
IKMF RULES



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SUMMARY

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General regulations

1.Competition events

There are 2 formats for official competitions:

30 min - kettlebell half marathon (1 kettlebell and 2 kettlebells)

60 min - kettlebell marathon (1 kettlebell)

In both cases, if an athlete puts the kettlebell down before the time is over, he/she is disqualified.

In both formats, multiple hand switches are allowed.

To register in Elite Class, the athlete must have an officially recognised CMS rank (GS or Marathon). The rank can be certifying only by an IKMF judge during a competition.

For athletes who do not have the elite level (CMS, MS, MSWC) and for kids and juniors, an international amateur championship is organized at each continental and world championship. In this competition, a coefficient will be used in order to determine the winners across weight categories.

2.Disciplines

There are 4 disciplines for competition events to compete in:

- Jerk (1 kettlebell and 2 kettlebells)
- Long cycle (1 kettlebell and 2 kettlebells)
- Snatch (1 kettlebell)
- Half snatch (1 kettlebell and 2 kettlebells)

3. Age groups

The age category is defined by the year of birth according to the current year: day and month of birth are not considered.

There are 9 age groups:

- Kids 1 (7-10 years)
- Kids 2 (11-13 years)
- Junior 1 (14-16 years)
- Junior 2 (u19): 16-18 years
- Open division: 19-39 years
- Veteran 1: 40-49 years
- Veteran 2: 50-59 years
- Veteran 3: 60-69 years
- Veteran 4: 70+ years

Athletes of the Veteran age groups are always allowed to compete in the open division or in a lower age group at their own risk and decision. Junior athletes can participate in older age groups only with parental permission.

Kids and juniors 7-16 years old can compete at the international amateur junior championships.

4. Weigh-in procedure

- Each competitor will be weighed in before the event in a designated area.
- Teams must come to the weigh in as a group, along with their team captain. Athletes must supply ID (passport) to control their age.
- The weigh-in equipment used at the event will be chosen and calibrated by the weigh-in judge, and all competitors will be weighed with the same equipment.
- The results of the weigh-in are final once the allocated time period for weigh-in has expired.
- 2 competition officials must supervise the weigh-in procedure, fill in the last details of the athletes' registration (bodyweight and weight group, birth year and age group, kettlebell size) and collect the cards.
- Cards must be passed on to the head judge.

Example of a card:

| | | | | | |
|---------------------|---|----------------------|----------------|-----------------------|-----------------|
| Name | | Surname | | Sex | Country |
| Bodyweight | | Year of birth | | | |
| Time | Discipline | Kettlebell | Results | Flight | Platform |
| 30min 60min | Jerk Long Cycle Snatch Half Snatch | kg | | | |
| Weight group | | Age group | | Platform judge | |

5. Weight groups

Kids from 7 to 10 are not subject to the coefficient

Kids and junior from 11 to 18 years are subject to the coefficient

There are 3 weight divisions for all other athletes (u19 to veterans):

- -60, 60-70, +70kg for women
- -75, 75-85, +85kg for men

In international competitions, a maximum of two persons from the same country are allowed to compete in the same discipline, weight category and age group.

6. Uniform and apparel

- Competitors must wear appropriate footwear and attire.
- Athletes must compete with bare hands.
- Long arm tops and long pants (even skin tight) are prohibited.
- Shirt sleeves must not cover the elbows.
- Shorts must be above the knee.
- Competing in bare feet or open-toed shoes is prohibited.
- A weightlifting belt, no wider than 12 cm, may be worn on top of clothing.
- Wrist wraps, no wider than 12 cm, may be used.
- Neoprene knee sleeves or knee braces and elbow sleeves are allowed.
- Headphones are not allowed.
- A chalk belt may be used.
- Competitors must take care of their own magnesium chalk needs. The venue does not have to supply chalk.

7. Equipment and gears

- Platforms must be a minimum of 1,15*1,15m with at least 1m space in between each to provide safety

- Kettlebells must be of international standards for athletes over 15. Younger athletes may compete with smaller size kettlebells. Weight must not deviate by more than +/- 200g. Kettlebell chromiated or nickel-plated grips are not accepted.
- Dimensions :
 - height: 280 mm
 - diameter of body of kettlebells: 210 mm
 - diameter of the handle: 33- 35 mm
- Color codes (kettlebells must be painted or have a color ring at the base of the handle)
 - 8kg : pink
 - 12kg : blue
 - 16kg: yellow
 - 20kg: purple
 - 24kg: green
 - 28kg: orange
 - 32kg: red
- Kettlebells must be prepared behind the platforms and not be transported to the warm up area.
- The warm up area must be separated from the competition area.
- Flights for the day must be displayed in the warm up area.
- For international competitions, there must be a minimum of 3 kettlebells of each size from 8-32kg in the warm up area.
- At the local level competitions, athletes may bring their kettlebells. They must be able to be used by ALL competitors after the head judge has checked and approved the equipment.

