



Competition Rules of the American Kettlebell Lifters Union

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1: Purpose and Authority

The American Kettlebell Lifters Union (AKLU) is the governing body for kettlebell sport in the USA and the national representative to the World Kettlebell Sport Federation (WKSF). In that role, the AKLU is the national federation for the USA and the sole approving authority for the nomination of members to the USA National Team for WKSF. This document sets forth the rules of competition for kettlebell sport in the United States of America and the standards for the USA National Team (hereinafter, "National Team").

These rules are developed and promulgated on the authority of the AKLU Board of Directors (hereinafter, "Board") and issued with the Board's concurrence by the President. The AKLU Rules Committee is responsible for the development and maintenance of these rules, and the chair of the Rules Committee reports to the President. The authorities delegated and asserted within these rules are derived from the AKLU Bylaws, available at www.AKLU.net.

AKLU acknowledges that the International Union of Kettlebell Lifters (IUKL), through its American representative USA Kettlebell Sport Lifting (USAKSL), as an adjacent international federation within the USA. The existence of both AKLU and USAKSL, working in tandem, is important for the growth and sustainment of kettlebell in the country, but as the sole representative to WKSF these rules and their accompanying ranking tables shall be the only recognized standards and ranking system by AKLU.

AKLU is not a league. It does not aggregate team standings or host events directly. AKLU operates solely as a sanctioning body and supports kettlebell sport through advocacy and governance with a lifter-centric mission. Through its governing body role, AKLU provides a unifying framework under which leagues, clubs and lifters in America can compete on level terms and standards in a manner consistent with the international lifting community. Leagues and clubs are encouraged to leverage these rules and ranking systems as a means of standardizing kettlebell sport in America.

2: Federation Structure

The AKLU federation contains three regions (Western, Central, and Eastern) to provide lifters with access to geographically desirable competitions.

Western Region is comprised of the following states:

Washington, Oregon, California, Idaho, Nevada, Utah, Arizona, Montana, Wyoming, Colorado, New Mexico, Alaska, and Hawaii.

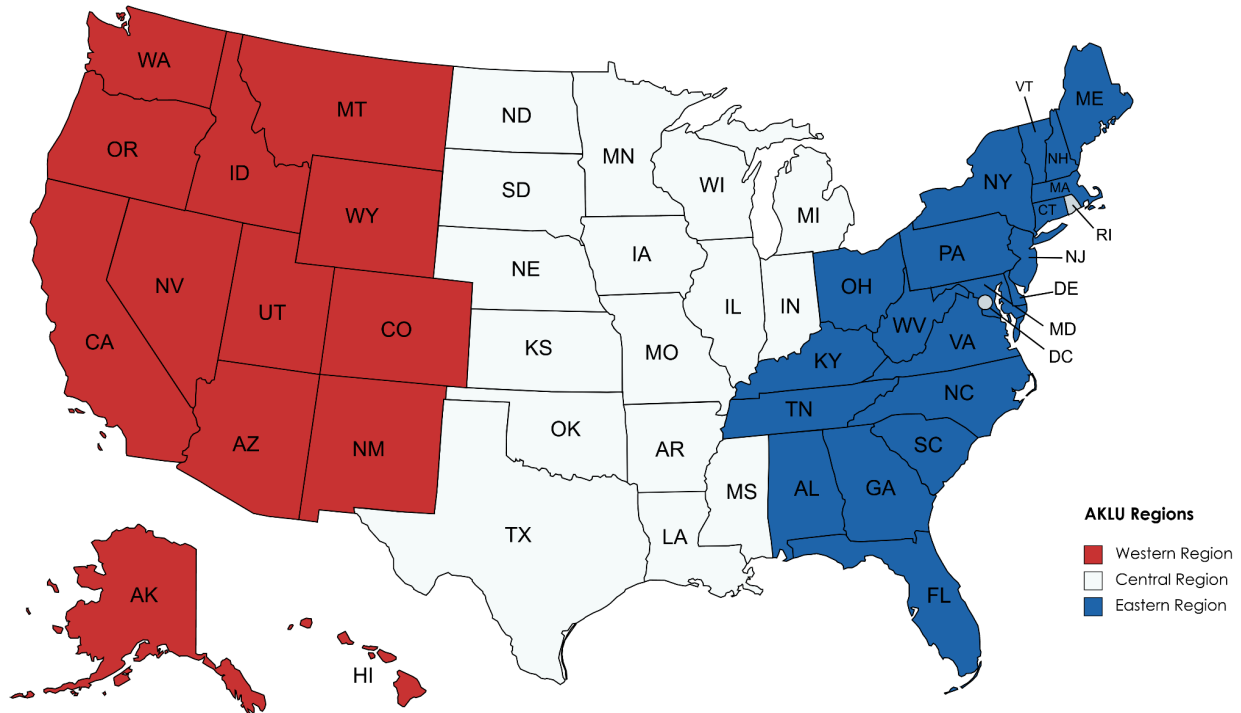
Central Region is comprised of the following states:

North Dakota, South Dakota, Nebraska, Kansas, Oklahoma, Texas, Minnesota, Iowa, Missouri, Arkansas, Mississippi, Louisiana, Wisconsin, Michigan, Illinois, and Indiana.

Eastern Region is comprised of the following states:

Ohio, Kentucky, Tennessee, Alabama, Maine, Vermont, New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, Pennsylvania, New Jersey, Maryland, Virginia, Washington DC, Delaware, North Carolina, South Carolina, Georgia, and Florida.

