

Approved by:
President of the International Union of Kettlebell Lifting (IUKL)
Mr. Vasily Ginko
on 23rd January 2026



COMPETITION RULES & REGULATIONS

European Championship among Youth U-16/U-18, Juniors U-23, Adults, Seniors

Open European Cup & Grand Prix

Open European Games

in Kettlebell Lifting in 2026

York, United Kingdom 14-17 of MAY 2026

1. Purposes and goals

- Popularization of sports and healthy lifestyle.
- Strengthening international relationships and developing international cooperation in the field of sports.
- Improvement of athletic skills and exchange of experience.
- Ensuring the principles of fair play in sports.
- Fighting against the use of doping in sports.
- Development of high-performance sports.
- Identification of the strongest kettlebell lifters in each competitive class and age group.

2. Fight against doping

IUKL is a signatory to the World Anti-Doping Code and is committed to the fight against doping in kettlebell lifting, ensuring the integrity of sports competitions and protecting the health of athletes.

Doping control is accounted for and can be conducted during all IUKL competitions, as well as during the inter-competition periods.

Doping test sampling (urine, blood) at IUKL competitions is conducted by representatives of accredited institutions with the necessary authority, in accordance with the World Anti-Doping Agency (WADA) Code and the WADA/IUKL regulatory documents.

Doping testing is mandatory for athletes who are competition award-winners or have been selected by lot. Refusal or failure to undergo a doping test will result in penalties, outlined in the relevant WADA/IUKL regulations.

Important: Mandatory Anti-Doping Certification *

To participate in IUKL international competitions in the U-23 and “Adults” age groups, all athletes (and their coaches) must provide a certificate of completion for anti-doping training at the International-Level Athletes level. For other age groups and competition classes, certification is voluntary.

Certification can be obtained in the following ways:

- 1) ADEL Platform: Complete the online course and generate a certificate.

Training names:

Athletes: „International-Level Athletes”;

Coaches: „Coaches of High-Performance Education Program”; Doctors: „Medical Professional’s Education Program”.

Login instructions for ADEL are available on our website – remember to select “Kettlebell Lifting (IUKL)” as the sport and “IUKL International Union of Kettlebell Lifting” as the organization. Training is available in multiple languages, including Ukrainian, English, Russian, and others. Link to the ADEL educational platform [here](#).

- 2) IUKL Seminar: Attend the anti-doping seminar listed in the calendar plan of IUKL sports events.
- 3) Local NADO/IF Course: Please provide a certificate of completion of a course run by your National Anti-Doping Organization (with the program for International-Level Athletes) and a detailed English syllabus.

Certificates are valid for one year to ensure you stay updated on any changes in anti-doping regulations.

3. Event Dates and location

TITLE/SUBJECT	DATE/TIME		LOCATION
<i>Dates</i>	14-17 MAY 2026		
<i>Registration Deadline</i>	13 of April (Monday)		
<i>Place of competitions</i>	Name venue: York Stadium Leisure Complex, Kathryn Avenue, Huntington, York, YO32 9AF, United Kingdom		 Google Maps
<i>Beginning of competitions</i>	15th of May ‘26 16th of May ‘26 17th of May ‘26	10:00 ***	
<i>Control Commision **</i>	14th of May ‘26	12:00-17:30 ***	Place: venue
<i>Weighting 1st day</i>	14th of May ‘26	14:00-20:00 ***	Place: venue
<i>Weighting on competition days</i>	15th of May ‘26 16th of May ‘26 17th of May ‘26	09:00-9:30 ***	Place: venue
<i>Meeting for representatives of countries **</i>	14th of May ‘26	20:00 ***	Place: venue
<i>Seminar for IUKL Judges – 1st day (theory)</i>	14th of May ‘26	10:00-14:00 ***	Place: venue
<i>Delivery of protocols</i>	17th of May ‘26		Online

* Mandatory for all professional athletes

** Mandatory for all representatives of countries

*** Will be confirmed a week or two after the closing date for applications

4. Competitions Management

Overall management of preparation of the competition carries representatives of countries at the venues in cooperation with the International Union of Kettlebell Lifting (IUKL).

Contact to the Organizers - English Kettlebell Association:

- Mrs. Jenny Whitcombe (EKA President)
Phone:+44 7768 143643 ; e-mail: admin@englishkettlebells.org
- Mr Chris Guyll
Phone:+44 7973 981694 ; e-mail: Chris.sne@outlook.com

Contact IUKL representatives:

- Ms Greta Kopilova (Deputy Chairman of IUKL Executive Committee)
Phone:+371 28 143 646; e-mail: greta.kopilova@gmail.com ;
- Mr Rolandas Kubilius (Chairman of IUKL Judges Committee)
Phone:+370 686 13175; e-mail: rolandas.kubilius@svarstis.lt
- Mrs Kitija Voitehoviča (Secretary of Competition)
Phone: :+371 26 055 357; e-mail: voitehovica.kitija@gmail.com

5. Participants and conditions

The competition is conducted in accordance with the International Rules of the IUKL, which are published on the IUKL website www.giri-iukl.com , including amendments and changes for the competition day.

