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# **Rules and Judging Criteria of Kettlebell Sport Competitions 2018**

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## Structure of Competitions

### Competition Format

1.1. There are three types of competitions in kettlebell lifting:

- Individual
- Team Relay
- Individual/Team

In Individual only events, the individual's score determines his/her place in the competition.

In Team Relay events, the team score determines placing in the competition.

In Individual/Team events, the Individual score determines the placing of that individual. The sum of the Individual scores from a particular team determines the placing of that team in the competition.

1.2. Events and rules of each competition will be determined by the regulations of NZGSA and the organiser of said competition.

1.3. Competitions are conducted with kettlebells weighing (kg): 8, 12, 16, 20, 24, 28, 32.

Special consideration may be given by the organiser of the competition for Junior athletes to lift kettlebells weighing 4kg and 6kg and to other athletes who by means of training progression may choose to lift intermediate weights. Scoring for all weights shall follow the NZGSA coefficient system.

1.4. Events in a classic competition include:

Female	Male	Team Relay
Biathlon	Biathlon	Jerk
Long Cycle	Long Cycle	Snatch
Snatch	Snatch	Long Cycle
One Arm Biathlon (OAB)	One Arm Long Cycle (OALC)	
One Arm Long Cycle (OALC)		

The hosting organisation may choose to add non-traditional events such as 5 min events, multi-switch events or marathon events at their discretion. NZGSA supports the inclusion of these types of events to encourage participation and new lifters into the sport.

NOTE: At international events (IUKL and WKSF) one or two arm lifts may not be available as determined by the hosting organisation.

### Competition Program

1.5. The sequence of events in competition will be determined by the host organisation and may change depending on the entries received. The preferred sequence is:

- Biathlon Jerk
- Long Cycle
- Snatch

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- Biathlon Snatch
- Team Relay

The one mandatory designation concerns biathlon: Jerk set must be performed prior to Snatch set with a 30 minute minimum rest between the two lifts.

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## Competition Categories

### Age Categories

**2.1.** Competition participants fall into the following age categories in NZGSA competitions ONLY.

- Youth up to 18 years
- Adults over 18 years
- Veterans over 50 years

**2.2.** International age categories vary between IUKL and WKSF and these age categories will be used to determine qualification for international events.

IUKL:

- Youth 14-16 years (U16)
- Youth 16-18 years (U18)
- Junior 18-22 years (U22)
- Adult
- Veteran (From 35 for female and from 40 for male in 5 year increments)

WKSF:

- Youth 14-15 years (U15)
- Youth 16-18 years (U18)
- Junior 19-22 years (U23)
- Senior
- Veteran (From 35 for female and from 40 for male in 10 year increments)

**2.3.** In all events, the age of the participant is defined by age as at 1st of January of current year.

NOTE: Youth may compete with Adults with appropriate preparation and permission if determined appropriate by the hosting organisation.

### Weight Categories

**2.4.** Competition participants fall into the following weight categories in NZGSA competitions ONLY.

Individuals can only lift in one weight category. In cases of team competitions individuals may lift in another weight category if authorized. In smaller, regional events, if the number of participants is small, some weight categories may be combined.

Female		Male	
Youth	Adult/Veteran	Youth	Adult/Veteran
<58kg	<65kg	<63kg	<80kg
58kg+	65kg+	63kg+	80kg+

**2.5.** International weight categories vary between IUKL and WKSF and these weight categories will be used to determine qualification for international events.

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IUKL					
Female			Male		
U16	U18	U22/Adult/Vet	U16	U18	U22/Adult/Vet
<53kg	<58kg	<58kg	<53kg	<58kg	<63kg
58kg	63kg	63kg	58kg	63kg	68kg
58kg+	63kg+	68kg	63kg	68kg	73kg
		68kg+	68kg	73kg	78kg
			68kg+	78kg	85kg
				78kg+	95kg
					95kg+

WKSF			
Female		Male	
U15/U18/Student	U23/Senior/Veteran	U15/U18/Student	U23/Senior/Veteran
Up to 48kg	Up to 52kg	Up to 52kg	Up to 63kg
Up to 58kg	Up to 58kg	Up to 62kg	Up to 68kg
Over 58kg	Up to 65kg	Up to 72kg	Up to 74kg
	Up to 75kg	Over 72kg	Up to 80kg
	Over 75kg		Up to 87kg
			Up to 95kg
			Over 95kg

**2.6.** Weigh ins are conducted on the morning of the competition in a timeslot and location determined by the hosting organisation.

**2.7.** Weigh ins are conducted, supervised and recorded by an authorised member of the hosting organisation.

**2.8.** Participants have the right to weighed clothed or unclothed.

**2.9.** In the event that a participant does make weight in the desired category they have the right to be weighed again within the timeframe allocated by the hosting organisation.

### Scoring

**2.10.** Athletes participate in three categories:

- Novice
- Amateur
- Professional

Each category lifts the following kettlebells as designated by the NZGSA scoring system:

Female			Male		
Novice	Amateur	Professional	Novice	Amateur	Professional
8, 12	16, 20	24	16, 20	24, 28	32

**2.11.** Each event is scored according to the following:

- Biathlon: Sum of Jerk + Snatch (Jerk = 1 point, Snatch = 0.5 point)

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- Long Cycle: Sum of Long Cycle (Long Cycle = 1 point)
- Snatch: Sum of Snatch (Snatch = 1 point)
- One Arm Biathlon: Sum of Jerk + Snatch (Jerk = 1 point, Snatch = 1 point)
- One Arm Long Cycle: Sum of Long Cycle (Long Cycle = 1 point)

**2.12.** To determine category placings for athletes lifting different weights (Eg. Novice athletes lifting 8 and 12kg respectively) the following coefficients are applied to the kettlebell weights:

Coefficient	0.93	0.94	1.0	1.15	1.45
Female	8	12	16	20	24
Male	16	20	24	28	32

**2.13.** Overall placings are determined by dividing the athlete's category score by their bodyweight

Example score:

Athlete 1 Male LC 20kg = 100 reps at 87kg BW

Athlete 2 Male LC 16kg = 115 reps at 65kg BW

Athlete 3 Male LC 32kg = 60 reps at 120kg BW

Athlete 4 Male LC 20kg = 90 reps at 85kg BW

Athlete 1 =  $100 \times 20 \times 0.94 = 1880$  category points/ $87 = 21.61$  NZGSA points

Athlete 2 =  $115 \times 16 \times 0.93 = 1711.2$  category points/ $65 = 26.33$  NZGSA points

Athlete 3 =  $60 \times 32 \times 1.45 = 2784$  category points/ $120 = 23.20$  NZGSA points

Athlete 4 =  $90 \times 20 \times 0.94 = 1692$  category points/ $85 = 19.91$  NZGSA points

Category placings:

Athlete 1 places 1<sup>st</sup> in Novice 80kg+, Athlete 4 places 2<sup>nd</sup> in Novice 80kg+, Athlete 2 places 1<sup>st</sup> in Novice <80kg, Athlete 3 places 1<sup>st</sup> in Pro 80kg+.

Overall placings:

Athlete 2 places 1<sup>st</sup>, Athlete 3 places 2<sup>nd</sup>, Athlete 1 places 3<sup>rd</sup>, Athlete 4 places 4<sup>th</sup>.

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## Participant Rights and Responsibilities

### General

**3.1.** The individual participant has the right to address the Judiciary Board (as defined by hosting organisation) on all questions only through the team representative or the individual's judge.

**3.2.** The participant has the right to approach the platform to prepare to lift at a time designated by the hosting organisation.

**3.3.** The participant has the right to represent his/her sponsoring organisation. Slogans, logos or other markings on clothing must not advertise alcohol, tobacco or other substances of abuse nor may they contain abusive, defamatory or other text that may be considered offensive. Allowable clothing is at the sole discretion of the Head Judge.

**3.4.** Good sportsmanship is required of all athletes. In cases of improper conduct or behaviour, the participant will be warned. In cases of repeated violations, the participant may be banned from competing.

**3.5.** Good sportsmanship is expected in relation to other participants, and also spectators and judges. The participant is expected to follow all rules and regulations set forth by NZGSA and the hosting organisation.

**3.6.** The participant will prepare and compete with the kettlebells and on a platform designated by the hosting organisation.

**3.7.** The participant is forbidden to use any equipment which provides an advantage in kettlebell lifting (acceptable equipment is listed in this document).

**3.8.** The participant is forbidden to talk to the judge during their competition flight.

**3.9.** It is the responsibility of the participant to know and understand the rules and regulations of the competition.

### Athlete Uniform and Equipment

**3.10.** Participants are required to follow these guidelines regarding uniform and equipment:

- The uniform can consist of one or two parts: shorts/tights (showing the knee), weightlifting suit, a t-shirt, or a sleeveless shirt.
- Sleeves of the t-shirt should not cover elbow joints.
- Weightlifting belts are allowed: width no more than 12 cm and length no more than 1.5m. The belt may not be worn under the uniform. Fabric (towel/t-shirt) cannot be placed over the belt.
- Only flexible wrist wraps are allowed (must be bendable in all directions): width no more than 10 cm and length no more than 25 cm. Wrist wraps cannot be inflexible or consist of any hard moulding of any material.
- The use of magnesium chalk ONLY is allowed. No other grip aids are permitted.
- Lifters are not permitted to use hand bandages/tape of any kind on the platform except by special advance consideration of the Head Judge. Consideration will be given on the basis of lifter class, type of event, and severity of injury. Lifters may be disqualified from competition

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due to hand injury if the Head Judge deems them a danger to other lifters. In general, lifters are expected to show up to competition with healthy hands, hand condition is considered part of overall lifter preparation.

- Use of any support wrap or product must be approved by the Head Judge prior to commencement of competition. These items include but are not limited to: elbow sleeves, knee wraps and therapeutic tapes.
- Appropriate athletic shoes are required.
- Teams should be in identical uniforms.

### **Team Representatives**

**3.11.** Each organisation participating in Individual/Team and Team Relay competitions should have a representative.

**3.12.** The representative is the head of a team and bears the full responsibility for the organisation and the discipline of participants. The representative must be present at all meetings conducted by the Judiciary Board. The representative is responsible for the on-time arrival of participants at athlete briefings, weigh ins, flights and award ceremonies.

**3.13.** The team representative can be present at weigh-in and the assignment of flights and platforms.

**3.14.** Representatives, coaches and other participants are forbidden from the lifting area during the competition. Representatives should remain in the designated area as assigned by the hosting organisation.

**3.15.** Team representatives are forbidden to interfere with actions of judges and competitors. The representative has the right to question and appeal to the Judiciary Board on behalf of his/her team.

**3.16.** If a participant of a team does not have an official representative the participant may represent himself/herself.

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## Equipment and Supplies

### General

**4.1.** Competitions are conducted on platforms no smaller than 1.2 x 1.2 meters. Distance between platforms should provide safety and not disrupt the competition process.

**4.2.** The weight of competition kettlebells should not deviate from the default standard by more than 100 grams.

**4.3.** Parameters and colour of kettlebells:

Dimensions	Kettlebell Weight	Colour
Height = 280mm	8kg	Pink
Diameter = 210mm	12kg	Blue
Diameter of handle = 33-35mm	16kg	Yellow
	20kg	Purple
	24kg	Green
	28kg	Orange
	32kg	Red

If regulation kettlebells are not available, non-regulation kettlebells may be used at the sole discretion of the Head Judge.

**4.4.** For the purpose of score keeping, an appropriate system (i.e., electronic score board) shall be established by the hosting organisation. The scoreboard must display in a location that is visible to the judges/spectators and on a second display that is visible to the participants. There must be a minimum of one display for every two platforms.

**4.5.** Before the beginning of a competition, the conformity of the equipment and supplies shall be made public to participants.

### Warm-up and preparation

**4.6.** An area shall be designated for competitor warm-up and preparation. The warm-up and preparation shall be near the competition platforms.

**4.7.** The warm-up and preparation area shall have sufficient space, kettlebells, magnesium chalk and other preparation equipment (sandpaper, water etc) sufficient for the number of participants.

**4.8.** Participants shall be allowed to prepare their kettlebells in the warm up area and bring them to the platform when summoned at a time designated by the hosting organisation.

### Other Equipment

**4.9.** Other equipment should also be available as designated by the hosting organisation such as:

- Loudspeakers attached to a microphone for the announcements.
- A board displaying names of participants, participant body weight, order of flights and names of teams.

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## Regulation of the Competition

### Judiciary Board

**5.1.** The Judiciary Board is established by the hosting organisation.

**5.2.** The Judiciary Board shall consist of:

- Head Judge
- Head Secretary
- Platform Judges
- Secretaries
- Technical Controller

**5.3.** Judges are obligated to thoroughly understand the rules and regulations of the competition and apply them appropriately in a manner that is fair and objective.

**5.4.** Judges should wear uniforms as designated by the hosting organisation.

**5.5.** The hosting organisation shall be in charge of the selection of judges for competitions.

**5.6.** All judges shall be a minimum of NZGSA accredited.

**5.7.** The Judiciary Board is authorised to form the final flight of the best athletes and best teams (in team competitions) based on results of performances from their last competitions.

### The Rights and Duties of Jury

**5.8.** The Jury shall consist of:

- The Head Judge
- The Head Secretary
- The President or representative of the hosting organisation

At larger competitions (National Championship etc) the Head Judge and Head Secretary may appoint an assistant to their role.

**5.9.** The Jury has the responsibility to enforce the rules and regulations of competition. The Jury does not have the right to change the conditions of competitions established by the rules and regulations contained within this document.

**5.10.** The Jury is responsible for hearing appeals and making final decisions on these appeals.

**5.11.** The Jury has the right to make changes to the schedule of competitions if deemed necessary.

**5.12.** The decision of Jury is determined by the majority of votes. In the event of a hung Jury the Head Judge is allocated a casting vote.

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## Head Judge and Assistants

**5.13.** The Head Judge supervises the Judiciary Board. The Head Judge is responsible for the precise organisation, discipline and safety of the competitions. He/she must also ensure the creation of equal conditions for all participants, strict observance of operating rules, objectivity of refereeing, calculation of results and summarizing of results of competitions.

**5.14.** The Head Judge:

- Prior to the beginning of competitions, the Head Judge is responsible for holding a meeting with the Judiciary Board and a meeting with team representatives.
- Prior to the beginning of the competition, the Head Judge is responsible for inspecting the competition area, inventory of equipment and supplies, and ensuring compliance with competition rules and safety regulations.
- To ensure the proper operating procedure of the Judiciary Board.
- To supervise the competition and to resolve any matters or complications.
- To monitor the work of other judges during competitions and to determine the winners of the competition.
- To accept appeals or other issues for discussion by the Jury.
- To submit within five days a report with final documentation and results to the hosting organisation.
- To appoint and meet with the Judiciary Board during competitions.

**5.15.** The assistant of the Head Judge is guided by the Head Judge. In the absence of the Head Judge, he/she will carry out the duties of the Head Judge.

## The Head Secretary

**5.16.** The Head Secretary:

- Prepares the necessary technical documents and is responsible for their accuracy.
- Documents the meetings of the Jury and prepares the orders and decisions of the Head Judge.
- With permission from the Head Judge, gives competition information to the Platform Judges, team representatives and the MC.
- Keeps official records.
- Processes all documentation of the competition.
- Presents the Head Judge with all necessary materials for the official competition report.
- Keeps accurate information and corrects any mistakes in documentation.

**5.17.** The assistant of the Head Secretary is guided by the Head Secretary. In the absence of the Head Secretary, he/she will carry out the duties of the Head Secretary.

## The Platform Judge

**5.18.** The Platform Judge:

- Precisely declares the quantity of properly executed repetitions. No verbal count is required unless there is failure with electronic equipment.
- Issues “no counts” when repetitions are performed improperly.
- Issues a “stop” command if and when required.

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- Declares the participant's final score in each exercise.

NOTE: At international competitions and national championships two judges may be appointed to each platform, as deemed necessary.

## The Secretary

### 5.19. The Secretary:

- Completes the cards of participants during weigh-in.
- Reports the scores on the platform to the Head Secretary.
- Informs participants about flights and platform assignments.
- Announces time during a competition flight.

## The Athlete Controller

### 5.20. The Athlete Controller:

- Takes attendance of competition participants, confirms that all competitors are wearing uniforms in accordance with competition rules.
- Assembles competition participants in accordance with their assigned flights.
- Gives participants sufficient warning before they are called onto the platform.
- Informs the secretary in cases where a participant is absent from competition or decides not to participate in the competition.
- Is the intermediary between participants and the Judiciary Board.

## The Technical Controller

### 5.21. The Technical Controller:

- Is responsible for safety precautions in the area of competitions, warm-up and preparation of kettlebells, as well as the presence of kettlebells, platforms, the scoring system and other equipment deemed necessary.
- Together with one of members of the Judiciary Board prior to the beginning of the competition confirms the weighing and measurement of parameters of kettlebells and makes the official statement about their conformity with Section 4.3.
- During competitions, supervises the technical condition of supplies and equipment and ensures they are in compliance with rules and safety regulations.
- Ensures the order of the immediate location of the competition to ensure no one is in front of or behind platforms, in immediate proximity of the judges, or in front of video camera lenses etc.
- Gives instruction to the supervisor (or hosting organisation) of the competition about any identified or emerging shortcomings regarding technical aspects during the competition.
- Suspends the competition in the case of emergency until the cause of the emergency situation has been eliminated.
- In case of an occurrence of an extreme emergency takes measures to evacuate participants and spectators and to notify the appropriate authorities.

## Medical Personnel

### 5.22. The competition Medical Personnel is assigned by the hosting organisation.

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**5.23. The Medical Personnel:**

- Checks doctors' notes about admission of participants to competitions when necessary.
- Carries out medical supervision of participants at weigh-in and during competitions.
- Ensures sanitary and hygienic conditions at the location of the competition and in areas where participants reside and eat during competitions.
- Renders medical aid to participants in the case of trauma or injury and helps participants to continue to compete if possible.
- Coordinates with the Head Judge to make decisions in cases where a participant must be removed from competition for medical reasons, writes a report explaining the reasons for the participant's removal.
- Provides the Head Judge with a written report about the medical and sanitary services rendered during the competition.

**Competition Host**

**5.24.** The Competition Host is responsible for preparation of supplies (platforms, kettlebells, scale for weighing of participants and other equipment), competition location, warm-up area, and designated areas for participants, representatives, judges and press.

**Multiple Duties**

**5.25.** During smaller competitions (5-30 participants) it is considered appropriate for one person to carry out two or more of the aforementioned roles.

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## Rules of Performance of Exercises

### General Provisions

**6.1.** The participant is invited to the platform at least two minutes prior to the beginning of his/her flight. Five seconds prior to the beginning of the flight the time is counted down in seconds: 5, 4, 3, 2, 1. During this time the participant must be on the platform. At the start of the flight the command “start” is given. After the “start” command the participant is obliged to begin the exercise. In the case that a participant lifts the kettlebell(s) from the platform before a command of “start,” the Head Judge will give the command “stop and place the kettlebell(s) on the platform and then begin the exercise.”

**6.2.** The participant who is late to the platform will be disqualified. In the case of Biathlon competitors at regional and local NZGSA events, if the competitor misses the Jerk portion of Biathlon they will be given the opportunity to compete in the Snatch only event.

**6.3.** 5 - 60 minutes is given as the time limit for competition exercises. The Secretary will announce time as each minute passes in events 10 mins or less. In all events, with 1 min remaining, control time will be announced at 50 seconds, 30 seconds, 10 seconds, 5 seconds, and every second until time runs out.

**6.4.** After time has elapsed the “Stop” command will be called and the participant must stop performance of the exercise.

**6.5.** Each properly executed repetition is accompanied by a signal of the Platform Judge. The Judge declares the signal as soon as all parts of the body of the competitor become motionless.

**6.6.** If the competitor violates any rules of the technical performance, the Platform Judge will issue a “no count” or “stop” command. Repeated yellow card warnings or three sequential “no counts” will result in a “stop” command.

**6.7.** In the case of any part of the competitor’s body coming in contact with the platform, or in the case that the competitor leaves the platform, or in the case that the kettlebell(s) comes to rest on the platform, a “stop” command is given.

**6.8.** If a competitor cannot completely straighten elbows due to anatomical deviations, or a medical condition, he/she should inform the Platform Judges and/or Jury before the beginning of the flight.

**6.9.** All technical aspects apply equally to OAB and OALC with particular reference to Section 6.25 for hand switch consideration.

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## JERK

**6.10.** Prior to the first repetition, the kettlebells may be cleaned to the chest or shoulder in any manner.

**6.11.** The Jerk is carried out from the following starting position: Kettlebells are fixed on the chest, arms are pressed to the trunk, legs are straightened (as much as possible) and the body and kettlebells are motionless.

**6.12.** Kettlebells are then launched into the overhead position and the arms should be straightened, followed by the trunk and legs. The legs must not be straightened prior to the arms as this constitutes a press-out (press or push press exercise).

**6.13.** After fixation in the overhead position, the Platform Judge will issue a point and the participant lowers kettlebells back to the rack position in any manner.

NOTE: Fixation is punctuated by a dedicated, visible stop of the kettlebells and the athlete's motion.

**6.14.** The "Stop" command accompanied by a red card is issued when:

- Kettlebells are held in a position lower than the hands (i.e. no cleans or farmer's carry)

**6.15.** The "No Count" command accompanied by a yellow card is issued when:

- There is additional press (with arms) of kettlebells
- Absence of fixation in rack position
- Absence of fixation (full body and kettlebell) in overhead position

**6.16.** The "Warning" command accompanied by a yellow card is issued when:

- The participant allows the kettlebells to linger or rest on the shoulders during the lowering from overhead fixation (WKSF Red card)

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## LONG CYCLE

**6.17.** The Long Cycle is carried out by first cleaning the kettlebells to the chest by way of a swinging motion either between the legs or outside the legs.

**6.18.** The kettlebells must be fixated on the chest, with the kettlebells and the body motionless, and are not permitted to be rested on the shoulders.

**6.19.** From rack fixation the Long Cycle performance is the same sequence as for the Jerk (6.10 – 6.12).

NOTE: Fixation is punctuated by a dedicated, visible stop of the kettlebells and the athlete's motion.

**6.20.** The "Stop" command accompanied by a red card is issued when:

- Kettlebells are held in a "hang" position

**6.21.** The "No Count" command accompanied by a yellow card is issued when:

- There is additional press (with arms) of the kettlebells
- Absence of fixation in rack position
- Absence of fixation (full body and kettlebell) in overhead position
- Failure to re-clean kettlebells after the Jerk portion of the repetition

**6.22.** The "Warning" command accompanied by a yellow card is issued when:

- The participant allows the kettlebells to linger or rest on the shoulders during the lowering from overhead fixation (WKSF Red card)
- A second swing is performed during the Clean phase of the exercise (WKSF Red card)

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## SNATCH

**6.23.** The performance of the Snatch is carried out in one step from the starting position between the legs. The participant should swing the kettlebell in a continuous movement upward into the overhead position and fixate.

