

IKFF/IKSFA Kettlebell Competitions – Rankings, Policies, Rules and FAQ



Frequently Asked Questions:

1. What is the IKFF ranking structure and why did you change it? The IKFF has always prided itself on being a progressive organization. If we see a better way to do things, we evolve. We saw a need to update our rankings in an effort to grow the sport and improve the performance and safety of our competitors. **As a result, we chose to work with [IKSFA \(International Kettlebell Sport & Fitness Academy\)](#) President Sergey Rachinskiy (9 time World Champion, 12 time Champion of Russia) and Master Coach Sergey Rudnev (5 time World Champion, 5 time Champion of Russia, Coach of Russian National Team) to leverage their tremendous knowledge and experience to develop an International Ranking System of Kettlebell Sport.**

So, we are proud to announce the [IKFF/IKSFA International Rankings Table](#) outlined below:

Biathlon = jerk + snatch

Men's Biathlon: every lift in Jerk is 1 point and every lift in Snatch is 0.5 points. The snatch score is calculated as the sum of total lifts made with both hands, divided by 2. For example: 35 lifts were done in Jerk and the snatch = 24 lifts with right hand and 40 with left hand. The total count of points = $35 + (24 + 40) / 2 = 35 + 64 / 2 = 35 + 32 = 77$ points.

Women's Biathlon: every jerk with one hand is 0.5 points and every snatch with one hand is 0.5 points. In the jerk and snatch, total number of points = sum of total lifts done by both hands, divided by 2. Example: Jerk - 35 + 30 lifts were done with both right and left hand. Snatch - 24 right hand and 40 left hand. The total count for the event = $(35 + 30) / 2 + (24 + 40) / 2 = 65 / 2 + 64 / 2 = 32.5 + 32 = 64.5$ points.

Men's Long Cycle: every lift = 1 point.

Women's Long Cycle: every lift by each hand = 1 point. The total number of points is determined by the amount of lifts performed by each hand.

Men's Jerk: every lift = 1 point.

Women's Jerk: every lift = 1 point. The total number of points is determined by the amount of lifts performed by each hand.

Snatch - Men and Women: every lift = 1 point. The total number of points is determined by the amount of lifts performed by each hand.

CMS = Candidate Master of Sport

MS = Master of Sport

MSIC = Master of Sport International Class

Note – we will honor rankings acquired under the old ranking system. Of course, if a competitor wishes to acquire rank under the new table, they will have to compete in a future IKFF/IKSFA competition.

Men's Biathlon

Weight Categories (kg)	60	64	69	75	82	90	100	100+	KB Weight	
MSIC	130	145	157	168	178	185	190	193	32kg	Ranks
MS	80	95	108	119	129	136	141	145		in category
CMS	50	62	73	83	92	96	101	105		HIGH MASTERY OF SPORT
CMS	100	120	135	148	159	168	177	185	24kg	Ranks
1	70	85	98	109	117	124	130	135		in category
2	50	62	74	84	91	98	103	107		SPORTING
3	29	39	49	58	65	72	77	80		PERFECTION
1	125	136	146	155	164	172	178	182	16kg	Ranks
2	85	93	100	106	112	118	124	130		in category
3	56	63	70	76	82	87	91	94		GPP
1	149	160	170	179	187	194	200	205	12kg	Ranks
2	106	115	122	129	136	143	149	153		in category
3	63	70	75	80	85	90	95	100		HEALTH

Men's Long Cycle

Weight Categories (kg)	60	64	69	75	82	90	100	100+	KB Weight	
MSIC	41	51	59	66	71	74	77	79	32kg	Ranks
MS	30	38	45	50	54	58	60	63		in category
CMS	20	29	36	42	46	51	53	55		HIGH MASTERY OF SPORT
CMS	50	58	65	72	78	83	87	90	24kg	Ranks
1	37	44	50	55	60	67	69	72		in category
2	27	32	37	41	45	49	53	56		SPORTING
3	17	21	25	29	33	37	40	42		PERFECTION
1	49	53	57	61	65	69	72	74	16kg	Ranks
2	38	42	45	48	51	54	57	59		in category
3	27	30	33	36	39	42	45	47		GPP
1	57	63	68	72	75	78	81	83	12kg	Ranks
2	48	52	55	58	61	64	67	69		in category
3	40	44	47	50	53	56	59	61		HEALTH