The competition is open to all IUKL member countries. Athletes from countries (organizations) that are not members of IUKL and do not have any representatives in the organization may also participate. Their participation is determined by a personal invitation from IUKL and special financial conditions.

Athletes are allowed to participate only upon request from the national federation, organization, or representative of the country.

Athletes must be citizens of the country or have legal documentation confirming their affiliation with the country they represent.

National Federations, recognized in their countries, form a team based on their internal rules.

Organizations, which are not recognized in their countries, must hold qualifying competitions according to IUKL rules to determine their strongest athletes and form a national team.

Qualifying competitions' results must be publicly available. Should these conditions be violated, the participation of athletes from the respective country will be determined by the decision of the IUKL Board.

European Championships are held as closed competitions, meaning that only athletes from countries of a specific continent/region can participate.

All other European competitions – European Cups, Grand Prix, Games – are held as open competitions, meaning that athletes from all countries can participate without any continental restrictions.

Athletes who participated in one of the qualifying stages of the World Cup as well as in the Continental Cups are eligible to compete in the World Cup Finale.

Competitions are held by age groups and competitive classes:

- U-16 Group – younger boys and girls.
- U-18 Group – older boys and girls.
- U-23 Group – male and female junior athletes (Professional and Amateur classes);
- "Adults" Group – men and women (Professional and Amateur classes);

- "Seniors-XX" Groups – male and female senior athletes (Veteran class);
- "Para-athletes" Group – male and female athletes with disabilities (classes are determined according to the classification in Para-kettlebell lifting on an individual basis at each competition).

In the **U-16 group**, boys and girls of up to and including 16 years old compete (age is determined by the year of birth, excluding the date and month).

In the **U-18 group**, boys and girls of up to and including 18 years old compete (age is also determined by the year of birth, excluding the date and month).

Athletes from the U-16 group can also repeatedly compete in the U-18 group in the corresponding weight category, provided they have paid the entry fee.

In the **U-23 group**, male and female athletes of up to and including 23 years old compete (age is determined by the year of birth, excluding the date and month).

In the **“Adults” group**, male and female athletes of any age can compete. Additionally, junior athletes may have their results counted towards the adult rankings in the same weight category, if the requirements for the number of participants from their country among the adults are met and they have paid the entry fee.

In the **“Veterans” group**, male athletes aged 40 years and older and female athletes aged 35 years and older compete, with age categories separated by five-year intervals.

In the **“Para-athletes” group**, male and female athletes of any age can compete, as long as they have at least one of the eight eligible physical impairments, recognized by the Paralympics movement. Additionally, people with visual impairments of a certain degree of severity, that impact kettlebell lifting performance, can also compete in this group.

However, due to the nature of kettlebell lifting, athletes with unilateral or bilateral lower limb amputations, or those with combinations of upper and lower limb amputations (classified as A1, A2, A3, A4, A9 under the Amputee Sports Classification), are not eligible to compete.

Athletes who by the start of the competition have already fulfilled the norms of “II Category IUKL Professional” or higher, or national norms of „Master of Sports” or higher, are eligible to compete only in "Professional" class. However, upon reaching the required age, they may also compete in "Veteran" class.

All other athletes are eligible to compete in both "Professional" and "Amateur" classes. Upon reaching the required age, they may also compete in "Veteran" class.

Athletes can compete in an unlimited number of exercises and disciplines at each specific competition.

During the Youth European Championships, there are no restrictions on team composition by age group and weight category for U-16 and U-18 groups.

During European Championships, the following **limitations** apply to U-23 and "Adult" groups in "Professional" class for each weight category:

- In individual disciplines (two arms long cycle / two arms jerk / snatch / snatch-12), up to 2 athletes (male or female) from each country are allowed to participate.
- In the biathlon, there is no limit on the number of athletes allowed to participate from each country.
- In the all-round, up to 2 athletes (male or female) from each country are allowed to participate.

National Federations, recognized in their respective countries, prepare applications for participation based on their internal rules.

Organizations that are not recognized in their countries must, among other things, consider personal rankings of athletes when preparing the applications.

Athletes from countries or organizations that are not members of the IUKL or do not have representatives within it are invited to participate based on their personal ranking.

In case all the other conditions are equal, athletes with higher personal rankings from the "TOP 10" of each discipline in each weight category are given preference.

There are no restrictions on team composition by age group and weight category in "Amateur" and "Veteran" classes.

For the Youth, European Games, Cups and Grand Prix, World Cup and Grand Prix stages and Finals, there is no limit on the maximum number of participants from each country in all age groups (U-16, U-18, U-23, "Adults", "Veterans"), competitive classes ("Professional", "Amateur") and weight categories.

