

GSAA AUSTRALIAN TEAM QUALIFICATION STANDARDS 2025

#### 2025 IUKL Qualification Criteria

To qualify for the 2025 IUKL Australian National Kettlebell Team all Athletes must compete at

- One (1) GSAA Interstate Open Competition OR WKSF Oceania Cup
- The 2025 GSAA State of Origin Competition, AND
- The 2025 GSAA Australian National Championships.

The qualifying Period for the 2025 IUKL World Championships is between October 2024 – September 2025.

In the event that GSAA hosts additional competitions outside the previously mentioned period, athletes may add further qualifications (Events) to their 2025 IUKL World Championships campaign. E.g., IUKL Oceania Cup.

Events available for selection to the 2025 IUKL Australian National Kettlebell Team are listed below. Minimum requirements must be obtained to be eligible.

#### NOTE: Subject to Change.

At the time of edit and release (28/1/25), International Union of Kettlebell Lifting (IUKL) have not officially released the regulations for the IUKL World Championships in 2025.

The tables below are currently based on the 2024 IUKL Uniform Regulations and the 2024 IUKL Calendar. Therefore, qualification for the Australian National Kettlebell Team must not be assumed, please await an official GSAA announcement.

On the release of the official regulation for the IUKL 2025 World Championship, GSAA will provide an accurate and timely update.

#### **Qualification Alternatives**

Athletes who achieve first (1<sup>st</sup>) place at the 2024 WKSF World Championships or IUKL World Championships in the previous year in Amateur, Veteran or Junior Divisions are automatically eligible to qualify for the 2025 IUKL World Championship.

Provided they have met the GSAA qualification requirements during the previous calendar year (competition attendance).

Athletes who achieve first (1st) place at the 2024 GSAA Australian National Kettlebell Championship (Gold Medal Winner) and last the full time limit of the Event (10,12,30mins), will gain eligibility for the 2025 IUKL World Championship and able to represent the Australia National Kettlebell Team under the "Henry Rule".

Provided they have completed the GSAA Qualification requirements during the previous calendar year (competition attendance).

Professional Men & Women Divisions are limited to two (2) athletes per IUKL Weight Class. Athletes placing 3<sup>rd</sup> and onwards in a specific IUKL weight class, will be placed on the supplementary list. If an athlete withdraws or declines an invitation to join the Australian National Kettlebell Team, GSAA will notify athletes on the supplementary list in a timely manner. This will be done in order of placings at 2024 Australian National Kettlebell Championship to fill the vacant position.



## 16 and Under Men

All requirements are indicative of the 2024/25 GSAA Ranking Table - Men 17 & Under

Weight	Lifts	Requirements
16kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>One Arm Jerk</li> <li>One Arm Long Cycle</li> <li>Military Snatch</li> </ul>	Junior Rank 2 or above

## 16 and Under Women

All requirements are indicative of the 2024/25 GSAA Ranking Table - Women 17 & Under

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Weight	Lifts	Requirements
12kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>One Arm Jerk</li> <li>One Arm Long Cycle</li> <li>Military Snatch</li> </ul>	Junior Rank 1 or above



## 18 and Under Men

All requirements are indicative of the 2024/25 GSAA Ranking Table - Men 17 & Under

Weight	Lifts	Requirements
24kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>One Arm Jerk</li> <li>One Arm Long Cycle</li> <li>Military Snatch</li> </ul>	Junior CMS or above

## 18 and Under Women

All requirements are indicative of the 2024/25 GSAA Ranking Table - Women 17 & Under

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Weight	Lifts	Requirements
16kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>One Arm Jerk</li> <li>One Arm Long Cycle</li> <li>Military Snatch</li> </ul>	Junior CMS or above



### **Amateur Men**

All requirements are indicative of the 2024/25 GSAA Men's Open Ranking Table or 30min

Open Men's Ranking Table

Weight	Lifts	Requirements
24kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> </ul>	Rank 1 or above
32kg, 24kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	<ul><li>MS or above</li><li>Rank 1 or above</li></ul>
24kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30 mins)</li></ul>	Rank 1 or above

### **Amateur Women**

All requirements are indicative of the 2024/25 GSAA Women's Open Ranking Table or

30min Open Women's Ranking Table

Weight	Lifts	Requirements
16kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> </ul>	Rank 1 or above
24kg,16kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	<ul><li>MS or above</li><li>Rank 1 or above</li></ul>
16kg	<ul><li>Jerk (30 mins)</li><li>Long Cycle (30 mins)</li><li>Snatch (30mins)</li></ul>	Rank 1 or above



#### **Professional Men**

The Australian National Kettlebell Team selection, will be the two (2) athletes from each IUKL weight class with the highest overall coefficient, completing the below lifts in the Professional Category at the 2025 GSAA Australian Nationals

All requirements are indicative of the 2024/25 GSAA Men's Open Ranking Table

Weight	Lifts	Requirements
32kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> <li>One Arm Long Cycle</li> <li>One Arm Jerk</li> </ul>	CMS or above**

<sup>\*\*</sup> Athletes must achieve CMS on the 2024/25 GSAA Open Ranking Table or V-MS on the GSAA 50+ Men's Ranking Table at a GSAA Competition from October 2024 and prior to the 2025 GSAA Australian National Championships.

### **Professional Women**

The Australian National Kettlebell Team selection, will be the two (2) athletes from each IUKL weight class with the highest overall coefficient, completing the below lifts in the Professional Category at the 2025 GSAA Australian Nationals

All requirements are indicative of the 2024/25 GSAA Women's Open Ranking Table

Weight	Lifts	Requirements
24kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> <li>One Arm Long Cycle</li> <li>One Arm Jerk</li> </ul>	CMS or above**

<sup>\*\*</sup> Athletes must achieve CMS on the 2024/25 GSAA Open Ranking Table or V-MS on the GSAA 50+ Women's Ranking Table at a GSAA Competition from October 2024 and prior to the 2025 GSAA Australian National Championships.



## **Veteran Men**

All requirements are indicative of the 2024/25 GSAA Men's Open Ranking Table OR 2023/24 GSAA Veteran Men's Ranking Table.

Age	Weight	Lifts	Requirements
Category			
40-49	24kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> </ul>	• Rank 1 or above <sup>1</sup>
40-49	32kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	• MS¹
40-49	32kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30 mins)</li></ul>	• MS <sup>2</sup>
50-59	24kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> </ul>	• V-CMS <sup>3</sup>
50-59	28kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	• V-MS <sup>3</sup>
50-59	28kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30 mins)</li></ul>	• V-CMS <sup>4</sup>
60-69	16kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> </ul>	<ul> <li>Veteran Rank 1 or above<sup>3</sup></li> </ul>
60-69	24kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	• V-CMS <sup>3</sup>
60-69	24kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30 mins)</li></ul>	<ul> <li>Veteran Rank 1 or above<sup>4</sup></li> </ul>



## **Veteran Men – Continued**

Age Category	Weight	Lifts	Requirements
70-75+	12kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> </ul>	<ul> <li>Veteran Rank 3 or above<sup>3</sup></li> </ul>
70-74	20kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	<ul> <li>Veteran Rank 1 or above<sup>3</sup></li> </ul>
70-74	20kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30mins)</li></ul>	<ul> <li>Veteran Rank 2 or above<sup>4</sup></li> </ul>
75+	16kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	<ul> <li>Veteran Rank 2 or above<sup>3</sup></li> </ul>
75+	16kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30mins)</li></ul>	<ul> <li>Veteran Rank 3 or above<sup>4</sup></li> </ul>



<sup>&</sup>lt;sup>1</sup>GSAA Men's Open Ranking Table <sup>2</sup>GSAA 30min Men's Open Ranking Table

<sup>&</sup>lt;sup>3</sup>GSAA 50+ Men's Ranking Table <sup>4</sup>GSAA 50+ 30min Men's Ranking Table

### **Veteran Women**

All requirements are indicative of the 2025/25 GSAA Women's Open Ranking Table OR

2023/24 GSAA Veteran Women's Ranking Table.

Age	Weight	Lifts	Requirements
Category			
35-49	16kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> </ul>	• Rank 1 or above <sup>1</sup>
35-39	24kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	MS or above <sup>1</sup>
35-39	24kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30 mins)</li></ul>	MS or above <sup>1</sup>
40-49	20kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	CMS or above <sup>1</sup>
40-49	20kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30 mins)</li></ul>	CMS or above <sup>2</sup>
50-59	12kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> </ul>	<ul> <li>Veteran Rank 1 or above<sup>3</sup></li> </ul>
50-59	16kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	V-CMS or above <sup>3</sup>
50-59	16kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30 mins)</li></ul>	<ul> <li>Veteran Rank 1 or above<sup>4</sup></li> </ul>
60-65+	8kg	<ul> <li>Jerk</li> <li>Snatch</li> <li>Biathlon</li> <li>Long Cycle</li> <li>Triathlon</li> <li>Military Snatch</li> </ul>	<ul> <li>Veteran Rank 3 or above<sup>3</sup></li> </ul>
60-65+	12kg	<ul><li>One Arm Jerk</li><li>One Arm Long Cycle</li></ul>	<ul> <li>Veteran Rank 1 or above<sup>3</sup></li> </ul>
60-65+	12kg	<ul><li>Jerk (30mins)</li><li>Long Cycle (30mins)</li><li>Snatch (30 mins)</li></ul>	<ul> <li>Veteran Rank 2 or above<sup>4</sup></li> </ul>

<sup>&</sup>lt;sup>1</sup>GSAA Women's Open Ranking Table



<sup>&</sup>lt;sup>2</sup>GSAA 30min Women's Open Ranking Table

<sup>&</sup>lt;sup>3</sup>GSAA 50+ Women's Ranking Table

<sup>&</sup>lt;sup>4</sup>GSAA 50+ 30min Women's Ranking Table

#### 2025 WKSF Qualification Criteria

To qualify for the 2025 WKSF Australian Team all Athletes must compete at

- 2024 GSAA Australian Nationals Championship
- One (1) 2024 GSAA Interstate Open Competition
- The 2024 GSAA State of Origin Competition

Athletes that qualified in 2024, may add for extra Events through the 2025 GSAA Season prior to their 2025 WKSF World Championship campaign. The cut-off date of 30<sup>th</sup> March 2025. Athletes that add additional Events after the cut-off date may incur a higher entry fee.

Events available for selection to the 2025 WKSF Australian National Kettlebell Team are listed below. Minimum requirements must be obtained to be eligible.

#### **Qualification Alternatives**

Athletes who achieve first (1<sup>st</sup>) place at the 2024 WKSF World Championships or 2024 IUKL World Championships in the previous year in Amateur, Veteran or Junior Divisions are automatically eligible to qualify for the 2025 WKSF World Championship.

Provided they have met the GSAA qualification requirements during the previous calendar year (competition attendance).

Athletes who achieve first (1st) place at the 2024 GSAA Australian National Kettlebell Championship (Gold Medal Winner) and last the full-time limit of the Event/Discipline (10,12,30mins), will gain eligibility for the 2025 WKSF World Championship and able to represent the Australia National Kettlebell Team under the "Henry Rule".

Provided they have completed the GSAA Qualification requirements during the previous calendar year (competition attendance).

Elite Men & Women Divisions are limited to two (2) athletes per WKSF Weight Class. Athletes placing 3<sup>rd</sup> and onwards in a specific WKSF weight class, will be placed on the supplementary list. If an athlete withdraws or declines an invitation to join the Australian National Kettlebell Team, GSAA will notify athletes on the supplementary list in a timely manner. This will be done in order of placings at the 2024 Australian National Kettlebell Championship to fill the vacant position.



### Men Children 14-15 y/o (2010-2011)

All requirements are indicative of the 2024/25 GSAA Ranking Table - Men 17 & Under

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Weight	Lifts	Requirements
16kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Junior Rank 2 or above</li> </ul>
16kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Junior Rank 2 or above</li> </ul>

### Women Children 14-15 y/o (2010-2011)

All requirements are indicative of the 2024/25 GSAA Ranking Table - Women 17 & Under

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Weight	Lifts	Requirements
12kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Junior Rank 1 or above</li> </ul>
12kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Junior Rank 1 or above</li> </ul>

## Men Young 16-18 y/o (2007-2009)

All requirements are indicative of the 2024/25 GSAA Ranking Table - Men 17 & Under

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Weight	Lifts	Requirements
24kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Junior CMS or above</li> </ul>
24kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Junior CMS or above</li> </ul>



### Women Young 16-18 y/o (2007-2009)

All requirements are indicative of the 2024/25 GSAA Ranking Table - Women 17 & Under

Weight	Lifts	Requirements
16kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Junior CMS or above</li> </ul>
16kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Junior CMS or above</li> </ul>

### Women Junior 19-22 y/o (2003-2006)

All requirements are indicative of the 2024/25 GSAA Women's Open Ranking Table

Weight	Lifts	Requirements
20kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Military Snatch</li></ul>	CMS or above*
20kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>CMS or above*</li> </ul>

<sup>\*</sup>CMS or above is required after June 2024 and prior to the 2024 GSAA National Championships. Plus, the athlete must be the coefficient winner of their WKSF weight class at the GSAA National Kettlebell Championships.

### Junior Men 19-22 y/o (2003-2006)

All requirements are indicative of the 2024/25 Men's Open Ranking Table

Weight	Lifts	Requirements
32kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Military Snatch</li></ul>	MS or above*
32kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>MS or above*</li> </ul>

<sup>\*</sup>MS or above is required after June 2024 and previous to the 2024 GSAA National Championships. Plus, the athlete must be the coefficient winner of their WKSF weight class at the GSAA National Kettlebell Championships.



### **Amateur Men**

All requirements are indicative of the 2024/25 GSAA Men's Open Ranking Table

Weight	Lifts	Requirements
24kg	<ul> <li>Biathlon</li> <li>Long Cycle</li> <li>Snatch</li> <li>One Arm Long Cycle</li> <li>Military Snatch</li> </ul>	Rank 1 or above
24kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	Rank 1 or above

# **Amateur Women**

All requirements are indicative of the 2024/25 GSAA Women's Open Ranking Table

Weight	Lifts	Requirements
16kg	<ul> <li>Biathlon</li> <li>Long Cycle</li> <li>Snatch</li> <li>One Arm Long Cycle</li> <li>Military Snatch</li> </ul>	Rank 1 or above
16kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	Rank 1 or above



#### **Elite Men**

The Australian National Kettlebell Team selection, will be the two (2) athletes from each WKSF weight class with the highest overall coefficient, completing the below lifts in the Professional Category at the 2025 GSAA Australian Nationals

All requirements are indicative of the 2024/25 GSAA Men's Open Ranking Table

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Weight	Lifts	Requirements		
32kg	<ul> <li>Biathlon</li> <li>Long Cycle</li> <li>Snatch (WKSF Grand Prix)</li> <li>One Arm Long Cycle (WKSF Grand Prix)</li> <li>Military Snatch</li> </ul>	CMS or above*		
32kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>CMS or above*</li> </ul>		

<sup>\*</sup>CMS or above is required prior to the 2024 GSAA National Championships.

## **Elite Women**

The Australian National Kettlebell Team selection, will be the two (2) athletes from each WKSF weight class with the highest overall coefficient, completing the below lifts in the Professional Category at the 2025 GSAA Australian Nationals

All requirements are indicative of the 2024/25 GSAA Women's Open Ranking Table

All requirements are indicative of the 2024/20 COAA Women's Open Hanking Table				
Weight	Lifts	Requirements		
24kg	<ul> <li>Biathlon</li> <li>Long Cycle</li> <li>Snatch (WKSF Grand Prix)</li> <li>One Arm Long Cycle (WKSF Grand Prix)</li> </ul>	CMS or above*		
20kg	<ul> <li>Biathlon</li> <li>Long Cycle</li> <li>Military Snatch</li> <li>30min One Arm Jerk</li> <li>30min One Arm Long Cycle</li> <li>30min Snatch</li> </ul>	● CMS or above*		

<sup>\*</sup>CMS or above is required prior to the 2024 GSAA National Championships.



### **Veteran Men**

All requirements are indicative of the 2024/25 GSAA Men's Open Ranking Table OR

2024/25 GSAA Veteran Men's Ranking Table.

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Age	Weight	Lifts	Requirements
Category	0.41	D: 11.1	D 14
40-49	24kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Snatch</li><li>One Arm Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Rank 1 or above<sup>1</sup></li> </ul>
40-49	24kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Rank 1 or above<sup>2</sup></li> </ul>
50-59	24kg	<ul> <li>Biathlon</li> <li>Long Cycle</li> <li>Snatch</li> <li>One Arm Long Cycle</li> <li>Military Snatch</li> </ul>	• V-CMS <sup>3</sup>
50-59	24kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Veteran</li> <li>Rank 1 or</li> <li>above<sup>4</sup></li> </ul>
60-69	16kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Snatch</li><li>One Arm Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Veteran         Rank 2 or             above<sup>3</sup> </li> </ul>
60-69	16kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Veteran         Rank 3 or             above<sup>4</sup> </li> </ul>
70-74	16kg	<ul> <li>Biathlon</li> <li>Long Cycle</li> <li>Snatch</li> <li>One Arm Long Cycle</li> <li>Military Snatch</li> </ul>	<ul> <li>Veteran         Rank 2 or             above<sup>3</sup> </li> </ul>
70-74	16kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Veteran         Rank 3 or above⁴     </li> </ul>
75+	12kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Snatch</li><li>One Arm Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Veteran</li> <li>Rank 3 or</li> <li>above<sup>3</sup></li> </ul>
75+	12kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Veteran</li> <li>Rank 4 or</li> <li>above⁴</li> </ul>

<sup>1</sup>GSAA Men's Open Ranking Table



<sup>&</sup>lt;sup>2</sup>GSAA 30min Men's Open Ranking Table

<sup>&</sup>lt;sup>3</sup>GSAA 50+ Men's Ranking Table

<sup>&</sup>lt;sup>4</sup>GSAA 50+ 30min Men's Ranking Table

## **Veteran Women**

All requirements are indicative of the 2024/25 GSAA Women's Open Ranking Table OR 2024/25 GSAA Veteran Women's Ranking Table.

Age	Weight	Lifts	Requirements
Category	vvo.g	2.113	r toquii omonto
35-44	16kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Snatch</li><li>One Arm Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Rank 1 or above<sup>1</sup></li> </ul>
35-44	16kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Rank 1 or above<sup>2</sup></li> </ul>
45-54	16kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Snatch</li><li>One Arm Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Rank 1 or above<sup>1</sup></li> <li>V-CMS or above<sup>3</sup></li> </ul>
45-54	16kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Rank 1 or above<sup>2</sup></li> <li>Veteran Rank 1 or above<sup>4</sup></li> </ul>
55-64	12kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Snatch</li><li>One Arm Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Veteran Rank</li> <li>1 or above<sup>3</sup></li> </ul>
55-64	12kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Veteran Rank</li> <li>2 or above<sup>4</sup></li> </ul>
65+	8kg	<ul><li>Biathlon</li><li>Long Cycle</li><li>Snatch</li><li>One Arm Long Cycle</li><li>Military Snatch</li></ul>	<ul> <li>Veteran Rank</li> <li>3 or above<sup>3</sup></li> </ul>
65+	8kg	<ul><li>30min One Arm Jerk</li><li>30min One Arm Long Cycle</li><li>30min Snatch</li></ul>	<ul> <li>Veteran Rank</li> <li>4 or above<sup>4</sup></li> </ul>

<sup>1</sup>GSAA Women's Open Ranking Table



<sup>&</sup>lt;sup>2</sup>GSAA 30min Women's Open Ranking Table <sup>3</sup>GSAA 50+ Women's Ranking Table

<sup>&</sup>lt;sup>4</sup>GSAA 50+ 30min Women's Ranking Table