Men's Jerk

Weight Categories (kg)	60	64	69	75	82	90	100	100+	KB Weight	
MSIC	90	100	109	117	124	130	135	138	32kg	Ranks
MS	60	71	81	90	97	103	108	112		in category
CMS	36	46	56	66	74	80	86	90		HIGH MASTERY OF SPORT
CMS	77	89	100	110	119	127	134	140	24kg	Ranks
1	59	69	78	86	94	101	107	112		in category
2	42	50	58	65	72	78	83	88		SPORTING
3	27	34	40	45	50	55	59	62		PERFECTION
1	85	92	98	103	108	113	117	120	16kg	Ranks
2	63	68	73	78	83	87	91	94		in category
3	47	51	55	59	63	67	70	72		GPP
1	106	112	117	122	127	131	135	139	12kg	Ranks
2	82	89	95	100	105	109	113	116		in category
3	57	63	68	73	78	82	86	89		HEALTH

Men's Snatch

Weight Categories (kg)	60	64	69	75	82	90	100	100+	KB Weight	
MSIC	126	140	154	166	174	182	188	192	32kg	Ranks
MS	80	94	106	116	126	134	140	144		in category
CMS	48	58	68	76	84	92	98	102		HIGH MASTERY OF SPORT
CMS	120	130	140	150	160	168	176	182	24kg	Ranks
1	80	90	98	106	114	120	126	130		in category
2	52	62	70	78	86	94	100	104		SPORTING
3	28	38	46	54	62	70	76	80		PERFECTION
1	134	146	156	164	172	180	189	190	16kg	Ranks
2	98	106	114	120	126	132	138	142		in category
3	66	74	80	86	90	94	98	100		GPP
1	150	160	168	176	184	190	196	200	12kg	Ranks
2	116	126	134	142	148	154	160	164		in category
3	78	86	92	98	104	110	116	120		HEALTH

Men's Age to 18 Biathlon

Weight Categories (kg)	56	60	64	69	75	82	82+	KB Weight	
CMS	80	100	120	135	148	159	164	24kg	Ranks
1	55	70	85	98	109	117	121		in category
2	38	50	62	74	84	91	95		SPORTING
3	19	29	39	49	58	65	69		PERFECTION
1	112	125	136	146	155	164	169	16kg	Ranks
2	75	85	93	100	106	112	116		in category
3	48	56	63	70	76	82	85		GPP
1	137	149	160	170	179	187	192	12kg	Ranks
2	98	106	115	122	129	136	141		in category
3	57	63	70	75	80	85	88		HEALTH

Men's Age to 18 Long Cycle

Weight Categories (kg)	56	60	64	69	75	82	82+	KB Weight	
CMS	41	50	58	65	72	78	81	24kg	Ranks
1	30	37	44	50	55	60	65		in category
2	21	27	32	37	41	45	47		SPORTING
3	13	17	21	25	29	33	35		PERFECTION
1	44	49	53	57	61	65	67	16kg	Ranks
2	34	38	42	45	48	51	53		in category
3	24	27	30	33	36	39	41		GPP
1	51	57	63	68	72	75	77	12kg	Ranks
2	43	48	52	55	58	61	63		in category
3	36	40	44	47	50	53	55		HEALTH

Men's Age to 18 Jerk

Weight Categories (kg)	56	60	64	69	75	82	82+	KB weight	
CMS	65	77	89	100	110	119	124	24kg	Ranks
1	49	59	69	78	86	94	98		in category
2	34	42	50	58	65	72	76		SPORTING
3	20	27	34	40	45	50	53		PERFECTION
1	77	85	92	98	103	108	111	16kg	Ranks
2	57	63	68	73	78	83	85		in category
3	42	47	51	55	59	63	65		GPP
1	99	106	112	117	122	127	129	12kg	Ranks
2	74	82	89	95	100	105	107		in category
3	51	57	63	68	73	78	80		HEALTH