When the parallel holding of the competitions (Youth, European Championships and Youth European Games, Cups and Grand Prix, World Cup and Grand Prix stages and Finals) occurs, each country can field separate team compositions for participation in specific competitions.

With that said, for all participants, from all classes ("Professionals", "Amateurs", "Veterans"), across all age groups, weight categories, competitive exercises and disciplines, a parallel ranking of results may be conducted, provided that the general participant admission rules are followed, and any entry fees are paid.

In **team relay races** - at all competitions, in all age groups and in all competitive classes - team composition is freeform, without consideration for weight categories and age groups.

In mixed relays (jerk + snatch), each athlete can perform in two stages, first in the jerk and then in the snatch. As a result, each team in the mixed relay can consist of a number of participants between 2 and 4.

Each country may enter only one team in the U-18 age group, one team in the "Professional" class and one team in the "Amateur" class in the U-23 age group, one team in the "Professional" class and one team in the "Amateur" class in the "Adult" age group, and one team in the "Veteran" class, regardless of age groups.

Additionally, it is allowed to form relay teams from representatives of different countries, with the restriction that these teams can only compete for relay rewards, without their points being counted towards the main team competition score.

The Board of Referees forms Groups A (strongest) and B (main) when dividing participants into competition streams within weight categories, based on the athletes' personal rankings.

The Board of Referees may form mixed streams depending on the number of declared participants in groups and weight categories.

Each team and each athlete must wear a **uniform** that features the symbols of their respective country.

Responsibility for the level of preparation and health condition of athletes lies with athletes themselves, as well as the representatives of their countries and delegation leaders. Athletes under the age of 18 may, as an exception, be allowed to compete in junior and adult categories, provided they have the appropriate sports training, a doctor's permission, and approval from the Board of Referees, after prior consultation.

6. Age groups, competitive classes, weight category, disciplines and exercises.

6.1. U-16 Group

**Boys (up to and including 16 years old - age determined by the year of birth);
Girls (up to and including 16 years old - age determined by the year of birth).**

Weight categories:

Boys-16: -53kg; -58kg; -63kg, -68kg; +68kg;

Girls-16: -53kg; -58kg; +58kg;

Competitive disciplines (in the Youth European Championships program):

Boys-16 (with 16 kg kettlebells):

- two arms jerk;
- snatch;
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle).

Girls-16 (with 12 kg kettlebells):

- two arms jerk;
- snatch;
- two arms long cycle;
- snatch-12 (12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle).

Additional exercises (in the Youth European Games program):

Boys-16 (with 16 kg kettlebells):

- one arm jerk;
- one arm long cycle;

Girls-16 (with 12 kg kettlebells):

- one arm jerk;
- one arm long cycle.

6.2. U-18 Group

Boys (up to and including 18 years old - age determined by the year of birth);

Girls (up to and including 18 years old - age determined by the year of birth).

Weight categories:

Boys-18: -58kg; -63kg; -68kg; -73kg; -78kg; +78kg;

Girls-18: -58kg; -63kg; +63kg.

Competitive disciplines (in the Youth European Championships program):

Boys-18 (with 24 kg kettlebells):

- two arms jerk ;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Girls-18 (with 16 kg kettlebells):

- two arms jerk ;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Additional exercises (in the Youth European Games program):

Boys-18 (with kettlebells 24 kg):

- one arm jerk;
- one arm long cycle;
- mixed relay / 24 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Girls-18 (with kettlebells 16 kg):

- one arm jerk;
- one arm long cycle
- mixed relay / 16 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Jointly Boys (with 24 kg kettlebells) and Girls (with 16 kg kettlebells):

- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min;
- Stage 1 - two arms jerk by Boys-18 with 24 kg kettlebells;
- Stage 2 - two arms jerk by Girls-18 with 16 kg kettlebells;
- Stage 3 – snatch by Boys-18 with a 24 kg kettlebell;
- Stage 4 - snatch by Girls-18 with a 16 kg kettlebell.

6.3. U-23 Group

**Male juniors (up to and including 23 years old - age determined by the year of birth);
Female juniors (up to and including 23 years old - age determined by the year of birth).**

6.3.1. U-23 Group / „Professionals”Class

Weight categories:

Male juniors: -63 kg; -68 kg.; -73 kg; -78 kg; -85 kg; -95 kg; +95 kg.

Female juniors: -58 kg; -63 kg; -68 kg; +68 kg.

Competitive disciplines (in European Championships program):

Male juniors (with 32 kg kettlebells):

- two arms jerk ;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Female juniors (with 24 kg kettlebells):

- two arms jerk ;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

6.3.2. U-23 Group / “Amateurs” Class

Weight categories:

Male juniors: -63 kg; -68 kg; -73 kg; -78 kg; -85 kg; -95 kg; +95 kg;

Female juniors: -58 kg; -63 kg; -68 kg; -73 kg; -78 kg; -85 kg; +85 kg.

Competitive disciplines (in European Championships program):

Male juniors (with 24 kg kettlebells):

- two arms jerk ;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Female juniors (with 16 kg kettlebells):

- two arms jerk ;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Additional exercises (in the European Games program):

Male juniors (with 32 kg kettlebells):

- one arm jerk;
- one arm long cycle.

Female juniors (with 24 kg kettlebells):

- one arm jerk / 32 kg;
- one arm long cycle / 32 kg.

Male juniors (with 24 kg kettlebells):

- one arm jerk;
- one arm long cycle;
- mixed relay / 24 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Female juniors (with 16 kg kettlebells):

- one arm jerk;
- one arm long cycle;
- mixed relay / 16 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Jointly Male-juniors (with 24 kg) and Female-juniors (with 16 kg):

- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min;
- Stage 1 - two arms jerk by Male- juniors with 24 kg kettlebells;
- Stage 2 - two arms jerk by Female- juniors with 16 kg kettlebells;
- Stage 3 – snatch by Male- juniors with a 24 kg kettlebell;
- Stage 4 - snatch by Female- juniors with a 16 kg kettlebell.

6.4. „Adults” Group

Male adults (without age limitations);

Female adults (without age limitation).

6.4.1. „Adults” Group / „Professionals” Class

Weight categories:

Male adults: -63 kg; -68 kg; -73 kg; -78 kg; -85 kg; -95 kg; +95 kg.

Female adults: -58 kg; -63 kg; -68 kg; +68 kg.

Competitive disciplines (in the European Championships and European Cup program):

Male adults (with 32 kg kettlebells):

- two arms jerk ;
- snatch;
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Female adults (with 24 kg kettlebells):

- two arms jerk ;
- snatch;
- two arms long cycle;
- snatch-12 (12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

6.4.2. “Adults” Group / “Amateurs” Class

Weight categories:

Male adults: -63 kg; -68 kg; -73 kg; -78 kg; -85 kg; -95 kg; +95 kg;

Female adults: -58 kg; -63 kg; -68 kg; -73 kg; -78 kg; -85 kg; +85 kg.

Competitive disciplines (in the European Championships and European Grand Prix program):

Male adults (with 24 kg kettlebells):

- two arms jerk;
- snatch;
- two arms long cycle;
- snatch-12 (12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Female adults (with 16 kg kettlebells):

- two arms jerk ;
- snatch.
- two arms long cycle;
- snatch-12 (12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Additional exercises (in the European Games program):

Male adults (with 32 kg kettlebells):

- one arm jerk;
- one arm long cycle.

Female adults (with 24 kg kettlebells):

- one arm jerk;

- one arm long cycle.

Male adults (with 24 kg kettlebells):

- one arm jerk;
- one arm long cycle;
- two arms jerk-30 (half-marathon 30 min.);
- snatch-30 (half-marathon 30 min. with multiple hand changes);
- two arms long cycle-30 (half-marathon 30 min.);
- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Female adults (with 16 kg kettlebells):

- one arm jerk;
- one arm long cycle;
- two arms jerk-30 (half-marathon 30 min.);
- snatch-30 (half-marathon 30 min. with multiple hand changes);
- two arms long cycle-30 (half-marathon 30 min.);
- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Jointly Male-adults (with 24 kg) and Female-adults (with 16 kg):

- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min;
- Stage 1 - two arms jerk Male-adults with 24 kg kettlebells;
- Stage 2 - two arms jerk Female-adults with 16 kg kettlebells;
- Stage 3 – snatch Male-adults with a 24 kg kettlebell;
- Stage 4 - snatch Female-adults with a 16 kg kettlebell.

6.5. „Seniors” Group / „Veterans” Class

**Male seniors (from 40 years and older with an interval of five years - age determined by the year of birth);
Female seniors (form 35 years and older with an interval of five years - age determined by the year of birth).**

In the Senior Championships and Cup program

Weight categories and kettlebells:

Male seniors 40-44: -73 kg; -85 kg; +85 kg – kettlebell’s weight 24kg;

45-49: -73 kg; -85 kg; +85 kg - kettlebell’s weight 24kg;

50-54: -73 kg; -85 kg; +85 kg - kettlebell’s weight 24kg;

55-59: -73 kg; -85 kg; +85 kg - kettlebell’s weight 24kg;

60-64: -85 kg; +85 kg; - kettlebell’s weight 16kg;

65-69: -85 kg; +85 kg; - kettlebell’s weight 16kg;

70-74: -85 kg; +85 kg; - kettlebell’s weight 12kg;

75+: - one common weight category - kettlebell’s weight 12kg.

Female seniors 35-39: -63 kg, -68kg, +68kg - kettlebell’s weight 16 kg;

40-44: -63 kg, -68kg, +68kg - kettlebell’s weight 16 kg;

45-49: -68kg, +68kg - kettlebell’s weight 16 kg;

50-54: -68kg, +68kg - kettlebell’s weight 12 kg;

55-59: -68kg, +68kg - kettlebell’s weight 12 kg;

60-64: - one common weight category – kettlebell’s weight 8 kg;

65+: - one common weight category - kettlebell’s weight 8 kg.

Competitive disciplines:

Male seniors:

- two arms jerk ;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);

- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

Female seniors:

- two arms jerk ;
- snatch.
- two arms long cycle;
- snatch-12(12 min. with multiple hand changes);
- biathlon (jerk + snatch);
- all-round (jerk + snatch + long cycle);
- relay (jerk) - 4 stages x 3 min;
- relay (long cycle) - 4 stages x 3 min.

In the Grand Prix, and World Games program

Weight categories and kettlebells:

- Male seniors 40-44: - one common weight category – kettlebell’s weight 24 kg;
 45-49: - one common weight category - kettlebell’s weight 24 kg;
 50-54: - one common weight category - kettlebell’s weight 24 kg;
 55-59: - one common weight category - kettlebell’s weight 24 kg;
 60-64: - one common weight category - kettlebell’s weight 16 kg;
 65-69: - one common weight category - kettlebell’s weight 16 kg;
 70-74: - one common weight category - kettlebell’s weight 12 kg;
 75+: - one common weight category - kettlebell’s weight 12 kg.

- Female seniors 35-39: - one common weight category - KB weight 16 kg;
 40-44: - one common weight category – kettlebell’s weight 16 kg;
 45-49: - one common weight category - kettlebell’s weight 16 kg;
 50-54: - one common weight category - kettlebell’s weight 12 kg;
 55-59: - one common weight category - kettlebell’s weight 12 kg;
 60-64: - one common weight category - kettlebell’s weight 8 kg;
 65+: - one common weight category - kettlebell’s weight 8 kg.

Additional exercises:

Male seniors:

- one arm jerk;
- one arm long cycle;
- two arms jerk-30 (half marathon 30 min.);
- snatch-30 (half marathon 30 min. with multiple hand changes);
- two arms long cycle-30 (half marathon 30 min.);
- mixed relay / 24 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Female seniors:

- one arm jerk;
- one arm long cycle;
- two arms jerk-30 (half marathon 30 min.);
- snatch-30 (half marathon 30 min. with multiple hand changes);
- two arms long cycle-30 (half marathon 30 min.);
- mixed relay / 16 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Jointly Male-seniors (with 24 kg) and Female-seniors (with 16 kg):

- mixed relay (2 stages jerk + 2 stages snatch) - 4 stages x 3 min;
- Stage 1 - two arms jerk Male-seniors with 24 kg kettlebells;
- Stage 2 - two arms jerk Female-seniors with 16 kg kettlebells;
- Stage 3 – snatch Male-seniors with a 24 kg kettlebell;
- Stage 4 - snatch Female-seniors with a 16 kg kettlebell.

6.6 “Para-Athletes” Group / Classes (determined individually at each competition)

Male Para-athletes (no age limitations);
Female Para-athletes (no age limitations).

In the European Games program:

Weight categories and kettlebells:

Determined individually.

Additional exercises:

Determined individually.

7. Competition program

At the European Championships in the U-16, U-18, U-23, and “Adults” groups, as well as in the European Cup stage, each competitive discipline is, if possible, held on a separate day. With that said, no more than two disciplines may be scheduled on the same day, excluding team relays. Team relays may be scheduled as an additional discipline on one of the competition days along with individual disciplines or may be held on a separate day.

At the European Cup in the "Veterans" class, as well as in the Youth European Games, and Open European Grand Prix, competitive disciplines and additional exercises may be combined and distributed in the program at the discretion of the Board of Referees.

The preliminary schedule for each competition (compiled by day), along with the provisional start protocols for competitive disciplines and additional exercises, will be published around two weeks after registration deadline and the financial obligations of the participating organizations have been fulfilled. The publication process must be completed at least two weeks prior to the start of the competition.

Mandate Commission is held during weigh in at all competitions.

After the Mandate Commission and the weighing in, the final competition schedule and revised start protocols are prepared. Following the weigh-in, a meeting of the representatives of countries and teams is held to approve the results of the Mandate Commission. Additionally, a meeting of the Board of Referees will take place to approve the final competition schedule.

8. Winner determination and awards

Victors and prize winners are determined in accordance with the International Rules of IUKL for competitions.

Individual achievements are determined separately for all age groups, competitive classes, and weight categories in all competitive disciplines and exercises of the European Championships and Games, Cups and Grand Prix.

Points are awarded in the following way **for individual disciplines:**

- **Two arms long cycle:** 1 point per lift;
- **Two arms jerk:** 1 point per lift;
- **Snatch:** 1 point per lift.

In the Biathlon, the result is determined as the sum of two individual disciplines (two-arms jerk and snatch). Points are awarded as follows:

- **Two arms jerk:** 1 point per lift;
- **Snatch:** 0,5 points per lift.

In the All-round, 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:** 1,5 points per lift;
- **Two arms jerk:** 1 point per lift;

- **Snatch:** 0,5 points per lift.

Team ratings are determined only during the European Championships and Cups, namely in the following groups:

- Joint U-16 / U-18 Group;
- U-23 Group (combining "Professionals" and "Amateurs" classes);
- "Adults" Group (combining "Professionals" and "Amateurs" classes);
- Joint "Seniors" Group (combining all age groups in "Veterans" class),

In team rankings of the European Championships, team members' personal results are considered in specific disciplines, as follows:

In joint U-16/U-18 group:

- The 3 best results among boys in the U-16 group + 3 best results among boys in the U-18 group in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- The 2 best results among girls in the U-16 group + 2 best results among girls in the U-18 group in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- Results in boys' and girls' team relay races in U-18 group (one male relay race and one female relay race).

In the U-23 group:

- The 5 best results among male juniors in U-23 group in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- The 3 best results among female juniors in U-23 group in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- Results in male and female junior team relay races in U-23 group (one relay race for males and one for females).

In the "Adults" group:

- The 5 best results among male adults in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- The 3 best results among female adults in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- Results in male and female adult team relay races (one relay race for males and one for females).

In joint "Seniors" group:

- All results among male seniors in all age groups in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- All results among female seniors in all age groups in all individual disciplines (long cycle, jerk, snatch, snatch-12, all-round);
- Results in male seniors' and female seniors' team relay races.

In team rankings for the European Cups, all personal results of all team members across all disciplines are taken into account, specifically:

- All results for men in the long cycle, jerk, snatch, snatch-12, and all-round;
- All results for women in the long cycle, jerk, snatch, snatch-12, and all-round;
- All results in male and female team relay races.

When team ratings are determined, the results of “amateurs” are counted in only after the results of “professionals”.

Scoring system:

- 20 points for 1st place in the weight category;
- 18 points for 2nd place;
- 16 points for 3rd place;
- 15 points for 4th place, with each subsequent position receiving one less point.

In the event the points are equal, a team with a greater number of 1st, 2nd, 3rd, etc., places will be prioritized over the rest.

The team rankings are carried out in one composition for each participating country.

For each Individual Exercise athletes, who place 1st to 3rd in individual rankings in each age group, competitive class and weight category, are awarded small medals. The titles of victors and prize winners in those separate exercises are also awarded.

Athletes, who are part of teams that place 1st to 3rd in relay races for separate exercises are awarded small medals with the titles of victors and prize winners in relay races. Additionally, teams are awarded with cups.

Athletes, who place 1st to 3rd in individual rankings in each age group, competitive class, and weight category **within a specific discipline**, are awarded large medals. The titles of Champions and prize-winners in those specific disciplines are awarded.

Athletes, who are part of teams that place 1st to 3rd divided by disciplines relay races, are awarded large medals with the titles of Champions and prize-winners in relay races. Teams are also awarded with cups.

Teams that place 1st to 3rd in team rankings in each age group are awarded with cups.

Based on the results of rating competitions (First group of competitions in the Calendar plan of IUKL sports events), the current athlete personal rankings and country rankings are determined throughout the year.

At the end of the calendar year, the best athletes of the year in each age group and the best team of the year are determined based on the overall rankings from all competitions held during the year.

9. Costs and Fees

Costs, associated with competition organization and conduction, are borne by the organizers, responsible for competition location and IUKL (Separation of duties and expenses of parties in accordance with the terms of Contracts on sports events organization and holding).

Costs related to athletes' participation in the competition (including travel, meals, accreditation, etc.) are the responsibility of athletes themselves or their respective organizations.

Participation in the competition is permitted only after the comprehensive accreditation fees are paid. The types and costs of accreditation are determined individually for each competition.

Athletes and teams from countries that are not members of IUKL must pay double the standard accreditation fee.

Athletes and teams from IUKL member countries are required to pay double the accreditation fee if their country has not paid an annual membership fee by March 31 of the current year.

If the terms of comprehensive accreditation are violated, athletes and teams will be required to pay double the entry fees to compensate for the costs associated with pre-booking services at the competition location.

To effectively manage potential risks associated with force majeure situations (including the introduction of restrictions on sports and other mass events due to the impact of international sanctions, the consequences of COVID-19 pandemic, etc.), participants are advised to ensure they have the option to exchange or refund their tickets in the event of competition dates or venue changes.

If the competition is rescheduled or canceled due to force majeure circumstances, the accreditation fee will be fully refunded.

Annual personal license (per year)

- Group U-16 (boys, girls) - released;

- Group U-18 (boys, girls) - released;
- Group U-23 (juniors, juniors / Pros, Amateurs) - 60 EUR;
- Group "Adults" (men, women / Pros, Amateurs) - 60 EUR;
- Group "Seniors" (men, women / Veterans) - 60 EUR;
- Para-athletes group (men, women) - 30 EUR.

A personal annual license gives the right to participate in all official IUKL competitions during the calendar year, for groups U-23, "Adults" and "Seniors" is valid immediately in all these groups and classes of these groups, as well as in case of parallel offset of results in all these groups.

The entry fees for participation in the competition:

Group U-16 (boys, girls)

Group U-18 (boys, girls)

- Two arms jerk - 60 EUR;
- Snatch - 60 EUR;
- Two arms long cycle - 60 EUR;
- Snatch-12 (12 min. with multiple hand changes) - 60 EUR;
- Biathlon (excluding results in individual exercises) - 60 EUR;
- Biathlon (including results in the jerk and snatch) - 150 EUR;
- All-round (excluding results in individual exercises) - 60 EUR;
- All-round (including results in the jerk, snatch, long cycle) - 200 EUR;
- Relay races (boys, girls) = 30 EUR/stage × 4;
- One arm jerk - 60 EUR;
- One arm long cycle - 60 EUR;
- Snatch-12 (12 min. with multiple hand changes) - 60 EUR;
- Mixed relay (2 stages jerk + 2 stages snatch) = 30 EUR/stage × 4

Group U-23 (male, female) / Class "Amateurs"

- Two arms jerk - 80 EUR;
- Snatch - 80 EUR;
- Two arms long cycle - 80 EUR;
- Snatch-12 (12 min. with multiple hand changes) - 80 EUR;
- Biathlon (excluding results in individual exercises) - 80 EUR;
- Biathlon (including results in the jerk and snatch) - 210 EUR;
- All-round (excluding results in individual exercises) - 80 EUR;
- All-round (including results in the jerk, snatch, long cycle) - 280 EUR;
- Relay races (jerk, long cycle for male, female) = 40 EUR/stage × 4;
- One arm jerk - 80 EUR;
- One arm long cycle - 80 EUR;
- Mixed relay (2 stages jerk + 2 stages snatch) = 40 EUR/stage × 4.

Group "Adults" (male, female) / Class "Amateurs"

- Two arms jerk - 80 EUR;
- Snatch - 80 EUR;
- Two arms long cycle - 80 EUR;
- Snatch-12 (12 min. with multiple hand changes) - 80 EUR;
- Biathlon (excluding results in individual exercises) - 80 EUR;
- Biathlon (including results in the jerk and snatch) - 210 EUR;
- All-round (excluding results in individual exercises) - 80 EUR;
- All-round (including results in the jerk, snatch, long cycle) - 280 EUR;
- Relay races (jerk, long cycle for male, female) = 40 EUR/stage × 4;

- One arm jerk - 80 EUR;
- One arm long cycle - 80 EUR;
- Half-Marathon (snatch, one arm jerk, one arm long cycle - 30 min) - 80 EUR
- Mixed relay (2 stages jerk + 2 stages snatch) = 40 EUR/stage × 4.

Group “Seniors” (male, female) / Class “Veterans”

- Two arms jerk - 70 EUR;
- Snatch - 70 EUR;
- Two arms long cycle - 70 EUR;
- Snatch-12 (12 min. with multiple hand changes) - 70 EUR;
- Biathlon (excluding results in individual exercises) - 70 EUR;
- Biathlon (including results in the jerk and snatch) - 180 EUR;
- All-round (excluding results in individual exercises) - 70 EUR;
- All-round (including results in the jerk, snatch, long cycle) - 240 EUR;
- Relay races (jerk, long cycle for male, female) = 35 EUR/stage × 4;
- One arm jerk - 70 EUR;
- One arm long cycle - 70 EUR;
- Half-Marathon (snatch, one arm jerk, one arm long cycle - 30 min) - 70 EUR
- Mixed relay (2 stages jerk + 2 stages snatch) = 35 EUR/stage × 4.

Group U-23 (male, female) / Class “Professionals”

- Two arms jerk - 100 EUR;
- Snatch - 100 EUR;
- Two arms long cycle - 100 EUR;
- Snatch-12 (12 min. with multiple hand changes) - 100 EUR;
- Biathlon (excluding results in individual exercises) - 100 EUR;
- Biathlon (including results in the jerk and snatch) - 270 EUR;
- All-round (excluding results in individual exercises) - 100 EUR;
- All-round (including results in the jerk, snatch, long cycle) - 360 EUR;
- Relay races (jerk, long cycle for male, female) = 50 EUR/stage × 4.

Group “Adults” (male, female) / Class “Professionals”

- Two arms jerk - 100 EUR;
- Snatch - 100 EUR;
- Two arms long cycle - 100 EUR;
- Snatch-12 (12 min. with multiple hand changes) - 100 EUR;
- Biathlon (excluding results in individual exercises) - 100 EUR;
- Biathlon (including results in the jerk and snatch) - 270 EUR;
- All-round (excluding results in individual exercises) - 100 EUR;
- All-round (including results in the jerk, snatch, long cycle) - 360 EUR;
- Relay races (jerk, long cycle for male, female) = 50 EUR/stage × 4.

Group "Para-athletes" (male, female) / Classes (determined individually at each competition)

- Two arms jerk - 30 EUR;
- Snatch - 30 EUR;
- Two arms long cycle - 30 EUR;
- Snatch-12 (12 min. with multiple hand changes) - 30 EUR;
- Biathlon (excluding results in individual exercises) - 30 EUR;
- Biathlon (including results in the jerk and snatch) - 75 EUR;
- All-round (excluding results in individual exercises) - 30 EUR;
- All-round (including results in the jerk, snatch, long cycle) - 100 EUR;

- One arm jerk - 30 EUR;
- One arm long cycle - 30 EUR

Bank details of IUKL:

International Union of Kettlebell Lifting
(oryg. Starptautiskā svarbumbu celšanas savienība)
Registration Nr. 40008022472
Adress: 110-45 Saules street, Ventspils, Latvia, LV-3601
Bank: Swedbank
SWIFT Code (BIC): HABALV22
IBAN code: LV34 HABA 0551 0140 4636 3
Account Nr.: LV34HABA0551014046363

10. Applications

Applications for participation must be submitted to the organizers' main contacts and IUKL no later than 4 weeks (28 calendar days) before the start of the competition.

The list of documents that must be submitted through the Competitions Management (Contacts listed in section 4.):

1. The application form for participation - AFP (In accordance with the Competition Regulations).
 2. Electronic copies (or a file in PDF format) of health insurance documents for each participant.
 3. For "Para-Athletes" group participants - electronic copies (or a file in PDF format) of documents confirming disabilities and level of impairments.
 4. The application form for accreditation - AFA (In accordance with the Competition Regulations):
 - ✓ AFP-application specifies athlete's planned weight class,
 - ✓ AFP-application specifies relay races' team composition,
 - ✓ AFP-application should include only all participating athletes,
 - ✓ AFP and AFA applications must be certified by an official kettlebell lifting representative from the country in which the applications are submitted.
- ✓ **In the interest of child welfare and safety, please note that by submitting the AFP, the team confirms that all participants under the age of 18 have received parental consent to be photographed. These images may be used on official social media platforms.**

11. Visas

All athletes and country representatives who need to get **invitations for visas** should inform the organizers and IUKL, using the main contacts, no later than 4 weeks (28 calendar days) before the start of the competition.

Contact person for invitations for visas:

- Mrs. Jenny Whitcombe
 Phone:+44 7768 143643 ; e-mail: admin@englishkettlebells.org

Traveling to the UK: Visa & Entry Requirements

For many travellers, obtaining a visa or travel authorization is **mandatory** and must be completed **online before you travel**. You cannot board your flight or ship without the correct digital clearance.

Do You Need a Visa or an ETA?

The UK now uses two main digital systems for visitors, depending on your nationality:

- **Standard Visitor Visa:** Required for "visa nationals" (e.g., citizens of India, China, Nigeria, Pakistan, etc.). This is a formal application for those visiting for tourism, family, or short-term business.

- **Electronic Travel Authorisation (ETA):** As of **2025/2026**, almost all "non-visa" nationals (including those from the **EU, USA, Canada, and Australia**) who previously traveled with just a passport now **must** apply for an ETA before arrival.

The Online Process

The entire initial application is handled online through the official **GOV.UK** website or the **UK ETA app**.

Step	Action
Apply	Fill out the form online. You will need your passport, travel dates, email. When you apply, you'll need to upload or take photos of the face of the person applying.
Pay	Pay the mandatory fee online (currently £16 for an ETA;)
Verify	For ETAs, you usually get a decision within minutes or a few days.

Key Reminders

- **Apply Early:** It is recommended to apply at least **3 days** in advance for an ETA, and **3 months** in advance for a Standard Visitor Visa.
- **Mandatory:** If you arrive at the border without a valid visa or ETA, you will be denied entry, and your carrier (airline) may be fined.
- **Validity:** Most visitor permissions allow you to stay for up to **6 months**.
Note: Always use the official [GOV.UK](https://www.gov.uk) website to avoid "middleman" sites that charge extra fees.

12. Accommodation and transport

A list of proposed accommodation options will be available on the Facebook page dedicated to the European Championships.