**6.24.** Fixation is achieved when the kettlebell is in the overhead position and arms, legs and trunk are straightened. The legs and kettlebell should be in line and parallel to the plane of the body. After fixation, the Platform Judge will issue a point and the competitor will lower the kettlebell to the starting position between the legs without the kettlebell touching any part of the trunk.

NOTE: Fixation is punctuated by a dedicated, visible stop of the kettlebell and the athlete's motion.

**6.25.** Change of hands can be made once in any manner. Swinging the kettlebell to change hands is not basis for a "warning" command under Section 6.29

**6.26.** If the kettlebell touches the shoulder or trunk during the performance of the first hand, or is held in the "hang" position, this will be considered the transition to switch the kettlebell to the 2<sup>nd</sup> hand and a command to "switch" hands will be issued by the Platform Judge.

**6.27.** If the bell skims across, skips across, or briefly taps the platform, but does NOT come to a complete stop, the next rep WILL count as long as all other technical aspects are met. ONLY if the bell touches the platform and comes to a complete stop, will that signal the end of a set.

**6.28.** The "Stop" command accompanied by a red card is issued when:

- The kettlebell touches the shoulder or trunk when held by the 2<sup>nd</sup> hand
- The kettlebell is held motionless in the "hang" position by the 2<sup>nd</sup> hand

**6.29.** The "No Count" command accompanied by a yellow card is issued when:

- There is an additional press (with arm) of the kettlebell
- Absence of fixation (full body and kettlebell) in overhead position
- The free hand touches any part of the body, platform, kettlebell, working hand, legs or trunk

**6.30.** The "Warning" command accompanied by a yellow card is issued when:

- An extra swing is made by the same hand (WKSF Red card)

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## TEAM RELAY

**6.31.** The weight of kettlebell(s), exercises, timing and number of legs of the relay are defined by the hosting organisation and the categories listed in Section 2.

**6.32.** Performance of exercises follows the general rules included in this document.

**6.33.** The participant is authorised to compete only in one leg of the relay.

**6.34.** The order of relay races:

- Before the beginning of the relay race participants are lined up in teams in order of the relay legs they will participate in. Five seconds prior to start the control time is announced in one second increments: 5, 4, 3, 2, 1 then the command “Start” is given to participants in the first leg.
- 15 seconds before the start of the next leg, the judge allows the next participant to come forward.
- 5 seconds prior to the termination of the leg, the control time is announced in one second increments: 5, 4, 3, 2, 1.
- The transfer to the next leg and next competitor is made after the “change” command. The participant who has just finished the leg should place the kettlebell(s) on the platform.
- If a participant of the previous leg fixates the kettlebell(s) after the “change” command, the last lift (rep) will not count.
- Any lifts made by the new participant prior to the “change” command will not count.
- When the total time is up, the judge will issue the “stop” command. Any lifts made after this command will not count.

**6.35.** The winning team is defined by the greatest number of accrued lifts, in cases of a tie between two teams, the advantage is given to the team with a lower total body weight of all of the team members.

Document	Version	Date of Issue
NZGSA Rules and Regulations of Competition	1	20/11/18

## Registration of Records and Rankings

**7.1.** New Zealand records may be set at any official NZGSA competition or equivalent international competition.

**7.2.** Records are held for the official events:

- Biathlon
- Long Cycle
- Snatch
- One Arm Biathlon (Female only)
- One Arm Long Cycle (Female only)

**7.3.** Rankings may be achieved at any official NZGSA competition and are allocated based on the NZGSA-AAKA-IUKL Ranking Table for Adults and Veterans.

**7.4.** The participant must be a current NZGSA member to achieve ranking.