



Australian National Kettlebell Team Qualification 2022/23



This document outlines requirements of Girevoy Sport Australia members to represent Australia at the following international Kettlebell Lifting Championships:

IUKL World Championships 2022

WKSF World Championships 2023

2022 IUKL Championship Qualification Criteria

To qualify for the Australian National Kettlebell Team representing at the 2022 IUKL World Kettlebell Lifting Championships, all Athletes must attain the corresponding GSAA Rank for any nominated discipline plus compete at minimum:

1 x GSAA Open Competition;

and

1 x GSAA State Championship;

and

The 2022 GSAA Australian National Championships.

The qualification requirements for disciplines and categories available is listed below.

Qualification(s) must be attained at one of the above official GSAA competitions within the 2022 GSAA Kettlebell Lifting Season.

Boys 16 and Under

Kettlebell Weights

-16kg

Disciplines

- Jerk

- Snatch

- Biathlon

- Long Cycle

- Triathlon

Rank 2 is required in the lifts above on the 2022 GSAA Boys 17 & Under Ranking Table.

Boys 16 and Under

Kettlebell Weights

-24kg

-20kg

-16kg

Disciplines

- One Arm Jerk

- One Arm Long Cycle

- Military Snatch

CMS (24kg) or Rank 1 (20kg) or Rank 2 (16kg) is required for the corresponding disciplines as per the 2022 GSAA Boys 17 & Under Ranking Table.

Girls 16 and Under

Kettlebell Weight

-12kg

Disciplines

- Jerk
- Snatch
- Biathlon
- Long Cycle
- Triathlon

Rank 2 is required in the lifts above on the 2022 GSAA Girls 17 & Under Ranking Table.

Girls 16 and Under

Kettlebell Weight

-20kg

-16kg

-12kg

Disciplines

- One Arm Jerk

- One Arm Long Cycle - Military Snatch

CMS (20kg) or Rank 1 (16kg) or Rank 2 (12kg) is required for the corresponding disciplines as per the 2022 GSAA Girls 17 & Under Ranking Table.

Boys 18 and Under

Kettlebell Weight

-24kg

Disciplines

- Jerk

- Snatch

- Biathlon

- Long Cycle

- Triathlon

CMS is required in the lifts above on the 2022 GSAA Boys 17 & Under Ranking Table.

Boys 18 and Under

Kettlebell Weight

-32kg

-28kg

-24kg

Disciplines

- One Arm Jerk

- One Arm Long Cycle

- Military Snatch

32kg requires attaining MS Rank on 2022 GSAA Boys 17 & Under Ranking table *and* lifting the 32kg to 10 minute completion at the 2022 GSAA National Championships.

MS (28kg) or CMS (24kg) for corresponding disciplines is required as per the 2022 GSAA Boys 17 & Under Ranking table

Girls 18 and under

Kettlebell Weight

-16kg

Disciplines

- Jerk

- Snatch

- Biathlon

- Long Cycle

- Triathlon

CMS is required in the lifts above on the 2022 GSAA Girls 17 & Under Ranking Table.

Girls 18 and under

Kettlebell Weight

-24kg

-20kg

-16kg

Disciplines

- One Arm Jerk

- One Arm Long Cycle

- Military Snatch

24kg requires attaining MS Rank on 2022 GSAA Girls 17 & Under Ranking Table *and* lifting the 24kg to 10 minute completion at the 2022 GSAA National Championships.

MS (20kg) or CMS (16kg) for corresponding disciplines is required as per the 2022 GSAA Girls 17 & Under Ranking Table.

Amateur Men

Kettlebell Weight

-24kg

Disciplines

- Jerk

- Snatch

- Biathlon

- Long Cycle

- Triathlon

Rank 1 is required in the lifts above on the 2022 GSAA Open Table.

Amateur Men

Kettlebell Weight

-32kg

-28kg

-24kg

Disciplines

- One Arm Jerk

- One Arm Long Cycle

- Military Snatch

MS (32kg) or CMS (28kg) or Rank 1 (24kg) is required for the corresponding disciplines as per the 2022 GSAA Open Ranking Table.

