cm).
- Optional lifting belt (maximum width: 12 cm back, 6 cm front).
- The use of glue, reinforced wristbands, gloves, or hooks is prohibited.

VII. Protests

- Protests may only be submitted in one's own case by the captain/coach/guardian after paying a fee of 200 PLN.
- The protesting person must provide a recording enabling full verification of the athlete's performance.
- If the protest is rejected, the fee remains with the organizer.

VIII. Registration and Entry Fees

- Registration deadline: 5 June 2026, 23:59.

- Registration must include:

- Full name
- Team/club name (optional)
- Competition weight
- Year of birth
- Tournament category
- Kettlebell weight
- Optional request for dual classification
- Optional scan or number of athlete license

Entry fees:

- Recruit Tournament, Military Snatch Championships, Veteran Championships, Uniformed Services Championships:
160 PLN without a license

- Junior and Youth Championships:
No fee

Holding a federation license grants a 50% discount for all competitions in Poland.

Payments should be made to:

POLISH KETTLEBELL SPORT FEDERATION
50 1090 1098 0000 0001 4852 6821

IX. Additional Information

- Entry fees are non-refundable in case of absence.
- The organizer provides warm-up space and equipment but does not provide chalk.
- Competition results will be announced before the official closing ceremony.
- One athlete may not compete simultaneously in the Recruit Tournament and the Guard Championships of Poland.
- The organizer reserves the right to merge weight categories if fewer than three athletes are registered in a category.

X. Competition Rules and Scoring

- Each correctly performed snatch counts as 1 point.
- The kettlebell must be lifted in one smooth movement overhead with visible fixation.
- After fixation, the athlete lowers the kettlebell for the next repetition without touching the torso.
- Leaving the platform or putting the kettlebell down ends the performance.
- Before the competition, rules and invalid repetitions will be explained.

XI. Awards

- The organizer provides awards and gifts depending on financial possibilities and sponsor support.

XII. Final Provisions

- Athletes participate at their own risk.
- By registering and paying the entry fee, participants acknowledge and accept all risks related to participation.
- The organizer provides medical assistance only during the competition.
- Participants consent to the processing of personal data for organizational purposes.
- Participants consent to the use of their image in photos and promotional materials related to the event.
- Matters not covered by these regulations are decided by the organizer.
- The organizer reserves the right to change the competition schedule or cancel tournament for reasons beyond his control