

1. Date & Time.

The official time is determined by Toronto, CANADA (EST). Weigh-in video must be taped on Friday, March 26th. All lift videos must be taped on Saturday, March 27th and/or Sunday, March 28th. All video submissions must be received prior to 1159pmEST on Sunday, March 28th.

2. Categories & Disciplines.

Male:

58kg

63kg

68kg

74kg (73kg IUKL)

80kg (78kg IUKL)

87kg (85kg IUKL)

95kg

105kg (95+kg WKSF)

105+kg

Female:

53kg (52kg WKSF)

58kg

65kg (63kg IUKL)

75kg (68kg IUKL)

75+kg

Disciplines:

Two Arm Long Cycle

Two Arm Biathlon (Counts as 2 events)

Snatch Only

One Arm Long Cycle

One Arm Biathlon (Women only - Counts as 2 events)

3. Judges.

Judges will be certified with the American Kettlebell Alliance and/or Canadian Kettlebell Alliance.

4. Recorded Videos.

The athlete must record video following guidelines as:

WEIGH-IN:

Athletes should complete a weigh-in video on Friday, March 26th. PLEASE make sure you use a digital weight scale to weigh yourself and WE MUST BE ABLE TO READ THE NUMBER. please make sure to focus the camera on the scale for 5 seconds to ensure we can read the number. Make sure to include date verification (phone, tablet or newspaper).

LIFT(S):

Please note all lifts must be performed and taped on Saturday, March 27th and/or Sunday, March 28th.

a. the video must recorded in format 9:16,

b. only if the full body cannot be seen may the lifter record in format 16:9,

- c. the athlete must record, in one video, the weighing of their kettlebells (please use a digital scale) followed by their lift.
- d. the athlete must record their video with light and never against light, so it is easy to see lifter,
- e. the video must be recorded to fit all of the body (feet and hands on fixation) and the kettlebell on the screen, if any of these are not able to be seen the video will be disqualified,
- f. all videos should be loaded into YouTube and ONLY the YouTube link should be submitted for judging.

5. Video Submissions

EACH COMPETITOR WILL BE TAGGED IN A POST IN OUR PRIVATE KB Sport Nationals FACEBOOK GROUP.

*****You will paste your video links in the comments of the post you are tagged in once you sign up for the competition, inside that group. You will also see who will be judging your video, as the name of the judge will be in the comments of your tagged post.*****

All videos need to be received by 1159pm EST on Sunday, March 28th. Any videos received after set time will be disqualified.

Please label your YouTube videos accordingly. "SURNAME, GIVEN NAME – BELL WEIGHT – LIFT - COUNTRY"

Example: "HUTTIG, JESSICA – 16KG – SNATCH – USA"

Please note that all competitors will be able to see other competitors videos within this group, however, it is private to view for only competitors and judges.

If you do not have a Facebook account, or access to a Facebook account, emails will be accepted upon special request.

If this applies to you then please email info@cka-sport.org to arrange for your video submission set up.

6. LIFT ATTIRE

Please read carefully. Each athlete must have shorts (knees exposed), short sleeved shirt (elbows exposed), shirts are to be tucked in and lifting shoes or cross training shoes are acceptable (no bare feet, no sock feet, no Vibram 5 finger shoes). Arm protection is acceptable, however, compact style KettleGuards are the best option. Any guards need to be 10cm wide, or less.

Belts are also accepted, however, please make sure it is being worn properly. Elbows should not be touching the belt in the rack position. If contact with the belt is evident while the lift may be disqualified. We will be posting videos for uniforms and correct practices prior to the competition in the discussion in this event..

7. Ranks and Records.

Ranks will be awarded for 10 minute events based on AAKA ranking tables. If an athlete is attempting to achieve a new country record in Canada, please ensure you make weight for the category within the country's ranking tables.

PLEASE NOTE: Due to the fact this is an online competition only ranks up to Candidate for Master of Sport will be awarded. Any rank above that (including those above CMS on the Veteran's tables will not qualify.)

****If you are attempting to achieve a new country record, you must be a citizen of that country, in order to be qualify. For the Canadian Record lists, please visit cka-sport.org.

8. Awards.

All participants of this online competition will be emailed final Certifications of completion with details for the competition, rep count and final placement. We will be mailing official CKA National medals to all that take first, second or third place. Also, there will be ONE overall MALE and ONE overall FEMALE lifter for the competition based on co-efficient scores. These lifters will be sent a trophy for their achievement.

9. Registration*.

Please visit <https://cka-sport.org/2021-nationals> for registration. Cost for this competition will be \$60CAD early bird until February 28th and March 1st the price will increase to \$80CAD. This will include 2 lifts. *PLEASE NOTE: Registration closes March 21st, 2021.

10. TEAM CANADA

If you are interested in competing in the IUKL or WKSF World Championships for 2021 (online or in person), you will need to qualify. In order to do that you must lift the appropriate bell weight for the World Competition, as well as fall into the proper weight category for the organization in which you wish to compete with. For example: if the weight category for women's biathlon is 65kg (63kg IUKL) and you want to ONLY qualify for WKSF, then weighing in under 65kg is ok. However, if you want to compete with IUKL or BOTH WKSF and IUKL, then you will need to choose to either weigh in 63kg or 68kg category as IUKL does not have the 65kg weight class. We have identified the differences here, as well as on the registration form.

If you have any questions please email us at: info@cka-sport.org.

GOOD LUCK!!!