



Arnold Sports Festival Kettlebell Championships - 2010



Frequently Asked Questions

IKFF Arnold Sports Festival Kettlebell Championships Frequently Asked Questions:

1. What is the IKFF ranking structure? Do you have a Master of Sport on your team?

The IKFF ranking structure is outlined below. To obtain ranking, you must compete at an IKFF sponsored event (competition or certification course) and meet the below criteria. It's that simple. Those achieving rank will be listed on the website. There is no prequalification process - we trust competitors will make the right choice when selecting their competition weight. However, it's highly recommended that you choose a weight that is congruent with your abilities/conditioning. For example, if you cannot complete a 10 minute set with the 24kg bells, choosing to complete with the 32kg bells is not recommended.

Yes, we do have a Master of Sport supporting/partnering with the IKFF team - World Champion Oleh Ilika. Oleh is a Master of Sport World Class and is the President of Federazione Ghiri Sport Italia (FGSI). To learn more about Oleh and his organization, please visit: <http://www.ghirisport.it>

Men's Biathlon

Weight Class	MSWC 32kg	MS 32kg	CMS 24kg	I 24kg	II 24kg	III 20kg	IV 16kg
63kg	145	95	130	90	70	90	90
68kg	165	110	145	100	80	110	110
73kg	180	125	160	110	85	125	125
78kg	195	135	175	120	90	135	135
85kg	205	150	190	130	100	190	190
90kg	210	155	195	135	115	195	195
95kg	215	160	200	140	110	200	200
95kg+	220	165	210	150	120	210	210

*Note: Total score is calculated by adding the jerk number to the average number of snatches.
Example - 80 jerks + 65 (the average of 70 snatches on the left and 60 snatches on the right) = 145*

Men's Long Cycle

Weight Class	MSWC 32kg	MS 32kg	CMS 24kg	I 24kg	II 24kg	III 20kg	IV 16kg
63kg	48	37	66	50	39	37	37
68kg	57	44	72	55	44	44	44
73kg	64	50	78	60	48	49	49
78kg	69	54	82	64	52	54	54
85kg	75	60	88	69	56	57	57
90kg	77	63	92	72	59	59	59
95kg	80	67	96	76	62	62	62
95kg+	82	70	100	80	65	64	64

Note: Total score is the total number of repetitions

Women's Biathlon

Weight Class	MSWC 24kg	MS 24kg	CMS 20kg	I 16kg	II 16kg	III 12kg	IV 8kg
53kg	110	90	90	90	70	90	90
58kg	120	100	100	100	80	100	100
63kg	130	110	110	110	90	110	110
68kg	140	120	120	120	100	120	120
73kg	146	130	130	130	110	130	130
73kg+	156	138	138	138	118	138	138

Note: Total score is calculated by adding the average number of jerks to the average number of snatches. Example – 50L/50R in the jerk + 50L/50R in the snatch = 100

Women's Snatch

Weight Class	MSWC 24kg	MS 24kg	CMS 20kg	I 16kg	II 16kg	III 12kg	IV 8kg
53kg	110	90	90	90	70	90	90
58kg	120	100	100	100	80	100	100
63kg	130	110	110	110	90	110	110
68kg	140	120	120	120	100	120	120
73kg	146	130	130	130	110	130	130
73kg+	156	138	138	138	118	138	138

Note: Total score is the total number of repetitions. Example – 60 snatches on the left + 70 snatches on the right = 130

Women's Long Cycle

Weight Class	MSWC 24kg	MS 24kg	CMS 20kg	I 16kg	II 16kg	III 12kg	IV 8kg
53kg	100	80	80	80	60	80	80
58kg	110	90	90	90	70	90	90
63kg	120	100	100	100	80	100	100
68kg	130	110	110	110	90	110	110
73kg	136	120	120	120	100	120	120
73kg+	142	126	126	126	108	128	128

Note: Total score is the total number of repetitions.

2. What are the events divisions?

Events for men: the biathlon or long cycle. Events for Women: the biathlon, snatch only or long cycle

Weight Class – Refer to the rankings above.



Female Divisions:

- Amateur (8kg, 12kg, 16kg and 20kg bells) – any age
- Professional (24kg bell) – any age
- Masters (12kg bell) – 40 +
- Seniors (8kg bell) – 55+
- Juniors (12kg bell) – up to 20 years
- Youth (8kg bell) – up to 16 years

Male Divisions:

- Amateur (16kg, 20kg and 24kg bell) – any age
- Professional (32kg bell) – any age
- Masters (20 kg bell) – 40 +
- Seniors (16kg bell) – 55+
- Juniors (16kg bell) – up to 20 years
- Youth (12kg bell) – up to 15 years (*note – there is no rank for this weight bell*)

Important Note: You can only compete in ONE event and ONE Division. Thus, you cannot compete in both biathlon and long cycle. Due to time constraints, you can only pick one. Also, you cannot compete as both an Amateur and Master's. Again, you can only pick one.

However, your age does not limit your division. As an example, a 16 year old or 40+ year old competitor could compete as an "Amateur". 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 Arnold Sports Festival Kettlebell Championships & the IKFF National Meet in the fall). We will also sponsor several smaller meets throughout the year.

In regard to tracking results, we have software available that will allow us to track results and report on division leaders at any point in time. Example – *"who are the top three lifters in the 90kg division with the 24kg bell."*

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. Because 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 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. We changed this from what we had previously posted based on legitimate feedback/concerns. For many, this serves a medical purpose, protects their lower back etc.

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 (www.ikff.net)

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.

10. What are the criteria for a good vs. bad repetition? What are grounds for disqualification?

Both Amateur and Professional divisions will be held to strict judging. In order for a rep to be counted, it must meet the technical criteria for that lift. We will post a video very soon that will review the criteria for each lift as well as common reasons/examples of a "no-count". **It is each competitor's responsibility to watch the videos and prepare accordingly.**

A competitor can be disqualified (given a "stop" command) for the following reasons:

- Unsportsmanlike conduct (immediate)
- Jerk – dropping the bells from the rack position (immediate)
- Jerk – resting the bells on the shoulders (2 warnings will be given before "stop" command)
- Jerk – resting on the belt (2 warnings will be given before "stop" command)
- Snatch – bell is dropped (immediate)
- Snatch – resting the bell in the bottom position. (2 warnings will be given before "stop" command). Resting is defined as letting the bell hang between the legs (swinging or no swinging). The only legal place to rest in the snatch is over-head.
- Snatch – three *consecutive* failed attempts to get the bell to the over-head position will result in a "stop" command.
- Long cycle - resting the bells on the shoulders (2 warnings will be given before "stop" command)
- Long Cycle – resting on the belt (2 warnings will be given before "stop" command)
- Long cycle – resting the bell/bells in the bottom position. (2 warnings will be given before "stop" command). Resting is defined as letting the bell/bells hang between the legs (swinging or no swinging). The only legal place to rest in the LC is the rack and overhead position.
- Judges have the right to terminate the set at any time if they feel the competitor's safety is being compromised (example – poor technique).

12. What am I allowed to wear/not allowed to wear?

It is recommended to wear shirts made from cotton versus synthetic fibers; i.e. Under Armor. You must wear shorts that will allow the judges to see your knees. Head gear (skull caps, sweat bands, bandanas) are allowed. Wrist bands are allowed and recommended but avoid overly thick wraps. I pods are not allowed.

13. What if I register but end up not competing, do I get a refund?

Unfortunately, no refunds can be processed after registering.

14. Can I use my bell or will I have to use the bells provided?

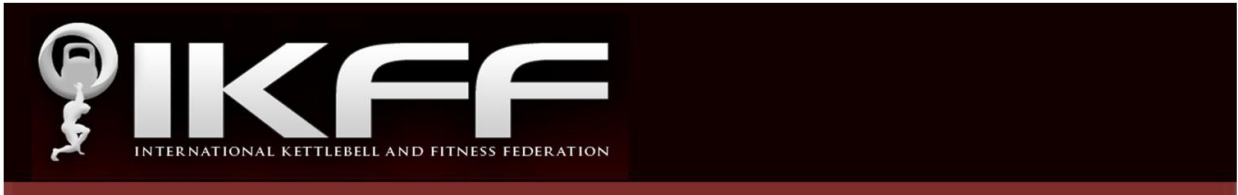
To ensure consistency, the IKFF will supply all the kettlebells.

15. Will chalk be provided?

Yes, we will have several chalk stations adjacent and/or behind the lifting platforms. However, if you prefer a specific brand of chalk, please feel free to bring your own.

16. Will water and/or food be provided?

No, there will be fast food concessions available at the expo. Thus, it is recommended that you bring enough water and food to keep yourself hydrated, fueled, and comfortable.



18. Will I be able to change the division I'm registered for the day of the competition in the event my body weight has changed, I decided to use a heavier/lighter bell etc?

No, not on the day of the event. You have up until two weeks 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.

19. How is the roster/line of flights determined?

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.

20. Who are the judges and what makes them qualified to judge?

The judges are composed of certified coaches and/or experienced kettlebell lifting sport (GS) athletes. All judges will be required to complete testing prior to become qualified judges.

21. How many spectators are we allowed to bring?

As many as you like!

22. 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.

23. Will this document be updated?

Yes, as we come across new information, this will be added to the document with the most recent version being available on the website (details page of this event).

24. Is there a limit on the number of registrations?

Yes, registration will be closed at 120 participants. Thus, register as soon as possible.

Thanks for your support!

The IKFF Team