

International Kettlebell & Fitness Federation (IKFF)

Kettlebell Sport Ranking Table

Men's 10 Minute Events

Event	Weight Category (kg)	32kg Kettlebell			28kg Kettlebell			24kg Kettlebell			20kg Kettlebell			16kg Kettlebell		
		MSIC	MS	CMS	CMS	1	2	CMS	1	2	1	2	3	1	2	3
Long Cycle	60	41	30	20	42	34	23	50	37	27	56	40	32	49	38	27
	64	51	38	29	50	40	28	58	44	32	63	45	37	53	42	30
	69	59	45	36	59	45	32	65	50	37	69	52	41	57	45	33
	75	66	50	42	64	52	36	72	55	41	76	59	46	61	48	36
	82	71	54	46	70	57	41	78	60	45	80	63	52	65	51	39
	90	74	58	51	74	62	46	83	67	49	84	68	55	69	54	42
	100	77	60	53	79	67	52	87	69	53	88	72	58	72	57	45
	+100	79	63	55	82	72	58	90	72	56	92	77	62	74	59	47
Biathlon	60	130	80	50	94	78	56	100	70	50	110	86	66	125	85	56
	64	145	95	62	108	88	64	120	85	62	120	94	74	136	93	63
	69	157	108	73	118	98	70	135	98	74	136	108	86	146	100	70
	75	168	119	83	128	108	80	148	109	84	150	120	98	155	106	76
	82	178	129	92	138	116	86	159	117	91	162	130	105	164	112	82
	90	185	136	96	146	122	93	168	124	98	174	140	112	172	118	87
	100	190	141	101	154	127	99	177	130	103	182	148	118	178	124	91
	+100	193	145	105	160	132	108	185	135	107	186	154	126	182	130	94
Jerk Only	60	90	60	36	66	48	38	77	59	42	86	65	48	85	63	47
	64	100	71	46	72	52	43	89	69	50	94	70	55	92	68	51
	69	109	81	56	80	58	48	100	78	58	106	77	60	98	73	55
	75	117	90	66	88	64	54	110	86	65	116	84	66	103	78	59
	82	124	97	74	96	70	58	119	94	72	120	90	70	108	83	63
	90	130	103	80	104	76	62	127	101	78	128	94	75	113	87	67
	100	135	108	86	110	82	66	134	107	83	136	98	80	117	91	70
	+100	138	112	90	116	88	73	140	112	88	142	104	86	120	94	72
Snatch Only	60	126	86	64	104	86	65	120	80	52	122	92	70	134	98	66
	64	140	96	70	110	92	70	130	90	62	134	100	78	146	106	74
	69	154	106	80	120	100	80	140	98	70	146	108	84	156	114	80
	75	166	116	90	130	116	88	150	106	78	162	120	92	164	120	86
	82	174	126	100	142	126	94	160	114	86	172	130	100	172	126	90
	90	182	134	106	150	135	100	168	120	94	180	140	110	180	132	94
	100	188	140	110	160	142	110	176	126	100	188	150	115	189	138	98
	+100	192	144	116	165	150	120	182	130	104	192	160	120	190	142	100

