

Rules for Traditional Kettlebell Sport



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DEFINITION OF TERMS

COUNT

A digital or verbal count is given by the Judge when the Lifter gives a satisfactory repetition of any given exercise.

The Judge should do his best to determine the fixation quickly, and develop a “count rhythm” if the lifter continues to show control. However proper fixation and alignment must both be exhibited together before a count can be given on any rep.

NO-COUNT

If a verbal No-Count is given, the Lifter must return to the starting position and determine on their own what the cause of the foul was and correct it. The judge may give brief keywords to help the lifter.

Some examples of why a repetition may not be counted:

- not separating and completing the Clean during LongCycle
- kettlebells are Jerked from the chest unevenly or one at a time (double jerk)
- there is no fixation in the starting position or the overhead position □ there is no alignment in the overhead position

STOP

If a verbal Stop is given, the Lifter must set the kettlebell(s) down and remove himself from the Platform area. The Lifter’s results will be frozen at the time of the violation.

The “Stop” command is issued

- if the kettlebell(s) are set on the shoulders as a visible attempt to rest
- if the kettlebells are put down on the platform
- if any other body part except the lifter’s feet touch the platform
- if the lifter leaves the platform

In the single kettlebell disciplines, the command stop may be given if the athlete has already switched sides once and attempts to switch again or commits a violation. Ex: In the jerk, allowing the kettlebell to fall from the rack, and for the snatch, in case of dropping the kettlebell into the rack position (half snatch).

A “Stop” command is issued if the Lifter allows the kettlebell(s) to fall from the racked position In the jerk with 2 kettlebells.

In the case of any type of swing (Clean or Snatch), the bells cannot stop moving and go in a fully “dead hang” position. Multiple Cleans or Swings may be attempted before completion of a clean or snatch, but a Stop-Set will be issued in the Lifter rests in the hang position.

Performing hang clean and hang snatch where there is no back swing is allowed as long as there is no definite rest in the hang position.

If a competitor lifts the kettlebells from the platform before the command "START" they will be issued the command "STOP AND RESTART" by their platform judge.

The competitor must then place the kettlebells back down on the platform surface and start their set again. No repetition performed before the competitor restarts will be counted.

HAND VIOLATION

For single kettlebell disciplines, the Lifter is not permitted to touch the kettlebell with the free hand or to use it as any support for the execution of the exercise (i.e. on the knee or hip). Should it happen, a switch command will be issued for the first offence and a Stop command will be issued for the 2nd offence.

It is permitted to adjust clothing, clear sweat or scratch an itch etc.

SWITCH HANDS

The switch commands may only be issued for single kettlebell disciplines.

Only one single switch is allowed.

In the case of Jerk, the switch command is issued if the Lifter allows the kettlebell to fall from the racked position.

In the case of Snatch, the switch command is issued if the Lifter allows the kettlebell to fall from the lockout to the rack position (half snatch).

FIXATION

Definition: The body is aligned and still, with full knee and elbow extension; the kettlebell is still.

Fixation is the final factor in a Judge issuing a Count. It proves proficiency in the lift, keeps the Meet fair, and aids in safety for the Lifters in the short and long term. The Lifter must control the kettlebell(s) in the overhead position. A noticeable pause, without rotation, wobble, drifting or bounce, must be displayed.

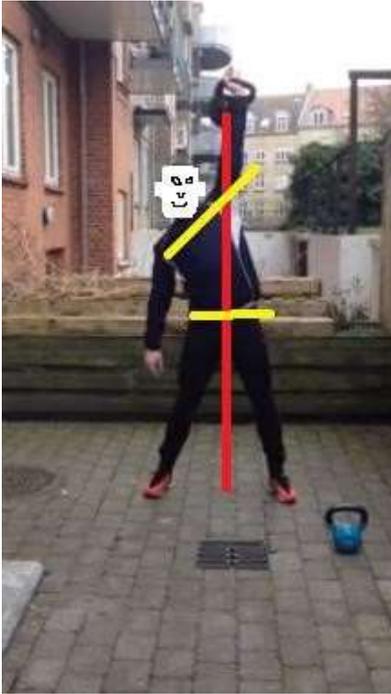
The Judge may at their discretion anticipate the stable pause and give the qualified lifter a quick count, but at any time the Judge may give a No-Count if the Lifter fails to control the Kettlebell(s). Being fatigued later in the set is no excuse for poor fixation. Fixation is the end of the rep.

