



\*\*\*\*\*

## OFFICIAL RULES & REGULATIONS



Canadian Affiliate: AAKA



IUKL Member

# Table of Contents

FORWARD.....	3
CAN/CKA JUDGING BOARD .....	3
JUDGE'S RESPONSIBILITY .....	4
ATHLETE UNIFORMS .....	6
WARNINGS .....	7
REPS/SET .....	8
JERK .....	10
SNATCH .....	11
LONG CYCLE .....	12
ADDITIONAL INFORMATION & RESOURCES .....	13
AAKA/ CKA Ranking Tables.....	14



## Forward

The goal of this manual to achieve consistent judging across all Canadian Kettlebell Alliance sponsored kettlebell competitions. Complete with detailed information, this manual will be provided to all event hosts, as well as recognized affiliates, gyms and coaches and used for all judges at CKA events. We hope that the information provided within this manual will help answer any questions that may come up during competitions, as well as when rules are reviewed at the lifter's meetings before the start of an event.

## CANADIAN CKA Board

Linda Gilmour & Misty Shearer - Co-Presidents

Linda Gilmour & Misty Shearer - Head Judges

2017 Board Members:

Renee Martynuik

Mike Vandenburghe ( Provincial Rep -Alberta)

Lisa Pitel-Killah ( Provincial Rep- Ontario)



## Judge's Responsibility

Judges are obligated to be comfortable and competent in their understanding of the rules and regulations for competition and apply them appropriately, in a manner that is fair and objective.

Judges should wear uniforms as designated by hosting organization.

The hosting organization shall be in charge of the selection of judges for competitions. Ensure they are competent and prepared.

The platform judge:

- Loudly and precisely declares the quantity of properly executed repetitions.

- Issues "no counts" when repetitions are performed improperly.

- Loudly declares the participant's final score in each exercise.

If there are digital counters/ timers, voice calls are optional

It is strongly encouraged that Host arrange to have Co-Judges along side judges with manual counters for back up

NOTE: At international competitions and national championships two judges are appointed to each platform, as deemed necessary.

Obligations of the head judge:

Prior to the beginning of competitions, the head judge is responsible for holding a meeting with the Host, and all judges to review rules and standards for the event, to determine and agree on the level of leniency for new lifters plus any modification of best practice for that meet. Head Judge should then illustrate best practice to lifters and coaches on day of event to insure all changes are clear.

Prior to the beginning of the competition, the head judge is responsible for inspecting the competition area, inventory of equipment and supplies, and ensuring compliance with competition rules and safety regulations.

Head Judge Role-

- To supervise the competition and to resolve any matters or complications.

- To monitor the work of other judges during competitions

- To accept appeals or other issues for discussion by the jury.

- To schedule relief/replacement of platform judges if necessary

Judges are also responsible for:

- Verbal count (or mouthed if loud environment)

- Counter set/reset/reps (\*varies depending on equipment used)

- Lifter safety

- Uniform inspection prior to set (guards/shorts/belt/braces/shirt / no earbuds/ billed hats etc)

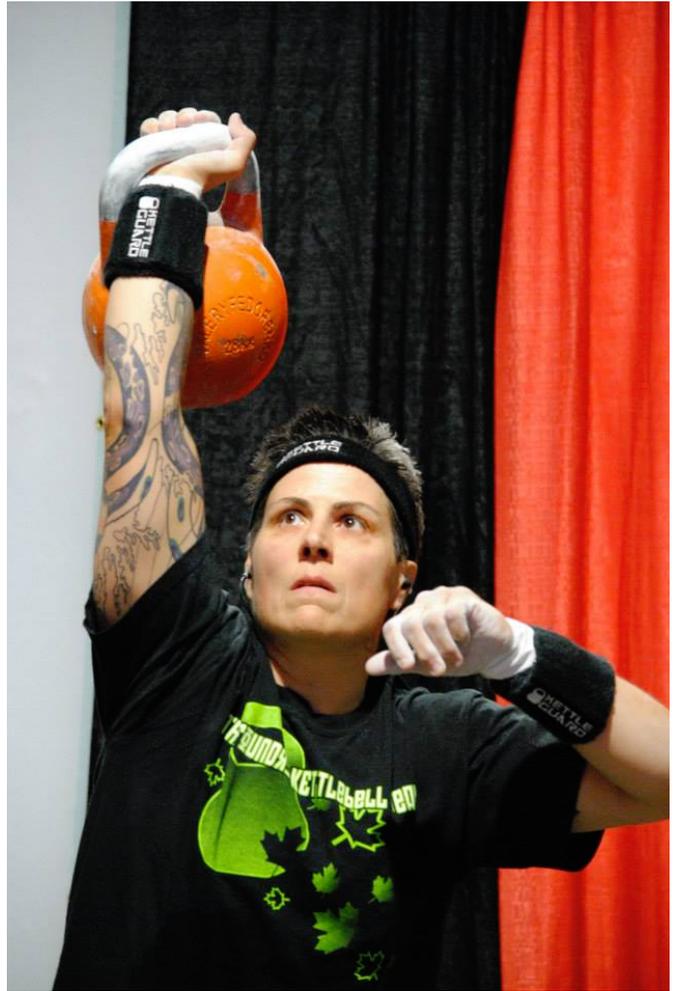
- A judge should be prepared with a manual counter/clicker in the event the electronic counter fails.