Men's Age to 18 Snatch

Weight Categories (kg)	56	60	64	69	75	82	82+	KB weight	
CMS	110	120	130	140	150	160	166	24kg	Ranks
1	70	80	90	98	106	114	118		in category
2	42	52	62	70	78	86	90		SPORTING
3	18	28	38	46	54	62	68		PERFECTION
1	122	134	146	156	164	172	176	16kg	Ranks
2	88	98	106	114	120	126	130		in category
3	58	66	74	80	86	90	92		GPP
1	140	150	160	168	176	184	188	12kg	Ranks
2	106	116	126	134	142	148	152		in category
3	70	78	86	92	98	104	108		HEALTH

Men's Age to 16 Biathlon

Weight Categories (kg)	52	56	60	64	69	75	75+	KB Weight	
1	98	112	125	136	146	155	160	16kg	Ranks
2	63	75	85	93	100	106	110		in category
3	38	48	56	63	70	76	80		GPP
1	124	137	149	160	170	179	185	12kg	Ranks
2	86	98	106	115	122	129	134		in category
3	51	57	63	70	75	80	83		HEALTH

Men's Age to 16 Long Cycle

Weight Categories (kg)	52	56	60	64	69	75	75+	KB Weight	
1	39	44	49	53	57	61	63	16kg	Ranks
2	29	34	38	42	45	48	50		in category
3	20	24	27	30	33	36	38		GPP
1	44	51	57	63	68	72	44	12kg	Ranks
2	37	43	48	52	55	58	60		in category
3	31	36	40	44	47	50	52		HEALTH

Men's Age to 16 Jerk

Weight Categories (kg)	52	56	60	64	69	75	75+	KB Weight	
1	68	77	85	92	98	103	106	16kg	Ranks
2	50	57	63	68	73	78	81		in category
3	36	42	47	51	55	59	61		GPP
1	88	99	106	112	117	122	125	12kg	Ranks
2	65	74	82	89	95	100	103		in category
3	45	51	57	63	68	73	45		HEALTH

Men's Age to 16 Snatch

Weight Categories (kg)	52	56	60	64	69	75	75+	KB Weight	
1	110	122	134	146	156	164	168	16kg	Ranks
2	78	88	98	106	114	120	124		in category
3	50	58	66	74	80	86	88		GPP
1	128	140	150	160	168	176	180	12kg	Ranks
2	96	106	116	126	134	142	146		in category
3	62	70	78	86	92	98	102		HEALTH

Men's Age to 14 Biathlon

Weight Categories (kg)	48	52	56	60	64	69	69+	KB Weight	
1	110	124	137	149	160	170	177	12kg	Ranks
2	76	86	98	106	115	122	127		in category
3	45	51	57	63	70	75	78		HEALTH

Men's Age to 14 Long Cycle

Weight Categories (kg)	48	52	56	60	64	69	69+	KB Weight	
1	37	44	51	57	63	68	70	12kg	Ranks
2	31	37	43	48	52	55	57		in category
3	26	31	36	40	44	47	49		HEALTH

Men's Age to 14 Jerk

Weight Categories (kg)	48	52	56	60	64	69	69+	KB Weight	
1	75	88	99	106	112	117	120	12kg	Ranks
2	55	65	74	82	89	95	98		in category
3	38	45	51	57	63	68	71		HEALTH

Men's Age to 14 Snatch

Weight Categories (kg)	48	52	56	60	64	69	69+	KB Weight	
1	116	128	140	150	160	168	172	12kg	Ranks
2	84	96	106	116	126	134	140		in category
3	54	62	70	78	86	92	96		HEALTH