Men's 5 Minute Events

Event	Weight Category (kg)	32kg Kettlebell			28kg Kettlebell			24kg Kettlebell			20kg Kettlebell			16kg Kettlebell		
		ES-1	ES-2	ES-3	1	2	3	1	2	3	1	2	3	1	2	3
Long Cycle	60	25	18	12	25	20	14	30	22	16	34	24	19	29	23	16
	64	31	23	17	30	24	17	35	26	19	38	27	22	32	25	18
	69	35	27	22	35	27	19	39	30	22	41	31	25	34	27	20
	75	40	30	25	38	31	22	43	33	25	46	35	28	37	29	22
	82	43	32	28	42	34	25	47	36	27	48	38	31	39	31	23
	90	44	35	31	44	37	28	50	40	29	50	41	33	41	32	25
	100	46	36	32	47	40	31	52	41	32	53	43	35	43	34	27
	+100	47	38	33	49	43	35	54	43	34	55	46	37	44	35	28
Biathlon	60	78	48	30	56	47	34	60	42	30	66	52	40	75	51	34
	64	87	57	37	65	53	38	72	51	37	72	56	44	82	56	38
	69	94	65	44	71	59	42	81	59	44	82	65	52	88	60	42
	75	101	71	50	77	65	48	89	65	50	90	72	59	93	64	46
	82	107	77	55	83	70	52	95	70	55	97	78	63	98	67	49
	90	111	82	58	88	73	56	101	74	59	104	84	67	103	71	52
	100	114	85	61	92	76	59	106	78	62	109	89	71	107	74	55
	+100	116	87	63	96	79	65	111	81	64	112	92	76	109	78	56
Jerk Only	60	54	36	22	40	29	23	46	35	25	52	39	29	51	38	28
	64	60	43	28	43	31	26	53	41	30	56	42	33	55	41	31
	69	65	49	34	48	35	29	60	47	35	64	46	36	59	44	33
	75	70	54	40	53	38	32	66	52	39	70	50	40	62	47	35
	82	74	58	44	58	42	35	71	56	43	72	54	42	65	50	38
	90	78	62	48	62	46	37	76	61	47	77	56	45	68	52	40
	100	81	65	52	66	49	40	80	64	50	82	59	48	70	55	42
	+100	83	67	54	70	53	44	84	67	53	85	62	52	72	56	43
Snatch Only	60	76	48	29	71	52	39	72	48	31	73	55	42	80	59	40
	64	84	56	35	78	59	42	78	54	37	80	60	47	88	64	44
	69	92	64	41	86	65	48	84	59	42	88	65	50	94	68	48
	75	100	70	46	95	73	53	90	64	47	97	72	55	98	72	52
	82	104	76	50	102	75	56	96	68	52	103	78	60	103	76	54
	90	109	80	55	107	81	60	101	72	56	108	84	66	108	79	56
	100	113	84	59	109	87	66	106	76	60	113	90	69	113	83	59
	+100	115	86	61	113	93	72	109	78	62	115	96	72	114	85	60

Event	Weight Category (kg)	32kg Kettlebell			28kg Kettlebell			24kg Kettlebell			20kg Kettlebell			16kg Kettlebell		
		EP-1	EP-2	EP-3	1	2	3	1	2	3	1	2	3	1	2	3
Chair Press	60	15	12	8	20	15	12	22	17	12	27	16	13	27	20	16
	64	18	14	9	22	16	13	25	20	15	30	19	15	30	23	18
	69	21	16	10	24	18	14	28	22	16	32	22	17	32	27	20
	75	24	18	12	26	20	15	32	25	18	35	26	20	36	30	23
	82	25	20	14	29	22	16	35	27	21	40	30	22	40	34	25
	90	27	23	16	32	25	18	38	31	25	45	34	25	45	36	27
	100	30	25	18	35	28	20	42	35	27	48	38	28	50	40	30
	+100	35	28	23	39	32	25	45	40	35	53	42	35	55	45	35

Definition of Rank Achievements

- MSIC = Master of Sport International Class
- MS = Master of Sport
- CMS = Candidate for Master of Sport
- Mass Ranks 1 / 2 / 3
- ES = Elite Sprinter
- EP = Elite Presser

Points Awarded by Lift

- Jerk Only: Two kettlebells. One lift = 1 point
- Snatch Only: One kettlebell. One lift = 1 point
- Biathlon: Sum of points from jerk and snatch events (Jerk: 1 lift = 1 point; Snatch: 1 lift = 0.5 points)
- Note: Lifters may use jerk/snatch results towards Jerk Only and/or Snatch Only rankings.

- Long Cycle: Two kettlebells. One lift = 1 point
- Chair Press: Two kettlebells. One lift = 1 point

International Kettlebell & Fitness Federation (IKFF)

Kettlebell Sport Ranking Table

Women's 10 Minute Single Kettlebell Events

Event	Weight Category (kg)	24kg Kettlebell			20kg Kettlebell			16kg Kettlebell			12kg Kettlebell			8kg Kettlebell		
		MSIC	MS	CMS	CMS	1	2	1	2	3	1	2	3	1	2	3
Long Cycle	50	100	80	60	75	60	45	75	60	45	75	60	45	75	60	45
	54	105	85	65	83	65	50	83	65	50	83	65	50	83	65	50
	59	115	90	70	90	70	55	90	70	55	90	70	55	90	70	55
	65	120	100	75	96	75	60	96	75	60	96	75	60	96	75	60
	72	130	105	80	104	80	65	104	80	65	104	80	65	104	80	65
	+72	135	110	85	110	85	70	110	85	70	110	85	70	110	85	70
Biathlon	50	105	90	65	120	95	70	135	100	80	115	90	65	140	120	95
	54	115	100	70	130	105	75	145	110	85	125	100	70	150	130	100
	59	125	110	77	140	115	80	155	120	95	135	105	75	160	140	110
	65	140	120	85	155	125	90	170	130	105	145	115	85	170	150	120
	72	150	130	95	170	140	100	175	145	115	155	130	90	180	160	135
	+72	160	140	105	180	145	115	185	155	125	160	135	105	190	170	140
Jerk Only	50	105	85	63	105	80	65	115	95	80	110	90	65	100	80	65
	54	115	90	68	115	87	70	125	105	85	120	100	70	105	86	70
	59	125	100	75	125	95	75	135	115	95	130	110	80	115	95	75
	65	135	110	82	135	105	85	145	125	100	140	120	85	130	105	82
	72	145	120	90	150	115	90	155	135	110	150	130	95	140	115	90
	+72	150	130	96	155	125	100	160	140	125	160	140	100	150	125	110
Snatch Only	50	100	85	50	100	85	70	130	95	80	130	95	80	145	105	80
	54	110	90	55	110	90	75	140	100	85	140	100	85	160	115	85
	59	120	100	60	120	100	85	150	110	90	150	110	90	170	125	90
	65	130	110	65	130	110	95	165	125	100	165	125	100	180	135	100
	72	140	120	70	140	120	105	175	135	110	175	135	110	185	145	110
	+72	150	130	75	150	130	110	180	145	120	180	145	120	190	150	120

Women's 5 Minute Single Kettlebell Events

Event	Weight Category (kg)	24kg Kettlebell			20kg Kettlebell			16kg Kettlebell			12kg Kettlebell			8kg Kettlebell		
		ES-1	ES-2	ES-3	MS	CMS	1	1	2	3	1	2	3	1	2	3
Long Cycle	50	45	35	25	45	35	25	45	35	25	45	35	25	45	35	25
	54	50	40	30	50	40	30	50	40	30	50	40	30	50	40	30
	59	55	45	35	55	45	35	55	45	35	55	45	35	55	45	35
	65	60	50	40	60	50	40	60	50	40	60	50	40	60	50	40
	72	65	55	45	65	55	45	65	55	45	65	55	45	65	55	45
	+72	70	60	50	70	60	50	70	60	50	70	60	50	70	60	50
Biathlon	50	65	55	35	65	55	35	65	55	35	65	55	35	65	55	35
	54	70	60	40	70	60	40	70	60	40	70	60	40	70	60	40
	59	75	65	45	75	65	45	75	65	45	75	65	45	75	65	45
	65	85	75	50	85	75	50	85	75	50	85	75	50	85	75	50
	72	90	80	55	90	80	55	90	80	55	90	80	55	90	80	55
	+72	95	85	60	95	85	60	95	85	60	95	85	60	95	85	60
Jerk Only	50	50	40	30	50	40	30	50	40	30	50	40	30	50	40	30
	54	55	45	35	55	45	35	55	45	35	55	45	35	55	45	35
	59	60	50	40	60	50	40	60	50	40	60	50	40	60	50	40
	65	65	55	45	65	55	45	65	55	45	65	55	45	65	55	45
	72	70	60	50	70	60	50	70	60	50	70	60	50	70	60	50
	+72	75	65	55	75	65	55	75	65	55	75	65	55	75	65	55
Snatch Only	50	60	50	35	60	50	35	60	50	35	60	50	35	60	50	35
	54	65	55	40	65	55	40	65	55	40	65	55	40	65	55	40
	59	75	60	45	75	60	45	75	60	45	75	60	45	75	60	45
	65	80	65	50	80	65	50	80	65	50	80	65	50	80	65	50
	72	85	70	55	85	70	55	85	70	55	85	70	55	85	70	55
	+72	90	75	60	90	75	60	90	75	60	90	75	60	90	75	60
Chair Press	50				20kg Kettlebell			16kg Kettlebell			12kg Kettlebell			8kg Kettlebell		
	54				EP-1	EP-2	EP-3	1	2	3	1	2	3	1	2	3
	59				20	16	12	35	27	20	35	27	20	35	27	20
	65				24	18	14	40	32	25	40	32	25	40	32	25
	72				28	20	16	45	37	30	45	37	30	45	37	30
	+72				32	24	18	50	42	35	50	42	35	50	42	35

Definition of Rank Achievements

MSIC = Master of Sport International Class
 MS = Master of Sport
 CMS = Candidate for Master of Sport
 Mass Ranks 1 / 2 / 3
 ES = Elite Sprinter
 EP = Elite Presser

Points Awarded by Lift

Jerk Only: One kettlebell. One lift = 1 point
 Snatch Only: One kettlebell. One lift = 1 point
 Biathlon: Sum of points from jerk and snatch events (Jerk: 1 lift = 0.5 points; Snatch: 1 lift = 0.5 points)
 Note: Lifters may use jerk/snatch results towards Jerk Only and/or Snatch Only rankings.
 Long Cycle: One kettlebell. One lift = 1 point
 Chair Press: One kettlebell. One lift = 1 point

International Kettlebell & Fitness Federation (IKFF)

Kettlebell Sport Ranking Table

Women's 5 Minute Double Kettlebell Events													
Event	Weight Category (kg)	20kg Kettlebell			16kg Kettlebell			12kg Kettlebell			8kg Kettlebell		
		Professional Class			Advanced Class			Amateur Class			Novice Class		
		1	2	3	1	2	3	1	2	3	1	2	3
Long Cycle	50	29	22	18	32	26	21	34	28	22	39	33	26
	54	32	24	20	35	28	23	36	30	25	43	35	29
	59	34	26	22	38	30	25	40	34	28	47	38	32
	65	38	29	23	42	34	28	45	36	31	52	42	36
	72	42	32	26	47	38	31	49	40	35	55	46	40
	+72	45	35	29	50	43	35	53	44	38	58	50	44
Biathlon	50	77	54	37	63	46	35	61	41	29	79	57	35
	54	84	58	40	68	49	38	65	44	32	85	61	38
	59	91	64	43	74	54	41	71	49	35	92	67	41
	65	101	70	48	82	59	45	79	54	38	102	74	46
	72	112	77	53	91	66	50	87	59	42	113	82	50
	+72	115	80	56	94	69	53	90	62	45	116	85	53
Jerk Only	50	54	41	29	55	38	28	56	47	28	62	48	32
	54	58	44	31	60	43	30	62	50	33	67	54	36
	59	64	48	34	66	50	35	68	55	38	72	60	40
	65	70	53	38	72	55	39	74	59	42	75	64	45
	72	78	58	42	75	60	42	79	65	47	80	68	48
	+72	81	61	45	79	65	47	83	70	50	85	72	54

Definition of Rank Achievements
 MSIC = Master of Sport International Class
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 Mass Ranks 1 / 2 / 3

Points Awarded by Lift
 Jerk Only: Two kettlebells. One lift = 1 point
 Biathlon: Sum of points from jerk and snatch events (Jerk: 1 lift = 1 point; Snatch: 1 lift = 0.5 points)
 Note: Lifters may use jerk/snatch results towards Jerk Only and/or Snatch Only rankings.
 Long Cycle: Two kettlebells. One lift = 1 point

