



GSAA RULES FOR COMPETITION LIFTING

2023

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General Regulations

1. Competition Events

GSAA is affiliated with international organisations. The International Union of Kettlebell Lifting (IUKL), and the World Kettlebell Sport Federation (WKSF), of which are listed as GAISF observers (IUKL) or TAFISA members (WKSF). As such, GSAA offers all athletes the opportunity to lift in a variety of events and competitions that reflect the events held at international competitions.

Tradition Lifting

Is completed within a 5- or 10-minute timeframe

- With either x1 Kettlebell (allowing for one (1) hand change only with hand-to-hand swing) or x2 Kettlebells
- Biathlon: Jerk (x1 or x2 Kettlebell(s) & Snatch
- Triathlon: Jerk (x2 Kettlebells), Snatch, & Long Cycle (x2 Kettlebells)
- The bell(s) may be placed down before time and still maintain the completed reps

Military Snatch

Is completed in a 12-minute timeframe

- Allows for multiple hand changes, via the standard hand to hand change, or switching on the downwards swing
- The kettlebell is allowed to be placed down before time and still maintain the completed reps

Marathon Events

Marathon events can be completed over two-time frames with either x1 or x2 Kettlebells

- 30 minutes Half Marathon
- 60 minutes Full Marathon

In the single arm Marathon events, multiple hand switches are permitted. This can be done at any stage during a competition lift event. A full list of excepted hand changes can be found within the Glossary of Terms, Section 7. Switching Hands and within each specific lift.

If the kettlebell(s) are put down before the allotted time, the athlete will receive zero (0) reps and a DNF.

Fluffing Windows

As per the WKSF rules for 30minute lifts, fluffing windows are allowed at specific time intervals where athletes may have assistance from team mates/selected individual(s).

Every 10minutes (with a call 1 minute before), and allowed assistance for 3minutes. An example includes.

- 9' – Call by speaker to prepare fluffers
- 10' – Enter lifting area and support during 3-minute period
- 13' – Out of lifting areas

With a repeat at 19minutes for 30minutes lifts and continue at 29', 39' and 49' for 60minute lifts.

Fluffing Requirements

- Athlete must be stationary in a lift specific rest position
- An Athlete may ask for chalk, water, towel and nutrition
- Athletes may be touched by fluffer assuming the bell is stationary. This may be used for massage of forearms, back and back, doing up shoes and removal/adjustment of wrist guards
- Fluffers must enter from the side of the platforms and transition to athlete while not interfering with other lifters

2. Disciplines

There are 4 different disciplines for Competition to compete in

- Jerk (x1 Kettlebell and x2 Kettlebells)
- Long Cycle (x1 Kettlebell and x2 Kettlebells)
- Snatch (x1 Kettlebell)
- Half Snatch (x1 Kettlebell or x2 Kettlebells)

3. Weigh-in Procedure

All participants are required to weigh in pre-competition. Either at the lifting venue with a GSAA official, or as video submission. Weigh in must be completed 30minutes before the first flight of the day.

Video Submission Weigh-in

- Timelines & password will be emailed 24 hours prior to competition
- Video is to be filmed in one continuous clip
- Video must show calibrated scale using a Kettlebell, showing the weight within +/- 200g
- Video must demonstrate full face visual, announce name and password, and athlete weight
- The person must remain on the screen at all times
- Sent to GSAA designated member for recording of weight

In order

- Athlete must demonstrate full face visual
- Announce name and password
- While remaining in view place Kettlebell on scale for calibration
- Full body scan down to corroborate weight
- Full body scan back up to athlete's face
- Athlete steps on scales
- Full body scan down to weight
- Full body scan back up to athlete's face

4. Weight Classes

The weight classes are the same for Amateur (open), Veteran and Professional (open).

Traditional events (including Military Snatch)

- Women: 48kg - 53kg - 58kg - 63kg - 69kg - 75kg - 80kg - 80+kg
- Men: 56kg - 62kg - 69kg - 77kg - 85kg - 94kg - 105kg - 105+kg

Note: Junior weight divisions are all open.

Marathon Events

- All age groups are open weight divisions

Note: International organisations may have differing weight classes to GSAA

5. Age Group

The age group is determined by the Day of Birth, not just the year

- Junior (17 years and under)
- Open (18-49 years)
- Veteran (50+ years)

Note: Athletes of the Junior and Veteran age groups are permitted to compete in the open division.

Note: International organisations have their own age group categories for Junior, Open and Veterans/Masters.

6. Ranks

Ranks are achieved by reaching standards within a specific weight class with a specific Kettlebell weight. These differ for male, female and respective age categories. Specific numbers are available on the GSAA website.

- Rank 4
- Rank 3
- Rank 2
- Rank 1 - Minimum Standard to qualify for the Open Amateur Australian Team
- CMS - Candidate for Master of Sport
- MS - Master of Sport
- MSTA - Master of Sport Terra Australis

7. Body Limitations

Due to differences in anatomical structures, athletes' techniques may vary side to side.

- Limitations surrounding knees, elbow and shoulder joints should be highlighted to the Judge before the commencement of the flight
- Each repetition needs to be the same with the limitation

8. Lifting Attire

Athletes must adhere to the below rules to achieve Ranks, Records and Placings at GSAA competitions.

- Knees and Elbows must be uncovered
- Closed toe shoes must be worn
- Wrist Guards – should be no more than 12 cm
- Headbands can be worn, but no hats
- Headphones are not allowed when lifting
- Weightlifting belts are allowed, the width cannot exceed 12 cm at the back and 6 cm in front, there cannot be any padding and must be worn over attire (which cannot be pulled out over the belt)

Note: International competitions have specific lifting attire requirements including T-shirt for Long Cycle and One Arm Long Cycle, and, singlet for Snatch.