At events where contestants supply their own bell inventory, judges (or the host) should have calipers available to insure the bell handle is within the acceptable tolerance.

Judges may optionally keep a supply of safety pins, duct tape, scissors and extra wrist guards to correct uniform infractions quickly. However, this is a courtesy only.

Host is responsible to communicate and schedule judges for event plus any changes as they occur.

Host is to submit final results to CKA within a week of the event date



# Athlete Uniform

Knees exposed	Any bandages or wraps must be cleared in advance by the head judge
Elbows exposed	Sleeves may be used only after approval from head judge
Clean uniform representing team ( IUKL Events)	Uniform infractions will incur a warning. Severely messy (chalky) uniforms may result in a request to change clothing and rescheduling or could even result in disqualification of the lifter
Wrist protection flexible and no wider than 4"	
Shoes are required	
No excessively loose shorts and t-shirts	Accommodations made for modesty at the judge's discretion
Belt 12cm in back, 6cm in front and worn so that elbows do not touch it in rack	
Skorts acceptable (not recommended for Olympic style snatch)	
No headphones/earbuds and players permitted	
No hats with bills	Head bands, sweat bands, skull caps, and head scarves are permissible
Bike shorts/sport or compression shorts	For IUKL competitions, these should be used
Veteran Athletes Competing in Open/Adult Category	No special consideration will be given regarding the rules listed above.
Use of Kinesiotape (k-tape, rock tape, etc.)	Use of any support wrap or product must be accompanied by a doctor's written authorization and must be approved by the head judge prior to the start of competition. The lack of pre-approval can result in disqualification. Exceptions can be made for local competitions at the host's and head judge's discretion. These items include but are not limited to: elbow sleeves, knee wraps, and therapeutic tapes (if on elbows for Jerk / OALC/LC)
Lifters are not permitted to use hand bandages/tape of any kind on the platform.	NO Hand taping is permitted. Lifters are expected to show up to competition with healthy hands: Hand condition is considered part of overall lifter preparation.
Towels and wrist guards are not permitted to be tucked into the lifting belt.	
NO chewing gum or chewing of tobacco while on the platform	

# Warnings

Free hand violation touches bell <i>This refers to accidental graze but not an obvious free hand adjustment. If free hand adjusts bell command is an automatic STOP</i>	Command is WARNING/NO COUNT/STOP
Free hand touches body	Command is WARNING/NO COUNT/STOP
Extra swing on first hand	Command is SWITCH
More than one swing between reps on second hand	Command is STOP
Shoulder violation	Command is WARNING/ WARNING /STOP
Fixation	Command is NO COUNT
Press Up	Command is NO COUNT
Free hand in motion	Command is NO COUNT
Elbows not extended fully	Command is NO COUNT
Knees not extended fully	Command is NO COUNT
False Start	Command is STOP-RESTART/START
Yelling / Grunting/Language during set <i>*This is considered unsportsmanlike, unnecessary &amp; disturbing to other athletes*</i>	Command is WARNING / STOP
Safety warnings (nearing edge of platform, balance due to fatigue etc)	COMMAND IS < insert verbal cue>



## Reps and Set

Bell is fixated overhead (includes no “shoulder rolling”, no 10 o’clock lockout, bent elbows, knees, spine, hips, feet still, etc)

The judge will determine if the fixation occurred. Lifters are advised to look carefully at the judge for the first few reps to insure they are in agreement. Judge sets the pace of reps – judge does not chase lifter on counts

Before the start of each rep and upon completion in lockout, feet must be flat on the platform.

Failure results in a no-count.

Knees are straight

If there is an issue regarding the ability to straighten the knee, it must be brought to the judge's attention. Unlike elbows, inability to straighten knees in rack/lockout will be deemed bad form and result in N/C.

Arms are locked out

Because not all arms can straighten completely, allowance is made for a consistent fixation in whatever position represents 'lockout' for the individual lifter. (Judge will determine after the first few reps)

Lifter is facing forward

Judge will advise lifter if he is facing too far to the side. No reps will count until the lifter corrects his position.

Free arm (OALC and Snatch) is stopped no matter how briefly (momentum is discontinued)

Once the count is given, free arm may be used to adjust hair/uniform/wipe perspiration etc. Free arm may stop in any position.

Lifter may begin to lift any time after the START command

No rush

In the event of a false start, the lifter may restart, but the clock will continue

Judge issues STOP command; restart warning, and START command. Clock is NOT reset for that platform.

Lifter may not touch judge or challenge judge

In US, a fist bump in thanks (minimal chalk transfer) is permitted. Elsewhere, no contact is permitted. Bad behavior results in a STOP/DQ. Challenges are taken to the head judge for consideration, NOT to the platform judge. This also applies to a team coach acting on behalf of the lifter.

Lifter must courteously remain on the platform until all sets are complete and must insure he designates someone to remove the bells and returns them to the prep area

If a lifter is late to the platform, his set will be rescheduled, if possible

Chalk is the only permissible device on the hands. If a lifter is found with other substances, he could be disqualified.

Coach may set up a recording device near the judge between sets to record the set.

Coach may NOT enter designated judging area

Coach may not provide instruction or visual devices from the sidelines during the set. (IUKL events only)

During the set, or upon completion of last rep, it is considered unsportsmanlike to intentionally dump, slam, or throw the bells.

Standing or squatting on platform is appropriate. Lifters should NOT walk in front of or behind other platforms with active lifters.

When lifter participates in biathlon, rescheduling must insure jerk set precedes snatch set; where this is not possible, at the discretion of head judge, snatch set may count toward snatch only category

Bandages must be cleared with the judge beforehand. Lifter is NOT permitted to hold extra chalk in the free hand.

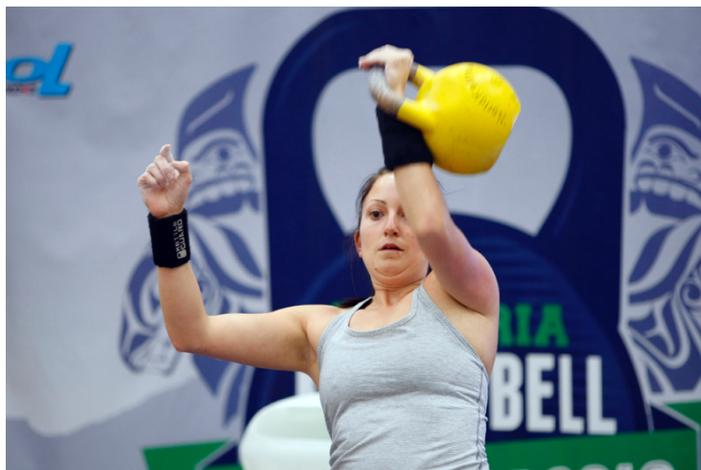
**\*\*LIQUID CHALK IS PERMISSIBLE\*\***

Coach must maintain appropriate distance from judge during set. Interference with the judge could disqualify the lifter.

In AKA events, judge may make an exception to this rule and summon a coach to coach novice lifter. Coach should do so while making best effort not to create interference with the judge. It is expected that the coach is familiar with all judging commands.

This rule applies to formal IUKL events only and is NOT upheld in AKA events. Coach must maintain an appropriate distance from the judge during set. Interference with the judge could disqualify the lifter.

Doing any of these actions can lead to disqualification of the lifter



## Jerks

Knees must straighten before the first dip

In between reps, a lifter may rest with flexed knees or may adjust bells, but NOT rest them on the shoulder.

<https://youtu.be/9PYxIz3ufcc>

Drop must be one single continuous movement; no roll downs and no discontinued motions

<https://youtu.be/i6fzJ5ul4P4>

Other than positioning the first jerk of the set, the bell may not rest on the shoulder (on the way up or down) at any time. To do so indicates the bell is too heavy and results in end of set

<https://youtu.be/SK7ja7CQRKI>

<https://youtu.be/PYzbabRET2E>

In OAJ, free hand may not intentionally touch the body at any time during the rep.

Unintentional contact will result in a warning from the judge but no penalty. Flagrant contact may result in a No Count. Repeated contact may result in a STOP command (End of Set)

<https://youtu.be/m0SEh7G6E0>

In OAJ, free hand may not touch the bell at any time.

Unintentional contact will result in a warning from the judge but no penalty. Flagrant contact may result in a No Count. Repeated contact may result in a STOP command (End of Set)

<https://youtu.be/BTpCTVM4uHY>

Press ups result in a no count (The arm must lockout BEFORE the knees)

<https://youtu.be/ExJftlswL1s>

Lifter may lower the bell when they feel they have fixated. This may be before the count is given.

The judge will determine if the fixation occurred. Lifters are advised to look carefully at the judge for the first few reps to insure they are in agreement. Judge sets the pace of reps – judge does not chase lifter on counts

On the switch for OALC, OAJ and Snatch, lifter may use two hands to grab the bell when making the transfer.

<https://youtu.be/91mFE5UkuxU>

## Snatches

### **NO swing to start set**

Indicates hand switch. No reps will count until lifter switches hands

Free arm may not windmill during fixation.

<https://youtu.be/E2IWOi6Wubo>

Movement must momentarily halt or change direction (stop momentum)

2 WARNINGS / NO COUNT

Kettlebell may “scrape” or “graze” platform as long as it does not stop.

If bell drags, skims, skips across or taps the platform, there is no penalty. If the momentum of the bell stops, the judge will declare End of Set.

<https://youtu.be/hsOc8UxmBAU>

Press ups result in a no count (The arm must lockout BEFORE the knees)

<https://youtu.be/1-HDhWKK49M>

An extra swing is acceptable when changing hands\*\*

An extra swing between reps requires a change of hands

No reps AFTER the extra swing will count until the bell changes hands

<https://youtu.be/rVZCHAntmog>

And extra swing on the second hand is an end of set

No reps AFTER the extra swing will count.

<https://youtu.be/rVZCHAntmog>

On the switch for OALC, OAJ and Snatch, lifter may use two hands to grab the bell when making the transfer

<https://youtu.be/91mFE5UkuxU>

Lifter must face forward or within 45 degrees of forward (inside the corners of the platform)

Judge will advise lifter if he is facing too far to the side. No reps will count until the lifter corrects his position. This is to insure the safety of all lifters, as well as clear viewing of the lifter.

Legal free arm movement

<https://youtu.be/e6dE9Bq-dWk>

Fixation of arm/bell must be vertical

<https://youtu.be/xzyv3KXwptI>

Bell to shoulder on first side, command switch, second side, command Stop

<https://youtu.be/W2dq5NzQC2g>

Lifter may lower the bell when they feel they have fixated. This may be before the count is given.

The judge will determine if the fixation occurred. Lifters are advised to look carefully at the judge for the first few reps to insure they are in agreement. Judge sets the pace of reps – judge does not chase lifter on counts

# Long Cycle

**OALC** - An extra swing between reps requires a change of hands

This video shows both 1st and 2nd arm commands:  
<https://youtu.be/MRcS1TRNb08>

**OALC** - An extra swing on the second hand is an end of set

**OALC** - Free arm may not windmill during fixation. Movement must momentarily halt or change direction (stop momentum)

<https://youtu.be/6SnM1Rq5AK0>

If bell drags the floor, there is no penalty.

If momentum of the bell stops, the judge will declare End of Set.

Swing/Clean may be done either outside or inside the legs

Rest may be taken in any position, first rack, second rack, or lockout  
<https://youtu.be/9MePflTc4ME>

Press ups result in a no count (The arm must lockout BEFORE the knees)

<https://youtu.be/aYVyN7jT5M4>

Bells may not hang - they must stay in motion

<https://youtu.be/dyJubVPATeY>

On the switch for OALC, OAJ and Snatch, lifter may use two hands to grab the bell when making the transfer

<https://youtu.be/91mFE5UkuxU>

Lifter may lower the bell when they feel they have fixated. This may be before the count is given.

The judge will determine if the fixation occurred. Lifters are advised to look carefully at the judge for the first few reps to insure they are in agreement. Judge sets the pace of reps – judge does not chase lifter on counts

Extra clean between jerk on **TALC**

First time - warning  
Second time - no count on jerk rep that follows extra clean  
An extra clean does not give the lifter a distinct advantage



## Additional Information

Judges are a vital part of any successful event and the reputation of high standards and quality lifting is the main goal of the Canadian Kettlebell Alliance. Judges need to be VOID of emotion while performing their duties to remain objective in the calling of every rep. It is not the role of the CKA judge to sympathize with what a lifter may be feeling during their set as this will interfere with judgement. It is also not the role of the judge to “coach” a lifter during a set. Communication should be limited to concise feedback if necessary at the beginner levels, such as “fixate”, “lock knees”, “watch belt” etc. It is expected that lifters come prepared especially at the 16kg bell class and higher. More consideration is given to those athletes lifting the beginner bells (8kg & 12kg) to encourage but are still expected to maintain quality technique.

It is generally considered better practice, by the CKA, to finish a 10 minute set with good form and bell control than to compete with a heavier bell for a shorter period of time or with poor technique.

Individual competition hosts may revise rules as necessary to promote good experiences for first-time lifters. (E.g.: Two warnings before a no-count for someone’s first competition with the lightest weight bell.) No accommodations are made in Regional, National, or International events.

The host and secretary at each event will do their best to keep everyone informed of any changes to the event schedule, changes to flights are the coaches’ and lifters’ responsibilities to monitor.

When possible, coach representatives should represent lifters at meetings and with judges.

Additional information and contact info can be found at [www.cka-sport.org](http://www.cka-sport.org)



( Updated 2017)