



DISCIPLINES 30'-60' FOR THE 2020 SEASON

AT THE WORLD CHAMPIONSHIP 2020 DISCIPLINES 30', CONTINENTAL CHAMPIONSHIPS AND OPEN CONTINENTAL CUPS DISCIPLINES 30' AND 60'

WEIGHT CATEGORIES OF MEN 74KG , 87KG , +87KG

WEIGHT CATEGORIES OF WOMEN 58KG , 65KG , +65KG

The Rules for doing the Exercises are the same as in the classical ones, only a multiple hand change is allowed. Calculations of Winners among Men and Women in the group **Elite** and **Amateur** by Weight Categories. Calculations of the Winners among Men and Women in the group **Veterans** (for the Every Age group), **Junior 19-22 years, 16-18 years, 14-15 years** according to the Coefficient.

MEN 30 Minutes-1 Hour:

LONG CYCLE/JERK ELITE **32KG**

LONG CYCLE/JERK AMATEUR **24KG**

LONG CYCLE/JERK VETERANS 40-49 YEARS **24KG** , 50-59 YEARS **24KG** , 60-69 YEARS **16KG** , 70-74 YEARS **16KG** , +75 YEARS **12KG** / Absolute Coefficient

LONG CYCLE/JERK JUNIOR 19-22 YEARS **32KG** (1998-2001) Absolute Coefficient

LONG CYCLE/JERK JUNIOR 16-18 YEARS **24KG** (2002-2004) Absolute Coefficient

LONG CYCLE/JERK YOUTH 14-15 YEARS **16KG** (2005-2006) Absolute Coefficient

WOMEN 30 Minutes-1 Hour:

LONG CYCLE/JERK ELITE **20KG**

LONG CYCLE/JERK AMATEUR **16KG**

LONG CYCLE/JERK VETERANS 35-44 YEARS **16KG** , 45-54 YEARS **16KG** , 55-64 YEARS **12KG** , +65 YEARS **8KG** / Absolute Coefficient

LONG CYCLE/JERK JUNIOR 19-22 YEARS **20KG** (1998-2001) Absolute Coefficient

LONG CYCLE/JERK JUNIOR 16-18 YEARS **16KG** (2002-2004) Absolute Coefficient

LONG CYCLE/JERK YOUTH 14-15 YEARS **12KG** (2005-2006) Absolute Coefficient

MEN 30 Minutes:

SNATCH ELITE **32KG**

SNATCH AMATEUR **24KG**

SNATCH VETERANS 40-49 YEARS **24KG** , 50-59 YEARS **24KG** , 60-69 YEARS **16KG** , 70-74 YEARS **16KG** , +75 YEARS **12KG** / Absolute Coefficient

SNATCH JUNIOR 19-22 YEARS **32KG** (1998-2001) Absolute Coefficient

SNATCH JUNIOR 16-18 YEARS **24KG** (2002-2004) Absolute Coefficient

SNATCH YOUTH 14-15 YEARS **16KG** (2005-2006) Absolute Coefficient

WOMEN 30 Minutes:

SNATCH ELITE **20KG**

SNATCH AMATEUR **16KG**

SNATCH VETERANS 35-44 YEARS **16KG** , 45-54 YEARS **16KG** , 55-64 YEARS **12KG** , +65 YEARS **8KG** / Absolute Coefficient

SNATCH JUNIOR 19-22 YEARS **20KG** (1998-2001) Absolute Coefficient

SNATCH JUNIOR 16-18 YEARS **16KG** (2005-2004) Absolute Coefficient

SNATCH YOUTH 14-15 YEARS **12KG** (2005-2006) Absolute Coefficient

Additional Regulation for disciplines 30'-60'!

The same WKSF regulation is the same for all disciplines, for the marathon there is a multiple arm change.

Technical assistance is carried out every 10 minutes (speaker judge announces to enter the competition area assistants, assistants enter with court-appointed guide, assistants can serve athlete for 3 minutes (give aqua, towel, magnesite).

JERK

- the arm can be changed only by lowering the kettlebell halfway through the legs with one arm or two arms and brought to the rack position
- free arm must not touch the tool for rack position, if it is touched with another arm the repetition is not counted

SNATCH

- arm change can be carried out with a swing, arm change can be carried out with a two-arm swing and is carried over head from a dead center only with one arm, arm change can be made downhill from fixation at any point (at the level of face, at the level of the abdomen, half dead in the legs)
- if arm change is made uphill from the dead center with one arm or with two arms the repetition is not counted
- during the kettlebell arm change it must not touch the shoulder otherwise Stop command, during fixation if athlete holds kettlebell with free arm to avoid falling on the shoulder or head is command Stop

LONG CYCLE

- arm change can be carried out with a swing, arm change can be carried out with a two-arm swing and is brought to rack position from dead center only with one arm, arm change can be made downhill from fixation at any point (at the level of the face, at the level of the abdomen, half dead in the legs)
- if arm change is made uphill from the dead center with one arm or with two arms the repetition is not counted



President WKSF, Oleh Ilika