Amateur Men

Kettlebell Weights

-2x28kg

-2x24kg

-2x20kg

Disciplines

- Jerk 30mins

- Long Cycle 30mins

CMS (28kg) or Rank 1 (24kg) or Rank 2 (20kg) is required for the corresponding disciplines as per the 2022 GSAA Open Ranking Table.

Amateur Women

Kettlebell Weights

-16kg

Disciplines

- Jerk

- Snatch

- Biathlon

- Long Cycle

- Triathlon

Rank 1 is required in the lifts above on the 2022 GSAA Open Table.

Amateur Women

Kettlebell Weights

-24kg

-20kg

-16kg

Disciplines

- One Arm Jerk

- One Arm Long Cycle

- Military Snatch

MS (24kg) or CMS (20kg) or Rank 1 (16kg) is required for the corresponding disciplines as per the 2022 GSAA Open Ranking Table.

Amateur Women

Kettlebell Weights

-20kg

-16kg

Discipline

- Snatch 30 mins

CMS (20kg) or Rank 1 (16kg) is required for the corresponding discipline as per the 2022 GSAA Open Ranking Table.

Professional Men

Kettlebell Weight

-32kg

Disciplines

- Jerk

- Snatch

- Biathlon

- Long Cycle

- Triathlon

Achieving CMS on the 2022 GSAA Open Ranking Table in the corresponding discipline at a GSAA Competition in 2022 prior to the Australian National Championships is required.

The two (2) Athletes from each corresponding IUKL weight class with the highest overall score at the GSAA Australian National Kettlebell Championships will be eligible for the Australian Team.

Professional Men

Kettlebell Weights

-40kg

-32kg

Disciplines

- One Arm Jerk

- One Arm Long Cycle

- Military Snatch

Achieving CMS on the 2022 GSAA Open Ranking Table in the corresponding discipline at a GSAA Competition in 2022 prior to the Australian National Championships is required.

The two (2) Athletes from each corresponding IUKL weight class with the highest overall score at the GSAA Australian National Kettlebell Championships will be eligible for the Australian Team.

Professional Women

Kettlebell Weight

-24kg

Disciplines

- Jerk

- Snatch

- Biathlon

- Long Cycle

- Triathlon

Achieving CMS on the 2022 GSAA Open Ranking Table in the corresponding discipline at a GSAA Competition in 2022 prior to the Australian National Championships is required.

The two (2) Athletes from each corresponding IUKL weight class with the highest overall score at the GSAA Australian National Kettlebell Championships will be eligible for the Australian Team.

Professional Women

Kettlebell Weights

-32kg

-24kg

Disciplines

- One Arm Jerk

- One Arm Long Cycle

- Military Snatch

Achieving CMS on the 2022 GSAA Open Ranking Table in the corresponding discipline at a GSAA Competition in 2022 prior to the Australian National Championships is required.

The two (2) Athletes from each corresponding IUKL weight class with the highest overall score at the GSAA Australian National Kettlebell Championships will be eligible for the Australian Team.

Veteran Men

Age Categories, Kettlebell Weights & Qualifying Rank

40 – 49yo Rank 1 (24kg) 2022 GSAA Open Ranking Table

50 – 59yo MS (24kg) 2022 GSAA 50+ Ranking Table

60 – 69yo Rank 1 (16kg) 2022 GSAA 50+ Ranking Table

70 – 75+yo Rank 2 (12kg) 2022 GSAA 50+ Ranking Table

Disciplines

- Jerk

- Snatch

- Biathlon

- Long Cycle

- Triathlon

Veteran Men

Age Categories, Kettlebell Weights & Qualifying Rank

40 – 49 MS (32kg) 2022 GSAA Open Ranking Table

50 – 59 MSTA (28kg) 2022 GSAA 50+ Ranking Table

60 – 69 MS (24kg) 2022 GSAA 50+ Ranking Table

70 – 74 CMS (20kg) 2022 GSAA 50+ Ranking Table

75+ Rank 1 (16kg) 2022 GSAA 50+ Ranking Table

Disciplines

- One Arm Jerk

- One Arm Long Cycle

- Military Snatch

Veteran Men

Age Categories, Kettlebell Weights & Qualifying Rank

40 – 49 MS (32kg) 2022 GSAA Open Ranking Table

50 – 59 MS (28kg) 2022 GSAA 50+ 30min Ranking Table

60 – 69 CMS (28kg) 2022 GSAA 50+ 30min Ranking Table

70 – 74 CMS (20kg) Rank 1 (20kg) 2022 GSAA 50+ 30min Ranking Table

75+ Rank 2 (16kg) 2022 GSAA 50+ 30min Ranking Table

Disciplines

- Jerk 30mins

- Long Cycle 30mins

Veteran Women

Age Categories, Kettlebell Weights & Qualifying Rank

35 - 39 Rank 1 (16kg) 2022 GSAA Open Ranking Table

40 - 44 Rank 1 (16kg) 2022 GSAA Open Ranking Table

45 - 49 Rank 1 (16kg) 2022 GSAA Open Ranking Table

50 - 54 CMS (12kg) 2022 GSAA 50+ Ranking Table

55 - 59 CMS (12kg) 2022 GSAA 50+ Ranking Table

60 - 64 Rank 2 (8kg) GSAA 50+ Ranking Table

65+ Rank 2 (8kg) GSAA 50+ Ranking Table

Disciplines

- Jerk

- Snatch

- Biathlon

- Long Cycle

- Triathlon

Veteran Women

Age Categories, Kettlebell Weights & Qualifying Rank

35 - 39 MS (24kg) 2022 GSAA Open Ranking Table

40 - 44 CMS (20kg) 2022 GSAA Open Ranking Table

45 - 49 CMS (20kg) 2022 GSAA Open Ranking Table

50 - 54 MS (16kg) 2022 GSAA 50+ Ranking Table

55 - 59 MS (16kg) 2022 GSAA 50+ Ranking Table

60 - 64 CMS (12kg) GSAA 50+ Ranking Table

65+ CMS (12kg) GSAA 50+ Ranking Table

Disciplines

- One Arm Jerk
- One Arm Long Cycle
- Military Snatch

Veteran Women

Age Categories, Kettlebell Weights & Qualifying Rank

35 - 39 MS (24kg) 2022 GSAA Open Ranking Table

40 - 44 CMS (20kg) 2022 GSAA Open Ranking Table

45 - 49 CMS (20kg) 2022 GSAA Open Ranking Table

50 - 54 CMS (16kg) 2022 GSAA 50+ Ranking Table

55 - 59 CMS (16kg) 2022 GSAA 50+ Ranking Table

60 - 64 Rank 1 (12kg) GSAA 50+ Ranking Table

65+ Rank 1 (12kg) GSAA 50+ Ranking Table

Disciplines

- Snatch 30 mins

2023 WKSF Championships Qualification Criteria

To qualify for the Australian National Kettlebell Team representing at the 2023 WKSF World Kettlebell Lifting Championships, all Athletes must attain the corresponding GSAA Rank for any nominated discipline plus compete at minimum:

1 x GSAA Open Competition;

and

1 x GSAA State Championship;

and

The 2022 GSAA Australian National Championships.

The qualification requirements for disciplines and categories available is listed below.

Qualification(s) must be attained at one of the above official GSAA competitions within the 2022 GSAA Kettlebell Lifting Season.

Boys 14 - 15 y/o

Kettlebell Weight

16kg

Disciplines

- Biathlon

- Long Cycle

- One Arm Jerk 30min

- One Arm Long Cycle 30min

- Snatch 30min

Rank 2 is required in the lifts above on the 2022 GSAA Boys 17 & Under Ranking Table.

Girls 14 – 15 y/o

Kettlebell Weight

12kg

Disciplines

- Biathlon
- Long Cycle
- One Arm Jerk 30min
- One Arm Long Cycle 30min
- Snatch 30min

Rank 1 is required in the lifts above on the 2022 GSAA Girls 17 & Under Ranking Table.

Boys 16 – 18 y/o

Kettlebell Weight

24kg

Disciplines

- Biathlon
- Long Cycle
- One Arm Jerk 30min
- One Arm Long Cycle 30min
- Snatch 30min

CMS is required in the lifts above on the 2022 GSAA Boys 17 & Under Ranking Table.

Girls 16 – 18 y/o

Kettlebell Weight

16kg

Disciplines

- Long Cycle
- Biathlon

- One Arm Jerk 30min
- One Arm Long Cycle 30min
- Snatch 30min

CMS is required in the lifts above on the 2022 GSAA Girls 17 & Under Ranking Table.

Amateur Men

Kettlebell Weight

24kg

Disciplines

- Long Cycle
- Biathlon
- Snatch
- One Arm Jerk 30min
- One Arm Long Cycle 30min
- Snatch 30min

Rank 1 is required in the lifts above on the 2022 GSAA Open Ranking Table.

Amateur Women

16kg

- Snatch
- Biathlon
- Long Cycle
- One Arm Long Cycle
- One Arm Jerk 30min

- One Arm Long Cycle 30min

- Snatch 30min

Rank 1 is required in the lifts above on the 2022 GSAA Open Ranking Table.

Elite Men

Kettlebell Weight

32kg

Disciplines

- Biathlon

- Long Cycle

- One Arm Jerk 30min

- One Arm Long Cycle 30min

- Snatch 30min

Achieving CMS on the 2022 GSAA Open Ranking Table in the corresponding discipline at a GSAA Competition in 2022 prior to the Australian National Championships is required.

The two (2) Athletes from each corresponding WKSF weight class with the highest overall score at the GSAA Australian National Kettlebell Championships will be eligible for the Australian Team.

Elite Women

Kettlebell Weight

24kg

Disciplines

- Snatch

- Long Cycle

- One Arm Long Cycle

Achieving CMS on the 2022 GSAA Open Ranking Table in the corresponding discipline at a GSAA Competition in 2022 prior to the Australian National Championships is required.

The two (2) Athletes from each corresponding WKSF weight class with the highest overall score at the GSAA Australian National Kettlebell Championships will be eligible for the Australian Team.

Elite Women

Kettlebell Weight

20kg

Disciplines

- Long Cycle

- Biathlon

- One Arm Jerk 30min

- One Arm Long Cycle 30min

- Snatch 30min

Achieving CMS on the 2022 GSAA Open Ranking Table in the corresponding discipline at a GSAA Competition in 2022 prior to the Australian National Championships is required.

The two (2) Athletes from each corresponding WKSF weight class with the highest overall score at the GSAA Australian National Kettlebell Championships will be eligible for the Australian Team.

Veteran Men

Age Categories, Kettlebell Weights & Qualifying Rank

40 - 49 Rank 1 (24kg) 2022 GSAA Open Ranking Table

50 - 59 MS (24kg) 2022 GSAA 50+ Ranking Table

60 - 74 Rank 1 (16kg) 2022 GSAA 50+ Ranking Table

75+ Rank 2 (12kg) GSAA 50+ Ranking Table

Disciplines

- Long Cycle

- Biathlon

Veteran Men

Age Categories, Kettlebell Weights & Qualifying Rank

40 - 49 Rank 1 (24kg) 2022 GSAA Open Ranking Table

50 - 59 CMS (24kg) 2022 GSAA 50+ Ranking Table

60 - 69 Rank 2 (16kg) 2022 GSAA 50+ Ranking Table

70+ Rank 3 (12kg) GSAA 50+ Ranking Table

Disciplines

- One Arm Jerk 30min

- One Arm Long Cycle 30min

- Snatch 30 mins

Veteran Women

Age Categories, Kettlebell Weights & Qualifying Rank

35 - 49 Rank 1 (16kg) 2022 GSAA Open Ranking Table

50 - 54 MS (16kg) 2022 GSAA 50+ Ranking Table

55 - 64 CMS (12kg) GSAA 50+ Ranking Table

65+ Rank 2 (8kg) GSAA 50+ Ranking Table

Disciplines

- Long Cycle

- Biathlon

- One Arm Long Cycle (65+yo only)

Veteran Women

Age Categories, Kettlebell Weights & Qualifying Rank

35 - 49 Rank 1 (16kg) 2022 GSAA Open Ranking Table

50 - 54 CMS (16kg) 2022 GSAA 50+ Ranking Table

55 - 64 Rank 1 (12kg) GSAA 50+ Ranking Table

65+ Rank 3 (8kg) GSAA 50+ Ranking Table

Disciplines

- One Arm Jerk 30min

- One Arm Long Cycle 30min

- Snatch 30 mins