



## 2025 BALTIC CHAMPIONSHIP OF KETTLEBELL LIFTING

### REGULATIONS

#### 1. Purpose and goals

- Popularisation of kettlebell lifting in the Baltic states;
- Increasing and strengthening international cooperation and friendly relations between the Baltic States;
- Exchange of experience between athletes;
- Determination of the strongest athletes and national teams.

#### 2. Time and venue

- **Competition venue:** Estonia, Pärnu, Seedri 6 – Tervis Medical SPA Hotel Sports Hall
- **Arrival and registration:** 16 August, 11.00–12.00 am.
- **Time of the competition:** 16 August, 12:30 am.

#### 3. Management

The Baltic Championship is being organised by the Estonian Kettlebell Sport Federation. It will be held in accordance with the official rules of the International Union of Kettlebell Lifting and these regulations.

**The main organiser and contact person:** Erki Soo, email: [erki@sangpommisport.ee](mailto:erki@sangpommisport.ee), +372 52 67 807.

**Chief referee:** Ülo Kuusk.

#### 4. Participants

National teams of Estonia, Latvia and Lithuania are eligible to participate in the championship. The championship consists of both an individual triathlon and a team relay race.

##### 4.1. Individual triathlon with the following disciplines:

1. 6 minutes, two arms long-cycle;
2. 6 minutes, two arms jerk;
3. 6 minutes, snatch.



In the first round, all athletes will complete the first discipline (6 minutes, two arms long-cycle). Then, the second round (6 minutes, two arms jerk) will begin, followed by the third round (6 minutes, snatch).

**The championship is being held in two groups:**

- Group 1. Male (no age restrictions, 24 or 32 kg kettlebells) 32 kg – points x2.
- Group 2. Female (no age restrictions, 16 or 24 kg kettlebells) 24 kg – points x2.

**Weight categories:**

- Male (without age restrictions): -63; -68; -73; -78; -85; -95; +95 kg;
- Female (without age restrictions): -63; -68; +68 kg.

**Overlapping of two or more athletes from the same country in the same weight category is not allowed.**

**Points:**

In the individual triathlon, 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: 3 points per lift;
- two arms jerk: 2 points per lift;
- snatch: 1 point per lift.

**4.2. Team relay race:**

Following the triathlon, national teams will compete in the team relay race. There are no age and weight restrictions. A team should consist of five (four males and one female) athletes from the same country. Overlapping of two or more athletes that belong to the same weight category is **allowed**. Each athlete will be given three minutes to complete the exercise (15 minutes in total).

Team relay race consists of five disciplines in the following sequence:

1. Male athlete – 3 minutes, two arms long-cycle with a 24 kg kettlebell;
2. Male athlete – 3 minutes, two arms long-cycle with a 32 kg kettlebell;
3. Male athlete – 3 minutes, two arms jerk with a 24 kg kettlebell;
4. Male athlete – 3 minutes, two arms jerk with a 32 kg kettlebell;
5. Female athlete – 3 minutes, snatch with 24 kg kettlebell (hand change allowed once).

**5. Points and awards**

A national team should consist of 11 members (one member in each weight category) + a relay race. The best national team will be determined according to the total number of points collected. Points will be given as follows:



Individual place in weight category	I	II	III
Points	3	2	1

Team relay place	I	II	III
Points	6	4	2

1<sup>st</sup>–3<sup>rd</sup> place winners in each weight category will be awarded medals and diplomas.

1<sup>st</sup>–3<sup>rd</sup> place winning teams in the relay race competition will be awarded medals and trophies.

1<sup>st</sup>–3<sup>rd</sup> place winning teams in the overall will be awarded trophies.

## 6. Additional requirements

Teams are required to submit an electronic version of their national anthem.

Teams are required to bring their national flag.

Teams are required to wear representative sportswear.

Teams are required to bring one judge for the competition (if you can't bring a judge, please inform the main organizer not later than 01.08.2025 via email).

## 7. Financial terms and accommodation

Participation in the championship is free of charge; however, participants or their national federations are responsible for covering any costs associated with participating in the championship.

## 8. Applications

Team applications (Annex 1) should be submitted on the day of the championship and emailed to [erki@sangpommisport.ee](mailto:erki@sangpommisport.ee) by August 1, 2025.

**Annex A. Application form for participation in the 2025 Baltic Championship in Kettlebell Lifting.**

No.	Discipline	Group	Weight category	Surname	First name	KB weight
1.	Triathlon	Female	-63 kg			
2.	Triathlon	Female	-68 kg			
3.	Triathlon	Female	+68 kg			
4.	Triathlon	Male	-63 kg			
5.	Triathlon	Male	-68 kg			
6.	Triathlon	Male	-73 kg			
7.	Triathlon	Male	-78 kg			
8.	Triathlon	Male	-85 kg			
9.	Triathlon	Male	-95 kg			
10.	Triathlon	Male	+95 kg			
11.	Team relay 2-arms LC	Male				24 kg
12.	Team relay 2-arms LC	Male				32 kg
13.	Team relay 2-arms jerk	Male				24 kg
14.	Team relay 2-arms jerk	Male				32 kg
15.	Team relay Snatch	Female				24 kg

**National team Point of Contact:**

**Name:**

**Phone number:**

**E-mail address:**