9. Equipment

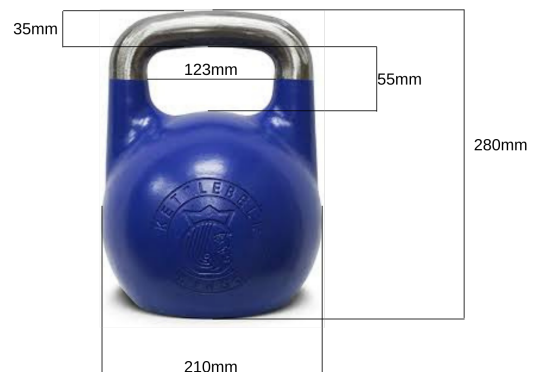
Platform Specifications

- 1150mm X 1150mm with 1m spacing between platforms to provide safety
- Platform materials can be of a wood or a rubber surface.

Kettlebell Specifications

Technical specifications of competition Kettlebells:

- Height - 280 mm
- Diameter of the body: 210 mm
- Diameter of the handle: 35 mm
- Internal handle height: 55 mm
- Distance from handle to handle 123 mm



Colour Codes competition rank

4kg	Light Lemon	24kg	Green
6kg	Aqua Blue	26kg	Green w/ Black Ring
8kg	Pink	28kg	Orange
10kg	Pink w/ Black Ring	30kg	Orange w/ Black Ring
12kg	Blue	32kg	Red
14kg	Blue w/ Black Ring	34kg	Red w/ Black Ring
16kg	Yellow	36kg	Black
18kg	Yellow w/ Black Ring	40kg	White
20kg	Purple	44kg	Grey
22kg	Purple w/ Black Ring	48kg	Gold

- Personal Kettlebells can be used at State and Open events within Australia
- During official weigh in, athlete must present Kettlebell(s) to GSAA Head Judge
- The Kettlebell(s) must fit the specifications as per GSAA Competition Kettlebell requirements and be within (+/-200grams) of mass
- Chalked Kettlebell(s) can be used
- Preparation of the Kettlebell(s) is the responsibility of the athlete

10. Scoring

Single Lift Events

- Each repetition counts for ONE (1) point for ONE (1) Kettlebell, or TWO (2) Kettlebells

Multi Lift Events

- Biathlon – Jerk = 2 points, Snatch = 1 point
- Triathlon – LC = 3 points, Jerk = 2 points, Snatch = 1 point

Where a coefficient is required, the following formula will be used to determine the winner. This formula and subsequent name “Pigdon Points” was voted on and adopted by GSAA members at the 2022 GSAA AGM.

Pigdon Points

Kettlebell Weight (kg) x Kettlebell Coefficient x Lift Coefficient x Repetitions / Bodyweight

Kettlebell Coefficient		Lift Coefficient	
Weight	Points	Lift	Points
4kg	0.3	HS	1
6kg	0.4		
8kg	0.5		
10kg	0.6	OAJ	1.1
12kg	0.7		
14kg	0.75		
16kg	0.8	OALC	1.2
18kg	0.85		
20kg	0.9		
22kg	0.95	Snatch	1.3
24kg	1		
26kg	1.1		
28kg	1.2	Jerk	2
30kg	1.3		
32kg	1.4		
34kg	1.5	Long Cycle	2.8
36kg	1.6		
40kg	2		
44kg	2.5	Double Half Snatch	3
48kg	3		

Glossary of Terms

1. Repetition

A repetition is the completion of one cycle of a competition lift to the satisfaction of the presiding Judge, Head Judge and/or the Rules of Competition.

1. Fixation

Fixation is the complete and visible stop of the Kettlebell(s) and body at the end of every repetition (momentary pause) over head.

Fixation is exemplified by:

In the rack position (in the phase of Jerk & Long Cycle)

- The Kettlebell(s) visibly being seen to stop (briefly)

In the overhead position

- The elbows being locked out with the arm(s) vertical
- The Kettlebell(s) visibly being seen to stop (briefly)
- The hips and elbows are fully extended
- The athlete's body being aligned vertically
- The body comes to a complete stop, including the free arm

2. Alignment

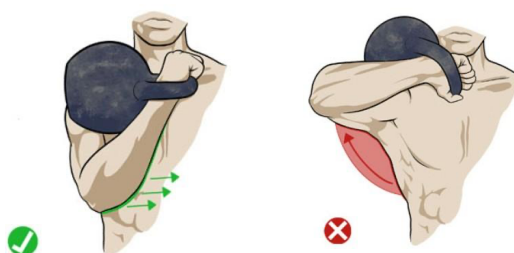
The athlete's entire body must face the Judge front on.

- Alignment is reached when the athlete is standing up straight (legs, hips and arm(s) in full extension), with kettlebell(s) directly over the shoulder
- There must be no excessive side lean or rotation
- Shoulders, hips and knees must face the same direction
- Lack of alignment results in a No-Count
- Athletes with anatomical issues (e.g., locking out of elbows or knees) must bring this to the attention of their judge
- Each and every lockout must look the same if an anatomical issue exists.

3. Rack

In the rack position, the Kettlebell(s) sits comfortably against the chest, the arm(s) tucked in and pressed into the trunk, with elbow(s) under the weight of the Kettlebell.

Legs/knees are in an anatomically neutral position.



4. Count

A digital or verbal count is given by the Judge when the Athlete completes a satisfactory repetition in a given exercise. Fixation and alignment must be displayed by the athlete before a count can be given.

5. Resting Position

During the lift, an athlete can take rest in the following

Athlete is allowed to:

- Rest with Kettlebell(s) in the overhead position in ALL competition lift events
- Once the rack has been marked, the athlete can shift the bells from side to side, as long as the arms do not lose contact with the torso
- Kettlebell(s) must return to the rack position before continuing
- Rest in the rack position for all disciplines except Snatch

Note: The overhead position is the **only** permissible resting position for the Snatch lift.

Athlete is prohibited to:

- Rest with the Kettlebell(s) on top of the shoulder
- In a static hang position
- Resting in side rack where one of the arms is not in contact with the torso
- To rest in any type of rack position in 'Snatch' including on the shoulder or doing a half Snatch

In the case of a violation, a No-Count warning and -1 will be issued for the first offence only. If the athlete violates the same rule twice, the judge will issue a "STOP" command.

6. Swings & Switching Hands

Traditional Events

- Single arm Kettlebell lift events permit only one hand change. This can be completed at any stage during a competition lift event
- The presiding or Head Judge may also command an athlete to change hands if, due to fatiguing or failing technique, it is deemed unsafe for the athlete to continue lifting on the current hand
- In all single arm Traditional Lift events an athlete must change hands with a Hand-to-Hand Swing

Note: It is not mandatory to change hands during a competition lift set, an athlete may complete a lift on one hand.

Military Snatch

- Hand changes are only permissibly via the standard hand-to-hand swing change

Marathon Events (Single Kettlebell)

During single arm Kettlebell Marathon events, athletes are permitted to change hands multiples times. This can be completed via the standard hand-to-hand swing change (one arm swing and change) or the below variations:

- **Two arms clean** – e.g., the kettlebell passes between the legs with two hands, during the reclean one hand is removed before landing in the rack
- **During the descent** – e.g., switching on the downward phase, passing the kettlebell from one hand to the other hand before completing a swing between the legs
- **In the dead drop** – e.g., switching hands with the kettlebell between the legs
- **Two arms swing and change** – e.g., completing a two-hand swing, removing a hand during the upward phase of the swing then completing a single arm clean

Hand Change	OAJ	OALC	Snatch	OAHS
Hand to hand swing (one arm swing change)	✓	✓	✓	✓
Two arms clean	✓	✗	✗	✗
During the descent	✓	✓	✓	✓
In the dead drop	✓	✓	✓	✓
Two arms swing and change	✓	✓	✓	✓

Marathon Events (Two Kettlebells)

- Athletes are permitted to use the ‘Gunslinger Action’ e.g., swinging the kettlebells outside the legs or body

Violations

- Switch hand in any other ways not mentioned, resulting in a -1 penalty
- Swinging the Kettlebell(s) without attempting a lift (e.g., between reps before or after switching) results in a No-Count/-1 count
- More than one (1) swing taken results in a STOP command

7. Hand Violations

You may adjust clothing, wipe sweat, or scratch an itch during a competition lift set provided the Kettlebell(s) are in a permitted rest position (see above)

Athletes are prohibited to:

- Support or stabilise the Kettlebell with the free hand
- Use the free hand to support or execute a lift attempt
- Rest the free hand on the body at all

In the event of a hand violation a No-Count will be issued.

During Marathon lifting via assistance of Fluffers, Athletes are permitted to

- Apply chalk to hand/s
- Be handed water or nutrition
- Obtain assistance such as shoe lace tying, guard adjustment, massage

8. No-Counts & Penalties

A No-Count is issued if:

- During a competition lift event an athlete fails to meet the required elements for that lift and/or violates any of the rules of competition
- In the event of a No-Count, the athlete must return to the start position or reset the lift before attempting a further repetition
- The Judge may provide verbal and/or visual cues to help the athlete,
- The Judge will issue a 'warning' for an infringement, followed with a No-Count if required.

Warnings

An athlete will be issued a warning for lift violations when performing prohibited actions between repetitions.

Note:

- Athletes will receive one (1) warning, one (1) No-Count followed by the STOP command if the same violation is repeated. The athlete will be asked to stop lifting and must leave the platform.
- All repetitions performed prior to the STOP command will be counted in the Athlete's final result for the lift, except for half marathon and marathon events.

Examples of why a Judge may issue a “No-Count”

- There is no fixation in the overhead position
- There is no alignment in the overhead position
- There is a definite press out to the lockout
- There is no second dip in the Jerk phase of a lift
- No fixation in the rack position in the Jerk phase of a lift
- Not marking the rack position directly after fixation overhead (Jerk, Long Cycle and Half Snatch)
- Kettlebells touching the top of the shoulders during the drop
- Lifting the elbow(s) above the shoulder height while in the rack position
- Supporting the body or the Kettlebell with the free hand in any way
- Performing the wrong exercise
- Performing a swing between reps (-1 per swing)
- Switching sides incorrectly
- Not facing the judge
- Violating the rules in any way
- Resting in a prohibited resting position

A penalty is a violation of which typically occurs after a count has been given. Usually between a finished repetition and the commencement of the next.

9. Stop Command & Disqualifications

The Stop Command is issued during a competition lift set if an athlete:

- Rests in a prohibited position after one (1) Warning and one (1) No-Count
- The Kettlebell(s) is/are put down on the lifting platform
- The Kettlebell(s) touches the platform during a lift and loses momentum
- The athlete touches the lifting platform with their hand and or knee
- The athlete steps off the lifting platform
- The athlete's technique is deemed unsafe by the Judge
- The athlete is deemed to have acted without integrity, spirit or fair play (poor conduct) during a competition lift set
- In Traditional events, athlete changes hands more than one time

If an athlete lifts the Kettlebell(s) from the platform before the “start” command, they will be issued the command “STOP and reset” by their platform Judge. The athlete must then place the Kettlebell back down on the platform surface and start their set again.

A Disqualification will be issued by the Head Judge during a competition lift if the athlete:

- Acts without integrity & spirit (poor conduct) towards Judges or other athletes
- Does not return the Kettlebell(s) to the start position with the handle facing upwards
- In Marathon lifts, placing the Kettlebell(s) down before time
- Throwing or dropping the Kettlebell(s) intentionally

These violations will result in an instant disqualification, and the athlete receives a zero (0) for their lift.

11. Competition Lifts

Long Cycle

A repetition starts with a swing between the legs, stops in the rack position, then culminates at overhead fixation of the Kettlebell(s). With completion of a repetition by returning to the rack position.

Jerk

A repetition starts at the rack position and culminates at overhead fixation of the Kettlebell(s). With completion of a repetition by returning to the rack position.

Snatch

A repetition starts with a swing between the legs and culminates at overhead fixation of the Kettlebell.

Half Snatch

A repetition starts with a swing between the legs and culminates at overhead fixation of the Kettlebell(s). With completion of a repetition by returning to the rack position.

Military Snatch

A repetition starts with a swing between the legs and culminates at overhead fixation of the Kettlebell, allowing for multiple hand changes over 12 minutes.

Rules of Each Discipline

1. Generalities for Competition

- The athlete must be ready to take their position on the platform two (2) minutes before their flight commences
- If an athlete has any limitations, it is their responsibility to inform their Judge before the commencement of the flight
- With athletes on the platform, official will give countdown from 10 to 5, giving the command “on your clocks”
- The Athlete is permitted to put their hand onto the handle of the kettlebell(s) but not move the Kettlebell(s) until the commencement of the flight
- If the athlete lifts the Kettlebell(s) from the platform before the start, they will be issued with a “STOP & RESET” by their Judge. The competitor must then place the Kettlebell(s) back down on the platform and start their set again

The following pages highlight the requirements for each lift which includes variations for Traditional, Marathon and Military Snatch.

2. LONG CYCLE (LC or OALC)

Long Cycle (Clean & Jerk) can be performed with x1 or x2 Kettlebells. Long Cycle is a two-phase exercise where the Kettlebell(s) are first cleaned into the rack position, before being Jerked into an overhead position.

Once fixated overhead, the Kettlebell(s) are lowered back to the rack position, before being lowered into a hang position and swung back between the legs. The Kettlebell(s) are then re-cleaned into the rack position before the next Jerk cycle is completed.

Start position

After the command “Start” one (1) or two (2) Kettlebells are taken from the platform and swung back between the legs and cleaned into the rack position.

Note:

- It is permissible in the two (2) Kettlebell events to swing the Kettlebells outside the legs or body in a ‘Gunslinger Action’
- The Kettlebell(s) can be lifted above the shoulder to find the first position, hereafter it will be classed as a “no rep”, then “STOP”

Rack Position

In the rack position, the Kettlebell(s) sits comfortably against the chest, the arms tucked in and pressed into the trunk, with the elbows under the weight of the Kettlebell(s). Legs/ knees are in an anatomically neutral position.

Note:

If a belt is worn the arms cannot touch the belt under any circumstances.

Performing the Jerk

There is a brief pause in the rack position before each Jerk cycle. The Kettlebell(s) must be moved from the rack to overhead fixation in a continuous movement.

Within the Jerk cycle there are two distinct knee bends or knee dips:

- First knee bend, or 1st Dip with the Kettlebell(s) in the rack position
- Second knee bend, or 2nd Dip just after the initial leg drive with the Kettlebell(s) rising and just prior to the elbows being locked out

If the Judge does not see a distinguishable second knee bend, then the athlete will be issued a No-Count.

Overhead Fixation

- A brief pause is required in the overhead position with the knees and elbows extended and the body position vertical
- During single Kettlebell events the free hand/arm must be still at fixation
- The Kettlebell itself must be visibly seen to stop
- If the Judge is unable to distinguish a brief pause with the Kettlebell(s) stopped overhead, the knees and/or elbows are not extended, and/or the body position is not vertical. The athlete will receive a No-Count
- If during the Jerk cycle the attempt is failed, then the Kettlebell(s) must be cleaned again before another Jerk is attempted

Performing the Clean

- After fixation overhead the Kettlebell(s) is/are returned to the rack position, before being dropped into a hang position and re-cleaned to a rack position in preparation for the next Jerk cycle
- In the rack, the arms are tucked in and pressed into the trunk, the elbows are under the weight of the kettlebell(s), with knees returned to anatomically neutral position before the Jerk cycle is performed
- There must be a distinguishable difference between the Rack position and 1st Dip of the Jerk, visible by a bending of both knees out of an anatomically neutral position
- A “No-Count” will be issued by the Judge if this is not visible, as such, the athlete will not be credited for the next Jerk repetition

The Drop

- In the drop the Kettlebell(s) may be ‘*bouldered,*’ or ‘*touch and go*’
- This position must be marked with the arm(s) visibly reconnecting with the torso
- If an athlete drops directly into a swing they will receive a warning. Subsequently, the athlete will be issued a “No-Count” for the next Jerk repetition

Resting Position

There are two (2) permissible rest positions during Long Cycle:

- The Overhead position
- The Rack position

Switching Hands

- In Traditional single arm Kettlebell lift events only one hand change is permitted. This can be done at any stage during a competition lift event
- The presiding or Head Judge may also command an athlete to change hands, if due to fatiguing or failing technique, it is deemed unsafe for the athlete to continue lifting on the current hand

In all single arm One Arm Long Cycle Traditional Lift events

- Must change hands with a Hand-to-Hand Swing
- It is not mandatory to change hands during a competition lift set and an athlete may complete a lift on one hand

In all single arm One Arm Long Cycle Marathon Lift events

The athlete is allowed to have multiple hand changes for the duration of the event, completed as;

- Standard hand-to-hand swing (one arm swing and change)
- During the descent
- In the dead drop
- Two arms swing and change

Refer to Glossary of Terms, Section 7. Switching Hands for more details.

A repetition is counted when

- The rack has been clearly marked before the commencement of the Jerk
- The Kettlebell(s) has come to a complete stop in the overhead position
- All parts of the body are motionless
- Knees & elbows fixated (locked out)
- Torso, head, arms all in alignment
- Legs and Kettlebell(s) are in a parallel plane to the body before returning to the rack position (simultaneously for two (2) kettlebells)

Athletes with anatomical issues, e.g., locking out elbows or knees must bring this to the attention of the Judge before the commencement of the lift. With each and every lockout consistent

A “No-Count” command will be issued for the following

- There is no fixation in the overhead position
- There is no alignment in the overhead position
- There is a definite press out to the lockout
- There is no second dip in the Jerk phase of a lift
- No fixation in the rack position in the Jerk phase of a lift
- Not marking the rack position directly after fixation overhead
- Kettlebells touching the top of the shoulders during the drop
- Lifting the elbow(s) above the shoulder height while in the rack position
- Supporting the body or the Kettlebell with the free hand in any way
- Performing the wrong exercise
- Switching sides incorrectly
- Not facing the Judge
- Violating the rules in any way
- Resting in a prohibited resting position

A Stop command will be issued for the following:

- Rests in a prohibited position after one (1) “Warning” and one (1) “No-Count”
- Changes hands more than one time (Traditional events)
- The Kettlebell(s) is/are put down on the lifting platform
- Performing a swing between reps (-1 per swing)
- The Kettlebell(s) touches the platform during a lift losing momentum
- The athlete steps off the platform
- The athlete touches the lifting platform with their hand and or knee
- The athlete’s technique is deemed unsafe by the Judge
- Rests the Kettlebell(s) in the hang position or with arms against the legs

A disqualification will be issued for the following:

- The athlete is deemed to have acted without integrity, spirit or fair play (poor conduct) during a competition lift set towards another athlete or Judge
- The Kettlebell(s) is/are not placed back into the start position with the handle facing upwards
- In Marathon lifts, placing the kettlebell(s) down before time
- Throwing or dropping the Kettlebell(s) intentionally

3. JERK (or OAJ)

Jerk can be performed with either x1 or x2 Kettlebells. Once the kettlebell(s) is/are first cleaned into the rack position, they are Jerked overhead into a fixated position.

After fixation is reached, the Kettlebell(s) are lowered back to the rack position, before commencing to the next Jerk repetition.

Start position

After the command “Start” one (1) or two (2) Kettlebell(s) are taken from the platform and swung back between the legs and cleaned into the rack position.

Note:

- It is permissible in the two (2) Kettlebell events to swing the Kettlebells outside the legs or body in a ‘Gunslinger Action’
- The Kettlebell(s) can be lifted above the shoulder to find the first position, hereafter it will be classed as a “no rep”, then “STOP”

Rack Position

In the rack position, the Kettlebell(s) sits comfortably against the chest, the arms tucked in and pressed into the trunk, with the elbows under the weight of the Kettlebell(s). Legs/knees are in an anatomically neutral position.

Note:

If a belt is worn the arms cannot touch the belt under any circumstances.

Performing the Jerk

There is a brief pause in the rack position before each Jerk cycle. The Kettlebell(s) must be moved from the rack to overhead fixation in a continuous movement.

Within the Jerk cycle there are two distinct knee bends or knee dips:

- First knee bend, or 1st Dip with the Kettlebell(s) in the rack position
- Second knee bend, or 2nd Drip just after the initial leg drive with the Kettlebell(s) rising and just prior to the elbows being locked out

If the Judge does not see a distinguishable second knee bend, then the athlete will be issued a No-Count.

Overhead Fixation

- A brief pause is required in the overhead position with the knees and elbows extended and the body position vertical
- During single Kettlebell events the free hand/arm must be still at fixation
- The Kettlebell itself must be visibly seen to stop
- If the Judge is unable to distinguish a brief pause with the Kettlebell(s) stopped overhead, the knees and/or elbows are not extended, and/or the body position is not vertical. The athlete will receive a No-Count
- If during the Jerk cycle the attempt is failed, then the Kettlebell(s) must be cleaned again before another Jerk is attempted

The Drop

- In the drop, the Kettlebell(s) must return to the rack position with the arm(s) visibly reconnecting with the torso

Resting Position

There are two (2) permissible rest positions during Jerk:

- The Overhead position
- The Rack position

Switching Hands

- In Traditional single arm Kettlebell lift events only one hand change is permitted. This can be done at any stage during a competition lift event
- The presiding or Head Judge may also command an athlete to change hands, if due to fatiguing or failing technique, it is deemed unsafe for the athlete to continue lifting on the current hand

In all single arm One Arm Jerk Traditional Lift events

- Must change hands with a Hand-to-Hand Swing
- It is not mandatory to change hands during a competition lift set and an athlete may complete a lift on one hand

In all single arm One Arm Jerk Marathon Lift events

The athlete is allowed to have multiple hand changes for the duration of the event, completed as;

- Standard hand-to-hand swing (one arm swing and change)
- Two arms clean
- During the descent
- In the dead drop
- Two arms swing and change

Refer to Glossary of Terms, Section 7. Switching Hands for more details.

A repetition is counted when

- The rack has been clearly marked before the commencement of the Jerk
- The kettlebell(s) has come to a complete stop in the overhead position
- All parts of the body are motionless
- Knees & elbows fixated (locked out)
- Torso, head, arms all in alignment
- Legs and Kettlebells in a parallel plane to the body before returning to the rack position (simultaneously for two (2) Kettlebells)

Athletes with anatomical issues, e.g., locking out elbows or knees must bring this to the attention of the Judge before the commencement of the lift. With each and every lockout consistent.

A “No-Count” command will be issued for the following

- There is no fixation in the overhead position
- There is no alignment in the overhead position
- There is a definite press out to the lockout
- There is no second dip in the Jerk phase of a lift
- No fixation in the rack position in the Jerk phase of a lift
- Not marking the rack position directly after fixation overhead
- Kettlebell(s) touching the top of the shoulders during the drop
- Lifting the elbow(s) above the shoulder height while in the rack position
- Supporting the body or the Kettlebell with the free hand in any way
- Performing the wrong exercise
- The Kettlebells do not return to the rack simultaneously
- Switching sides incorrectly
- Not facing the judge
- Violating the rules in any way
- Resting in a prohibited resting position

A Stop command will be issued for the following:

- Rests in a prohibited position after one (1) “Warning” and one (1) “No-Count”
- Changes hands more than one time (Traditional events)
- The Kettlebell(s) is/are put down on the lifting platform
- Performing a swing between reps (-1 per swing)
- The Kettlebell(s) touches the platform during a lift
- The athlete steps off the platform
- The athlete touches the lifting platform with their hand and or knee
- The athlete’s technique is deemed unsafe by the Judge
- Rests the Kettlebell(s) in the hang position or with arms against the legs

A disqualification will be issued for the following:

- The athlete is deemed to have acted without integrity, spirit or fair play (poor conduct) during a competition lift set towards another athlete or Judge
- The Kettlebell(s) is/are not placed back into the start position with the handle facing upwards
- In Marathon lifts, placing the Kettlebell(s) down before time
- Throwing or dropping the Kettlebell(s) intentionally.

4. SNATCH (including Military Snatch)

The Kettlebell Snatch is a swing based and dynamic ballistic event. In one smooth and continuous action, the Kettlebell is swung between the legs into an overhead lockout position and fixated with a vertical arm.

Starting position

After the command “Start” the Kettlebell is taken from the platform with one hand and swung between the legs. Then in one smooth motion propelled into an overhead position.

Note:

- Any additional swings will result in a No-Count, followed by a STOP command if repeated

Performing the Snatch

With the kettlebell in one hand, it is lifted in one continuous movement to an overhead position. The Kettlebell is then lowered in one continuous motion into a backwards swing between the legs before being lifted upwards again.

Top position (overhead) - Fixation

- The arm is extended (straightened) and locked out in a vertical position (90°/12 O'clock) and the Kettlebell is stopped
- Knee dip/bend/under-squats are allowed; however, fixation is required prior to extending your knees
- A brief pause is required in the overhead position with the knees and elbows extended and the body position vertical
- The body must completely stop including the free arm, with both feet flat on the ground
- A No-Count will be issues if the Judge notices movement of the elbow after the knees are extended (linked to dip/bend/under squats)
- A No-Count will also be issued if the Judge is unable to distinguish a brief pause with the Kettlebell and body stopped

The Drop

- After fixation overhead, the kettlebell is lowered and must be returned between the legs in one continuous movement
- The kettlebell may not touch the trunk, rest on the shoulder or be placed in the rack position
- The Kettlebell is not allowed to swing outside the legs
- If the Kettlebell touches the platform but does not lose momentum the athlete can continue lifting
- A No-Count will be issues if the Kettlebell drops onto the trunk or into a shoulder rack

Resting Position

There is only one (1) resting position in the Kettlebell Snatch

- Overhead fixation

Switching Hands

- In Traditional single arm Kettlebell lift events only one hand change is permitted. This can be done at any stage during a competition lift event
- The presiding or Head Judge may also command an athlete to change hands, if due to fatiguing or failing technique, it is deemed unsafe for the athlete to continue lifting on the current hand

In all single arm Traditional Lift events

- Must change hands with a Hand-to-Hand Swing
- It is not mandatory to change hands during a competition lift set and an athlete may complete a lift on one hand

In Military Snatch Lift events

The athlete is allowed to have multiple hand changes for the duration of the events, completed as;

- The standard hand-to-hand swing

In all Marathon Lift events

The athlete is allowed to have multiple hand changes for the duration of the events, completed as;

- Standard hand-to-hand swing (one arm swing and change)
- During the descent
- In the dead drop
- Two arms swing and change

Refer to Glossary of Terms, Section 7. Switching Hands for more details.

A repetition is counted when

- The Kettlebell(s) has come to a complete stop in the overhead position
- All parts of the body are motionless
- Knees & elbows fixated (locked out)
- Torso, head, arms all in alignment
- Legs and Kettlebells in a parallel plane to the body

Athletes with anatomical issues, e.g., locking out elbows or knees, or who cannot position their arm in a straight vertical line must bring this to the attention of the Judge before the commencement of the lift. With each and every lockout consistent.

A “No-Count” command will be issued for the following

- There is no fixation in the overhead position
- There is no alignment in the overhead position
- When there is movement at the elbows after knees are extended
- When there is a definite press out to the lockout
- Performing the wrong exercise
- Switching sides incorrectly
- Resting in a prohibited resting position
- Supporting the body or the Kettlebell with the free hand in any way
- Dropping the Kettlebell into the rack position
- Violating the rules in any way
- The free hand does not come to a complete stop in fixation
- Not facing the Judge

A Stop command will be issued for the following:

- Rests in a prohibited position after one (1) Warning and one (1) No-Count
- The Kettlebell is put down on the lifting platform
- Performing a swing between reps (-1 per swing)
- The Kettlebell touches the platform during a lift losing momentum
- The athlete steps off the platform
- The athlete touches the lifting platform with their hand and or knee
- The Kettlebell is put down on the platform
- The athlete’s technique is deemed unsafe by the Judge
- Rests the Kettlebell in the hang position or with arms against the legs

A disqualification will be issued for the following:

- The athlete is deemed to have acted without integrity, spirit or fair play (poor conduct) during a competition lift set towards another athlete or Judge
- The Kettlebell(s) is/are not placed back into the start position with the handle facing upwards
- In Marathon lifts, placing the bell(s) down before time
- Throwing or dropping the Kettlebell(s) intentionally

5. HALF SNATCH (HS or DHS)

The Kettlebell Half Snatch is a swing based and dynamic ballistic event, that can be completed with either x1 or x2 Kettlebells. In one smooth and continuous action, the Kettlebell is swung between the legs into an overhead lockout position and fixated with a vertical arm. The Kettlebell is then lowered to a rack position before commencing the next swing.

Starting position

After the command “Start” the Kettlebell(s) is/are taken from the platform with one hand and swung between the legs. Then in one smooth motion propelled into an overhead position.

Note:

- Any additional swings will result in a No-Count, followed by a STOP command if repeated
- It is permissible in the two (2) Kettlebell events to swing the two (2) Kettlebells outside the legs or body in a ‘Gunslinger Action’

Performing the Snatch

The Kettlebell(s) is lifted upward in one continuous movement to an overhead position. The Kettlebell(s) is/are then lowered into the rack position, before dropping into the backward swing before being lifted (swing) upwards again.

Top position (overhead) - Fixation

- The arm(s) is/are extended (straightened) and locked out in a vertical position (90°/12 O’clock) and the Kettlebell is stopped
- Knee dip/bend/under-squats are allowed; however, fixation is required prior to extending your knees
- A brief pause is required in the overhead position with the knees and elbows extended and the body position vertical
- The body must completely stop including the free arm (Half Snatch), with both feet flat on the ground
- A No-Count will be issued if the Judge notices movement of the elbow after the knees are extended (linked to dip/bend/under squats)
- A No-Count will also be issued if the Judge is unable to distinguish a brief pause with the Kettlebell and body stopped

The Drop

- In the drop the Kettlebell(s) may be '*bouldered,*' or '*touch and go*'
- This position must be marked with the arm(s) visibly reconnecting with the torso and the Kettlebell(s) not touching the top of the shoulder
- If an Athlete drops directly into a swing they will receive a warning and will be issued a "No-Count" for the next repetition
- If the Kettlebell touches the platform but does not lose momentum the athlete can continue lifting

Resting Position

There are two (2) permissible rest positions during Half Snatch:

- The Overhead position
- The Rack position

Switching Hands

- In Traditional single arm Kettlebell lift events only one hand change is permitted. This can be done at any stage during a competition lift event
- The presiding or Head Judge may also command an athlete to change hands, if due to fatiguing or failing technique, it is deemed unsafe for the athlete to continue lifting on the current hand

In all single arm Traditional Lift events

- Must change hands with a Hand-to-Hand Swing
- It is not mandatory to change hands during a competition lift set and an athlete may complete a lift on one hand

In all single arm Marathon Lift events

The athlete is allowed to have multiple hand changes for the duration of the events, completed as;

- Standard hand-to-hand swing (one arm swing and change)
- During the descent
- In the dead drop
- Two arms swing and change

Refer to Glossary of Terms, Section 7. Switching Hands for more details.

A repetition is counted when

- The Kettlebell(s) has come to a complete stop in the overhead position
- All parts of the body are motionless
- Knees & elbows fixated (locked out)
- Torso, head, arms all in alignment
- Legs and Kettlebells in a parallel plane to the body

Athletes with anatomical issues, e.g., locking out elbows or knees, or who cannot position their arm in a straight vertical line must bring this to the attention of the Judge before the commencement of the lift. With each and every lockout consistent.

A “No-Count” command will be issued for the following

- There is no fixation in the overhead position
- There is no alignment in the overhead position
- There is a definite press out to the lockout
- Not marking the rack position directly after fixation overhead
- Kettlebells touching the top of the shoulders during the drop
- Lifting the elbow(s) above the shoulder height while in the rack position
- Supporting the body or the Kettlebell with the free hand in any way
- Performing the wrong exercise
- Switching sides incorrectly
- Not facing the Judge
- Violating the rules in any way
- Resting in a prohibited resting position

A Stop command will be issued for the following:

- Rests in a prohibited position after one (1) Warning and one (1) No-Count
- The Kettlebell(s) is/are put down on the lifting platform
- Performing a swing between reps (-1 per swing)
- The Kettlebell(s) touches the platform during a lift losing momentum
- The athlete steps off the platform
- The athlete touches the lifting platform with their hand and or knee
- The Kettlebell(s) is/are put down on the platform
- The athlete’s technique is deemed unsafe by the Judge
- Rests the Kettlebell(s) in the hang position or with arms against the legs

A disqualification will be issued for the following:

- The athlete is deemed to have acted without integrity, spirit or fair play (poor conduct) during a competition lift set towards another athlete or Judge
- The Kettlebell(s) is/are not placed back into the start position with the handle facing upwards
- In Marathon lifts, placing the bell(s) down before time
- Throwing or dropping the Kettlebell(s) intentionally

Extras

1. Australian Records

The GSAA Record Table is updated following the below process. This process is implemented to ensure a uniformed verification procedure by an official Judge.

Perusal of the previous pages will highlight all rules requirements for specific lifts, including No-Counts. The reviewing Judge will observe each rep with the upmost scrutiny to ensure a high standard.

How do you set or Break an Australian record?

- Can only be achieved at GSAA events with digital counters
- The full time of your event must be completed before putting the Kettlebell(s) down to be eligible.
- Traditional Biathlon or Triathlon, the athlete must complete 10minutes in all lifts to be eligible for an Australian Record
- Film the lift or lifts for the full-time limit (see video requirements below)
- Submit the video to GSAA within 7 days of the Competition/Event completion at info@girevoysportaustralia.org
- Adhere to the GSAA Video Recording and Submission Requirements (see below)

All GSAA associated hubs/venues will have uniform camera/phone stands. Please ensure to read the following, as videos not complying with requirements will not be accepted.

The standard required for video recording and submission.

All videos must comply with the following to be accepted for an Australian record:

- Front-on filming
- Athlete fills most of the frame (see website)
- Centered on the athlete, and not filmed from the floor
- The image must be stable
- In focus
- No oblique angles
- The timer is not required to be in view (not to influence the end result)
- Kettlebell, elbows, hands, feet and knees must be visible
- Uniform requirements as per the rules
- Please make aware of any mobility issues to the camera before starting your lift
- The video of your lifts must be the full-time limit.
- Uploaded to either YouTube or Vimeo with music removed
- Setting to public
- Videos kept for 6 months for further review
- Submitted within 7 Days of the Competition/Event completion. Anything submitted after 7 days will not be accepted

Information required in the Submission.

NAME:

EVENT:

BODYWEIGHT:

LIFT:

KB WEIGHT:

DIVISIONS: Junior, Open, Veteran

Disputes

The reviewing Judge will document any failed reps. This Judges card will be kept with the video submission link and reviewed in the event of disputes.

Athlete's will have seven (7) days to appeal the Judge's decision. Thereafter a separate official Judge will review your video submission without bias of previous comments. No appeals can be submitted after 7 days and the original result will stand.

2. Lifter of the Year

In 2023, GSAA will recognise Lifter of the Year (LOTY). This is awarded in specific categories for the lifter who achieves the highest amount of total Pigdon Points (PP) across all disciplines prior to the 2023 GSAA Australian National Kettlebell Championships.

How to become Lifter of the Year (LOTY)

- Submit ONE (1) Traditional Lift and/or ONE (1) Half Marathon Lift result per GSAA Competition towards athletes total PP
- Disciplines eligible for PP totals include Long Cycle, Jerk, Snatch, OALC, OAJ, Half Snatch & Double Half Snatch
- Military Snatch is NOT included in LOTY
- The athlete with the highest PP score in each category (see below) after the State of Origin will be declared Lifter of the Year and awarded at the 2023 GSAA National Championships
- Eligible competitions include all GSAA Interstate Opens and/or GSAA State of Origin
- Oceania Cups are excluded from LOTY PP totals

Categories

Traditional

- Open Women's
- Open Men's
- Junior Boys
- Junior Girls
- Veteran Women's
- Veteran Men's

Half Marathon

- Open Women's
- Open Men's
- Junior Boys
- Junior Girls
- Veteran Women's
- Veteran Men's

Lifter of the Year (LOTY) specifics

- Athletes may submit ONE (1) Traditional Lift and/or ONE (1) Half Marathon Lift result per GSAA Competition towards their LOTY total
- Athletes that compete in Biathlon or Triathlon may select ONE (1) of the lifts to go towards their LOTY total, e.g., Long Cycle, but not Snatch
- Athletes that compete in multiple events on the day of competition, or multiple events including live lifting and video submission may submit ONE (1) lift towards their LOTY total
- Athletes competing in multiple events, Biathlon or Triathlon must specifically state which lift will go towards their LOTY points
- Lift specification can be made during registrations in the notes section, or direct to GSAA
- Athletes may choose to replace an existing discipline score with a better result if they desire, however, this cannot be done retroactively.

Submission requirements

- Live results will be considered to be judged to the acceptable standard as per the aforementioned rules and regulations
- Video submission lifts will be included, assuming the submission follows the requirements for a video submission (listed in Australian Records)
- For any disputes on judging, athlete should refer to the Australian Records section above

3. Australian Team Selection

To qualify for the Australian National Kettlebell Team at either IUKL World Kettlebell Lifting Championships & Games or WKSF World Championships, all athletes must attain the corresponding GSAA Rank for any nominated discipline plus compete at the minimum requirements for the corresponding year of competition.

For full details regarding Australian Kettlebell Team qualification please review the current requirements and documentation specific to the corresponding year of competition. Which can be found at www.girevoysportaustralia.org

There are 4 divisions that GSAA members can represent Australia internationally.

- Junior
- Amateur
- Veteran/Masters
- Professional/Elite

The IUKL has a set requirement. Once an athlete achieves the rank of MS on any ranking table with any lift, they are required to compete in the Professional/Elite division of the World Championships & Games, or the Veteran/Masters divisions and disciplines.

An Athlete can complete in 2 divisions in their qualified disciplines

- Junior & Amateur
- Amateur & Veteran/Masters
- Professional & Veteran/Masters