8. Team captain and IKMF country representative

- The team (In individual or team competition) must always have a designated team captain.
- The team captain, who is the representative of all the team, has the full responsibility for the organization of the team and the discipline of the participants. The team captain is obliged to attend to all the meetings with judges and other representatives. He/She further must make sure that all the members of the team arrive on time for competition, opening parade, awards ceremony, doping-control and rewarding.
- The team captain should be present during the weigh-in procedure.
- It is strictly forbidden for representatives, coaches and team members to remain close to the competition area (platform) during the athlete's attempt. They will only be allowed to remain in areas specifically designated for this purpose.
- Representatives/team captains are forbidden to interact with judges and athletes during the competition. Team captain is allowed to contest and protest with head judges.
- When the team captain is the athlete on the platform, the country representative is allowed to make contest and protest with head judges.
- When the athlete is alone (with no team captain and no country representative), the athlete can ask to someone from the expert judge group or to the IKMF board to

supervise the set and make contest and protest with head judges if the athlete so wishes.

9. Scoring details

Each repetition counts for 1 point. The athlete with the highest points wins his division. In the event of a tie, the victory will be awarded to the competitor with the lowest bodyweight at the time of weigh-in (or in some cases, after the flight is over).

10. Coach/assistants conduct

- Each competitor is allowed to designate one (1) person as their assistant.
- An assistant may give chalk, water or food to the athlete while he rests in a legal position or keeps on lifting.
- Assistants must stay by the judge's table or behind the athlete until called upon.
- An assistant/coach is not allowed to speak to or interact in any way with the platform judge.
- An assistant/coach is not allowed to speak to, harass, or try to distract another competitor in any way.
- Assistants/coaches must conduct themselves in a sportsmanlike manner at all times. No outbursts of profanity are allowed.
- If an assistant/coach violates any of the above rules they will be asked to leave the coaching area immediately and will not be allowed to coach any other competitors for the remainder of the event. Any subsequent violation will result in instant removal from the venue

11. National Team and double citizenship

IT's the IKMF country representant who present the athletes listing for participate to the world or continental competition.

Once an athlete has been sanctioned he or she cannot compete in IKMF or IKMF related events (like the UGC) until the sanction has been lifted. Athletes with dual nationality cannot compete for either one of the countries of their nationality.

12. Body limitation

If an athlete have any limitations (knees, elbows, shoulders....) he need to have with him/her a medical certificat which attest this limitation and present this document to the judge before the set.

Judiciary Board

The Judiciary board is established by the hosting organization.

The judiciary board shall consist of:

- A head judge and a head judge assistant
- A head secretary and a head secretary assistant
- A IKMF Board representative

Judges must be certified by taking the IKMF online course.

At international competitions, each country team must bring 1 judge for each 5 athletes in their team.

It is the responsibility of country representatives to provide the required certified judges.

1. The judge must:

- Wear an IKMF judge badge while on duty
- Thoroughly understand the rules and regulations of the competition and enforce them appropriately
- Remain fair and objective for all athletes
- Control the registration cards are filled properly
- Control that the kettlebell weight matches the registration cards
- Control that the athletes are respecting the dress code
- Count out aloud in case of technical failure of scoreboards
- Fill in the results and sign the card after each set is over.
- Prior to the beginning of the competition, the head judge is responsible for inspecting the competition area, inventory of equipment, and ensuring compliance with competition rules and safety.

2. The head secretary (and his/ her assistant):

- prepares and keeps accurate information of documentation
- displays flights at the beginning of each day in the warm up area
- collects the athletes cards from the platform judges
- compiles results electronically
- publishes results on the flights sheet
- announces the athletes at the start of each flight
- keeps to the schedule of competition and calls the start of each flight with name and country of each athlete
- completes the cards of participants during weigh-in: birth year, age group, weight and weight group

Definition of terms

1.Repetition

For long cycle, snatch and half snatch, a repetition starts from below the waist. For jerk, a repetition starts from the rack position. For all disciplines, a repetition is executed with hands (double or single) on the kettlebell and ends with the kettlebell(s) fixated in the overhead lockout.

