



# World Championships 2015

*“Dublin City University, Glasnevin,  
Dublin 9, IRELAND”*

**25th – 29th Nov 2015**

## **RULES & REGULATIONS**

### **1. The purpose of the Competition**

- The World Championships will help promote and development Kettlebell Sport.
- The World Championship is an opportunity to promote health and fitness through sport.
- The World Championship will help advance and strengthen friendships between Nations.

### **2. Location of World Championships Nov 2015**

Location: Dublin City University, Glasnevin, Dublin 9

Date: 26th – 29th Nov 2015.

Weigh in: 25<sup>th</sup> Nov from 17:00 till 20:00; Extra weigh in time will be held on 27<sup>th</sup> Nov, from 08:00 till 10:00am. Weigh in will take place at Dublin City University.

Competition Start time: 10:00am each day

### **3. Organizers**

The World Championships will be hosted by the “All Ireland Kettlebell Lifting Federation” in cooperation with:- International Union of Kettlebell Lifting. **Contact name : President AIKLF Mick Kelly, email address : [info.aiklf@gmail.com](mailto:info.aiklf@gmail.com) or IUKL General Secretary Vasily Ginko, email address :[Vasilijs.Ginko@vgt.lv](mailto:Vasilijs.Ginko@vgt.lv)**

### **4. Who is eligible to compete at World Championships**

1. Members and federations affiliated with the IUKL.
2. Guests who have been invited by the IUKL.

## **Junior Category (Under 22yrs of age)**

- **"PROFESSIONAL FEMALE JUNIOR "- women over 18 years of age and under 22 years of age**  
Female Amateur Junior's will use a 24kg kettlebell during the Snatch;  
Weight categories 58 kg, 63 kg, 68 kg, + 68 kg;
- **"PROFESSIONAL MALE JUNIOR" – men over 18 years and under 22yrs of age.**  
Junior Men will use 32kg kettlebells during the competition during Biathlon or Long Cycle  
Weight categories 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, +95kg;

**Note: Male/Female youths who are under 18 yrs of age can compete at older age level once they submit medical assessment**

## **FEMALE ADULT Category**

- **" PROFESSIONAL/AMATEUR FEMALE Adults" - women over 18 years of age**  
Female Adults will use a 16kg or 24kg kettlebell during the Snatch;  
Weight categories 58 kg, 63 kg, 68 kg, + 68 kg;
- **"VETERAN Women"** 35 years old and older with an interval of five years.  
Age groups: 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65+  
Athletes compete in the Open category in each age group separately.  
35-39 - up to 63 kg., up to 68kg., over 68kg. - 16kg.  
40-44 - up to 63 kg., up to 68kg., over 68kg. - 16kg.  
45-49 – up to 68kg., over 68kg. - 16kg.  
50-54 - up to 68kg., over 68kg. - 12kg.  
55-59 – up to 68kg., over 68kg. - 12kg.  
60-64, 65+ – 8 kg

## **MALE ADULT Category**

- **"PROFESSIONAL/AMATEUR MALE ADULT" – men over 18 years of age**  
Male Adult will use 24kg or 32kg kettlebells during the competition during Biathlon or Long Cycle;  
Weight categories 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, +95kg;
- **"VETERAN Men"** - 40 years old and older with an interval of five years.  
**Age groups:** 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+  
Athletes compete in the Open category in each age group separately.  
**Kettlebell weight:**  
40-44 - up to 73 kg; up to 85 kg.; up to 95 kg. over 95 kg. - 24 kg.;  
45-49 - up to 73 kg; up to 85 kg.; up to 95 kg. over 95 kg. - 24 kg.;  
50-54 - up to 73 kg; up to 85 kg.; up to 95 kg. over 95 kg. - 24 kg.;  
55-59 – up to 73 kg; up to 85 kg.; up to 95 kg. over 95 kg. - 24 kg.;  
60-64 - up to 73 kg; up to 85 kg.; over 85 - 16 kg;  
65-69 – up to 85 kg.; over 85 - 16 kg;  
70-74 - up to 85 kg.; over 85 - 16 kg;  
+75 – 12 kg.

### **5. Competition program**

Female (Junior, Amateur, Professional, Veterans ) will compete:

- in the Snatch (with single arm change).

Male ( Junior, Amateur, Professional, Veterans) will compete:

- in the Biathlon & Long Cycle.

### **6. Competition Schedule**

**26th<sup>th</sup> Nov: Male Adult/Junior Professional/Amateur Biathlon/ Female Professional/Amateur Snatch ( lighter weight categories, Male 63kg, 68kg, 73kg, 78kg/ Female 58kg, 63kg) day 1)**

**Opening Ceremony 9.30am**

Professional Male Jerk ----- 10am

Professional Junior Jerk

Professional Female Snatch

Professional Female Junior Snatch

Professional Male Snatch

Amateur Male Jerk

Amateur Female Snatch

Amateur Male Snatch

## Medal Ceremony

### **27th Nov : Male Adult/Junior Professional/Amateur Biathlon/ Female professional/Amateur Snatch ( heavier weight categories, Male 85kg, 95kg,+95kg/ Female -68kg, +68kg day 2)**

Professional Male Jerk ----- 10am

Professional Junior Jerk

Professional Female Snatch

Professional Female Junior Snatch

Professional Male Snatch

Amateur Male Jerk

Amateur Female Snatch

Amateur Male Snatch

Jerk Relay

**Medal Ceremony**

### **28th Nov : Adult Professional/Junior/Amateur/Veteran Long Cycle**

Adult Professional LC ----- 10am

Junior Professional LC

Adult Amateur LC

Veteran LC

**Medal Ceremony**

### **29th Nov : Veteran Biathlon & Female Snatch**

Veteran Jerk ----- 10am

Female Veteran Snatch

Male Veteran Snatch

**Medal Ceremony**

## **7. Rules & determining the Winners.**

Rules & regulations will be as per International Union of Kettlebell Lifting (IUKL) with amendments and changes valid on the day of the Competition.

**The winner in each weight class is determined by the highest score in that lift.**

The Jerk is equal to 1 point for Men

The Snatch is equal to .5 point

The Long Cycle is equal to 1 point

In the Biathlon – total result is the sum of both jerk & snatch.

Winners of 1-3 places in every age and weight category will be awarded with medals

### **Registration fee:**

**Male & Female Professional - 80 EUR;**

**Male & Female Amateurs - 70 EUR;**

**Male & Female Veterans – 70 Euro;**

**Male & Female Juniors – 60 Eur**

**Registration closing date Friday 30<sup>th</sup> Oct**

Accommodation for the event is available at a special reserved rate at the hotels listed below. Allocation of rooms and special offer rates will be subject to a cut off date therefore early booking is recommended.

All hotels are close to the airport and within 6-12 minutes to the venue.

For anyone experiencing problems in booking hotel rooms please contact Jean Oconnell or Catherine Myers for booking support.

Email: [info@joconnellmarketing.com](mailto:info@joconnellmarketing.com)

Phone: 00353 53 9376931

**IUKL World Kettlebell Championships 2015**  
**Dublin Hotels BOOKED for World Championships (26-28th November 2015)**

All Rates are Bed & Breakfast per night per room/Min 2 Night Stay.

1. **Regency Hotel** - 1.7KM from DCU

€160 Twin/Double (2pax) & €90 Single (1pax) (27th & 28th November)

100 Rooms Reserved

\*24/25/26/29 November Rooms available €100 Twin/Double & €90 Single.

Book using promo code "WORLD" [www.regencyhotels.com](http://www.regencyhotels.com)

Telephone: +353 1 8373544 - Carol in Reservations [carol@regencyhotels.com](mailto:carol@regencyhotels.com)

2. **Carlton Hotel Dublin Airport** - 5KM from DCU

€149 Twin/Double (2pax) & €139 Single (1pax) (27th & 28th November)

50 Rooms Reserved

Book using promo code "KETTLE" [www.carltondublinairport.com](http://www.carltondublinairport.com)

Telephone: +353 1 8667500 EXT 7506

[sales.dublin@carlton.ie](mailto:sales.dublin@carlton.ie) Min 2 night stay.

3. **Crown Plaza Hotel** - 4KM from DCU

€149 Twin/Double (2pax) & €139 (1pax)

80 Rooms Reserved

Book Online on Exclusive Link Set Up;

Book your special rate at the Crowne Plaza Dublin Airport

Note: For Single Rooms you must call hotel directly.

Telephone: +353 1 862888 Nadia in Group Reservations [ngubanova@crowneplazadublin.ie](mailto:ngubanova@crowneplazadublin.ie)

4. **Holiday Inn** (Grounds of Crown Plaza Hotel)

€89 Twin/Double/Single

50 Rooms Reserved

Book online with exclusive Link Set up;

Book your special rate at the Holiday Inn Express Dublin Airport

Telephone: +353 1 862888 Nadia in Group Reservations [ngubanova@crowneplazadublin.ie](mailto:ngubanova@crowneplazadublin.ie)

5. **Clayton Hotel** (formely Bewleys Hotel) - 5KM from DCU

€109 Twin/Double (2pax) & €99 (1pax) €149 Triple (3pax)

80 Rooms Reserved (26-28th) & 30 rooms 24-26th November.

Telephone: +353 1 8711211 Natalia [resmanager.dublinairport@claytonhotels.com](mailto:resmanager.dublinairport@claytonhotels.com)

Book Direct Link to be set up.

Important: The Above hotels are the designated hotels reserved for World Championships taking place in DCU. You need to Quote the Promo Code and Book Via the Details.

This is to ensure all competitors stay in the selected hotels which will allow the event management company to book more or release rooms as required and arrange bus transfers to and from DCU.

This will also allow the organisers to make contact with you as required.

If you have require any assistance to make a hotel booking with your selected hotel you can contact

**Catherine or Jean info@joconnellmarketing.com to assist you.**

Here are contact details/website of hotels.

Carlton Airport Hotel, Dublin  
Contact person: Aurelie Jaffre  
Direct Dial Tel number: 01 8667500  
ext 7506  
Email:sales.dublin@carlton.ie  
website link

**Crown Plaza & Holiday Inn, Dublin**  
Contact person: Eileen Timmons  
Direct dial Tel number :01 8628888  
Email:etimmons@crownplazadublin.ie  
Website link:

<http://www.cpireland.crowneplaza.com/crowne-plaza-dublin-airport/>  
<http://www.hiexpressdublin-airport.com/>

**There will be buses provided at each hotel to bring athletes to competition venue**