

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.Purposes and goals

- Popularization of sports and healthy lifestyle.
- Strengthening international relationships and developing international cooperation in the field of sports.
- Improvement of athletic skills and exchange of experience.
- Ensuring the principles of fair play in sports.
- Fighting against the use of doping in sports.
- Development of high-performance sports.
- Identification of the strongest kettlebell lifters in each competitive class and age group.

2.Fight against doping

- IUKL is a signatory to the World Anti-Doping Code and is committed to the fight against doping in kettlebell lifting, ensuring the integrity of sports competitions and protecting the health of athletes.
- Doping control is accounted for and can be conducted during all IUKL competitions, as well as during the inter-competition periods.
- Doping test sampling (urine, blood) at IUKL competitions is conducted by representatives of accredited institutions with the necessary authority, in accordance with the World Anti-Doping Agency (WADA) Code and the WADA/IUKL regulatory documents.
- Doping testing is mandatory for athletes who are competition award-winners or have been selected by lot.
- Refusal or failure to undergo a doping test will result in penalties, outlined in the relevant WADA/IUKL regulations.

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:
 - 1) 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 [here](#).

- 2) IUKL Seminar: Attend the anti-doping seminar listed in the calendar plan of IUKL sports events.
 - 3) Local NADO/IF Course: Please provide a certificate of completion of a course run by your National Anti-Doping Organization (with the program for International-Level Athletes) and a detailed English syllabus.
- The certificate's validity period is recorded directly on the ADEL platform and is typically two years.

You can check the expiration date of your ADEL certificate here:

<https://adel.wada-ama.org>

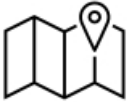
→ Welcome to ADEL Dashboard

- My Profile
- My Activities

In the "Certifications and Retraining" table, look at the "Expiration" section.

ATTENTION: If your certificate expires during the competition (the full competition period stated in the Regulations is considered valid), you must renew your certification!

3.Place and dates of Competitions

TITLE/SUBJECT	DATE/TIME			LOCATION
Dates	<u>14-18 NOVEMBER 2026</u>			<i>Sporta centrs "Mežaparks" Sporta komplekss Roberta Feldmaņa iela 11, Ziemeļu rajons, Rīga, LV-1014, Latvia</i>
Registration Deadline	<i>16th of October 2026</i>			
Place of competitions	<u>Name venue: Sporta centrs "Mežaparks"</u> <u>Sporta komplekss Roberta Feldmaņa iela 11, Ziemeļu rajons, Rīga, LV-1014, Latvia</u>			 Google Maps
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 ***	
Arrival	13 th of November '26		***	
Seminar for IUKL Judges – 1 st day (theory)	14th of November '26		10:00-13:00 ***	Place: venue
Weighting 1 st day	14th of November '26		13:00-18:00 ***	Place: venue
Mandate Commission **	14th of November '26		14:00-20:00 ***	Place: venue
Seminar on Anti-Doping *	14th of November '26		18:00-19:30 ***	Place: venue
Meeting for representatives of countries **	14th of November '26		20:00 ***	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
IUKL Constituent Conference	15th of November '26	After last award ceremon	Place: venue
Departure	19th of November '26		
Delivery of protocols	19th – 20th of November '26		Online

* 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

** Mandatory for all representatives of countries

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

4. Competition management guideline

- Overall management of preparation of the competition carries representatives of countries at the venues in cooperation with the International Union of Kettlebell Lifting (IUKL).

