

Males

Professional: Kettlebell weight – 2 x 32kg

Rank Required: Professional Rank 1

	IUKL	WKSF	IGSF
Lifts Available	Biathlon	Biathlon	Biathlon
	Longcycle	Longcycle	Longcycle
Weight Categories	63/68/73/78/85/95/95+	63/68/74/80/87/95/95+	60/65/70/75/80/90/90+
Spots available – per weight category, per discipline	1	2	2

Amateur: Kettlebell Weight – 2 x 24kg

Rank Required: Rank 3

	IUKL	WKSF	IGSF
	Biathlon	Biathlon	Biathlon
	Longcycle	Longcycle	Longcycle
		Snatch Only	
Weight Categories	63/68/73/78/85/95/95+	63/68/74/80/87/95/95+	60/65/70/75/80/90/90+
Spots available – per weight category, per discipline	Unlimited	Unlimited	Unlimited

Females

Professional –

Rank Required: Professional Rank 1

	IUKL	WKSF	IGSF
Lifts Available	Snatch Only 24kg	Snatch Only 24kg	None
	Two Arm Longcycle 24kg	Two Arm Longcycle 24kg	
		Two Arm Longcycle 20kg	
	<i>One Arm Longcycle 24kg*</i>	One Arm Longcycle 24kg	
		Two Arm Biathlon 20kg	
Weight Categories	58/63/68/68+	52/58/65/75/75+	
Spots available – per weight category, per discipline	1	2	

Amateur – Kettlebell Weight 16Kg

Rank Required: Rank 3

	IUKL	WKSF	IGSF
	Snatch Only 16kg	Snatch Only	Snatch Only 16 kg
	Two Arm Longcycle 16kg	Two Arm Biathlon 16kg	Two Arm Jerk 16kg
		Two Arm Longcycle 16kg	Two Arm Longcycle 16kg
	<i>Two Arm Longcycle 20kg*</i>	One Arm Longcycle 16kg	One Arm Longcycle 16kg
	<i>One Arm Longcycle 16kg*</i>		
	<i>Two Arm Jerk 16kg *</i>		
Weight Categories	58/63/68/68+	52/58/65/75/75+	60/70/70+
Spots available – per weight category, per discipline	Unlimited	Unlimited	Unlimited

*please note these events were run by the host organisation as trial events 2018 but are not yet confirmed for 2019

English Kettlebell Association Qualifying criteria 2019. Information correct at 27th November 2018. Lifters must be aware that changes made by international organisations are out of EKAs control.

Juniors

There is no ranking requirement. A lifter must hit a time requirement of 5 minutes.

Male

	IUKL	WKSF	IGSF
Lifts Available	Biathlon	Biathlon	Biathlon
	Longcycle	Longcycle	Longcycle
Age, weight and kettlebell weight	<p>Up to 16 (2003 and younger) – 53/58/63/68/68+ Lift 2 x 16kg</p> <p>Up to 18 (2001 and younger) 58/63/68/73/78/78+ Lift 2 x 24kg</p> <p>Under 22 option to lift 32kgs, or can lift as adult</p>	<p>Up to 15 (2004 and younger) – 52/62/72/72+ Lift 2 x 16kg</p> <p>16 - 18 (2001-2003) 52/62/72/72+ Lift 2 x 24kg</p> <p>Under 22 option to lift 32kgs, or can lift as an adult</p>	<p>Up to 15 (2004 and younger) – 55/60/65/70/75/80/80+ Lift 2 x 16kg</p> <p>16 - 18 (2001-2003) 55/60/65/70/75/80/80+ Lift 2 x 24kg</p> <p>Under 22 option to lift 32kgs, or can lift as an adult</p>
Spots available – per weight category, per discipline	unlimited	unlimited	unlimited

Juniors

There is no ranking requirement. A lifter must hit a time requirement of 5 minutes.

Females

	IUKL	WKSF	IGSF
	Snatch Only	Snatch Only	Snatch Only
	Two Arm Longcycle	Two Arm Longcycle	Two Arm Longcycle
		One Arm Longcycle	One Arm Longcycle
		Two Arm Biathlon	Two Arm jerk
Age, weight, and kettlebell weight	<p>Up to 16 (2003 and younger) – 53/58/58+ Lift 12kg/ 2 x 12kg</p> <p>Up to 18 (2001 and younger) 58/63/63+ Lift 16kg/ 2 x 16kg</p> <p>Under 22 option to lift 24kgs, or can lift as adult</p>	<p>Up to 15 (2004 and younger) – 48/58/58+ Lift 12kg/ 2 x 12kg</p> <p>Up to 18 (2001 and younger) 48/58/58+ Lift 16kg / 2 x 12kg</p> <p>Under 22 option to lift 24kgs, or can lift as adult</p>	<p>Up to 16 (2003 and younger) – 50/60/60+ Lift 12kg/ 2 x 12kg</p> <p>Up to 18 (2001 and younger) 50/60/60+ Lift 16kg/ 2 x 16kg</p> <p>Under 22 option to lift 24kgs, or can lift as adult</p>
Spots available – per weight category, per discipline	Unlimited	Unlimited	Unlimited

Veterans

- Please see newly created veteran qualifying table attached.
- Kettlebell weights differ depending on age group.
- Please note that the international organisations have differing veteran age and weight categories so please check the tables closely and ensure that you are qualifying on the correct kettlebell weight for your category.

