



Approved by the Executive Committee
of the WKSF on June 23, 2018
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PARA-KETTLEBELL

Categories:

INCLUTEG (INCLUSION-INTEGRATION): this category consists on the unification/union of all categories of various kinds of disabilities.

STANDING (ST): category for athletes with permanent impairment of upper and lower limbs that have not to use a wheelchair or other kind of mobility aids; it's divided into 4 classes:

L1 (LEG): for athletes with lower limbs permanent impairment:

1. People that underwent/ have had a below-knee amputation (transtibial) of one lower extremity;
2. People with a congenital lower-limb deficiency (one leg) below the knee ("partial deficiency").

ACCESSIBLE COMPETITION SPECIALTIES

-Double kettlebell: JERK

-SNATCH

KETTLEBELL WEIGHT: 16 kg men; 8 women

LENGTH OF COMPETITIONS: 10 minutes

L2 (LEG): for athletes with lower limbs permanent impairment:

- 1- People that underwent/ have had an above-knee amputation (transfemoral) of one lower extremity.
- 2- People with a congenital lower-limb deficiency (one leg) above the knee

ACCESSIBLE COMPETITION SPECIALTIES

-One kettlebell: JERK

-SNATCH

KETTLEBELL WEIGHT: 16 kg men, 8 kg women

LENGTH OF COMPETITIONS: 10 minutes

L3 (LEG): For athletes with lower limbs permanent impairment:

- 1- People that underwent/ have had an under-knee amputation of both lower extremities (legs)
- 2- People with a congenital impairment of both lower extremities (legs) under the knee.

ACCESSIBLE COMPETITION SPECIALTIES

-Double kettlebell: JERK

-SNATCH

KETTLEBELL WEIGHT: 16 kg men, 8 kg women

LENGTH OF COMPETITIONS: 10 minutes

A1 (ARM): Category for athletes with upper limbs impairment:

- 1- People that underwent/ have had an amputation of one upper extremity (above or under the elbow)
2. People with congenital lack of one above-mentioned art or with serious congenital malformations.
- 3- People that present a motor deficit of only one secondary limb due to muscular dystrophy or myopathy, neurologic deficit associated with the lost of motor capacity, etc. (no category is considered for amputation, paralysis or further serious moving deficit of both upper limbs)

ACCESSIBLE COMPETITION SPECIALTIES

- One kettlebell: JERK

- SNATCH

KETTLEBELL WEIGHT: 16 kg men, 8 kg women

LENGTH OF COMPETITIONS: 10 minutes

VISUAL IMPAIRMENT: A whole category for visual impairments

ACCESSIBLE COMPETITION SPECIALTIES

-Double kettlebell: JERK

-Double kettlebell: LONG CYCLE

-SNATCH

KETTLEBELL WEIGHT: 16 kg men, 8 kg women

LENGTH OF COMPETITIONS: 10 minutes

SITTING (SI): Category for athletes with permanent lower limbs impairments that need to use a wheelchair or other kind of mobility aids: It's divided into 3 classes:

SI 1: For athletes with disabilities of lower limbs with a good functional sitting balance (hemiplegics, paraplegics, people with bilateral above-knee amputation, bilateral and mixed amputation above and under the knee, etc); the exercises will be executed by the athlete sitting on a bench prearranged by the organizing body of the competition.

ACCESSIBLE COMPETITION SPECIALTIES:

-Double kettlebell: PRESS

-Double kettlebell: LONG CYCLE

KETTLEBELL WEIGHT: 16 kg men, 8 kg women

LENGTH OF COMPETITIONS: 10 minutes

SI 2: For athletes with disabilities of lower limbs without a functional sitting balance, without further injuries of the upper arts. The exercises will be executed by the athlete sitting on his own wheelchair.

ACCESSIBLE COMPETITION SPECIALTIES:

-One kettlebell: PRESS

KETTLEBELL WEIGHT: 16 kg men, 8 kg women

LENGTH OF COMPETITIONS: 10 minutes

SI 3: Athletes with disabilities of lower arts and one upper art (mechanic or neurologic nature) typical on emiplegic athletes. For this category it can be performed the

One PRESS movement (16 kg men, 8 wmn), performed by the athlete sitting on his/her own wheelchair

ACCESSIBLE COMPETITION SPECIALTIES:

-One kettlebell: PRESS

KETTLEBELL WEIGHT: 16 kg men, 8 kg women

LENGTH OF COMPETITIONS: 10 minutes

INTELLECTUAL IMPAIRMENT: Addressed to athletes with mental disability, which are part of one special unique category.

ACCESSIBLE COMPETITION SPECIALTIES:

-One kettlebell: JERK, it will be considered as valid also the push press movement.

KETTLEBELL WEIGHT: 16 kg men, 8 kg women

LENGTH OF COMPETITIONS: 10 minutes

LES AUTRES: This category includes people with motor difficulties of mechanic or neurologic nature of minor entity comparing to the previous categories. The participants present conditions such as dwarfism, multiple sclerosis, limbs malformations, serious arthrosis or ankylosis and/ or prosthesis on hips, knees or ankles.

ACCESSIBLE COMPETITION SPECIALTIES

-Double kettlebell: JERK

-Double kettlebell: LONG CYCLE

-SNATCH

KETTLEBELL WEIGHT: 16 kg men, 8 kg women

LENGTH OF COMPETITIONS: 10 minutes

Practical example of a category:

ST/L1/S

Standing (ST)= category

L1= class

S-Snatch=(exercise/specialty)



President WKSF

Oleh Ilika

