

Calendar plan of sports events of IUKL for 2023

(5 edition)

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
First group - Rating competitions (Continental, World Championships, Cups)								
1	European Championship among Youth U-16/U-18, Juniors U-23, Adults	Only athletes from the European region (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	younger boys	Under 16 ¹	Greece	Nafplio	April 20 – 24, 2023
				younger girls				
				older boys	Under 18 ¹			
				older girls				
	Open European Cup	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
				female adults				
				male	unlimited			
				female				
2	Asian Championship among Youth U-16/U-18, Juniors U-23, Adults	Only athletes from the Asian region (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Biathlon / All-around / Relay races (Jerk / LC)	younger boys	Under 16 ¹	Kyrgyzstan	Bishkek	May 04 - 08, 2023
				younger girls				
				older boys	Under 18 ¹			
				older girls				
	Pan American Championship among Youth U-16/U-18, Juniors U-23, Adults	Only athletes from the Americas region – North America, Caribbean region, Central America, South America (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
				female adults				
				male	unlimited			
				female				
3	Pan American Championship among Youth U-16/U-18, Juniors U-23, Adults	Only athletes from the Americas region – North America, Caribbean region, Central America, South America (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	younger boys	Under 16 ¹	USA	Las Vegas, NV	June 16 - 18, 2023
				younger girls				
				older boys	Under 18 ¹			
				older girls				
	Open PanAmerican Cup	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
				female adults				
				male	unlimited			
				female				

¹ In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2007 and younger) and up to 18 years old (born in 2005 and younger).

² In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2000 and younger).

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
First group - Rating competitions (Continental, World Championships, Cups)								
4	Open Asian Cup	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	male female	unlimited	Taiwan	Taipei	August 25 - 28, 2023
5	World Championship in Separate Disciplines & Biathlon among Youth U-16/U-18, Juniors U-23, Adults	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Biathlon / Relay races (Jerk / LC)	younger boys	Under 16 ¹	Uzbekistan	Khiva	September 7 – 12, 2023
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
female adults								
6	Oceania Area Championship among Youth U-16/U-18, Juniors U-23, Adults	Only athletes from the Oceania region – Australasia, Melanesia, Micronesia, Polynesia (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	younger boys	Under 16 ¹	Australia	Melbourne	November 17-19, 2023
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
female adults								
7	Open Oceania Area Cup	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	male female	unlimited			
8	World Championship in Snatch-12 & All-around among Youth U-16/U-18, Juniors U-23, Adults	All athletes without continental restrictions (professionals / amateurs)	Snatch-12 / All-around (Two arms Jerk + Snatch + Two arms LC) / Relay races (Jerk / LC)	male juniors	Under 23 ²	Latvia	Rezekne	December 7 - 10, 2023
				female juniors				
				male adults	unlimited			
				female adults				

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² In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2000 and younger).

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
Second group - Multisport competitions (Seniors Championships, Continental, Regional, World Games, Grand Prix)								
1	European Championship among Seniors	Only athletes-seniors from the European region	Two arms Jerk / Snatch / Two arms LC / All-round / Relay races (Jerk / LC)	male seniors	40 and older ³	Greece	Nafplio	April 20 – 24, 2023
				female seniors	35 and older ³			
	Open European Grand Prix	All athletes without continental restrictions	<i>One arm jerk / Snatch-12 / One arm LC / Relay races (Jerk&Snatch) / Mixed relay</i>	younger boys	Under 16 ¹			
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older ³			
female seniors	35 and older ³							
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						
2	Asian Championship among Seniors	Only athletes-seniors from the Asian region	Two arms Jerk / Snatch / Two arms LC / All-round / Relay races (Jerk / LC)	male seniors	40 and older ³	Kyrgyzstan	Bishkek	May 04 - 08, 2023
				female seniors	35 and older ³			
3	Pan American Championship among Seniors	Only athletes-seniors from the Americas region	Two arms Jerk / Snatch / Two arms LC / All-round / Relay races (Jerk / LC)	male seniors	40 and older ³	USA	Las Vegas, NV	June 16 - 18, 2023
				female seniors	35 and older ³			
	Open Pan American Grand Prix	All athletes without continental restrictions	<i>One arm jerk / Snatch-12 / One arm LC / Relay races (Jerk&Snatch) / Mixed relay</i>	younger boys	Under 16 ¹			
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older ³			
female seniors	35 and older ³							
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						

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² In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2000 and younger).