Contact to the Organizers – Latvian Kettlebell Lifting Association		
<u>Mr. Vladislavs Voitehovičs (LSCA president)</u>	Phone: +371 22 075 956	e-mail: vladislavs99@inbox.lv
<u>Ms. Greta Kopilova (LSCA general secretary)</u>	Phone: +371 28 143 646	e-mail: greta.kopilova@gmail.com

Contact IUKL representatives		
<u>Ms. Greta Kopilova (Deputy Chairman of IUKL Executive Committee)</u>	Phone: +371 28 143 646	e-mail: greta.kopilova@gmail.com
<u>Mr. Rolandas Kubilius (Chairman of IUKL Judges Committee)</u>	Phone: +370 686 13175	e-mail: rolandas.kubilius@svarstis.lt
<u>Mrs. Kitija Voitehoviča (Secretary of Competition)</u>	Phone: +371 26 055 357	e-mail: voitehovica.kitija@gmail.com vladislavs99@inbox.lv

5. Participants and conditions

- **Official Rules:** The competition follows International Rules of the IUKL (found at www.giri-iukl.com), including any last-minute updates made on the day of the event.
- **Country Representation:**
 - The competition is open to all IUKL member countries.
 - Non-member countries can participate by personal invitation from the IUKL and may face special financial conditions.

- All athletes must be citizens of—or have legal paperwork proving affiliation with—the country they represent. They can only register through their national federation or official representative.
- **Team Selection:**
 - **Recognized Federations:** Form teams using their own internal rules.
 - **Unrecognized Organizations:** Must hold public qualifying competitions using IUKL rules to pick their strongest athletes. If they fail to do this publicly, the IUKL Board will decide if their athletes can compete.
 - **Uniforms:** Every team and athlete must wear a uniform featuring their country's symbols.
 - **Safety:** Athletes, team representatives, and delegation leaders are responsible for the athletes' health and preparation.
- Competitions are held by age groups and competitive classes:

Age Group	Who Can Compete	Skill Classes Available
U-16	Boys and girls up to 16 years old.	Youth
U-18	Boys and girls up to 18 years old.	Youth
U-23	Men and women up to 23 years old.	Professional & Amateur
"Open"	Men and women of any age.	Professional & Amateur
Seniors (Veterans)	Men aged 40+ and women aged 35+ (grouped in 5-year intervals).	Veteran
Para-athletes	Athletes of any age with eligible physical or visual impairments.	Para-kettlebell

📌 **Note on Age:** Age is calculated strictly by birth year (excluding the date and month).

- In the **"Para-athletes" group**, male and female athletes of any age can compete, if they have at least one of the eight eligible physical impairments, recognized by the Paralympics movement. Additionally, people with visual impairments of a certain degree of severity, that impact kettlebell lifting performance, can also compete in this group.

❌ **Para-athlete Exception:** Due to safety and the nature of the sport, athletes with lower limb amputations (single or double) or combined upper/lower limb amputations (classes A1, A2, A3, A4, A9) cannot compete.

- Athletes from the U-16 group can also repeatedly compete in the U-18 group in the corresponding weight category, provided they have paid the entry fee.
- In the "Open" group, male and female athletes of any age can compete. Additionally, U-23 group athletes may have their results counted towards the "Open" group rankings in the same weight category, if the requirements for the number of participants from their country among the adults are met and they have paid the entry fee.
- In the "Seniors" group, male athletes aged 40 years and older and female athletes aged 35 years and older compete, with age categories separated by five-year intervals.
- Athletes who by the start of the competition have already fulfilled the norms of "II Category IUKL Professional" or higher, or national norms of „Master of Sports" or higher, are eligible to compete only in "Professional" class. However, upon reaching the required age, they may also compete in "Veteran" class.
- All other athletes are eligible to compete in both "Professional" and "Amateur" classes. Upon reaching the required age, they may also compete in "Veteran" class.
- Athletes can compete in an unlimited number of exercises and disciplines at each specific competition.
- During the Youth World Championship, there are no restrictions on team composition by age group and weight category for U-16 and U-18 groups.

