

The calendar plan of IUKL sports events for 2026

(2 edition)

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
First group - Rating competitions (Continental, World Championships, Cups & Grand Prixes)								
1	World Championship in All-round among Youth U-16/U-18	All athletes without continental restrictions (professionals / amateurs)	<u>Major medals:</u> All-round / Relay races (Jerk / LC) <u>Small medals:</u> Two arms Jerk / Snatch / Two arms LC	younger boys	Under 16 ¹	Kyrgyzstan	Bishkek	April, 20-24, 2026
				younger girls				
				older boys	Under 18 ¹			
				older girls				
	World Cup	All athletes without continental restrictions (professionals)	All-round / Two arms Jerk / Snatch / Two arms LC / Relay races (Jerk / LC)	male	no age limit			
female								
2	Asian Championship among Youth U-16/U-18, Juniors U-23, Adults	Only athletes from the Asian region (professionals / amateurs)	All-round / Two arms Jerk / Snatch / Two arms LC / Relay races (Jerk / LC)	younger boys	Under 16 ¹	Kazakhstan	Aktau	May 12-17, 2026
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
				female				
	Open Asian Cup & Grand Prix	All athletes without continental restrictions (professionals / amateurs)	All-round / Two arms Jerk / Snatch / Two arms LC / Relay races (Jerk / LC)	male	no age limit			
				female				
3	European Championship among Youth U-16/U-18, Juniors U-23, Adults	Only athletes from the European region (professionals / amateurs)	All-round / Biathlon / Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Relay races (Jerk / LC)	younger boys	Under 16 ¹	United Kingdom	York, North Yorkshire, England	May 14-17, 2026
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
				female				
	Open European Cup & Grand Prix	All athletes without continental restrictions (professionals / amateurs)	All-round / Biathlon / Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Relay races (Jerk / LC)	male	no age limit			
				female				

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
First group - Rating competitions (Continental, World Championships, Cups & Grand Prixes)								
4	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 / Snatch-12 Biathlon / All-round / Relay races (Jerk / LC)	younger boys	Under 16 ¹	USA	Ann Arbor, Michigan	June 25-27, 2026
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
	female							
Open Pan American Cup & Grand Prix	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Biathlon / All-round / Relay races (Jerk / LC)	male	no age limit				
			female					
5	World Championship in All-round among Juniors U-23, Adults	All athletes without continental restrictions (professionals / amateurs)	Major medals: All-round / Relay races (Jerk / LC) Small medals: Two arms Jerk / Snatch / Two arms LC	male juniors	Under 23 ²	India	New Delhi	October 1-6, 2026
				female juniors				
				male	no age limit			
				female				
6	World Championship in Separate Disciplines among Youth U-16/U-18, Juniors U-23, Adults	All athletes without continental restrictions (professionals / amateurs)	Major medals: Two arms Jerk / Snatch / Two arms LC / Snatch-12 Small medals: All-round / Biathlon / Relay races (Jerk / LC)	younger boys	Under 16 ¹	Latvia	Riga	November 14-18, 2026
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
	female							
7	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 / Snatch-12 / Biathlon / All-round / Relay races (Jerk / LC)	younger boys	Under 16 ¹	in the process of approval	in the process of approval	in the process of approval
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
	female							
Open Oceania Area Cup & Grand Prix	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Biathlon / All-round / Relay races (Jerk / LC)	male	no age limit				
			female					

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
Second group - Multisport competitions (Seniors Championships & Cups, Continental, Regional, World Games)								
1	World Games	All athletes without continental restrictions (amateurs)	Biathlon / All-round / Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Relay races (Jerk / LC) <i>One arm jerk / One arm LC / Relay races (Jerk&Snatch) / Mixed relay</i>	younger boys	Under 16 ¹	Kyrgyzstan	Bishkek	April, 20-24, 2026
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
				female				
				male seniors	40 and older ³			
		female seniors	35 and older ³					
All Para-athletes without continental restrictions	Determined individually	male Para-athletes	no age limit					
		female Para-athletes						
2	Asian Championship among Seniors	Only athletes-seniors from the Asian region	Two arms Jerk / Snatch / Two arms LC / Biathlon / All-round / Relay races (Jerk / LC)	male seniors	40 and older ³	Kazakhstan	Aktau	May 12-17, 2026
	Open Asian Games	All athletes without continental restrictions (amateurs)	<i>One arm jerk / One arm LC / Relay races (Jerk&Snatch) / Mixed relay</i>	female seniors	35 and older ³			
				younger boys	Under 16 ¹			
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
				female				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
				All Para-athletes without continental restrictions	Determined individually			
	female Para-athletes							
3	Euro Championship among Seniors	Only athletes-seniors from the European region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-round / Relay races (Jerk / LC)	male seniors	40 and older ³	United Kingdom	York, North Yorkshire, England	May 14-17, 2026
	Open European Games	All athletes without continental restrictions (amateurs)	<i>One arm jerk / One arm LC / Relay races (Jerk&Snatch) / Mixed relay</i>	female seniors	35 and older ³			
				younger boys	Under 16 ¹			
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
				female				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
				All Para-athletes without continental restrictions	Determined individually			
	female Para-athletes							