³ In the Senior groups can participate female athletes from 35 years old (born in 1988 and later) and male athletes from 40 years old (born in 1983 and younger).

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
Second group - Multisport competitions (Seniors Championships, Continental, Regional, World Games, Grand Prix)								
4	1st stage of the Balkan Open	All athletes without continental restrictions	Two arms Jerk / Snatch / Two arms LC / All-round / Relay races (Jerk / LC) <i>One arm jerk / Snatch-12 / One arm LC / Relay races (Jerk&Snatch) / Mixed relay</i>	younger boys	Under 16 ¹	Bulgaria	Sofia	July 7 - 9, 2023
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						
5	Open Asian Grand Prix	All athletes without continental restrictions	<i>One arm jerk / Snatch-12 / One arm LC / Relay races (Jerk&Snatch) / Mixed relay</i>	younger boys	Under 16 ¹	Taiwan	Taipei	August 25 - 28, 2023
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						

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No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
Second group - Multisport competitions (Seniors Championships, Continental, World Games, Grand Prix)								
6	World Championship among Seniors	All athletes-seniors without continental restrictions	Two arms Jerk / Snatch / Two arms LC / <i>Biathlon</i> / Relay races (Jerk / LC)	male seniors	40 and older ³	Uzbekistan	Khiva	September 7 – 12, 2023
				female seniors	35 and older ³			
	World Games among Youth U-16/U-18, Juniors U-23, Adults, Seniors	All athletes without continental restrictions	<i>One arm jerk / Snatch-12 / One arm LC / Relay races (Jerk&Snatch) / Mixed relay</i>	younger boys	Under 16 ¹			
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
	All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited				
			female Para-athletes					
7	Oceania Area Championship among Seniors	Only athletes-seniors from the Oceania region	Two arms Jerk / Snatch / Two arms LC / All-round / Relay races (Jerk / LC)	male seniors	40 and older ³	Australia	Melbourne	November 17-19, 2023
				female seniors	35 and older ³			
	Open Oceania Area Grand Prix	All athletes without continental restrictions	<i>One arm jerk / Snatch-12 / One arm LC / Relay races (Jerk&Snatch) / Mixed relay</i>	younger boys	Under 16 ¹			
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
	All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited				
			female Para-athletes					

¹ In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2007 and younger) and up to 18 years old (born in 2005 and younger).

² In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2000 and younger).

³ In the Senior groups can participate female athletes from 35 years old (born in 1988 and later) and male athletes from 40 years old (born in 1983 and younger).

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
Third group – “Sport for All” competitions (Tournaments, festivals, contests)								
1	Open Cup of Bulgaria	All athletes without continental restrictions	<i>Exercise time only 5 minutes - Two arms Jerk / Snatch / Two arms LC / One arm jerk / One arm LC</i>	male	unlimited	Bulgaria	Sofia	July 7 - 9, 2023
				female				
2	Online tournament “Kettlebells for Everyone 2023”	All athletes without continental restrictions	Two arms Jerk / Snatch / Two arms LC / All-round / One arm jerk / Snatch-12 / One arm LC	male	up to 14 years old, ... extra open age group	Online event		December 2023
				female				
Fourth group – Scientific, research and educational events (Conferences, seminars, workshops, training camps)								
1	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old	Greece	Nafplio	April 20 – 24, 2023
2	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old	Uzbekistan	Khiva	September 7 – 12, 2023
	International Seminar on Anti-Doping	Representatives of IUKL members without any restrictions	Kettlebell lifting	Members of IUKL	From 18 years old			