➤ During the World Championship, the following limitations apply to U-23 and "Open" groups in "Professional" class for each weight category:

Limits apply per weight category:

- **Individual Disciplines** (Two arms long cycle, two arms jerk, snatch, snatch-12): Maximum **2 athletes** per country.
- **All-Round**: Maximum **2 athletes** per country.
- **Biathlon**: **No limit** on the number of athletes per country.
- For the **World Cup and Grand Prix**, there is no limit on the maximum number of participants from each country in all age groups (U-16, U-18, U-23, "Open", „Seniors"), competitive classes ("Professional", "Amateur", "Veterans") and weight categories.
- When the parallel holding of the competitions (World Championship, World Cup and Grand Prix) occurs, each country can field separate team compositions for participation in specific competitions.
- With that said, for all participants, from all classes ("Professionals", "Amateurs", "Veterans"), across all age groups, weight categories, competitive exercises and disciplines, a parallel ranking of results may be conducted, provided that the general participant admission rules are followed and any entry fees are paid.
- National Federations, recognized in their respective countries, prepare applications for participation based on their internal rules.
- Organizations that are not recognized in their countries must, among other things, consider personal rankings of athletes when preparing the applications.
- Athletes from countries or organizations that are not members of the IUKL or do not have representatives within it are invited to participate based on their personal ranking.
- In case all the other conditions are equal, athletes with higher personal rankings from the "TOP 10" of each discipline in each weight category are given preference.
- There are no restrictions on team composition by age group and weight category in "Amateur" and "Veteran" classes.
- With that said, for all participants, from all classes ("Professionals", "Amateurs", "Veterans"), across all age groups, weight categories, competitive exercises and disciplines, a parallel ranking of results may be conducted, provided that the general participant admission rules are followed and any entry fees are paid.
- In team relay races - at all competitions, in all age groups and in all competitive classes - team composition is freeform, without consideration for weight categories and age groups.
- In mixed relays (jerk + snatch), each athlete can perform in two stages, first in the jerk and then in the snatch. As a result, each team in the mixed relay can consist of a number of participants between 2 and 4.
- Each country may enter only one team in the U-18 age group, one team in the "Professional" class and one team in the "Amateur" class in the U-23 age group, one team in the "Professional" class and one team in the "Amateur" class in the "Open" age group, and one team in the "Seniors" age group, regardless of age groups.
- Additionally, it is allowed to form relay teams from representatives of different countries, with the restriction that these teams can only compete for relay rewards, without their points being counted towards the main team competition score.
- The Board of Referees forms Groups A (strongest) and B (main) when dividing participants into competition streams within weight categories, based on the athletes' personal rankings.
- The Board of Referees may form mixed streams depending on the number of declared participants in groups and weight categories.
- Each team and each athlete must wear a uniform that features the symbols of their respective country.
- Responsibility for the level of preparation and health condition of athletes lies with athletes themselves, as well as the representatives of their countries and delegation leaders. Athletes under the age of 18 may, as an exception, be allowed to compete in junior and adult categories, provided they have the appropriate sports training, a doctor's permission, and approval from the Board of Referees, after prior consultation.

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

Group U-16

Boys (up to and including 16 years old - age is determined by year of birth);

Girls (up to and including 16 years old - age is determined by year of birth).

Weight categories:

Boys-16: -53kg, -58kg; -63kg, -68kg; +68kg.

Girls-16: -53kg, -58kg; + 58kg.

Disciplines and exercises (in the program of the World Youth Champ):

Program	Category	Kettlebell	Exercises
World Youth Championship	Boys-16	16 kg	- Two arms jerk - Snatch - Two arms long cycle - Snatch-12 - Biathlon (jerk+snatch) - All-round (jerk+snatch+long cycle)
	Girls-16	12 kg	<u>Two arms jerk</u> <u>Snatch</u> <u>Two arms long cycle</u> <u>Snatch-12</u> <u>Biathlon (jerk+snatch)</u> <u>All-round (jerk+snatch+long cycle)</u>

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

Program	Category	Kettlebell	Exercises
World Grand Prix	Boys-16	16 kg	- One arm jerk - One arm LC - Relay races (Jerk&Snatch) - Mixed relay (Girls and Boys)
	Girls-16	12 kg	- One arm jerk - One arm LC - Relay races (Jerk&Snatch) - Mixed relay

Group U-18

Boys (up to and including 18 years old - age is determined by year of birth);

Girls (up to and including 18 years old - age is determined by year of birth).

Weight categories:

Boys-18: - 58kg; - 63kg; - 68kg; -73kg; - 78kg; +78kg.