Puerto Rico, Guam, American Samoa, and the US Virgin Islands, and US military installations abroad shall be considered “At Large” regionally with support provided at the direction of the President as needed.



AKLU Regional Alignment

As a federation, AKLU recognizes the following roles and responsibilities:

2.1 AKLU President

The President is selected by the board of AKLU after each board election, and all Board members are elected by the members of the AKLU in accordance with the bylaws. The President is responsible for the general oversight of the federation and orderly management of its activities. The President may appoint federation officials and/or advisors with the approval of the Board to provide specific functional assistance to the federation. The Board retains final authority for the composition of the AKLU National Team. The President serves as the primary (but not exclusive) federation contact to the WKSJ both directly and through the North American representative.

2.2 Rules Committee Chair

The Rules Committee Chair is appointed by the President with the concurrence of the Board for an indefinite term. The Rules Committee Chair is responsible for the development, maintenance, and publication of the federation's rules and ranking tables.

2.3 Chief Judge

The Chief Judge is responsible for the implementation of the competition rules, training and certification of AKLU judges, and the arbitration of competition related disputes. The Chief Judge serves as the Chair of the Judges Council, which is responsible for adjudication of any/all matters related to rule implementation or interpretation. Members of the Judges Council are appointed by the Chief Judge with the oversight and concurrence of the Board. The Chief Judge is appointed by the President with concurrence of the Board for a two year term of office. Their term may be extended for a period not to exceed 10 total years of service.

2.4 Judge

AKLU certified Judges are responsible for the integrity of the sport at all sanctioned events. Judges may function as Platform Judges, Head Judges, or Functional Judges. A Platform Judge reports to the Head Judge of an event and is responsible for the accurate and consistent recording of an athlete's performance while on the platform. A Functional Judge is responsible for the oversight of a functional component of an event (e.g., equipment, weigh-in, scorekeeping, etc...) and reports to the Head Judge. A competition is managed by a single Head Judge who is the final authority for all scores, equipment, and athletic activities within that event. All judges are responsible for the provision of a lifter-centric application of these rules.

2.5 Regional Representatives

A Regional Representative is charged with the development and management of federation activities within a defined geographic area in the USA. These activities include the identification and chartering of Member Clubs, recruitment and mentoring of Member Coaches, assisting with the planning and execution of competitions within that region, and the training of federation officials. Regional Representatives may be provided with AKLU-owned equipment to support activities in their region, and are responsible for the maintenance of the competition calendar in coordination with the Board.

2.6 Member Club

A Member Club is a group of lifters with a named Coach or Captain who is a member of AKLU in good standing, with a portion of their mission being to compete in kettlebell sport. All Member Clubs must have at least one publicly accessible kettlebell sport-centric workout, which may be in person or virtual and for which they may charge a fee. Member Clubs are required to either host or participate in AKLU competitions no less than semi-annually. Member Clubs operating a physical facility must have an adequate quantity of well-maintained kettlebells that meet the

standards set forth in the Equipment section of this document. Member Clubs are expected to promote kettlebell sport in their area, and demonstrate the highest level of sportsmanship in their interactions with lifters and neighboring clubs. Member Clubs support one another through referrals, shared marketing, social media amplification, and social engagement. Member Clubs are the backbone of the sport community, and in that role build the camaraderie that is essential to success in kettlebell sport.

2.7 Member Coach

A Member Coach is a properly qualified fitness professional with training and experience in coaching kettlebell sport lifters. Member Coaches expose candidate lifters to sport lifting techniques and introduce them to kettlebell sport. Member Coaches assist lifters in achieving their fitness and competition goals competently and professionally, with an emphasis on safety. Member Coaches may be affiliated with a Member Club or functioning independently. Member Coaches should be certified as AKLU Judges and are expected to contribute to competitions within their region in that capacity. Regardless of their training venue, all Member Coaches must be members of AKLU in good standing.

3: Competition Tiers

In order to present the best lifters to the WKSF while retaining access for lifters of all levels, AKLU provides for competition in a hierarchical manner. Lifters are encouraged to compete at the level that best meets their goals and skills and are not required to compete at a prescribed competition tier. While competitions focus on tiers of lifters, all lifters are welcome at any AKLU sanctioned event. All AKLU sanctioned events at the National or Regional tier must offer a discount on registration to [AKLU members](#) (this discount can be waived for late registrations within 2 weeks of the competition date).

AKLU sanctions competitions at the following tiers:

3.1 National Competitions

A National competition is focused on the highest level of competition at the national level. National competitions prioritize elite and top-tier amateur lifters with the intention of building the National Team. The equipment, space, judging, and uniform standards are consistent with international standards. National competitions require substantial planning and logistics and may be cost prohibitive for many clubs and leagues to sponsor. AKLU sanctions no more than two National competitions per calendar year in order to maximize support and partner investment.

National competitions may issue any/all ranks recognized by the AKLU's ranking table. While amateur competition is typically offered at National events, priority will be placed on elite tier lifters and events. National events are automatically considered to be qualifying competitions for

the AKLU National Team. National competitions will prioritize in-person competition, with video submission at the discretion of the host.

National competitions are awarded annually by the AKLU Board to requesting clubs. Annual competition dates are announced no less than six months prior to permit adequate lifter preparation and venue/logistics coordination.

3.2 Regional Competitions

A Regional competition is focused on experienced amateur lifters who have attained rank in open competition previously. Space and uniform standards are generally relaxed, as are judge certifications. Equipment standards are comparable to National competitions but platform builds and timing/scoring requirements are simplified. Regional competitions deliberately lower certain barriers to entry to be more accessible for hosts. AKLU typically sanctions no more than four Regional competitions *per region* annually which may be held concurrently to maximize the competitive spirit.

Regional competitions may issue ranks up to Candidate Master of Sport as defined by AKLU's ranking table. For Regional competitions that fully comply with National standards, the AKLU board may authorize the issuance of Master of Sport ranks if such a request is registered at the time of sanctioning by the organizer. Regional competitions will offer both in-person and video submission options. In order to offer Master of Sport ranks the lift must be completed in person with a WKSJ or AKLU certified judge.

Regional competitions must be sanctioned at least 90 days in advance (the board may approve an exception to this timeframe on a case-by-case basis) to permit adequate lifter preparation and venue/logistics coordination. Regional events are considered AKLU National Team qualifying competitions when they broadly comply with National standards and as approved by the AKLU Board at the time of sanctioning.

3.3 Local Competitions

A Local competition is focused on amateur lifters of all levels who may or may not have competed previously. Equipment, uniform, space, and judging certification requirements are relaxed to promote accessibility. Costs are generally lowest for Local competitions and planning burdens minimized to encourage a vibrant schedule. There is no limit to the number of Local competitions sanctioned by AKLU annually, but Local competitions must be registered with AKLU in order to use AKLU publicity and brand marks.

Local competitions may issue ranks up to Rank 1 on the current AKLU table. For local competitions that comply broadly with Regional standards, the Chair of the Rules Committee may approve the issuance of Candidate Master of Sport in Local events if such request is made by the host club at the time of sanctioning. Local competitions are ineligible to serve as AKLU National Team qualifying competitions. Local competitions offer in-person only competition.

Local competitions must be sanctioned by AKLU no less than 30 days in advance to allow for social media and marketing support by AKLU.

3.4 General Facility Standards

Competition locations must be clean, free of undue safety risks, have serviceable restrooms on site, and be adequately equipped with kettlebells and warm-up equipment. Competition hosts are expected to provide chalk and water in adequate quantities for the number of lifters registered. Hosts must assure working timing devices and rep counters are on site, as well as an accurate scale for both lifters and to verify kettlebell weights are within equipment standards.

All competition locations must be compliant with local health/safety and fire codes for places of public accommodation. Competitions must be held in commercially zoned facilities. Competition locations must have either adequate first aid and AED equipment on site or arrange for medical coverage in the event of on-site emergencies. All events must have a working phone with the ability to call for emergency services at all times.

3.5 Competition Requirements Table

A summary of the requirements for each competition tier follows:

M: Mandatory; R: Recommended; O: Optional	National	Regional	Local
Facility			
On-Site Food Options	M	R	O
On-Site Water	M	M	M
Minimum spectator capacity	50	50	20
Distance to Lodging (miles)	10	10	N/A
Minimum Number of Platforms	3	2	1
Commercial audio and live MC	M	R	O
On-Site Parking	M	M	R
On-Site Shower and Locker Rooms	R	R	O
Available WiFi (may be fee-for-service)	R	R	O
Equipment			

Elevated Platforms	M	R	O
Uniform Requirements	M	R	O
Competition Kettlebells	M	M	R
Lifter Support			
Minimum Stretch/Prep area capacity	10	10	4
Minimum chalking stations	2	2	1
CPR/AED Certified person on site	M	M	M
On-Site AED and First Aid Kit	M	M	M
Presentation/Publicity/Engagement			
Live Stream of event	M	M	O
Platform Signage/Banners	M	M	O
Event Website (beyond social media)	M	R	O
Digital flight sheets (on-screen)	M	R	O
AKLU Member discount on registration	M	R	R
Judging/Scoring/Integrity			
Separate Head Judge / Platform Judges	M	M	R
AKLU Certified Judges	M	R	R
Platform Viewable Timers	M	M	M
Platform Viewable Counters	M	M	O
Anti-Doping / Drug Testing	R	O	O

3.6 AKLU Support to Sanctioned Events

Sanctioned events are eligible for support from AKLU. This support includes access to any available AKLU loaner equipment, coordination with AKLU federation sponsors for event-level support (prizes, in-kind donations, branding) and marketing support from AKLU. Sanctioned events are further eligible to utilize AKLU technologies and technical capabilities for competition management. Sanctioned event hosts have access to the AKLU Board, Chief Judge, and other federation personnel to assist with event coordination, best practices, advice, and facilitation. AKLU provides all sanctioned events with ranking support using the AKLU ranking tables and the provision of formal rank certification to lifters after each event.

3.7 Competition Structure and Mechanics

All AKLU sanctioned competitions may offer both five and ten minute events, open to the general public, and clearly displaying the AKLU name/brand. Hosts are encouraged to offer as many AKLU tabled events as possible to provide accessibility to more lifters. Marathons will be offered at all National and Regional events. All registered competitors must be provided equal access to events, equipment, and facilities. Teams and individual lifters are welcome, and competitions must provide for spectators in order to build awareness of kettlebell sport.

Competitions must be announced publicly no less than 60 days prior to the event, and must provide for competition both in person and online. All competitions must have at least one AKLU certified Judge, who may be a Member Coach or an independently certified individual.

Competition organizers may incorporate challenges, relays, non-AKLU lifts, or special events to encourage camaraderie, athleticism, or simple enjoyment for lifters. AKLU supports all efforts to improve the state of kettlebell sport lifting in America.

Sanctioned event hosts shall make available hard copies of the AKLU ranking tables at all competitions and prominently display the AKLU name/logo in all marketing materials. As practicable, hosts will announce the event's status as a sanctioned event throughout the course of the competition. Event hosts are strongly encouraged to utilize the AKLU ranking table in the issuance of ranks and scores at sanctioned events.

3.8 Score Submission

Results from AKLU sanctioned events are submitted to AKLU by the event host promptly at the conclusion of the competition. The format for submission will be provided to the event host by AKLU prior to the competition. Once results are received by AKLU, they will be compiled and posted to the AKLU website within 3 weeks of receipt. Lifters will be notified of their results by the host immediately following the event and prior to departing the venue. Lifters will be presented a copy of the AKLU ranking tables and have a copy of these rules made available to them at the time they are presented with their scores. Rank certificates of all sanctioned events should display AKLU ranks and results to the maximum extent practicable. AKLU will certify all results upon receiving the results of a competition and notify the lifters of their certified ranks directly.

4: Scored Events

AKLU recognizes events for the purposes of standings and scoring. In the context of these rules, the following definitions apply:

Event: A lift or group of lifts performed for a stated period of time for which a competitor earns points and/or ranks. An example of an “Event” is a 10 minute biathlon.

Lift: A stated movement performed by a competitor to an established standard. An example of a “Lift” is One Arm Long Cycle.

Rank: A status earned by a competitor in competition by performing a lift or event to a set criteria established by an AKLU ranking table. An example of a Rank would be “Rank 2 in 20kg women’s triathlon, open class.”

Standing: The relative place of a competitor within their class, lift, and division in a 1-N format. An example would be “2nd place in Men’s Biathlon, 24kg division, Masters class.”

4.1 Ranked Lifts

AKLU recognizes the following as ranked lifts:

- Snatch (Single) (S1)
- Jerk (Single and Double)(J1 or J2)
- Long Cycle (Single and Double)(LC1 or LC2)

4.2 Event Descriptions

Single Lift: A single lift consists of one lift repeated for a prescribed period of time. The event begins on a start command and continues until such time as time expires, the lifter forfeits, or the platform judge terminates the set.

Biathlon: Biathlon consists of jerk and snatch. Each lift is performed for a prescribed period of time with a rest period between the lifts. The event begins on a start command and continues until such time as time expires, the lifter forfeits, or the platform judge terminates the set.

Triathlon: Triathlon consists of long cycle, jerk and snatch. Each lift is performed for a prescribed period of time with a rest period between the lifts. The event begins on a start command and continues until such time as time expires, the lifter forfeits, or the platform judge terminates the set.

Each event consists of some combination of these recognized lifts. Certain lifts are distinct to specific events, a summary table follows:

Men’s Events

	Single Lift	Biathlon	Triathlon	30m Marathon
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S1	X	X	X	X
J1	X			X
J2	X	X	X	
LC1	X			X
LC2	X		X	

Women's Events

	Single Lift	Biathlon	Triathlon	30m Marathon
S1	X	X	X	X
J1	X			X
J2	X	X	X	
LC1	X			X
LC2	X		X	

AKLU permits all lifters to choose kettlebells of a weight they deem appropriate for themselves. Provided a lifter can safely execute quality lifts, they may use any kettlebell weight between 8kg and 32kg in competition, in 4kg increments (8kg, 12kg, 16kg, 20kg, 24kg, 28kg, 32kg, 36kg, 32kg). If a lifter chooses to use a kettlebell that is in between these choices (i.e. 10kg, 14kg, 18kg, etc.) they may be awarded a rank based on the rank table that is lighter than the bells they are lifting (i.e. 18kg on the 16kg table).

All lifts will comply with [WKSF lifting quality standards](#) (see section 11 Rules of Performance of Exercise) where such standards are established, or to the standards established by AKLU otherwise. Lifters are permitted a single hand change for standard single-kettlebell lifts and may not set the kettlebells down at any time during their bout. Marathon events allow for hand-switching as often as the lifter chooses but at no time may the kettlebells be set down during the course of their bout.

5: Athlete Qualifications and Divisions

5.1 Divisions

The following divisions are recognized by AKLU:

	Men's Division	Women's Division
Youth 1	9 and Under	9 and Under
Youth 2	10-13	10-13
Youth 3	14-15	14-15
Youth 4	16-18	16-18
Open	18+	18+
Masters 1	40-59	35-54
Masters 2	60-74	55-64
Masters 3	75+	65+

Weight Classes

AKLU recognizes the following weight classes:

Weight (in kg)(max)	Men	Women
Biathlon/Single Lifts (5 and 10 minutes)		
52kg		X
58kg		X
63kg	X	
65kg		X
68kg	X	
75kg	X	X
+75kg		X
80kg	X	
87kg	X	
95kg	X	
+95kg	X	
Marathon (30 minutes)		

58kg		X
65kg		X
+65kg		X
74kg	X	
87kg	X	
+87kg	X	

AKLU takes no position on gender expression or identity. Lifters may register in the division of their choosing for events. For National Team eligibility, AKLU will follow the rules of WKSF.

Competitions designated as qualifying events for the AKLU National Team must meet all WKSF lifting and athlete eligibility standards for that qualification.

6: Scoring and Standings

Lifters competing in multiple AKLU competitions during the course of a calendar year will have the best of their scores considered in determining their eligibility for the National Team.

6.1 Single Lifter Event Scoring

Single lift events are scored as one point per completed repetition. Multi-lift events are scored as follows:

Biathlon: One point per jerk, 0.50 points per snatch.

Triathlon: One point per long cycle, 0.66 points per jerk, 0.50 points per snatch.

Marathon: One point per repetition in each event.

6.2 Score Challenges

The following are types of challenges that may be issued with regards to a competitor's score in an event. All challenges require the lifter to present a video for review at the time of the challenge. Videos must show clear and convincing evidence of a discrepancy between the judge's finding and the lifter's assertion.

Platform Challenge: A Platform Challenge is presented by a competitor to the Platform Judge at the conclusion of an event and before leaving the immediate platform area. The challenge must be presented by the competitor to the Platform Judge immediately with a specific reason for the challenge (e.g., improper count, incorrect timing, incorrect assessment of no-count...).

Upon presentation of the challenge, the Platform Judge will notify the Head Judge and confer with the competitor about the concern. The Head Judge and Platform Judge will review the matter in accordance with the Judge's Manual and issue a determination on the challenge. The ruling of the Head Judge shall be final.

Head Judge Challenge: A Head Judge Challenge is presented to the Head Judge at a competition in the case of a disagreement over the standings (place) or rank certification of a competitor in a single competition. Examples include: A competitor asserts the ranking table was misapplied to their results; a competitor asserts that another competitor in their division was improperly judged and caused them diminished standing, competition standards were incorrectly applied, or competition rules were not followed causing them harm. This challenge may be issued by any competitor prior to the conclusion of the competition.

Upon presentation of a Head Judge Challenge, the Head Judge will review the matter in accordance with the Judge's Manual and issue a determination on the challenge. Should the competitor disagree with the Head Judge's determination, they may request AKLU review the matter at the Federation level. In this case, AKLU may assess a review fee to the competitor to defray the costs of evaluating the matter. Federation reviews must be requested in writing to the Chair of the Rules Committee within five working days of the competition. The Rules Committee shall provide a determination to the competitor with a written response within 30 business days of the request. The determination of the Rules Committee is final.

A competition Head Judge may, at any time, request the Chief Judge review the activities of a competition. This review may be for internal quality controls, or to develop proposed changes to these rules. At no time will a judge-initiated review be used to retroactively modify the score of a competitor for any reason.

6.3 Disqualification and Penalties

AKLU may disqualify or penalize a competitor for misconduct. Common examples of misconduct, and their suggested penalties, are contained in the table below:

Action	Penalty
Unsportsmanlike Conduct	Disqualification for that competition
Threatening an Official	Disqualification, 3 month suspension
Falsification of Records	Disqualification, 3 month suspension
Falsified or Manipulated Video Submission	Disqualification, 1 year suspension

Act of Violence	Disqualification, 1 year suspension
Failure of Drug or Doping Test	Disqualification, 1 year suspension
** Second Offense	Double initial suspension
** Third Offense	Lifetime ban from AKLU

Any lifter wishing to appeal these penalties must do so in writing within five business days of the offense to the President of AKLU. The President shall convene a disciplinary panel within 30 days of the filing to evaluate the appeal. The findings of the disciplinary panel are final.

6.4 Anti-Doping Provisions

AKLU reserves the right to apply and enforce anti-doping controls in any/all AKLU sanctioned competitions. According to the rules of the World Anti-Doping Agency (WADA), anti-doping controls may be performed on any competing athlete before, during, and after their competition to include during training periods.

Anti-doping controls are carried out to WADA standards and performed with the utmost respect for the principles of personal privacy. The number of athletes to be subjected to anti-doping control is determined by the Chief Judge prior to each competition and selected athletes will be notified of their selection for testing in writing.

Alerted athletes must present themselves immediately upon notification by the Head Judge. If the athlete refuses to be tested or fails to complete the testing prior to leaving the competition area, the outcome of their result shall be notated as "REFUSED" and the athlete shall have their scores for the competition revised to "FORFEIT" and the athlete further forfeits their lifter fees, eligibility for future competition under AKLU, and permission to reference AKLU in their affiliations. Athletes refusing testing shall be referred to the Chief Judge for disciplinary action as above. All testing shall be conducted per WADA standards.

6.5 Recognition

AKLU encourages the recognition of lifter's efforts in a lighthearted and optimistic manner. While medals and score certificates are always welcome, unconventional recognitions bring a spirit of camaraderie and fun to the federation. Awards of beer, pastries, apparel, etc... are frequently issued to lifters.

7: AKLU National Team

The AKLU National Team is the official competitive entity of America to the World Kettlebell Sport Federation (WKSF) in all world and international competitions. The National Team further

represents America in non-WKSF competitions as authorized by the AKLU Board. The team is composed of American lifters who have demonstrated athletic excellence in kettlebell sport events and achieved the highest scores in America per the standings above.

7.1 Composition

The National Team is composed of elite and amateur American lifters who have demonstrated qualifying scores in WKSF recognized events or other events recognized by the AKLU board.

The National Team shall consist of the top two elite lifters in each division recognized by WKSF with unlimited lifters per amateur division. The team may include no more than two alternates for each division in order to assure a full team in each competition.

The term of membership on the National Team is one year commencing on 01 May annually. This appointment to the final roster of the National Team is intended to maximize the time open to lifters to qualify prior to the WKSF World Championships each summer.

7.2 Qualification

In order to qualify for the National Team a lifter must earn rank 1 or higher in an AKLU sanctioned Regional or National event through in-person competition for elite level lifts, while amateur lifters may qualify either in person or through via virtual submission at a Regional event. Exceptions to the in-person requirement for elite level lifts will be evaluated by the Board on a case-by-case basis and granted only on proven hardship to competition in person (e.g., lifter is a deployed service member, lifter is extraordinarily remote from an offered in-person competition, public health emergencies or natural disasters prevent travel, etc...). AKLU will provide notifications to qualifying lifters on a rolling basis throughout the course of the year in order to present a complete National Team. Lifters accepting their invitations to the National Team will be announced promptly by the AKLU Board.

7.3 Membership Standards

Upon acceptance of a position on the AKLU National Team, members are expected to comport themselves accordingly. National Team members agree to comply with all anti-doping/drug testing standards at all times. Members will comply with the rules of AKLU and/or WKSF in all competitions from the time of their appointment until the conclusion of their term as a National Team member. National Team members will strive at all times to set the example for American sportsmanship and conduct in all engagements with the kettlebell sport community.

Members will maintain regular contact with AKLU and will comply with reasonable requests of the Board to attend meetings or coordination events for the National Team. Members will refrain from engagements with the media about their role with AKLU unless such engagements are coordinated with AKLU in advance. Members will not accept membership on any other federation's team while a member of the AKLU National Team so as to avoid any conflicts of interest.

National Team members will not accept sponsorships that require their use of the AKLU name or marks as a condition of that sponsorship. National Team members will refrain from the use of their position for personal gain in order to maintain AKLU's position as a non-profit organization. National Team members will not represent the positions of AKLU other than as directed and authorized by the AKLU board.

National Team members may use the fact of their membership in their personal marketing and social media provided those channels are specific to kettlebell sport and athletics and remain apolitical. National Team members shall not use their affiliation with AKLU to bolster any political, religious, or social cause other than as authorized by AKLU.

7.4 Removal and Replacement

From time to time vacancies may emerge on the National Team between annual terms of appointment. These vacancies may be the result of a resignation, removal, or extenuating circumstances.

Removal from the National Team may be due to athletic performance or for misconduct. Performance removals shall be based upon the standings of AKLU. The National Team allocation of Professional and Elite lifters is limited in size by WKSF standards so only the top performing members of AKLU will be rostered to those divisions on the National Team.

Members of the National Team may be removed at any time for misconduct by the AKLU Board. Misconduct includes, but is not limited to: unsportsmanlike conduct at a sanctioned competition, violation of anti-doping or drug testing standards, or conduct calculated to discredit the AKLU or WKSF. Any member at risk of removal for misconduct shall be notified immediately by the AKLU Board of the allegations against them and presented an opportunity to confer with the AKLU Board. Should the member wish to challenge the allegations levied they must do so in writing within five (5) working days and confer with the AKLU Board either in person or by video conference within 14 days of the allegation being levied upon them. The AKLU Board shall determine the outcome of the case and provide notice promptly to the member in writing. The findings of the Board are final.

Any member of the National Team removed for misconduct shall be ineligible for National Team membership for a period of two years from the date of the AKLU Board's decision.

Should a member be at risk of removal due to performance, that member shall be notified promptly of that fact and provided with the score they must present in open competition to maintain their position on the National Team.

Members removed due to performance will be notified of their removal with the name and score of the lifter replacing them promptly. Should there be no additional qualifying competitions remaining prior to the final National Team roster being submitted to WKSF, the incumbent lifter will retain their position as a demonstration of loyalty and good faith to the lifter by AKLU.

7.5 Reciprocity

AKLU recognizes reciprocity for National Team qualifications under limited circumstances. Reciprocity is granted for the purpose of assuring the best lifters in America represent the nation on the world stage and providing AKLU lifters the broadest range of options available to qualify for the National Team.

Absent a standing reciprocity agreement with another WKSF or IUKL representative, AKLU requires the following conditions be met to grant reciprocity:

1. The result must have been earned in open competition, in person, at a meet sanctioned by a representative to WKSF or IUKL and in a country with a named representative to either WKSF or IUKL.
2. The ranking table used in that competition must equal or greater to the AKLU/WKSF table.
3. A video record of the set and certified scores must be made available to AKLU for review upon request.
4. The lifter seeking reciprocity must be a paid AKLU member in good standing at the time of application for reciprocity.

To request reciprocity, a lifter must file a formal request to the AKLU Board within 30 days of their ranked competition by email. That email must clearly demonstrate the conditions above and note the events and ranks for which reciprocity is being requested.

In reviewing the request, the Board may confer with the AKLU the Rules Committee and Chief Judge in order to arrive at a decision most equitable to the lifter. The lifter will be notified within 30 days by the Board in writing of the decision. All decisions are final.

8: Judges

Foundational to the conduct of structured sport is consistent and professional officiating. In kettlebell sport, this function is performed by Judges. Judges assure lifters have a fair evaluation of their performance and that the integrity of the event is maintained throughout. Judges objectively evaluate lifts, lifter conduct, equipment, timing, and scoring against the standards established by AKLU.

8.1 Roles

AKLU recognizes the Chief Judge of AKLU as the cognizant authority for judging in America. All judges in an AKLU sanctioned event must comply with the reasonable instructions and guidance of the Chief Judge or their delegate. The Chief Judge may appoint Assistant Chief Judges for each AKLU region as is necessary to maintain good order and quality amongst the judging cadre.

At each sanctioned event there will be a Head Judge and at least one Platform Judge per lifting platform. At the discretion of the Head Judge for the event, there may be Assistant Head Judges

appointed to aid in scorekeeping, weigh-ins, lifter relations and support, or other tasks necessary to assure a quality event. The Head Judge is the only official who may certify results or issue ranks at a sanctioned event.

8.2 Qualifications

The Chief Judge promulgates the AKLU Judge's Handbook and certifies judges to the standards in that handbook. These qualifications include recognition of acceptable vs unacceptable lifts, application of scoring standards, evaluation of lifter equipment (uniforms, lifter aids, chalk...), assessment of competition equipment (platforms, kettlebells, timers, counters...) and the general conduct of competition activities. Judges must also demonstrate knowledge in these rules and an understanding of AKLU ranking mechanisms.

8.3 Conduct

The integrity of AKLU lifting demands the highest standards of conduct by judges. AKLU judges will abide by the AKLU Judge Code of Conduct as written in the AKLU Judge's Handbook at all times. The Code of Conduct includes tenets related to personal conduct, bias, conflict of interest, sexual misconduct/harassment, and deliberate misrepresentation or tampering with results/scores.

Concerns with the conduct of a Judge will be addressed by the chain of authority within an event beginning with the judge in question and escalating as needed to the AKLU Chief Judge. Matters that cannot be resolved by the Chief Judge will be referred to the AKLU Board for resolution.

9: Lifting Standards

For reference, see WKSF Rules 2023-2027 document, pp. 16-17:

<https://wksf.site/wp-content/uploads/2023/07/WKSF-Rules-English-2023-2027-4.pdf>

Specific WKSF Marathon document:

<https://wksf.site/wp-content/uploads/2023/03/Attached-Rules-WKSF-Marathon.pdf>

Coefficient Scoring: (For use at Nationals only):

- **Coefficient:** Using the coefficient (co) is only done in weight categories that have less than 3 athletes. Athletes in an incomplete weight category are merged with a higher incomplete weight category. The results of all athletes in the category are multiplied by the coefficient according to the coefficient table. The winner is determined by the highest result. In the event that all categories consist of at least three athletes and only one category has fewer than two athletes, it will be merged with the closest category.
- WKSF Coefficient guidelines for combining weight classes:
<https://wksf.site/wp-content/uploads/2023/05/WKSF-Coefficients-Guidelines.pdf>
- WKSF Coefficient tables:

- Elite/Junior U22:
<https://wksf.site/wp-content/uploads/2023/07/WKSF-ELITE-MARATHON-30-60-Coefficient-3.pdf>
- Amateur/Masters (M1/M2):
<https://wksf.site/wp-content/uploads/2023/07/WKSF-AMATEUR-MASTER-30-60-Coefficient-3.pdf>
- Masters:
 - Men:
<https://wksf.site/wp-content/uploads/2023/05/WKSF-MASTER-MEN-10-30-60-60-69-70-74-75years-Coefficient.pdf>
 - Women:
<https://wksf.site/wp-content/uploads/2023/05/WKSF-MASTER-WOMEN-10-30-60-55-64-65years-Coefficient.pdf>
- Youth: No published WKSF coefficient table at this time.

10: Equipment Standards

AKLU deliberately establishes accessible equipment standards for competitions. These standards are intended to maintain international standards for equipment in National and Regional competitions while lowering common barriers to competition for lifters and clubs in local events.

10.1 Kettlebells

Clubs, Coaches, and Lifters are encouraged to use recognized competition kettlebells to the greatest extent possible. Competition kettlebells may be of any brand and should generally adhere to the following dimensions and standards:

Height: 270-290mm

Outer Diameter: 190-220mm

Window: 600-700mm/sq

Handle: 33-35mm

Weight Tolerance: Within 200g of posted

Markings: Clearly marked in KG. If painted, it should generally follow international color norms.

Handles: Untreated, uncoated steel free of burrs or significant defects.

Cast kettlebells may be used in local competitions. When cast kettlebells are used, the following standards and procedures must be followed:

- Kettlebells must be weighed by an AKLU Judge prior to use in competition and must meet or exceed the marked weight in KG. In the event of an overweight kettlebell, it should not be more than 250g above the posted weight. The weighing judge will mark the kettlebell with the true weight and their initials in highly visible indelible marker.

- Handles must be free of burrs, tape, or significant defects.
- There is no requirement for color marks, but AKLU encourages Clubs and lifters to paint or mark their cast kettlebells if those bells will be used regularly in competition.

In Regional and National competitions, competition kettlebells that comply with international standards must be used.

10.2 Platforms

AKLU recognizes the following platform designs:

- **Marked Floor:** Square lifting areas marked on a rolled or sheet rubber surface of at least $\frac{3}{4}$ " (18mm) thickness over a concrete, hardwood, or tile floor. Rubber will be clearly marked with tape or similar material of a contrasting color to provide a lifting area of 48" x 48". This format is approved for local and regional competitions.
- **American Platforms:** A square lifting area built of 1.5" thick plywood topped with $\frac{3}{4}$ " (18mm) of rolled or sheet rubber. American platforms may be placed over carpet, turf, or other cushioned indoor flooring provided there is less than $\frac{1}{8}$ " downward deflection when any point on the platform is loaded with no less than 140kg of standard plate weighting. American platforms will provide a lifting area of 48" x 48" and may or may not include an apron. This format is approved for local and regional competitions.
- **International Platforms:** A square lifting area of 1m x 1m with an apron of 0.25m equal on all sides for a combined total dimension of 1.5m x 1.5m. The lifting area must be topped with a rolled or sheet rubber surface of $\frac{3}{4}$ " (18mm) thickness. The apron shall be of plywood or plank wood and even with the level of the lifting area. The platform base shall be constructed of 2x4 dimensional lumber (actual dimensions of 3.5" x 1.5") at a maximum of 12" separation on center. The combined height of the platform shall not exceed 6" from the true floor of the competition area. This format is approved for national, local, and regional competitions.