ALIGNMENT

Definition: Alignment is reached when the lifter is standing up straight and the upper arm(s) is generally in line with the head/neck.

There must be NO excessive side lean or rotation. The whole body must face in the same direction.

Lack of alignment results in a no-count.



Excessive side lean



Excessive rotation

It is not necessary to completely “lock” the elbow to get proper alignment, as lifters have varying degrees of flexibility. Athletes must take the issue with the judge before they lift.

OBS!

If the Lifter is unable to fixate the kettlebell, once it has reached the proper alignment, the Judge will still issue a No-Count.

TRADITIONAL GIREVOY SPORT COMPETITION EVENTS

1. THE TRADITIONAL DISCIPLINES

Athletes may compete in:

Male athletes

- Biathlon (jerk and snatch)
- Long Cycle
- Snatch only

For biathlon, the same size kettlebell must be used for Jerk and Snatch.

Female athletes

- Two arm Long Cycle
- One arm Long Cycle
- Snatch only

2. SCORING DETAILS

2.1. SNATCH only & LONG CYCLE: One (1) point is awarded for every repetition performed correctly.

2.2. BIATHLON with 2 KB: jerk gives 1 point per repetition, snatch gives ½ point per repetition.
The competitor with the highest points score wins.

2.3. In the event of a tie, the victory will be awarded to the competitor with the lower bodyweight at the time of weigh-in.

3. WEIGHT & AGE DIVISIONS

3.1. Adult weight divisions

Women, 6 divisions: -58, 58-63 / 63-68, 68-75, 75-85, +85kg

Men, 6 divisions: -68, 68-73, 73-78, 78-85 / 85-95, +95kg

There must a minimum of 3 athletes per weight class. This may result in some athletes having to compete in joined weight classes.

In this case, athletes may only be moved to a cut off limit being set at 68kg for women and 85kg for men.

3.2. Adult age divisions

Open Division: from 19 to 40 years old

Female athletes may compete with 12, 16, 24kg in OALC and snatch only and 12, 16, 20kg in TALC.

Male athletes may compete with 16, 24, 32kg

Veteran divisions: 50-55, 55-60, 60+

Female athletes may compete with 12, 16kg.

Male athletes may compete with 16, 24kg

Veterans wishing to compete with heavier kettlebells must compete in the open division.

3.3. Youth weight divisions

Girls/ boys, 6 divisions: -40 kg, 40-50kg, 50-60kg, 60-70 kg, 70-80 kg, +80kg

Juniors compete only in their weight classes.

3.4. Youth age divisions

Girls/ boys, 3 divisions: Under 12, Under 15, Under 18

U12 compete with 8kg

U15 compete with 12kg

U18 compete with 16kg

Juniors U15 and U12 have the option to lift cast iron kettlebells instead of competition kettlebells.

4. WEIGH-IN PROCEDURE

4.1. Each competitor will be weighed in before the event. The weigh-in equipment used at the event will be chosen and calibrated by the weigh-in judge, and all competitors will be weighed with this equipment.

The results of the weigh-in are final once the time period for weigh-in has expired, and athletes will compete in the designated weight category of the day.

4.2. Athletes planning to be late due to circumstances must give enough warning time to the head judge.

5. COMPETITOR CONDUCT

5.1. It is the competitor's responsibility to know and understand the rules and regulations.

5.2. Competitors must use the kettlebells supplied at the competitor platforms. Competitors cannot use their own kettlebells.

5.3. Competitors may approach the judging table prior to their set to discuss any specific concerns, such as their ability or lack of ability to lock out their arms. Once the set has started, during the set, and following the competitor's set, the competitor is forbidden to interact with the platform judge who judged their set. Any concern the competitor may have can only be addressed with the event's Head Judge.

5.4. Competitors must end their set by placing the kettlebells on the platform as smoothly as possible. Excessive throwing of kettlebells is subject to disqualification at the platform judge's discretion.