Women's Biathlon

Weight Categories (kg)	50	54	59	65	72	72+	KB Weight	
MSIC	136	144	152	160	166	170	20kg	Ranks
MS	108	120	126	134	140	144		in category
CMS	90	98	104	110	116	120		HIGH MASTERY OF SPORT
CMS	134	142	150	158	164	168	16kg	Ranks
1	106	118	124	132	138	142		in category
2	88	96	104	108	114	118		SPORTING
3	62	68	74	80	84	88		PERFECTION
1	126	136	144	150	156	160	12kg	Ranks
2	102	110	116	122	126	130		in category
3	84	92	98	64	84	104		GPP
1	146	154	162	170	176	180	8kg	Ranks
2	120	128	134	140	146	150		in category
3	96	102	108	114	118	122		HEALTH

Women's Long Cycle

Weight Categories (kg)	50	54	59	65	72	72+	KB Weight	
MSIC	96	104	112	120	126	130	24kg	Ranks
MS	76	84	90	96	102	108		in category
MS	92	100	106	112	118	122	20kg	HIGH
CMS	58	64	70	74	78	82	24kg	MASTERY
CMS	70	78	84	90	96	100	20kg	OF SPORT
1	80	88	98	106	114	120	16kg	Ranks
2	62	70	78	84	90	94		in category
3	46	52	58	62	66	70		SPORTING PERFECTION
1	108	114	118	122	126	130	12kg	Ranks
2	82	86	90	94	98	100		in category
3	56	60	64	68	72	74		GPP
1	122	126	130	134	138	140	8kg	Ranks
2	104	108	112	116	120	122		in category
3	84	88	92	96	100	102		HEALTH

Women's Jerk

Weight Categories (kg)	50	54	59	65	72	72+	KB Weight	
MSIC	144	158	170	180	188	194	20kg	Ranks
MS	118	128	138	148	158	166		in category
CMS	96	108	118	126	134	140		HIGH MASTERY OF SPORT
CMS	134	148	160	170	178	186	16kg	Ranks
1	112	122	132	140	148	154		in category
2	92	100	108	114	120	124		SPORTING
3	74	80	86	92	96	100		PERFECTION
1	134	146	156	166	174	180	12kg	Ranks
2	106	114	122	128	134	138		in category
3	82	86	90	94	98	100		GPP
1	156	168	180	190	198	204	8kg	Ranks
2	122	130	136	142	148	152		in category
3	90	94	98	102	106	108		HEALTH



Women's Snatch

Weight Categories (kg)	50	54	59	65	72	72+	KB Weight	
MSIC	140	154	166	176	184	190	20kg	Ranks
MS	100	112	124	134	142	148		in category
CMS	58	70	80	88	96	102		HIGH MASTERY OF SPORT
CMS	130	144	156	166	174	180	16kg	Ranks
1	92	104	114	124	132	138		in category
2	70	78	86	92	98	102		SPORTING
3	52	60	66	72	78	82		PERFECTION
1	118	132	144	154	162	168	12kg	Ranks
2	94	102	110	122	126	128		in category
3	68	74	80	84	88	90		GPP
1	144	158	170	182	192	200	8kg	Ranks
2	112	122	130	138	144	148		in category
3	88	94	100	108	114	118		HEALTH

Women's Age to 18 Biathlon

Weight Categories (kg)	47	50	54	59	65	65+	KB Weight	
CMS	124	134	142	150	158	162	16kg	Ranks
1	96	106	118	124	132	136		in category
2	78	88	96	104	108	112		SPORTING
3	54	62	68	74	80	82		PERFECTION
1	116	126	136	144	150	154	12kg	Ranks
2	94	102	110	116	122	124		in category
3	74	84	92	98	104	108		GPP
1	136	146	154	162	170	176	8kg	Ranks
2	112	120	128	134	140	144		in category
3	88	96	102	108	114	116		HEALTH