2.Fixation

- Arm(s), legs and hips are fully extended
- The body is aligned
- *The body is motionless**
- The kettlebell is motionless

Fixation, *a complete and visible stop of the kettlebell* at the end of every repetition (momentary pause) is the final factor for the judge to be able to issue a count. It proves proficiency in the lift and keeps the event fair.

The athlete must have total control over the kettlebell and his body in the overhead position. A noticeable short pause, without rotation, wobbles or drifting must be displayed.

** the free arm does not need to be fully motionless, as the athlete may be applying chalk and so on...*

3.Alignment

The athlete must face the judge.

Alignment is reached when the lifter is standing up straight (legs, hips and arm(s) in full extension), squared up and the kettlebell(s) is/are directly over or behind the shoulder. There must be no excessive side lean or rotation. Shoulders, hips and knees must face the same direction.

Lack of alignment results in a no-count.

Athletes that have issues with locking out their elbow must discuss this with the judge before their set, and every lockout must look the same.

Please observe: if the athlete is unable to fixate the kettlebell once it has reached the proper alignment, the judge will still issue a “no-count”.

4.Count

A digital or verbal count is given by the judge when the athlete completes a satisfactory repetition in a given exercise. Proper fixation and alignment must be displayed by the athlete before a count can be given.

5.No-count & penalties

A “no count” is typically given for a violation happening between the start and finish of a repetition.

If a “no-count” is given, the athlete must return to the starting position. The judge may give cues to help the athlete.

Some examples of why a judge may issue a “no count”:

- There is a definite press out to the lockout
- There is no second dip in the jerk
- There is no fixation in the overhead position
- There is no alignment in the overhead position
- Not marking the rack position (jerk and long cycle)
- Supporting the kettlebell with the free hand
- Supporting the body with the free hand
- Performing the wrong exercise
- Performing a swing between reps (-1 per swing)
- Switching sides incorrectly (ex: without a swing or with excessive swings)
- Lightly scraping the floor with the kettlebell (kettlebell remains in motion)
- Not facing the judge
- Violating the rules in any way
- A penalty is a violation that typically happens after a count has been given, between a finished repetition and the start of a new one.
- Supporting the kettlebell or the body with the free hand on the way down from the lockout
- A warning for a prohibited resting position

6.Stop command & disqualification

Terminating a set before the clock runs out voids the athlete’s results: the athlete is disqualified, and his score becomes “0”.

Throwing or dropping a kettlebell intentionally will result in an instant disqualification, that this includes at the termination of the set, be it 30 minutes, 60 minutes or earlier.

The “stop” command is issued if:

- Resting in a prohibited position for the 2nd time (first time is -1)
- The kettlebell is put down on the platform

- The kettlebell touches the platform with a visible full loss of motion
- The athlete steps off the platform
- Swing / Clean outside the legs (-1 per swing outside)
- The athlete's technique is deemed unsafe (the judge may issue a warning first)

If a verbal "stop" is given, the athlete must set the kettlebell down and remove himself from the platform area without disrupting the other participants.

If a competitor lifts the kettlebell from the platform before the "start" command, they will be issued the command "stop and restart" by their platform judge. The competitor must then place the kettlebell back down on the platform surface and start their set again.

7. Resting positions

It is allowed:

- To rest in the rack position (all disciplines except snatch)
- To rest in the overhead position (all disciplines)

It is prohibited:

- To rest with the kettlebell on top of the shoulder (skeleton bearing the weight)
- To rest in any type of static hang position
- To rest in any type of rack position in "snatch", including on the shoulder or doing a half snatch.

In case of a violation, a no count warning and -1 will be issued for the first offence only. If the athlete violates the same rule twice, the judge will issue a "stop" command.

Note: resting position rules do not apply to super or extreme marathons (2 or more hours competition events)

8. Hand violations

It is permitted to adjust clothing, clear sweat, scratch an itch, drink, apply chalk etc...

It is prohibited to:

- Stabilize or support the kettlebell with the free hand
- Use the free hand to support or assist in the execution of the exercise in any way (ex: hand on the thigh or place the knee on the platform)

In case of a hand violation, a no-count will be issued.

9. Swings & switching sides

Switching side can only be done with a single hand to hand swing (technically a half swing on each side), except for jerk (only) where the athlete may chose to clean the kettlebell with 2 hands.