5.5. Competitors must conduct themselves in a sportsmanlike manner at all times. Any competitor breaking this rule will earn instant disqualification and removal from the venue.

6. COACH/SPECTATOR CONDUCT

6.1. Each competitor is allowed to designate only one (1) person as their coach. The coach may take a position by side of the judge for the purposes of coaching his or her athlete.

6.2. Once the set has started, the coach is not allowed to stand on the competitor platform, or touch the competitor, until the competitor's set is over.

6.3. A coach is not allowed to speak to or interact in any way with the platform judge before, during or after their competitor's set.

6.4. A coach is not allowed to speak to, harass, or try to distract another competitor in any way.

6.5. Once the competitor's set is over a coach must exit to the side and taking care not to disturb or distract other competitors or judges.

6.6. Coaches must conduct themselves in a sportsmanlike manner at all times. No outbursts of profanity are allowed.

6.7. If a coach violates any of the above rules they will be asked to leave the coaching area immediately, and will not be allowed to coach any other competitors for the remainder of the event. Any subsequent violation will earn instant removal from the venue.

6.8. Spectators must remain in the spectator area behind the platforms and judges.

6.9. Spectators are not allowed to distract or badger any competitor or judge.

6.10. Any spectator breaking rules 6.8 or 6.9 will be immediately removed from the venue.

7. COMPETITOR'S EQUIPMENT

7.1. Competitors must wear appropriate footwear, i.e. athletic shoes or weightlifting shoes. Competing in bare feet or open-toed shoes is strictly prohibited.

7.2. Shirt sleeves must not cover the elbows or be skin tight. Loose shorts must be above the knee. If pants extend beyond the knee, covering the knee joint, they must be skin tight.

7.3. Athletes will not be allowed to compete in inappropriate clothing as described in 7.1 and 7.2.

7.4. A weightlifting belt no wider than 12 cm may be used. Wrist wraps no wider than 12 cm may be used. Knee wraps no wider than 25 cm may be used. Knee braces may be used.

7.5. Neoprene elbow or knee sleeves are allowed.

7.6. Ipods/headphones are not allowed during the competition set.

7.7. Sports tape covering the hands or gloves of any type is not allowed during the competition set.

7.8. Competitors must take care of their own magnesium chalk needs. The venue does not have to supply chalk.

8. GENERAL LIFTING RULES

8.1. Competitors must stand ready and come to the platforms a short time before start time.

Competitors will be given a verbal 3 second countdown in the format "3, 2, 1, START". Competitors may touch or angle the kettlebells before the command "START", however the kettlebells may not leave the platform.

If a competitor lifts the kettlebells from the platform before the command "START" they will be issued the command "STOP AND RESTART" by their platform judge. The competitor must then place the kettlebells back down on the platform surface and start their set again. No repetition performed before the competitor restarts will be counted.

8.2. Heats must be arranged and displayed for everyone to see before the first flight starts. A competitor who misses their start will ONLY be placed in another flight at the head judge's discretion. It is the competitor's responsibility to be at the platform in time.

8.3. Competition sets for traditional disciplines have a maximum duration of 10 minutes.

- 8.4. In case of a lack of electronic display, an announcer will announce the passing of every minute during the set, and in addition “30 seconds to go”, “10 seconds to go”, and “5, 4, 3, 2, 1, STOP”. After the command “STOP” is given competitors must return the kettlebells to the platform as smoothly and carefully as possible. Throwing kettlebells will not be tolerated and may earn a disqualification at the platform judge’s discretion. No repetitions performed after the command “STOP” will be counted.
- 8.5. Competitors may choose to stop their set early by returning the kettlebells to the platform. All repetitions performed before the set is terminated will be counted.
- 8.6. Each and every correct repetition will be counted aloud by the platform judge or displayed on an electronic scoreboard.
- 8.7. A competitor who is not able to lock out his or her elbows must notify and demonstrate to the platform judge before their set begins.
- 8.8. A competitor who steps of the platform during their set will be given the command “STOP”. All reps up to that point are counted.
- 8.9. If a judge believes a competitor is in danger of hurting themselves or others if allowed to continue, the judge may issue the command “STOP”. All reps up to that point are counted.
- 8.10. If a competitor performs a rep that does not conform to the technical requirements of the lift, they will be given a “No-Count” – this rep is not counted.
- 8.11. The judge does not have to justify or explain a "No count" but may give short key words to help the athlete understand the mistake.
- 8.12. A competitor may only lift once in his given discipline.
- 8.13. A competitor may only lift in any 2 disciplines.
- 8.14. The warm up area must be separated from the competition area.
- 8.15. Platforms must be a minimum of 1,25*1,25m.
- 8.16. Protests over judging must be taken with the judge and head judge within 2 min after the athlete set is over. No case will be attended to if another flight starts.

SPECIFIC DETAILS OF THE LIFTS

9. JERK

9.1. At the command “START” the kettlebell(s) are cleaned into the rack position. It is acceptable to clean to the shoulders, adjust grip and then bring the kettlebell(s) to the rack position.

The rack position is defined as the position when the arm(s) are bent and the upper part of the arm is making contact with the torso while holding the Kettlebell(s). The Lifter may not rest/park the Kettlebell(s) on the shoulders after the start of the first repetition. It is permissible to “Clean” the Kettlebells to the shoulder(s) on the initial start of the Jerk only, not for Long cycle.

The Lifter may not rest the Kettlebells on top of their shoulders during the performance, however the lifter may adjust their grip on the Kettlebells by rolling the Kettlebells off the shoulders in one continuous movement to the rack position.

The Jerk must commence with legs straight and no bend in the knees.

The kettlebell(s) must be moved from the rack to overhead fixation in one continuous, uninterrupted movement (Push press is acceptable).

During fixation the knees and elbows must be locked, the torso, head and arms in line. The kettlebells must come to a complete and visible stop.

After fixation, the lifter lowers the kettlebell(s) back to rack position.

9.2. For the one arm jerk event, only one (1) hand switch is allowed.

Note: A clear and visible fixation with an accented stop is the most important technical requirement.

“SWITCH ARMS” command is issued for the following:

1. The kettlebell is placed on the shoulder or lowered from the rack on the first arm.

The switch may be performed a) by using 2 hands on the kettlebells or b) by using a 1 hand swing. Extra swings are allowed. The kettlebell must remain in motion throughout the switch. No hanging/stopping of the kettlebell is allowed.

2. Supporting the body or touching the kettlebell with the free hand as a first offence.

“STOP” command is issued for the following:

1. Lowering the kettlebells from the rack position. No swinging or re-cleaning is allowed.

2. The kettlebell(s) is inert in the dead hang position.

3. Placing the kettlebell(s) on the shoulders, or holding the elbows above the shoulders (on 2nd arm in case of 1 arm jerk).

4. In the one arm jerk, supporting the body or touching the kettlebell with the free hand, as a 2nd offence.

“NO-COUNT” is issued for the following:

1. Performing the Jerk in an interrupted motion, i.e. a visible stop and pressing out the arm at the top. For double Jerk, both arms must come out to lockout at the same time.

2. Starting the Jerk in a bent knee position/lowering to rack directly into a bent knee position and then not straightening legs before commencing/ bouncing the next Jerk.

3. Side rack with one elbow away from the chest.

4. Lack of visible, accented stop in fixation.

5. Kettlebells are moving in fixation.

6. Legs and arm are not straight and locked in fixation.

7. Excessive sideways pelvic tilt or twisting of the torso in fixation.

10.SNATCH

10.1. The kettlebell is lifted from below the waist and behind the legs in one continuous, uninterrupted motion to a stop in overhead fixation. No pressing out of the kettlebell is allowed. The kettlebell must be caught with a straight arm.

During fixation the knees and elbow must be locked, the torso, head and working arm are in line. The kettlebell must come to a complete and visible stop. No lateral (sideways) pelvic tilt or twisting of the torso is allowed in fixation.

No snatching in front of the shoulder is allowed.

Athletes must lower the kettlebell down to below the waist in one continuous, uninterrupted (swinging) motion.

The kettlebell is not allowed to stop in the hanging position, but hang snatches are acceptable.

Extra swings between snatch are allowed, but give a “no count”.

10.2. A single hand switch is allowed.

“SWITCH ARMS” command is issued for the following:

1. The kettlebell is lowered into a half snatch on the first arm.

The switch may be performed a) by dropping into a swing, switching hands and snatching on, or b) by using the speed switch, switching hand mid flight on the way down ONLY. Extra swings are allowed. The kettlebell must remain in motion throughout the switch. No hanging/stopping of the kettlebell is allowed.

2. Touching the kettlebell or using the free hand for support, as a first offence.

“STOP” command is issued for the following:

1. Lowering the kettlebell into a half snatch, after already having done one switch.

2. Stopping the kettlebell in the dead hang position.

3. Lowering the kettlebell to the platform. If the kettlebell touches the platform but there is flow in the movement, the athlete is allowed to snatch on.

4. Touching any body part or the kettlebell with the free hand, as a 2nd offence

5. Switching hands more than once.

“NO-COUNT” is issued for the following:

1. Performing Snatch in an interrupted motion, i.e. pressing out at the top.

2. Lack of visible, accented stop in fixation.

3. Kettlebells are moving in fixation.

4. Snatching only to the 10 o'clock position.
5. Legs and arm are not straight and locked in fixation.
6. Excessive sideways pelvic tilt or twisting of the torso in fixation.
7. Using the Speed Switch on the way up.

11.LONG CYCLE

11.1. Long Cycle consists of two movements: The Clean (cleaning to rack position) and the Jerk.

11.2. In case of a failed lockout attempt on the Jerk, the whole lift must be taken from the start (back swing).

11.3. At the command "START" the competitor performs a backswing and then the kettlebell(s) are cleaned to the chest (rack position). The kettlebell(s) must stop in rack position and the legs must be straightened/knees locked out before commencing the Jerk (no bouncing).

The competitor then performs a Jerk with all technical elements as described above in the Jerk section.

The kettlebell(s) must be dropped briefly back to rack position before dropping the kettlebell(s) into the swing for the next clean.

The clean must be done in one continuous, uninterrupted motion by dropping the kettlebell(s) from the rack position into a swinging motion below the waist and back to rack position. Kettlebell(s) are not allowed to stop in the hanging position, but hang cleans are acceptable.

Extra swings between reps are allowed.

11.4. For the one arm Long Cycle, only one (1) hand switch is allowed. The switch may be performed a) by dropping into a swing, switching hands and cleaning to the second side rack position or b) by using the speed switch, switching hand mid flight. The kettlebell must remain in motion throughout the switch. No hanging/stopping of the kettlebell is allowed.

11.5. Cleans may be performed outside the legs.

Note: A clear and visible fixation with an accented stop is the most important technical requirement.

"SWITCH ARMS" command is issued for the following:

1. Placing the kettlebells on the shoulders, or holding the elbows above the shoulders, on the first arm.

The switch may be performed a) by using a 1 hand swing. b) by using the speed switch, switching hand mid flight on the way down ONLY. Extra swings are allowed. The kettlebell must remain in motion throughout the switch. No hanging/stopping of the kettlebell is allowed.

2. Touching the kettlebell or using the free hand for support, as a first offence.

"STOP" command is issued for the following:

1. Stopping the kettlebell in the hang position.

2. Lowering the kettlebell to the platform.
3. Placing the kettlebells on the shoulders, or holding the elbows above the shoulders.
4. In 1 arm LC, touching any body part or the kettlebell with the free hand as a 2nd offence.
5. Refer to “Jerk”

“NO-COUNT” is issued for the following:

1. Performing the Jerk in an interrupted motion, i.e. pressing out at the top or in the case of 2 kettlebells, uneven timing to the lockout.
2. Starting the Jerk in a bent knee position/cleaning to rack directly into a bent knee position and then not straightening legs before commencing the Jerk (bouncing).
3. Side rack with one elbow away from the chest.
4. Lack of visible, accented stop in fixation.
5. Kettlebells are moving in fixation.
6. Legs are not straight/arms are not straight and locked in fixation.
7. Excessive sideways pelvic tilt or twisting of the torso in fixation.
8. Performing a Jerk without a clean after a failed Jerk attempt.
9. Using the Speed Switch on the way up (1 arm LC only).
10. Refer to “Jerk”.