Women's Age to 18 Long Cycle

Weight Categories (kg)	47	50	54	59	65	65+	KB Weight	
1	72	80	88	98	106	110	16kg	Ranks
2	54	62	70	78	84	88		in category
3	40	46	52	58	62	64		SPORTING PERFECTION
1	102	108	114	118	122	124	12kg	Ranks
2	76	82	86	90	94	96		in category
3	52	56	60	64	68	70		GPP
1	118	122	126	130	134	136	8kg	Ranks
2	100	104	108	112	116	118		in category
3	80	84	88	92	96	98		HEALTH

Women's Age to 18 Jerk

Weight Categories (kg)	47	50	54	59	65	65+	KB Weight	
CMS	120	134	148	160	170	174	16kg	Ranks
1	100	112	122	132	140	144		in category
2	84	92	100	108	114	118		SPORTING
3	68	74	80	86	92	94		PERFECTION
1	122	134	146	156	166	170	12kg	Ranks
2	98	106	114	122	128	132		in category
3	78	82	86	90	94	96		GPP
1	144	156	168	180	190	194	8kg	Ranks
2	114	122	130	136	142	146		in category
3	86	90	94	98	102	104		HEALTH

Women's Age to 18 Snatch

Weight Categories (kg)	47	50	54	59	65	65+	KB Weight	
CMS	116	130	144	156	166	170	16kg	Ranks
1	80	92	104	114	124	128		in category
2	62	70	78	86	92	96		SPORTING
3	44	52	60	66	72	76		PERFECTION
1	104	118	132	144	154	160	12kg	Ranks
2	84	94	102	110	122	124		in category
3	60	68	74	80	84	86		GPP
1	128	144	158	170	182	188	8kg	Ranks
2	102	112	122	130	138	142		in category
3	80	88	94	60	80	88		HEALTH

Women's Age to 16 Biathlon

Weight Categories (kg)	44	47	50	54	59	59+	KB Weight	
1	106	116	126	136	144	148	12kg	Ranks
2	86	94	102	110	116	120		in category
3	64	74	84	92	98	102		GPP
1	126	136	146	154	162	128	8kg	Ranks
2	104	112	120	128	134	138		in category
3	80	88	96	102	108	112		HEALTH

Women's Age to 16 Long Cycle

Weight Categories (kg)	44	47	50	54	59	59+	KB Weight	
1	96	102	108	114	118	120	12kg	Ranks
2	68	76	82	86	90	92		in category
3	46	52	56	60	64	66		GPP
1	112	118	122	126	130	132	8kg	Ranks
2	94	100	104	108	112	114		in category
3	76	80	84	88	92	94		HEALTH

Women's Age to 16 Jerk

Weight Categories (kg)	44	47	50	54	59	59+	KB Weight	
1	108	122	134	146	156	162	12kg	Ranks
2	90	98	106	114	122	124		in category
3	74	78	82	86	90	92		GPP
1	130	144	156	168	180	186	8kg	Ranks
2	106	114	122	130	136	140		in category
3	82	86	90	94	98	100		HEALTH

Women's Age to 16 Snatch

Weight Categories (kg)	44	47	50	54	59	59+	KB Weight	
1	88	104	118	132	144	150	12kg	Ranks
2	72	84	94	102	110	118		in category
3	52	60	68	74	80	82		GPP
1	112	128	144	158	170	178	8kg	Ranks
2	90	102	112	122	130	134		in category
3	70	80	88	94	60	70		HEALTH

Women's Age to 14 Biathlon

Weight Categories (kg)	41	44	47	50	54	54+	KB Weight	
1	114	126	136	146	154	164	8kg	Ranks
2	94	104	112	120	128	132		in category
3	72	80	88	96	102	106		HEALTH

Women's Age to 14 Long Cycle

Weight Categories (kg)	41	44	47	50	54	54+	KB Weight	
1	106	112	118	122	126	128	8kg	Ranks
2	88	94	100	104	108	110		in category
3	72	76	80	84	88	90		HEALTH

Women's Age to 14 Jerk

Weight Categories (kg)	41	44	47	50	54	54+	KB Weight	
1	114	130	144	156	168	176	8kg	Ranks
2	96	106	114	122	130	134		in category
3	78	82	86	90	94	96		HEALTH