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
Second group - Multisport competitions (Seniors Championships & Cups, Continental, Regional, World Games)								
7	Pan American Championship among Seniors	Only athletes-seniors from the Americas region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-round / Relay races (Jerk / LC)	male seniors	40 and older ³	USA	Ann Arbor, Michigan	June 25-27, 2026
	Open Pan American Games	All athletes without continental restrictions (amateurs)	One arm jerk / One arm LC / Relay races (Jerk&Snatch) / Mixed relay	female seniors	35 and older ³			
				younger boys	Under 16 ¹			
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
				female				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
		All Para-athletes without continental restrictions	Determined individually	male Para-athletes	no age limit			
female Para-athletes								
4	AAU Junior Olympic Games	All athletes without continental restrictions	One arm jerk / One arm LC / Two arms Jerk / Snatch / Two arms LC / Biathlon / All-round	younger boys	Under 16 ¹	USA	Des Moines, Iowa	July 27 - August 1, 2026
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 22 ⁴			
				female juniors				
5	World Championship in All-round among Seniors	All athletes-seniors without continental restrictions	Major medals: All-round / Relay races (Jerk / LC) Small medals: Two arms Jerk / Snatch / Two arms LC	male seniors	40 and older ³	India	New Delhi	October 1-6, 2026
				female seniors	35 and older ³			
6	World Championship in Separate Disciplines among Seniors	All athletes-seniors without continental restrictions	Major medals: Two arms Jerk / Snatch / Two arms LC / Snatch-12 Small medals: Biathlon / All-round / Relay races (Jerk / LC)	male seniors	40 and older ³	Latvia	Riga	November 14-18, 2026
	World Grand Prix	All athletes without continental restrictions (amateurs)	One arm jerk / One arm LC / Relay races (Jerk&Snatch) / Mixed relay	female seniors	35 and older ³			
				younger boys	Under 16 ¹			
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
				female				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
		All Para-athletes without continental restrictions	Determined individually	male Para-athletes	no age limit			
		female Para-athletes						

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
Second group - Multisport competitions (Seniors Championships & Cups, Continental, Regional, World Games)								
8	Oceania Area Cup among Seniors	Only athletes-seniors from the Oceania region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-round / Relay races (Jerk / LC)	male seniors	40 and older ³	in the process of approval	in the process of approval	in the process of approval
				female seniors	35 and older ³			
	Open Oceania Area Games	All athletes without continental restrictions (amateurs)	One arm jerk / One arm LC / Relay races (Jerk&Snatch) / Mixed relay	younger boys	Under 16 ¹			
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
				female				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
	All Para-athletes without continental restrictions	Determined individually	male Para-athletes	no age limit				
			female Para-athletes					

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
Third group – “Sport for All” competitions (Tournaments, festivals, contests)								
1	Monthly Online International Cup	All athletes without continental restrictions	12 different exercises in 12 months	younger boys	Under 16 ¹	Online events		Monthly, 2026
				younger girls				
				older boys	Under 18 ¹			
				older girls				
				male juniors	Under 23 ²			
				female juniors				
				male	no age limit			
				female				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
2	Open Balkan Championship	Only athletes from the Balcan region	Two arms Jerk / Snatch / Two arms LC /All-round / Relay races (Jerk / LC) One arm jerk / Snatch-12 / One arm LC / Mixed relay Relay races (Jerk&Snatch)	male juniors	Under 23 ²	Greece	Naousa	May 30-31, 2026
				female juniors				
				male	no age limit			
				female				
				male seniors	40 and older ³			
				female seniors	35 and older ³			
		All Para-athletes without continental restrictions	Determined individually	male Para-athletes	unlimited			
				female Para-athletes				

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
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	Kazakhstan	Aktau	May 12-17, 2026
2	WADA Anti-Doping e-Learning Course (ADEL)	Members of IUKL ⁵	Kettlebell lifting	Athletes-professionals	From 18 years old			until May 12, 2026
3	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old	United Kingdom	York, North Yorkshire, England	May 14-17, 2026
4	WADA Anti-Doping e-Learning Course (ADEL)	Members of IUKL ⁵	Kettlebell lifting	Athletes-professionals	From 18 years old			until May 14, 2026
5	WADA Anti-Doping e-Learning Course (ADEL)	Members of IUKL ⁵	Kettlebell lifting	Athletes, Coaches, Officials, and others interested	From 18 years old	USA	Ann Arbor, Michigan	until June 25, 2026
6	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old	India	New Delhi	October 1-6, 2026
7	WADA Anti-Doping e-Learning Course (ADEL)	Members of IUKL ⁵	Kettlebell lifting	Athletes-professionals	From 18 years old			until October 1, 2026
8	IUKL Constituent Conference	Members of IUKL ⁶	-	Authorized representatives of IUKL members	From 18 years old	Latvia	Riga	<u>November 14-18, 2026</u>
9	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old			
10	WADA Anti-Doping e-Learning Course (ADEL)	Members of IUKL ⁵	Kettlebell lifting	Athletes-professionals	From 18 years old			until November 14, 2026

¹ In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2010 and younger) and up to 18 years old (born in 2008 and younger).

² In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2003 and younger).

³ In the Senior groups can participate female athletes from 35 years old (born in 1991 and later) and male athletes from 40 years old (born in 1986 and younger).

⁴ In the groups U-22 (male & female) can participate athletes up to 22 years old (born in 2004 and younger) exclusively at the AAU Junior Olympic Games.

⁵ Mandatory training for all athletes competing in the professional group (once every two years or more frequently, ending with an examination and certification).

⁶ Plenipotentiary representatives of IUKL members who confirmed their membership status at the time of the Conference.