Platforms must be spaced at least 18" from any walls or draping in the rear, at least 24" from any obstruction or adjacent platform on each side, and at least 48" from any judging positions in front. All platforms must have equal visibility to any timers or counting devices in use by judges, and must have adequate lighting and markings to assure safety for all participants.

10.3 Counting and Timing Equipment

Hosts must have accurate timers, visible clearly to lifters and judges. A timer may be shared by multiple platforms provided it is placed so as to not cause any lifter strain to see the display. Timers may be commercial timers, tablets with large-font timing apps, or external displays of timing apps (i.e., monitors or TV's). Stopwatches, wristwatches, and other timing devices not fully and clearly visible to both the judge and the lifter are prohibited.

Hosts must have accurate counting equipment for each platform. Counters may be analog or digital counters, display board LCD counters, or apps with clear displays. Regional and National events must use counters clearly visible to both the judge and the lifter at all times. Local events may use handheld counters provided the judge speaks rep counts audibly to the lifter throughout the event. Counters must display a fixed result at the end of the event for the lifter to confirm the count with the judge. Counters must support at least three digits and must be capable of counting from 0-500 without a reset.

10.4 Safety Equipment

All publicly accessible venues must have safety equipment on site that complies with local regulations. This includes fire extinguishers, automated external defibrillators (AED), first aid kits, disinfection supplies, and biohazard clean-up.

10.5 Lifter Support Equipment

Hosts must provide a well stocked chalk bucket and adequate space to apply chalk to kettlebells. A sponge sanding block and wire brush, water, spray cleaner (i.e., Windex) and paper or cloth towels are strongly recommended for kettlebell preparation. Each platform area should be provided with a small chalk bucket for lifters to apply hand chalk. Chalk must be formulated from calcium or magnesium carbonate only. Solid chalk may be block or powder. Liquid chalk may include water, isopropyl alcohol, and non-adhesive emulsifying agents only. Kettlebells may be chalked with any of these formulations provided no other chemicals or non-commercial additives are used.

Hosts are encouraged to provide a stretch and warm up area near, but not adjacent to, the lifting platforms. Items to consider making available include, foam rollers, massage balls, pullup-style bands, and hip circles. Should these items be reasonably available from an AKLU federation sponsor, AKLU will seek to assist hosts facing challenges in providing them for their event.

Fresh, cold water must be near the event space for lifters to access at no cost. This may be in the form of water bottles or bottle filling systems. Unless cost prohibitive, a variety of post-event snacks (fruits, donuts, electrolyte drinks) is commonly provided in the lifter preparation area. These are customarily included in the event fee and provided to the lifters at no cost.

Seating should be provided on site within a reasonable distance from the lifting platforms as a lifter lounge. Flight schedules, snacks, water, and recovery support equipment should ideally be placed in that area.

10.6 Uniforms

All lifters are required to wear athletic clothing that provides judges with a clear view of their shoulders, elbows, hips, and knees. Elbows and knees must not be covered by clothing other

than for medical or religious reasons, which must be disclosed to the judge in advance of all events. Acceptable clothing includes t-shirts, tank tops, weightlifting singlets, compression shorts, athletic shorts, or running/soccer shorts. Lifters should observe reasonable decorum in the selection of their lifting uniform to include considerations for cut and decoration. Lifters may be instructed to alter their uniform if in the opinion of the Head Judge the uniform interferes with either proper scoring or the good order of the event.

All lifters must wear closed-toe and closed-heel shoes at all times in the lifting platform area. Weightlifting shoes, training shoes, or athletic shoes of any type are acceptable. Dress shoes, hiking boots, motorcycle boots, sandals, and other non-athletic footwear are not permitted.

Lifters may, at their discretion, wear weightlifting belts during their events. Weightlifting belts may not be greater than 12cm (4.72") tall at their greatest point nor more than 1.5cm (0.59") thick at any point on the belt. The maximum front height of belts is 6cm (2.3"). Closing mechanisms are at the discretion of the lifter. Belts must be worn over the lifter's shirt or bodysuit so as to provide a clear view to the judge. Lifters may rest their elbows on top of the belt in rack position, but may not place any portion of their arm or hand inside the belt at any time. Belts may not be decorated in such a manner that they are intended to antagonize or harass other participants (i.e., profanity or deliberately insulting content).

Lifters may wear wrist wraps or bandages in competitions provided they are of a soft fabric and do not contain plate-style protection or armor. Wrist wraps, Kettleguards, sweat bands, and similar are acceptable. Wrist wraps shall not exceed 6" total coverage on the forearm nor 0.5" in thickness. All reinforcements or plastic staves must be removed from wrist bands at all levels of competition.

Knee and elbow sleeves under 5mm (0.20") thick are acceptable, as are any medically necessary joint supports. Knee and elbow wraps or bandages may not exceed 25cm (9.8") in total coverage of the lifter's extremity. Rebounding materials/garments (e.g., Slingshots, bench press shirts, squat suits, etc) are not permitted.

Teams must wear matching shirts. These shirts do not need to be identical in cut (i.e., tank vs tee, men's vs women's), but must be of the same color and design. Shirts bearing club graphics must match within a team. AKLU Member Clubs may display the AKLU logo on their uniforms. All lifters are encouraged, but not required, to display an American flag on the sleeve or shoulder of their uniforms.

Lifters may wear simple headbands or sweat bands, but full head coverings or hats are not permitted other than for medical or religious reasons.

All AKLU Ranking Tables may be found [here](#).

The AKLU Sanctioning .Application may be found [here](#).