Women's Age to 14 Snatch

Weight Categories (kg)	41	44	47	50	54	54+	KB Weight	
1	96	112	128	144	158	166	8kg	Ranks
2	76	90	102	112	122	126		in category
3	60	70	80	88	94	98		HEALTH

Division information:

2. Weight Class – Refer to the rankings above.

Female Divisions:

- Amateur Adult(8kg, 12kg, and 16kg k-bell) – any age
- Professional Adult (20kg and 24kg bell) – any age
- Juniors (8kg k-bell) – up to 14 years
- Juniors (8kg or 12kg k-bell) – up to 16 years
- Juniors(8kg, 12kg, or 16kg k-bell) – up to 18 years
- Masters (12kg bell) – 40 +
- Seniors (8kg bell) – 55+

Male Divisions:

- Amateur Adult(12kg or 16kg k-bell) – any age
- Professional Adult (24kg or 32kg k- bell) – any age
- Juniors (12kg k-bell) – up to 14 years
- Juniors (12kg or 16kg k-bell) – up to 16 years
- Junior (12kg, 16kg or 24kg k-bell) – up to 18 years
- Masters (16kg bell) – 40 +
- Seniors (12kg bell) – 55+

Your age does not limit your division. As an example, a 16 year old or 40+ year old competitor could compete as an Adult Amateur or Adult Professional. They don't have to compete as a "Junior" or "Master".

3. Will there be additional IKFF meets going forward?

Yes! We plan on scheduling two large meets a year (The IKFF Invitational K-bell Championships in March & the IKFF National Meet in the fall). We will also sponsor several smaller meets throughout the year.

4. Can I host a meet?

Yes, please contact Ken Blackburn at kenblackburn@ikff.net to inquire about hosting an IKFF sponsored meet.

5. I am new to the sport, how should I prepare?

It is HIGHLY recommended to meet with an experienced coach to obtain training guidelines. Since the competition is based on completing good repetitions within a 10 minute time frame, your training program should be centered around timed sets, pacing your repetitions, volume and working on your technique for each lift that you will be performing.

6. Can I use a weightlifting belt?

Yes, competitors can use a belt as long as they don't rest on it; rest elbows on belt. For many, this serves a medical purpose, protects their lower back etc. In the chair press, resting on the belt is allowed due to the difficulty in not resting on it as a result of the shortened rack positioning.

7. How long do I have between events?

For the biathlon, there will be a minimum of 45 minutes of rest between your jerk and snatch flights. We will ensure the flights are configured so that all competitors receive equal rest between events.

8. Will the results be posted on the IKFF website?

Yes, the results will be posted to the IKFF website (Click [HERE](#))

9. Where can I find a list/schedule of upcoming meets?

We are in the process of scheduling additional events for the remainder of the year. Going forward, you can view these on our "Events" page on the IKFF website (Click [HERE](#))

10. Will I be able to change the division I'm registered for the day of the competition in case I decide to compete in a different event, use a heavier/lighter bell etc?

No; not on the day of the event. You have up until one week before the competition to change your division. After that point, no changes will be accepted. This allows us to configure the flights



beforehand and post on the website so everyone knows when they will be competing.

11. How many spectators are we allowed to bring?

As many as you like!

12. Will there be awards?

Yes, awards will be given to all division winners. In addition, there will be an overall best lifter award (both absolute and co-efficient) given to the below:

- Men's 32kg Kettlebell
- Men's 24kg Kettlebell
- Women's 24kg Kettlebell
- Women's 20kg Kettlebell

Note: the Absolute title is the highest score for any weight-class in the above divisions. Coefficient winners are determined via an algorithm which takes into account the competitor's bodyweight. Thus, this can be thought of as a "pound for pound" title.

13. If I compete in the biathlon, can my jerk and snatch numbers count toward the individual jerk/snatch rankings and scoring for the event? – Yes.

14. What are the IKFF K-bell Sport Competition Policies and Rules?

Please read the below:

IKFF KETTLEBELL SPORT COMPETITION POLICIES AND RULES

I. Policies:

Refunds

- Refunds will not be issued.
- If you cannot make it to the event after you've already registered, you may transfer your registration by contacting Ashleigh Shooshanian <mailto:ashleigh.shooshanian@ikff.net>.
- If you transfer your registration after the flights have already been scheduled, the person taking your place, will be inserted into your flight.

Equipment

- Kettlebells and chalk will be provided at each platform.
- A warm-up area will be available for use prior to your flight.

Clothing

- You must wear apparel that allows the judges to see your knees. You will not be allowed to compete if the judges are not able to see your knees.
- Wrist wraps are allowed and recommended but avoid overly thick wraps.
- Shirts made of cotton are recommended versus synthetic fibers (i.e. Under Armor).

Belts

- You are allowed to use a weight belt but will be issued violations if you are using your belt to rest; i.e. elbows wedged or tucked into the belt. In the chair press, resting on the belt is allowed due to the difficulty in not resting on it as a result of the shortened rack positioning.

I-pods, headphones, etc.

- Are not allowed during your set.

Scheduled flights

- The general ordering of the events will be: Jerk, Snatch/Snatch Only, and Long Cycle.
- Within each of these events, the progression will be from lightest to heaviest and youngest to oldest. There may be deviations from this based on the overall profile of the registrations.
- Competing judges may be placed in earlier flights or within flights that are not in their division.
- You will be allowed only one attempt for the event you are registered.
- You will not be allowed a second attempt for the event you are registered during the competition; no do-overs.
- If you do not make it to your flight, you will not be given another flight time, and you will not receive a refund. It is your responsibility to be ready and at your platform prior to the start of the flight.

Division Changes

- You have up until two weeks before the competition to change your division. After that point, **no changes** will be accepted; **no exceptions** will be made.
- This allows us to configure the flights beforehand and enables us to post the flights on the website.

II. Rules:

Unsportsmanlike Conduct:

- Conduct such as, profanity, trash-talk, heckling/jeering, talking poorly of another competitor, judge, or official, and any other behaviors that are not congruent with being a good sport and citizen, **will not be tolerated**.
- Competitors displaying unsportsmanlike conduct will be disqualified immediately, whether your set has been completed or yet to happen.
- Spectators displaying unsportsmanlike conduct will be asked to leave the premises immediately.
- If you are not satisfied with your set, please take up your grievances **for review** with Ken Blackburn. All complaints will be given due consideration but do not expect a change in the decision made by the judge.

Disqualification

Your set will be stopped and you will not receive the repetitions counted during your set for the following:

- Unsportsmanlike conduct results in immediate disqualification.
- 3 warnings for any 1 violation results in a disqualification.

*You will not be disqualified if you do not perform a hand-switch. If you elect to do your entire set on one side, you will not be disqualified. However, it is not recommended.

Violations and Warnings

Violations include:

- Touching the bell with your free hand

- Resting the bell(s) on your shoulders- this includes racking the bell(s) too high on your shoulder(s) with an obvious pause prior to settling into the rack.
- Resting your elbow(s) on your weight belt
- Extra swing(s) at *any* time during the snatch or long-cycle; taking an extra swing before your first snatch *will result in a warning*.
- Half snatching, dropping the bell(s) to your shoulder or rack rather than dropping directly into the swing portion of the snatch

Warnings:

- 3 warnings will be issued **per violation**; the set will be stopped, and results in disqualification.
- For example, 1 warning for an extra swing, 2nd warning for an extra swing, and then, on the 3rd extra swing, your set will be stopped.
- Violations do not have to be issued continuously- one right after the other; they can be accrued throughout the set.
- It is possible to accrue 3 [different] violations without being disqualified. For example, 1 violation for touching the bell, 1 violation for extra swing, and 1 violation for half-snatching; hence, a combination of 1 each of a different violation will not get you disqualified.

Failed attempts- occur when a competitor is unable to fix the bell(s) overhead, these reps will not be counted. If a competitor appears to be overly fatigued and potentially at risk for injury:

- A judge may stop the set immediately if she/he believes you are going to be injured.
- A judge **may** allow up to 3 failed attempts before she/he stops the set.
- Your good reps will be counted, you will not be disqualified. It will be considered "self-terminating".

Self-terminating a set:

- You may stop your set at will, especially when you know you have exceeded your tolerance threshold and know you are close to dropping the bell(s).
- Dropping the bell(s) during your set will be considered self-terminating; your good reps will be counted.
- Setting the bell(s) down terminates your set.

One Attempt:

As stated in the policies section under "scheduled flights", you will receive only one attempt per set. If you are disqualified, self-terminate your set, or are dissatisfied with your set, you will not be allowed another attempt.

Good reps, Bad reps/No-counts:

A good rep is one in which the lift is executed with technical precision and receives a count.

A bad rep, is one in which an aspect of the lift, is not demonstrated, for example, a distinct pause in the rack for long-cycle; this results in a "no-count".

Please note that a judge will stop your set if you receive 7 no-counts in a row- this is not a disqualification. You will receive the count for all good reps and it will apply to your total score.

You can accumulate numerous no-counts throughout your set. For example, 3 in a row, then you self-correct, later in the set 5 in a row, then you self-correct, etc.



The Requirements For Each Lift:

JERK

1. Brief pause in the rack before each jerk; resetting prior to each rep.
2. Two distinct knee bends: a) first bend with the bell(s) still racked; and b) second bend just after the initial the drive with the bell(s) ascending and just prior to elbow fixation. ***If the judge does not see a distinguishable second knee bend, you will receive a no-count.***
3. Some competitors are unable to fully extend (straighten) their elbows. Regardless, elbow fixation (no movement) is required once the 2nd knee bend is completed and prior to extending (straightening) and fixing your knees. ***If the judge sees movement in your elbow after you extend your knees, you will receive a no-count.***
4. A brief pause in the overhead position with your knees and elbows extended and fixed before dropping the bell(s) into the rack. ***If the judge is unable to distinguish a brief pause, you will receive a no-count.***

SNATCH

1. An initial/extra swing to start a snatch set is ***not*** allowed; you will be issued a ***warning*** for this ***violation***.
2. Knee dip/bend/undersquats are allowed but are held to the same standards as the jerk- elbow fixation is required prior to extending your knees. ***If the judge sees movement in the elbow after extending your knees, you will receive a no-count.***
3. A brief, distinct pause in the overhead, fixed position is required. ***If the judge is unable to distinguish a brief pause, you will receive a no-count.***
4. The overhead fixed position is vertical; 90 degrees, perpendicular to the floor; straight arm next to your ear and head, at minimum. ***If the bell is snatched to less than vertical, you will receive a no-count;*** "10 o'clock" arm position will not be counted.
5. If your arm is fixed but not in a 90+ degree position, you will receive a no-count.
6. Many lifters are able to extend past vertical, which is allowable; the same standards apply; elbow fixation and a brief, distinct pause are required.
7. No extra swings are allowed: at the beginning of the set or during the set. This is a violation. If you accrue 3 violations, you will be disqualified and receive no count for your entire set.
8. Dropping the bell to the rack is a violation. If you accrue 3 violations, you will be disqualified and receive no count for your entire set.



LONG-CYCLE

The jerk portion of the long-cycle is held to the same standards as the jerk; see above.

1. After the clean, there must be a clear and distinguishable pause in the rack. Your hips and knees should be extended. ***If you do not pause in the rack prior to the jerk, you will receive a no-count.***

2. Overhead fixation in the long-cycle are held to the same standards of the jerk; see above.

3. After overhead fixation, you may drop the bell(s) into the rack and “touch and go”, in which a pause in the rack is almost indistinguishable. However, you must hit the rack and not drop directly into the swing. ***If you do not hit the rack position prior to the swing, you will receive a no-count.***

Thanks for your support!
The IKFF Team

Questions – e-mail Ken Blackburn at kenblackburn@ikff.net