Females

	IUKL	WKSF	IGSF
	Snatch only	Snatch Only	Snatch Only
	Two Arm Longcycle	Two Arm Longcycle	Two Arm Longcycle
		One Arm Longcycle	One Arm Longcycle
		Two Arm Biathlon	Two Arm Jerk
Age Groups	35-39/40-44/45-49/50-54/55-59/60+	35-44/45-54/55-64/65+	35-39/40-44/45-49/50-54/55-59/60+
	35-49 – 63kg/68kg/68kg+	As per adults for all age groups	As per adults for all age groups
	50-59- 68kg/68kg+		
	60+ - Open		
Spots available – per weight category, per discipline	Unlimited	Unlimited	Unlimited

Males

	IUKL	WKSF	IGSF
	Biathlon	Biathlon	Biathlon
	Longcycle	Longcycle	Longcycle
Age Groups and weight categories	40-44/45-49/50-54/55-59/60-64/65-69/70-74/75+	40-49/50-59/60-69/70-74/75+	40-44/45-49/50-54/55-59/60-64/65-69/70-74/75+
Weight Categories	40-59 – 73kg/85kg/85kg+	As per adults for all age groups	As per adults for all age groups
	60-74 – 85kg/85kg+		
	75+ Open		
Spots available – per weight category, per discipline	Unlimited	Unlimited	Unlimited

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Marathon

- Lifter must lift in the age and weight and discipline in which they want to qualify in.
- Lifters are limited to qualifying in two events only. This is due to IKMF rules limiting the number of events each team can enter at a championships – events entered limited to 2 x number of lifters on the team entered, e.g. 4 lifters allows for 8 events.
- There may on occasion be an opportunity for a lifter to lift three lifts at an event – if you are keen on a third lift please make us aware so we can add you to a ‘waiting list’. 2 weeks prior to competition entry deadline we will ask athletes to confirm spots. If there is a spare event space available we will do a simple ‘name out of a hat’ draw to pick the athlete who will take the spot. Please note that doing the third lift does not give the athlete automatic qualification for that event at a later competition, or priority over any spare spaces at future international events.
- There is a limit of two athletes from the same country in the same category. If there are more than 2 lifters competing for the spots then highest reps and earliest ranking date rules apply.
- Lifter must complete the full allotted time on their chosen kettlebell weight and in the chosen discipline
- IKMF require athletes to achieve CMS ranking to lift as a professional. If CMS numbers are not achieved at the time of qualifying, an athlete’s spot is reserved and they have until 8 weeks prior to international competition date to submit a video for CMS ranking.
- If an athlete who has a reserved professional is unable to make CMS ranking, they can drop to amateur category as long as there is space for them to do so. This does not automatically entitle them to an amateur place at further competitions.

	Males	Females
Disciplines	Jerk (1 & 2 Bells) Longcycle (1 & 2 Bells) Snatch (1 Bell) Half Snatch (1 & 2 Bells)	Jerk (1 & 2 Bells) Longcycle (1 & 2 Bells) Snatch (1 Bell) Half Snatch (1 & 2 Bells)
Age Categories	19-39/40-49/50-59/60-69/70+	19-39/40-49/50-59/60-69/70+
Body weight categories	75/85/85+	60/70/70+

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Half Marathon	Male	Female
Professional	32kg	20kg
Amateurs	24kg	16kg
Vets		
40-59	28kg	16kg
50-59	24kg	16kg
60-69	16kg	12kg
70+	16kg	12kg
Full Marathon		
Professional	24kg	16kg
Amateur	16kg	12kg
Veteran		
40-49	24kg	12kg
50-59	20kg	12kg
60-69	16kg	12kg
70+	16kg	12kg
Double Bell Events		
Professional Qualified lifters only	2 x 20kg	2 x 16kg - Lifters with 10 min MSCI/MS in discipline – otherwise see below
		2 x 12kg
Veteran	2 x 16kg	2 x 12 kg

Juniors – Marathon

Disciplines available: Jerk, Longcycle, Snatch, Half Snatch

Age Categories: 7-10/11-13/14-16/16-18.

Please contact us for more information.



General Criteria applying to all athletes

- Lifter must be a fully paid up member of English Kettlebell Association at the date of the qualification event they are attending
- Lifter must attend an EKA international rules and judging briefing prior to qualification – these will held on qualification event days before lifting commences.
- Lifter must lift in the age/weight/discipline that they wish to qualify in.
- Where there are limited spots, these are awarded to the lifters with the highest reps at the earliest qualifying event each year. Anyone who makes qualifying standard will be put on a reserve list.
- Where an athlete qualifies for a limited spot, they will be expected to confirm competition attendance to allow any reserve lifters the opportunity to lift at competitions if they themselves will not be attending
- Results from an application for an adult spot may be carried to a veteran spot as long as the Kettlebell weight remains the same. Lifter must still pay entry fee for the additional event.
- A lifters weight at the time of the qualification event is the one which will be used for weight category purposes. The EKA committee will confirm which categories your weight puts you in at the time of weigh in.
- Junior lifters will weigh in as per above on the day. As junior lifters are still growing, they will be asked to re weigh themselves just prior to competition entries being submitted and if required will be moved into a different weight category.
- Should a lifter be unable to attend both qualifying events then they must contact EKA as soon as possible to discuss qualifying options. The will be reviewed on a case by case basis. Please be aware that if approved an athlete will be expected to do a qualifying set in front of an approved EKA judge – this may require travel by the athlete.
- In the case of Female Two Arm Longcycle – those wishing to lift both 20kg and 24kg at professional level must qualifying on each weight.
- Currently Two Arm Longcycle 24kg at WKSF is an open weight category. Therefore should an athletes weight drop and they at the time of the event they fall into a lower weight category we will allow this. Please note that should WKSF change the event to be determined by weight class, a lifter would need to requalify in the lighter category.
- Further details regarding disabled lifters will be released as soon as possible. We are currently discussing these events with the various international organisations