Girls-18: -58kg; - 63kg; +63kg.

Disciplines and exercises (in the program of the World Youth Champ):

Program	Category	Kettlebell	Exercises
World Youth Championship	Boys-18	24 kg	• <u>Two arms jerk</u> • <u>Snatch</u> • <u>Two arms long cycle</u> • <u>Snatch-12</u> • <u>Biathlon (jerk+snatch)</u> • <u>All-round (jerk+snatch+long cycle)</u> • <u>Relay (jerk) - 4 stages x 3 min.</u> • <u>Relay (long cycle) - 4 stages x 3 min.</u>
	Girls-18	16 kg	• <u>Two arms jerk</u> • <u>Snatch</u> • <u>Two arms long cycle</u> • <u>Snatch-12</u> • <u>Biathlon (jerk+snatch)</u> • <u>All-round (jerk+snatch+long cycle)</u> • <u>Relay (jerk) - 4 stages x 3 min.</u> • <u>Relay (long cycle) - 4 stages x 3 min.</u>

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

Program	Category	Kettlebell	Exercises
<u>World Grand Prix</u>	<u>Boys-18</u>	<u>24 kg</u>	• One arm jerk • One arm long cycle • <i>Relay races (Jerk&Snatch)</i> • <i>Mixed relay</i>
	<u>Girls-18</u>	<u>16 kg</u>	• One arm jerk • One arm long cycle • <i>Relay races (Jerk&Snatch)</i> • <i>Mixed relay</i>

Jointly Boys (with 24 kg kettlebells) and Girls (with 16 kg kettlebells):

- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Stage 1 - two arms jerk Boys-18 with kettlebells 24 kg.

Stage 2 - two arms jerk Girls-18 with kettlebells 16 kg.

Stage 3 - snatch Boys-18 snatch with a kettlebell 24 kg.

Stage 4 - snatch Girls-18 with a kettlebell 16 kg.

Group U-23

Male juniors (up to and including 23 years old - age is determined by year of birth);

Female juniors (up to and including 23 years old - age is determined by year of birth).

Group U-23 / Class „Professionals”**Weight categories:**

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

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

Disciplines and exercises (in the program of World Championship):

Program	Category	Kettlebe II	Exercises
World Championship	Male Juniors	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 Juniors	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 U-23 / Class “Amateurs”

Weight categories:

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

Female juniors: -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	Kettlebe II	Exercises
World Championship	Male Juniors	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 Juniors	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	Kettlebe II	Exercises
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World Grand Prix	Male Juniors	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)
	Female Juniors	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)
	Male Juniors	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)
	Female Juniors	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) • snatch) - 4 stages x 3 min.

Jointly Male-juniors (with 32 kg) and Female-juniors (with 24kg):

- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min;
 Stage 1 - two arms jerk Male-juniors with kettlebells 32 kg;
 Stage 2 - two arms jerk Female-juniors with kettlebells 24 kg;
 Stage 3 - snatch Male-juniors snatch with a kettlebell 32 kg;
 Stage 4 - snatch Female-juniors with a kettlebell 24 kg.

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

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

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	Kettlebe II	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	Kettlebe II	Exercises
World Championship	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.

Championship And World Cup	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.
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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	• 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	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.

Championship	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.
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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 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.

Group “Para-Athletes” / Classes (determined individually at each competition)

Men Para-athletes (without limitation of age).

Women Couple athletes (without limitation of age).

In the program of the World Grand Prix

Weight categories and kettlebells:

Determined individually at every competition.

Additional exercises:

Determined individually at every competition

7. Competition program

- At the World Championship in the U-16, U-18, U-23, “Open” and “Veterans” groups, each competitive discipline, if possible, is held on a separate day, but no more than 2 disciplines on one day, excluding team relays. Team relays can be planned as an additional discipline on one of the competition days together with individual disciplines or on a separate day as well.

Preliminary schedule of the World Championship and World Games

15th of November ‘26	• <i>2-Arm Jerk & 1-Arm Jerk</i> • <i>Half Marathon -Jerk</i> • <i>Jerk Relays</i>
16th of November ‘26	• <i>Snatch</i> • <i>Half Marathon- Snatch</i> • <i>Mixed Relays</i>
17th of November ‘26	• <i>2-Arm & 1-Arm Long Cycle</i> • <i>Half Marathon -Long Cycle</i> • <i>Long Cycle Relays</i>
18th of November ‘26	• <i>12-min Snatch</i>

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

- The preliminary schedule for each competition (compiled by day), along with the provisional start protocols for competitive disciplines and additional exercises, will be published around two weeks after registration deadline and the financial obligations of the participating organizations have been fulfilled. The publication process must be completed at least two weeks prior to the start of the competition.
- *Mandate Commission* is held during weigh in at all competitions.
- After the Mandate Commission and the weighing in, the final competition schedule and revised start protocols are prepared. Following the weigh-in, a meeting of the representatives of countries and teams is held to approve the results of the Mandate Commission. Additionally, a meeting of the Board of Referees will take place to approve the final competition schedule.

8. Determination of winners and awards

- Victors and prize winners are determined in accordance with the International Rules of IUKL for competitions.
- Individual achievements are determined separately for all age groups, competitive classes, and weight categories in all competitive disciplines and exercises of the World Championship, World Cup and Grand-Prix.

Points are awarded in the following way for **individual disciplines**:

- **Two arms long cycle**: 1 point per lift.
- **Two arms jerk**: 1 point per lift.
- **Snatch**: 1 point per lift.

In the Biathlon, the result is determined as the sum of two individual disciplines (two-arms jerk and snatch). Points are awarded as follows:

- **Two arms jerk**: 1 point per lift.
- **Snatch**: 0.5 points per lift.

In the All-round, the result is determined as the sum of the three individual disciplines (two-arms long cycle, two-arms jerk, and snatch). Points are awarded as follows:

- **Two arms long cycle**: 1,5 points per lift;
- **Two arms jerk**: 1 point per lift;
- **Snatch**: 0,5 points per lift.

Team ratings are determined only during the World Championship namely in the following competitive groups:

- Joint U-16 / U-18 Group.
- U-23 Group (combining "Professionals" and "Amateurs" classes);
- "Open" Group (combining "Professionals" and "Amateurs" classes);
- "Seniors" Group (combining all age groups in "Veterans" class).

In team rankings of the World Championship, team members' personal results are considered in specific exercises and disciplines, as follows:

In joint U-16/U-18 group:

- The 3 best results among boys in the U-16 group + 3 best results among boys in the U-18 group in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- The 2 best results among girls in the U-16 group + 2 best results among girls in the U-18 group in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- Results in boys' and girls' team relay races in U-18 group (one male relay race and one female relay race).

In the U-23 group:

- The 5 best results among male juniors in U-23 group in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- The 3 best results among female juniors in U-23 group in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- Results in male and female junior team relay races in U-23 group (one relay race for males and one for females).

In the "Open" group:

- The 5 best results among male adults in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- The 3 best results among female adults in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- Results in male and female adult team relay races (one relay race for males and one for females).

In joint "Seniors" group:

- All results among male seniors in all age groups in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- All results among female seniors in all age groups in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- Results in male seniors' and female seniors' team relay races.

When team ratings are determined, the results of “amateurs” are counted in only after the results of “professionals”.

Scoring system:

- 20 points for 1st place in the weight category;
- 18 points for 2nd place;
- 16 points for 3rd place;
- 15 points for 4th place, with each subsequent position receiving one less point.

In the event the points are equal, a team with a greater number of 1st, 2nd, 3rd, etc., places will be prioritized over the rest.

The team rankings are carried out in one composition for each participating country.

Individual Achievements

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

Team Achievements

- **Large Medals:** Given to members of relay teams that finish 1st, 2nd, or 3rd in **discipline-based relay races**.
- **Small Medals:** Given to members of relay teams that finish 1st, 2nd, or 3rd in **exercise-based relay races**.
- **Cups:** Awarded to teams that place 1st, 2nd, or 3rd in any **relay race** (either by group or discipline).
- **Cups:** Also awarded to teams that secure 1st, 2nd, or 3rd place in **overall team rankings** for each age group (U-16/U-18, U-23, Open, and Seniors).

Annual Recognitions

At the end of each calendar year, based on results from all rating competitions:

- The **Best Athlete of the Year** is chosen for each age group.
- The **Best Team of the Year** is recognized based on their cumulative results

9.Costs and Fees

- Costs, related to athletes' participation in the competition (including travel, insurance, accreditation, etc.) are the responsibility of athletes themselves or their respective organizations.
- Athletes and teams from countries that are not members of IUKL must pay double the standard accreditation fee.
- Athletes and teams from IUKL member countries are required to pay double the accreditation fee if their country has not paid an annual membership fee by March 31 of the current year.

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
All-round (including jerk, snatch, LC results)	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 (Half Marathon)	—	80 EUR	70 EUR	100 EUR	30 EUR
Snatch-30 (Half Marathon)	—	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)
One Arm Long Cycle - 30 min (Half Marathon)	—	80 EUR	70 EUR	100 EUR	30 EUR
Relay Races (Classic / Standard)	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 (2 stages jerk + 2 stages snatch)	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.

- To effectively manage potential risks associated with force majeure situations (including the introduction of restrictions on sports and other mass events due to the impact of international sanctions, the consequences of COVID-19 pandemic, etc.), participants are advised to ensure they have the option to exchange or refund their tickets in the event of competition dates or venue changes.
- If the competition is rescheduled or cancelled due to force majeure circumstances, the accreditation fee will be fully refunded.

Bank details of IUKL:

International Union of Kettlebell Lifting (Starptautiskā svarbumbu celšanas savienība)
Registration Nr. 40008022472

Adress: 110-45 Saules street, Ventspils, Latvia, LV-3601

Bank: Swedbank

SWIFT Code (BIC): HABALV22

IBAN code: LV34 HABA 0551 0140 4636 3

Account Nr.: LV34HABA0551014046363

10.Applications

Applications for participation must be submitted to the organizers and main contacts of IUKL:
Vladislavs Voitehovics e-mail: vladislavs99@inbox.lv

Kitija Voitehovica e-mail: voitehovica.kitija@gmail.com

Greta Kopilova e-mail: greta.kopilova@gmail.com

Rolandas Kubilius e-mail: rolandas.kubilius@svarstis.lt

not later than 4 weeks (28 calendar days) before the start of the competition, namely no later than October 16, 2026.

- The list of documents that must be submitted through the competitions' Organizing Committee:
 1. The application form for participation - AFP (Annex 1).
- AFP-application specifies athlete's planned weight class,

- AFP-application specifies relay races' team composition.
 - AFP-application should include only all participating athletes.
2. Electronic copies (or a file in PDF format) of health insurance documents for each participant.
 3. For participants in the U-23 and "Open" age groups and their coaches - electronic copies (or a file in PDF format) of certificates 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.
 4. For "Para-Athletes" group participants - electronic copies (or a file in PDF format) of documents confirming disabilities and level of impairments.
 5. The application form for accreditation - AFA (In accordance with the Competition Regulations):
 - ✓ AFP-application specifies athlete's planned weight class,
 - ✓ AFP-application specifies relay races' team composition;
 - ✓ AFP-application should include only all participating athletes;
 - ✓ AFA-application should include all members of the delegation.

In the interest of child welfare and safety, please note that by submitting the AFP, the team confirms that all participants under the age of 18 have received parental consent to be photographed. These images may be used on official social media platforms.

AFP and AFA applications must be certified by an official kettlebell lifting representative from the country in which the applications are submitted.

11. Visas

All athletes and country representatives who need to get **invitations for visas** should inform the organizers and IUKL, using the main contacts, no later than 4 weeks (28 calendar days) before the start of the competition, namely **no later than October 16, 2026**.

Contact person: **Vladislavs Voitehovičs** e-mail: vladislavs99@inbox.lv