

LITHUANIAN FEDERATION OF KETTLEBELL LIFTING



2026 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:** Ežero str. 23, Kaunas (Kaunas district social services center sports hall).
- **Arrival and registration:** July 11 2026, 09.30–10.30 am.
- **Time of the competition:** July 11 2026, 11.00 am.

3. MANAGEMENT.

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

Chief referee: Rolandas Kubilius (international category).

Additionally, each country is required to delegate a referee.

Head secretary: Andrius Kubilius, email: andrius.kubilius@svarstis.lt

Contact person: President of the Lithuanian Kettlebell Lifting Federation Rolandas Kubilius, email rolandas.kubilius@svarstis.lt, phone +370 686 13175.

4. PARTICIPANTS.

National teams of Lithuania, Latvia and Estonia are eligible to participate in the championship. The championship consists of 5 minutes male biathlon, 5 minutes female snatch and a team relay race.

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.

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Weight categories:

- Male (without age restrictions): -63; -68; -73; -78; -85; -95; +95 kg;
- Female (without age restrictions): -58; -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 male biathlon, the result is determined as the sum of the two disciplines (two-arms jerk and snatch). In the female snatch – sum of snatch.

Points are awarded as follows:

- two-arms jerk: 2 points (per lift);
- snatch: 1 point (per lift).

Team relay race:

Following the biathlon, national teams will compete in the team relay race. No age restrictions are applicable and each team is allowed to choose the kettlebell (24 or 32 kg; 32 kg – points x2). A team should consist of five (5) athletes from the same country. Overlapping of two or more athletes that belong to the same weight category is not allowed. Each athlete will be given three minutes to complete the **two arms long-cycle** (15 minutes in total).

5. POINTS AND AWARDS.

A national team should consist of 11 members (one member in each weight category). 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

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

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

1st–3rd 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.

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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 05.07.2026 via email).

7. FINANCIAL TERMS AND ACCOMMODATION.

Participation in the championship is free of charge.

Any charges linked with participation in the championship should be paid by the participants or their national federations.

8. APPLICATIONS.

Team applications (Annex 1) should be submitted on the day of the championship and emailed to andrius.kubilius@svarstis.lt by July 5, 2026.

Submissions after July 5, 2026 will not be accepted.

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Annex 1.

Application form for participation in the 2026 Baltic Championship in Kettlebell Lifting.

No.	Discipline	Group	Weight category	Name	Surname	KB weight
1.	Snatch	Female	-58 kg			
2.	Snatch	Female	-63 kg			
3.	Snatch	Female	-68 kg			
4.	Snatch	Female	+68 kg			
5.	Biathlon	Male	-63 kg			
6.	Biathlon	Male	-68 kg			
7.	Biathlon	Male	-73 kg			
8.	Biathlon	Male	-78 kg			
9.	Biathlon	Male	-85 kg			
10.	Biathlon	Male	-95 kg			
11.	Biathlon	Male	+95 kg			

National team Point of Contact:

Name:

Phone number:

E-mail address: