



GSAA RULES FOR COMPETITION LIFITING

VERSION 1

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GLOSSARY OF TERMS

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.

SNATCH

- A repetition starts with a swing between the legs and culminates at overhead fixation of the Kettlebell(s)

LONG CYCLE

- A repetition starts with a swing between the legs, stops at the rack position then culminates at overhead fixation of the Kettlebell(s)

JERK

- A repetition starts at the Rack position and culminates at overhead Fixation of the Kettlebell(s)

FIXATION

Fixation is the completion point of a repetition attempt and as such the Athlete must have control of their body and Kettlebell(s) to be awarded a Repetition Count.

Fixation is achieved when the Kettlebell(s) are fixed overhead. Fixation is exemplified by:

- The Elbows being locked out with the arm(s) vertical
- The Kettlebell(s) being visible seen to stop (briefly)
- The Hips and Elbows are extended
- The Athletes Body being aligned vertically

COUNT

The count is the number of repetitions performed by an athlete a during a competition lift event. In order to receive a positive count a lift repetition must be performed within the rules of competition and to the satisfaction of the presiding Judge.

All GSAA events will use a digitally displayed count and timer but, in the event of a power outage or malfunction of some kind, a verbal count and time increments will be then given.

NO COUNT

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.

When a No Count is issued an Athlete must return to the start position or reset the lift before attempting a further repetition.

The Judge may give the Athlete verbal and/or visual cues to help the Athlete.

WARNINGS

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

NOTE: Athletes will receive 1 warning, 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.

STOP COMMAND

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

- Rests in a prohibited position after 1 Warning and 1 No Count.
- The Kettlebell(s) is/are put down on the lifting platform
- The Kettlebell(s) touches the platform during a lift
- 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 engaged in unsportsmanlike conduct during a competition lift set
- In Single Arm Lift events changes hand's more than one time

RESTING POSITIONS

OVERHEAD

An Athlete may rest with Kettlebell(s) in the Overhead position in ALL competition lift events.

*NOTE: The Overhead position is the **only** permissible resting position for the Snatch lift.*

RACK

The Athlete may also rest in the Rack position for both Long Cycle and Jerk lift events.

All other resting positions are not permitted and will result in a Warning being issued and the next repetition will not be counted.

EXTRAS

You may adjust clothing, wipe sweat, or scratch an itch during a competition lift set provided the Kettlebell is in a permitted rest position.

NOTE: In single arm lift events you may not:

- *Support the Kettlebell with the free hand*
- *Use the free hand to support or execute a lift attempt*

SWITCHING HANDS – SINGLE ARM LIFT EVENTS

In Traditional single arm Kettlebell lift events (5 and 10 Minute) 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 an Athlete must change hands with a Hand-to-Hand Swing.

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

LONG CYCLE

Long cycle can be performed with one or two Kettlebells. Long cycle is a two-phase exercise where the Kettlebell is first Cleaned into the Rack position before being Jerked into an overhead position. Once fixated overhead the Kettlebell or Kettlebells are lowered back through the rack position before being lowered into a hang position and swung back between the legs and then cleaned into the Rack position before the next Jerk cycle is completed.

STARTING POSITION

After the command "Start" One or Two 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 Kettlebell events to swing the two Kettlebells outside the legs or body in a "Gunslinger Action".

RACK POSITION

In the rack position, the elbows are pressed into the trunk and legs/knees are in an anatomically neutral position.

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:

1. First knee bend or 1st Dip with the Kettlebell(s) in the rack position.
2. 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. In 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 stopped and/or the knees and 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, into the rack position, in preparation for the next Jerk cycle.

There must a distinguishable difference between the Rack position and the 1st Dip of the Jerk. In the rack the Elbows are pressed into the torso with the knees returned to an anatomically neutral position before the Jerk cycle is performed.

If the Judge does not see this then the Athlete will be issued a No Count and so not be credited for the next Jerk repetition.

THE DROP

If the Start position (Rack) is not reset before the Jerk cycle then the athlete will receive a No Count.

In the drop the Kettlebell(s) may be '*bouldered,*' or '*touch and go*' through the rack position but this position must be marked with the elbows visibly reconnecting with the torso.

If an athlete drops directly into a swing they will receive a Warning and will be issued a No-Count for the next Jerk repetition.

RESTING POSITION

There are two permissible rest positions during Long Cycle:

1. The Overhead position
2. The Rack position

A NO COUNT WILL BE ISSUED

1. Rest the Kettlebell(s) on top of the shoulders
2. Rest with Kettlebell(s) in the Hang position or with arms against the legs

A NO COUNT COMMAND WILL BE ISSUED FOR THE FOLLOWING

1. Not separating and completing a Clean before Jerking the Kettlebell(s) Overhead
2. There is no Fixation in the Overhead position (Exemplified by a Brief Pause, with the Kettlebell(s) stopped in the overhead position, the knees and elbows extended and body position vertical (anatomically neutral))
3. The Kettlebell is not returned to the rack position after fixation overhead
4. The Kettlebell(s) is pressed into the lock out
5. Not performing a clean before a Jerk
6. An athlete takes an extra swing between repetitions. This will result in a No Count and Warning
7. The Athlete rests in a prohibited position and they will also receive a

Warning

IN THE SINGLE ARM EVENT

1. Touching the Kettlebell with the free hand
2. Touching the platform with the free hand
3. Using the freehand as a support on the body
4. Switching hands without a hand to hand swing

STOP

A Stop command will be issued for the following:

1. Touching the platform with the Kettlebell or Kettlebells
2. The Athlete steps off the platform
3. The Kettlebell is put down on the platform
4. Resting in a prohibited position for a second time
5. The Athlete's technique is deemed unsafe by the Judge

JERK

STARTING POSITION

After the command "Start" One or Two 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 Kettlebell events to swing the two Kettlebells outside the legs or body in a "Gunslinger Action".

RACK POSITION

In the rack position, the elbows are pressed into the trunk and legs/knees are in an anatomically neutral position. (Straightened)

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:

1. First knee bend or 1st Dip with the Kettlebell(s) in the rack position.
2. 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. In single Kettlebell events the free hand/arm may move and be in any position. The Kettlebell itself must be visibly seen to stop. If the judge is unable to distinguish a brief pause with the Kettlebell stopped and/or the knees and elbows are not extended and/or the body position is not vertical, the athlete will receive a No Count.

A REP IS COUNTED WHEN

- the bell(s) has come to a complete stop in the overhead position
- all parts of the body are motionless
- knee's & 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 bells)

****Athletes who are unable to fully fixate elbows or knees must inform the judge before the flight commences**

A NO REP IS CONSIDERED

- If the judge does not see a distinguishable first & second knee bend /Dip
- If the judge is unable to distinguish a brief pause either in the rack position or end position.
- If there is movement at the elbow after the knees are extended
- Placing/resting the kettlebells on the shoulders while in the rack position
- Lifting the elbow above the shoulder height while in the rack position
- When there is a definite press out to the lockout
- re cleaning without changing sides
- Touching the body (apart from the face) with your free arm
- Arms coming into contact with a belt in the rack position

A STOP COMMAND IS ISSUED WHEN

- A Warning has been issued, followed by a No Rep for the same violation
- 3 warnings for dangerous lifting risk of injury
- bell touches the platform
- Stepping off the platform
- Touching the Kettlebell with your free hand
- Unsportsmanly behaviour on the platform

SNATCH

The Kettlebell Snatch is a swing based and dynamic ballistic event where the Kettlebell is swung between the legs and up into an overhead lockout, in one smooth and continuous action, and then fixated, with a vertical arm, above the head. The Kettlebell is then lowered or dropped and swung back between the legs before being swung overhead again.

STARTING POSITION

After the command "Start" the Kettlebell is picked up from the platform with one hand and swung between the legs and then up into an overhead position in one smooth motion.

One initial/extra swing to start a snatch set is allowed.

You will be issued a warning if you do more than one extra swing and your first repetition will be a no-count. Each extra swing will result in the loss of 1 repetition (-1 rep)

PERFORMING THE SNATCH

The Kettlebell is lifted upward in one continuous movement, in one hand, into an overhead position. The Kettlebell is then lowered in one continuous motion into a hang position before being lifted (swing) upward 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 but fixation is required prior to extending your knees.

If the judge sees movement in the elbow after extending your knees, you will receive a no-count.

Athletes who are unable to fully extend their elbow [s] must inform the judge before the flight commences. Fixation of the elbow is still required regardless of mobility issues.

Similarly, athletes who cannot position their arm in a straight, vertical line overhead must inform the judge before the flight commences.

A brief pause is required in the overhead position with your knees and elbows extended, your body position vertical, the free hand/arm may move and be in any position.

The Kettlebell itself must be visibly seen to stop. If the judge is unable to distinguish a brief pause with the Kettlebell stopped, you will not be credited with a repetition (no-count)

THE DROP

After fixation overhead the Kettlebell is lowered. It must be returned between the legs in one continuous movement before returning to the overhead fixated position without stopping. It 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 is dropped onto the trunk, shoulder or into the rack the athlete will receive a Warning and receive a No Count

RESTING POSITION

- The only rest position during the Kettlebell Snatch is in the overhead position
You may not:
- Rest in the rack position
- Rest the Kettlebell on the shoulders
- Perform a Half Snatch
- Swing the Kettlebell outside the body/outside the legs

NO COUNTS

A No Count command will be issued for the following:

1. There is No Brief Pause, with the Kettlebell stopped in the overhead position, the knees and elbows extended and body position vertical (anatomically neutral)
2. The Kettlebell is pressed into a lock out
3. Switching hands without a hand to hand swing
4. An athlete takes an extra swing between repetitions. This will result in a No Count and Warning and 1 repetition will be removed per extra swing (-1 rep)
5. Touching the Kettlebell with the free hand
6. Touching the platform with the free hand
7. Using the freehand as a support on the body
8. Dropping the Kettlebell into the rack position, this results in a No Count and Warning and 1 repetition will be removed (-1 rep)

STOP

A Stop command will be issued for the following:

1. Touching the platform with the Kettlebell
2. The Athlete steps off the platform
3. The Athlete's technique is deemed unsafe by the Judge
4. The Kettlebell is put down on the platform

KETTLEBELL SPECIFICATIONS

Technical specifications of a 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

***Personal Kettlebells can be bought to state and open events within Australia

Athlete needs to present the bell to the GSAA Head Judge on the day of the competition when the official weigh in is schedule. The bell must fit the Specifications as per GSAA Competition Kettlebell requirements and be within (+/-200grams) of mass.

LIFTING ATTIRE

- 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
- It is allowed to use a weightlifting belt (its width cannot exceed 12 cm at the back and 6 cm in front),
- T-Shirts cannot be pulled out over belt

VIDEO WEIGH-IN

- Athlete must request a Video Weigh in, a timeline will be given for weigh-in to be completed and submitted to GSAA representative.
- Video is to be done in one continuous clip
- Video must show calibrated Scale using a Kettlebell and showing the weight within +/- 200g.
- Must have full face visual announce their name, a full body scan down to the scale showing the recorded weight, full body scan back up to the face in one continuous recording.
- The person must remain on the screen at all times
- sent to GSAA designated member for recording of weight.

If a video weigh in is submitted, the competitor cannot weigh in again on the day of competition. Only one video may be submitted.

WEIGHT DIVISIONS

All the same for Amateur, Veteran and Professional

Women

48kg 53kg 58kg 63kg 69kg 75kg 80kg 80+kg

Men

56kg 62kg 69kg 77kg 85kg 94kg 105kg 105+kg