- Switching sides in any other way will result in a “-1 penalty”.
- Switching sides is unlimited and at will.
- Swing / Clean outside the legs (-1 per swing outside)
- Swinging the kettlebell without attempting a lift (ex: between reps, before a switch, after a switch) will result in a “no count/ -1 penalty per swing”. (for ex: 2 swings = -2 points)

The only exception to this rule is at the start of the set. The athlete is allowed 1 free swing off the ground, before his 1st rep.

Rules of performance exercises

1.Generalities

The athletes must be ready to take position on the platform 2 minutes before their flight starts. A countdown will be given 5 seconds prior to the start of the timer for a flight. With the athletes ready on the platform, the speaker will announce “5,4,3,2,1” and then issue the “Start” command. At the final second of the countdown, athletes must place their hand(s) on the kettlebell handle(s). After the “Start” command is given the athletes are obliged to start performing the exercise they are competing in (jerk, snatch, long cycle or half-snatch).

If a competitor lifts the kettlebell from the platform before the “START” command, they will be issued the command “STOP AND RESTART” by their platform judge. The competitor must then place the kettlebell back down on the platform surface and start their set again.

In the 30-minute competition format (Half Marathon) the speaker announces remaining time every ten (10) minutes. In the 60-minute competition format (Marathon) the speaker announces remaining time every fifteen (15) minutes. In both formats the speaker announces the last minute, last 30 seconds and finally issues a countdown for the last 5 seconds (5,4,3,2,1).

After the 30 or 60 minutes of the event have elapsed, the speaker issues the command “Stop”, after which no more reps will be counted, and the athletes must place the kettlebell on the platform *in a controlled manner* (dropping the kettlebell on the floor forcefully at the end of a set will result in disqualification).

If an athlete cannot fully extend his/her elbows due to anatomical reasons, they should inform their platform judges and jury *before the beginning of their set*.

2.JERK

At the command “**START**” the kettlebell is cleaned into the rack position.

Cleans may be performed with 2 hands on the kettlebell.

Jerk is defined as lifting a kettlebell overhead from the “Rack” position, with use of the legs. Rack position: elbow against the chest, legs straight, kettlebell on the outside of the forearm. The kettlebell must be moved from the rack to overhead fixation in one continuous, uninterrupted movement, with a clear and visible 2nd dip. Push press or landing with straight legs is not allowed.

In the overhead fixation the knees and elbow must be locked, the torso, head and arm in line. Legs and kettlebells should be on one line in parallel a plane of a body.

The kettlebell must come to a complete and visible stop.

After fixing in the top position and accounts of the judge the participant lowers kettlebells in starting position by any way.

The important note: fixation – the accented allocated, visible stop of kettlebells and the sportsman.

It is commanded "**NO COUNT**" when:

- There is no fixation in the starting position or the overhead position
- There is no alignment in the overhead position (excessive twist or side bend, arm at 10 o'clock)
- Legs and arm are not straight/ locked in fixation
- Push press or lack of visible second dip (knee bend)
- There is a definite press out to the lockout
- Not returning to the rack after the fixation
- Re-cleaning the kettlebell without switching sides (wrong exercise: Long Cycle)
- Any swing between reps (-1 per swing)
- Touching/ supporting the kettlebell, platform OR body with the free hand
- Resting in a prohibited position ONCE
- Violating the rules in any way

For double kettlebell, in addition to the points above:

- when kettlebells alternate (right and left)
- when the kettlebells do not come down simultaneously

The "**STOP**" command is controlled when:

- The kettlebells are resting on the shoulder joints (except for the beginning of the exercise, after having the kettlebell first in the chest)
 - Resting in a prohibited position for the 2nd time
 - The kettlebell is put down on the platform
 - The kettlebell touches the platform with a visible full loss of motion
 - The athlete steps off the platform
 - The athlete's technique is deemed unsafe (the judge may issue a single WARNING)
- Resting positions

It is allowed:

- To rest in the rack position
- To rest in the overhead position

It is prohibited:

- To rest with the kettlebell on top of the shoulder (skeleton bearing the weight)
- To rest in the hang position or against the legs

3.LONG CYCLE (Clean and jerk)

The Kettlebell Long Cycle is defined as lifting a Kettlebell in two different phases, the "Clean", followed by a "Jerk", to comprise one exercise cycle.

The kettlebell must stop in rack position and the legs must be straightened/knees locked out before commencing the Jerk (no bouncing).

The competitor then performs a Jerk with all technical elements as described in the Jerk section.

After fixation, the kettlebell must be dropped briefly back into the rack position before the back swing for the next rep. The clean may be performed between the legs.

In case of a failed lockout attempt on the Jerk, the whole lift must be taken from the back swing.

2. It is commanded "**NO COUNT**" when:

- Not separating and completing the Clean during Long Cycle (rebounding out of the rack position)
- There is no fixation in the overhead position
- There is no alignment in the overhead position (excessive twist or side bend, arm at 10 o'clock)
- Legs and arm are not straight/ locked in fixation
- Push press or lack of visible second dip (knee bend)
- There is a definite press out to the lockout
- Not returning to the rack after the fixation
- Not performing a clean after a jerk attempt (ex: 1 clean + 2 jerks)
- Switching without a hand to hand swing
- Any swing between reps (-1 per swing)
- Touching/ supporting the kettlebell, platform OR body with the free hand
- Resting in a prohibited position ONCE
- Violating the rules in any way

3. The "**STOP**" command is also controlled when:

- Resting in a prohibited position for the 2nd time
- The kettlebell is put down on the platform
- The kettlebell touches the platform with a visible full loss of motion
- The athlete steps off the platform
- The athlete's technique is deemed unsafe (the judge may issue a single WARNING)

Resting positions

It is allowed:

- To rest in the rack position
- To rest in the overhead position

It is prohibited:

- To rest with the kettlebell on top of the shoulder (skeleton bearing the weight)
- To rest in the hang position or against the legs

4.SNATCH

At the command “**START**” the kettlebell is swung back between the legs and then up to the lockout in one smooth, uninterrupted motion to a stop in overhead fixation.

No pressing out of the kettlebell is allowed. The kettlebell must be caught with a straight arm. During fixation the knees and elbow must be locked, the torso, head and working arm are in line.

The kettlebell must come to a *complete and visible stop*.

After fixation, the Kettlebell must be returned between the legs in one continuous movement. It's not allowed to swing outside the legs.

Performing a half snatch/ resting in the rack position or with the kettlebell on the shoulder will result in a **WARNING** on the first offence, and a **STOP** command the second time.

2. It is commanded "**NO COUNT**" when:

- there is no fixation in the overhead position
- there is no alignment in the overhead position (excessive twist or side bend, arm at 10 o'clock)
- legs and arm are not straight/ locked in fixation
- there is a definite press out to the lockout
- switching without a hand to hand swing
- any swing between reps (-1 per swing)
- touching/ supporting the kettlebell, platform OR body with the free hand
- scraping the floor with the kettlebell (no loss of motion)
- resting in a prohibited position **ONCE**
- violating the rules in any way

3. The "**STOP**" command is also controlled when:

- Resting in a prohibited position for the 2nd time
- the kettlebell is put down on the platform
- the kettlebell touches the platform with a visible full loss of motion
- the athlete steps off the platform
- the athlete's technique is deemed unsafe (the judge may issue a single **WARNING**)

Resting positions

It is allowed:

- to rest in the overhead position

It is prohibited:

- to rest in the rack position and/or with the kettlebell on top of the shoulder
- to rest in the hang position or against the legs
- to rest in the rack position or perform a half snatch (kettlebell on top of the shoulder and rack position are considered the same offence)
- Swing / Clean outside the legs (-1 per swing outside)

5. HALF SNATCH

Half snatch is performed identically to “snatch” on the way up to the lockout.

After fixation, the kettlebell must briefly return to the rack position before being swung for the next rep.

2. It is commanded "**NO COUNT**" when:

- there is no fixation in the overhead position
- there is no alignment in the overhead position (excessive twist or side bend, arm at 10 o'clock)
- legs and arm are not straight/ locked in fixation
- there is a definite press out to the lockout
- not returning to the rack after the fixation
- switching without a hand to hand swing
- any swing between reps (-1 per swing)
- touching/ supporting the kettlebell, platform OR body with the free hand
- scraping the floor with the kettlebell (no loss of motion)
- resting in a prohibited position ONCE
- violating the rules in any way

3. The "**STOP**" command is also controlled when:

- Resting in a prohibited position for the 2nd time
- the kettlebell is put down on the platform
- the kettlebell touches the platform with a visible full loss of motion
- the athlete steps off the platform
- the athlete's technique is deemed unsafe (the judge may issue a single WARNING)

Resting positions

It is allowed:

- to rest in the rack
- to rest in the overhead position

It is prohibited:

- to rest with the kettlebell on top of the shoulder (skeleton bearing the weight)
- to rest in the hang position or against the legs
- Swing / Clean outside the legs (-1 per swing outside)

6. Countries winners

- For the ranking of the 3 best countries:

only the elite (open + veteran = open class + veteran 1 + veteran 2 = all athletes who have an obligation to validate the CMS.) World championships are taken into account, the amateurs and the kids do not fit in the ranking of the top 3 countries.