Women's 10 Minute Double Kettlebell Events

	WT	24 kg			20 Kg			16kg			12kg			8kg		
		MSIC	MS	CMS	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
LONG CYCLE	50	43	30	25	43	35	29	52	41	32	49	40	31	62	49	40
	54	46	34	28	47	39	33	57	46	36	54	44	34	67	53	43
	59	49	39	31	50	43	37	62	49	40	59	48	38	71	57	46
	65	53	43	34	54	47	41	67	54	44	64	51	41	76	61	48
	72	57	48	38	59	52	46	72	58	47	69	55	45	82	66	52
	72+	61	51	41	68	59	49	78	63	50	75	61	48	88	71	57
BIATHLON	50	103	73	59	118	103	71	126	99	79	120	97	76	150	119	96
	54	111	83	66	126	111	79	136	108	86	129	105	84	161	126	103
	59	120	93	74	136	120	88	147	117	94	139	114	91	172	136	111
	65	129	103	83	146	129	98	158	128	101	150	125	99	185	136	118
	72	139	113	91	153	139	108	171	140	111	161	135	107	198	156	126
	72+	149	124	100	165	149	118	184	151	120	172	145	115	211	167	135
JERK ONLY	50	60	42	34	68	60	41	73	57	46	69	56	44	86	69	56
	54	64	48	38	72	64	46	80	63	51	76	61	48	93	74	60
	59	69	54	43	75	69	51	86	69	56	82	66	52	100	80	64
	65	75	60	48	82	75	57	93	75	61	89	71	57	106	85	68
	72	80	66	53	90	80	63	100	81	66	97	78	62	115	91	73
	72+	85	71	57	96	85	69	109	87	71	105	85	67	124	98	79



Kettlebell Sport Competition: Rules & Regulations

Rights & Obligations of Participants

Good sportsmanship is required of all participants. Antagonizing competitors, judges, or officials will *not* be tolerated.

- a. Competitors displaying unsportsmanlike conduct may be disqualified immediately, whether or not his/her set has been complete or is yet to happen.
- b. Spectators and coaches displaying unsportsmanlike conduct may be asked to leave the premises immediately.

Disqualification

- a. Unsportsmanlike conduct may result in immediate disqualification.
- b. Three warnings for any one violation may result in a disqualification.

Violations & Warnings

- a. Violations include:
 - i. Touching the kettlebell with your free hand during one-arm events
 - ii. Resting the kettlebells on shoulders (except during initial clean in jerk with two kettlebells)
 - iii. Extra swing(s) at any time during snatch or long-cycle
 - iv. Half-snatching (dropping the bell to your shoulders or rack rather than dropping directly into the swing portion of the snatch) *except* during the hand switch.
- b. Warnings
 - i. Up to three warnings may be issued per violation - upon the 4th, the set will be stopped and result in disqualification. (Note: It is possible to accrue 3 different violations without being disqualified)
 - ii. Violations do not have to occur continuously (one right after the other). They may be accrued throughout the set.
- c. Failed attempts occur when a competitor is unable to stop, or fixate, the kettlebell overhead. These reps will not be counted.
 - i. A judge may stop the set if he/she believes the competitor is at risk of injury.
 - ii. A judge may allow up to three failed attempts before he/she stops the set.
 - iii. A terminated set due to multiple failed attempts will *not* result in disqualification. The good reps will be counted towards your result.
 - iv. Participants may terminate his/her set at will.
 - v. Dropping or setting down the kettlebell(s) during the set will be considered self-terminating.

Scheduled Flights

- a. Participants will lift at his/her assigned platform at the start of the flight. Lifters must stay within the designated platform area.
- b. The flight schedule and order of events will be determined by the host organization. Typically flights will be organized from lightest to heaviest kettlebell divisions and will allow for a minimum of 45 minutes between jerk and snatch events for Biathlon participants.
- c. You will be allowed only one attempt for the event you are registered. If you do not make it to your flight, you will not be given another 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*. This allows us to configure the flights in advance and enables us to post the flights on the website prior to the competition.

Weigh-ins

- a. Weigh-ins are held on the eve of and/or the morning of the competition. The time frame will be determined and announced by meet organizers in advance.
- b. Weigh-ins are conducted before competitions at a designated location by host organizers.
- c. Participants may choose to be weighed clothed or unclothed. If the athlete's weight exceeds the pre-selected weight class, he or she has the option to be weighed again within the allocated time frame determined by the host organizers.

Equipment

- a. Kettlebells and chalk will be provided by host organizers.
- b. Participants may only use chalk and water to prepare the weights and hands.

Clothing

- a. Clothing must not cover elbow and knee joints of the participant.
- b. Shoes (closed toe) must be worn by all participants.

Weightlifting Belts

- a. Participants are allowed to use a weightlifting belt of their choosing so long as the width does not exceed 12cm and a thickness of no more than 0.8cm.
- b. The belt may not be worn underneath the participants shirt nor may other fabric be placed over the belt.

Wrist / Knee Wraps

- a. Participants may use wrist wraps so long as the width does not exceed 12cm.
- b. Participants may use knee wraps so long as the width does not exceed 25cm.

*Participants are forbidden to use any other equipment that may aid in kettlebell lifting. Only the aforementioned items may be used.

Requirements for the Competitive Lifts

Jerk

- a. Brief pause in the rack position before each jerk; resetting prior to each rep.
- b. 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.
- c. 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.
- d. 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

- a. An initial/extra swing to start a snatch set is not allowed; you will be issued a warning for this violation.
- b. 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.
- c. 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.
- d. 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.
- e. If your arm is fixed but not in a 90+ degree position, you will receive a no-count.
- f. Many lifters are able to extend past vertical, which is allowable; the same standards apply; elbow fixation and a brief, distinct pause are required.
- g. No extra swings are allowed - this is a violation. If you accrue 3 violations, you will be disqualified.
- h. 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.

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

Chair Press

- a. To start the set, the competitor will clean the bell(s) to the rack position from either a seated or standing position to a seated position on the bench.
- b. The competitor can rest in the rack position or overhead
- c. 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.
- d. For women, the hand switch can be performed while seated, standing or can put the bell down just long enough to enable a safe switch/transition.
- e. For women, the free hand cannot touch the kettlebell or arm/hand performing the lift. To do so will result in a warning. If the competitor "catches" the kettlebell to prevent it from falling out of the rack, overhead position, or mid-repetition, the set will be terminated.
- f. For both men and women, one point will be awarded per good repetition.
- g. The competitor must remain seated at all times. If a competitor's hips lose contact with the bench during a repetition, it will result in a no count.



Frequently Asked Questions

What is the IKFF ranking table and why did it change?

The idea of ranking tables comes from the Unified Sports Classification System of the USSR, which specified test standards necessary for the conferment of sport ranks and titles. Developing our own set of standards in the IKFF ranking table is a way of honoring Kettlebell Sport's heritage and culture while at the same time being reflective of the current levels of lifters outside of Russia and the former Soviet Union. The ranking system should be interpreted as a set of benchmarks or goals on which lifters can base their training progressions - similar to the belt system in martial arts (you could even think of the rank "Master of Sport" as comparable to a Kettlebell Sport black belt).

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.

This most recent version of the IKFF ranking table has a few important changes including the addition of the Chair Press event, revisions to the five minute events, and further development of the women's single and double kettlebell events. We hope the lifting community finds the table both fair to their current abilities and forward looking into the future of our sport. We gladly anticipate the need to make further edits and revisions as you, the lifters, grow stronger and advance the sport.

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 five or ten 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.

How long do I have between events?

For 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 will receive equal rest between events. Lifters competing in multiple non-Biathlon events (for example, Long Cycle and Chair Press), may see some deviation from this time frame depending on the number of participants and scheduled flights.

Where will results be posted?

Results will be made available at the competition as well as posted online to the IKFF website (ikff.net).

Where can I find a list/schedule of upcoming meets and events?

We are in the process of scheduling additional events throughout the year. You can find these events on the IKFF website (ikff.net).

Can I bring spectators/guests? How many are allowed?

Yes - as many as you'd like!

How can I host a meet?

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