Steve Cotter Spirit of Sport Award

1. Best Lifter of the Year (BLOTY)

1.1 The 2027 AKLU season features the Steve Cotter Spirit of Sport Award, recognizing lifters who demonstrate the highest overall performance across multiple kettlebell sport disciplines.

1.2 This award is presented to the lifter in each division who earns the highest total Cotter Points from up to eight (8) submitted lifts completed during the season at AKLU-sanctioned events, prior to the annual members meeting.

1.3 How to Qualify for the Steve Cotter Spirit of Sport Award

a) Lifters may submit up to eight (8) individual lift results throughout the season. **Each lift is 5 minutes in duration.**

b) Lifts may be performed in person at live AKLU-sanctioned events or online at AKLU-sanctioned competitions. Lifters may also submit to the AKLU directly via video submission at designated submission times.

1. Submissions submitted to the AKLU directly for video review must be submitted between the 1st and the 7th of each month.

c) All lifters must be AKLU members in good standing.

d) Eligible disciplines include:

- Long Cycle
- Jerk
- Snatch
- OALC (One Arm Long Cycle)
- OAJ (One Arm Jerk)
- Half Snatch
- Double Half Snatch

- Military Snatch

e) Entry fee is $70 with unlimited submissions allowed.

1.4 Divisions

Cotter Award Divisions

Open Women 18+	Open Men 18+
Veteran Women 35-55	Veteran Men 40-60
Masters Women 55+	Masters Men 60+
Junior Girl Under 18	Junior Boy Under 18

1.5 Scoring Method – Cotter Points

Cotter Points are calculated using the following formula:

> Cotter Points = (Kettlebell Weight × Kettlebell Coefficient × Discipline Coefficient × Repetitions) ÷ Athlete Bodyweight

The lifter's total Cotter Points from up to 8 lifts determines their ranking for the Cotter Award.

1.6 Kettlebell Coefficients

Weight	Coefficient

4kg	0.3
6kg	0.4
8kg	0.5
10kg	0.6
12kg	0.7
14kg	0.75
16kg	0.8
18kg	0.85
20kg	0.9
22kg	0.95
24kg	1.0
26kg	1.1
28kg	1.2

30kg	1.3
32kg	1.4
34kg	1.5
36kg	1.6
40kg	2.0
44kg	2.5
48kg	3.0

1.7 Discipline Coefficients

Discipline	**Coefficient**
Military Snatch	1.0
Half Snatch (HS)	1.0
One Arm Jerk (OAJ)	1.1
One Arm Long Cycle (OALC)	1.2

Snatch	1.3
Jerk	2.0
Long Cycle	2.8
Double Half Snatch	3.0

1.8 Cotter Award Specific Rules

a) Lifters may submit multiple lift results from multiple competitions.

b) Lifters must designate which lifts are being submitted for the Cotter Award.

c) Lifters may compete in only one division per season (Open, Junior, or Veteran).

d) If no division is declared, AKLU will assign one based on past history or competition records.

g) Scores may be updated with better results during the season, but not retroactively after the final deadline.

1. August 01 2026 - July 31 2027

1.9 Submission Requirements

a) All lifts must come from either an AKLU-sanctioned event (live or online) or through video submission directly to the AKLU.

b) Video competition entries are eligible and will be included in Cotter Point totals.

c) Each lift is 5 minutes in duration.