Challenge Events

1. Regulations for extreme kettlebell marathons

- These types of events are done as exhibition lifts/ record attempts and are done in the context of an “Extreme kettlebell Marathon Festival”.
- The athlete must specify his attempt and obtain an official authorization from his/ her IKMF country representative and the IKMF president at the beginning of each calendar year.
- Bodyweight groups, age groups, and technical aspects of the lifts are defined in competition the rules.
- Athletes over 59 may not participate in extreme marathons.
- Kettlebell sizes start at 16kg for men, 8kg for women. Kettlebell sizes are limited to 4kg increments.
- The athlete must have a CMS (GS or marathon) rank at the minimum to qualify for such an event.
- Only athletes with a MISC or HMS (GS or marathon) rank may qualify to set a world record. All other athletes may set a national record only.
- IKMF banners must be on display during the event.
- IKMF certified judges must supervise and attest to the validity of the record.
- All record attempts must be done in presence of the IKMF country representative during the festival and validated by the IKMF president.
- Terminating the set prematurely by placing the kettlebell(s) on the ground (or any other reason) will void the attempt and results.

2. Extreme Marathons

It is possible to attempt an IKMF record with a single kettlebell and multi switch in the 4 competition disciplines.

- Jerk (from 2-24h)
- Snatch (from 2-24h)
- Half Snatch (from 2-24h)
- Long cycle (from 2-24h)

For events over 2 hours, some prohibitions are lifted to ensure the athletes safety. Tape (and gymnastic grips) for hand protection is allowed, but no gloves.

3. “SUPER MARATHON”, from 2 to 4 hours

The athlete may rest in a static hang position, perform low amplitudes swings between reps without having to change sides or even place the kettlebell on the shoulder. The athlete may

also use 2 hands on the kettlebell while resting elbows on the knees in all disciplines. It is however still forbidden to place the kettlebell on the ground during the event.

4. "ULTIMATE MARATHON", from 5 to 8 hours

The athlete may also place the kettlebell on the ground for 5 minutes every hour during the day, and for 10 minutes every hour during the night (the clock must keep running).

5. "EXTREME MARATHON", from 9 to 24 hours

The athlete may also place the kettlebell on the ground freely at will while the clock keeps running.

SYNTHESIS

| | JERK | LONG CYCLE | SNATCH | HALF SNATCH |
|--|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| NO COUNT (0 if it's prior the rep) / -1 (if it's after the rep) | | | | |
| Violating the rules in any way | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Performing the wrong exercise | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Supporting the kettlebell with the free hand | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Supporting the body with the free hand | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| There is no alignment in the overhead position | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| There is no fixation in the starting position or the overhead position | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| There is no alignment in the overhead position (excessive twist or side bend, arm at 10 o'clock) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| scraping the floor with the kettlebell (no loss of motion) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Legs and arm are not straight/ locked in fixation | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Any swing between reps (-1 per swing) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Resting in a prohibited position ONCE | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Not facing the judge | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Push press or lack of visible second dip (knee bend) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| There is a definite press out to the lockout | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Lack of technical stop in rack position / not marking the rack position | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Not returning to the rack after the fixation | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Re-cleaning the kettlebell without switching sides (wrong exercise: Long Cycle) | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| switching without a hand to hand swing | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Not separating and completing the Clean during Long Cycle (rebounding out of the rack position) | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Not performing a clean after a jerk attempt (ex: 1 clean + 2 jerks) | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | JERK | LONG CYCLE | SNATCH | HALF SNATCH |
|--|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| WARNING / -1 (first time) and then STOP command (2nd time) | | | | |
| To rest with the kettlebell on top of the shoulder (skeleton bearing the weight) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| To rest in the hang position or against the legs | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| To rest in rack position | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Swing / Clean outside the legs (-1 per swing outside) | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| COMMAND STOP | | | | |
| The kettlebell is put down on the platform | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| The kettlebell touches the platform with a visible full loss of motion | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| The athlete steps off the platform | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |