

Lisa
25.02.2026 nr 3.1-3/26/12
juurde

Lisa 3 Estonian Defence Forces Championship in Kettlebell

1. **Purpose:** to develop kettlebell sport in Estonian Defence Forces and to find out the best athletes in different categories.
2. **Time and Place:**
 - 2.1. 16th of March 2026 weight-in;
 - 2.1.1. 15:00 – 17:00 Taara Campus Sporthall POC Sirli Hanni;
 - 2.1.2. 15:00 – 17:00 Ämari Campus Medical Center POC Pille-Riin Tuisk;
 - 2.1.3. 15:00 – 17:00 Tapa Campus Crossfit Hall POC Taavi Kilki;
 - 2.2. 17th March 2026; Tallinna Kergejõustikuhall (Herne 30, 10135 Tallinn);
 - 2.2.1. 10.00 competition starts;
 - 2.2.2. 12:00 – 14:00 lunch;
 - 2.2.3. approx. 16:30 relay.
3. **Registration:**
 - 3.1. Request to participate please inform Estonian unit POC or Estonian unit sport instructor before 10th of March 2026;
 - 3.2. composition of the teams (names and weight categories) please send to Estonian unit POC or Estonian unit sport instructor before 13th of March.
4. **Participants:**
 - 4.1. Estonian Defence Forces, Estonian Defence League and allied troops units;
 - 4.2. each unit may register two athletes in H21 category and unlimited athletes in H25, H35, H45 and D21, D30 categories.
5. **Weight categories** are followed:
 - 5.1. For H21 category: 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg and over 95 kg;
 - 5.2. for ladies D21 and D30 under 68 kg and over 68 kg;
 - 5.3. for H25, H35 and H45 category: 73 kg, 85 kg, 95kg and over 95kg.
6. **Regulations and competition disciplines:**
 - 6.1. Men's competition consists of two exercises (exercise no 1 and exercise no 2), ladies' competition will be in exercise no 3. Relay competition exercise no 4;
 - 6.2. exercise no 1: two 16/24/32kg kettlebells jerk from chest;
 - 6.3. exercise no 2: a single 16/24/32kg kettlebell snatch with right and left hand;
 - 6.4. exercise no 3: a single 12/16kg kettlebell snatch with right and left hand;
 - 6.5. exercise no 4: relay competition (team consists of five persons, one lady and four men, no age and weight category limits'). A single 12kg (one lady), a single 24kg (two men) kettlebell snatch with right and left hand and 24kg (two men) kettlebell jerk from chest;
 - 6.6. time limit for exercise (1 – 3) is 10 minutes;
 - 6.7. if a male competitor does not perform any regular performance during exercise nr 1, he will not be able to compete in exercise nr 2;
 - 6.8. competitors weight-in will be in short trousers;
 - 6.9. in relay competition, all team members have 3 minutes period, totally team has 15 minutes. The order of the exchanges is as follows:
 - 6.9.1. 1) 24kg kettlebells jerk from chest (men);
 - 6.9.2. 2) 24kg kettlebell snatch with right and left hand (men);

- 6.9.3. 3) 12kg kettlebell snatch with right and left hand (lady);
 6.9.4. 4) 24kg kettlebells jerk from chest (men);
 6.9.5. 5) 24kg kettlebell snatch with right and left hand (men).

7. Regulation of results:

7.1. The first 10 in the remaining categories will receive the points, respectively:

	1. place	2. place	3. place	4. place	5. place	6. place	7. place	8. place	9. place	10. place
All categories	100 p	90 p	80 p	70 p	60 p	50 p	40 p	30 p	20 p	10 p

7.2 In relay competition, teams will receive the points respectively:

	1. place	2. place	3. place	4. place	5. place	6. place	7. place	8. place	9. place	10. place
Relay competition	750p	700p	650p	600p	550p	500p	450p	400p	350p	300p
	11. place	12. palce	13. place	14. place	15. place					
Realy	250p	200p	150p	100p	50p					

7.3 In individual competition, every jerk will give two (2) points and jerk one (1) point.

7.4 In men's weight categories, competitor can choose to use 16kg (every performance will be 0,5 points), 24kg (every performance will be 1 point) or 32kg (every performance will be 2 points) kettlebell. In ladies weight categories competitor can choose to use 12kg (every performance will be 0,5 point) or 16kg (every performance will be 1 points) kettlebell.

7.5 In team competition, the team with the biggest sum of points will be the winner. If two or more teams got the same sum of points, a team with higher places in relay competition will be the winner.

8. Prize Distribution:

- 8.1. Competitors who recorded the 1st, the 2nd and the 3rd place in different categories will be awarded by medals;
 8.2. individual winners in Estonian Defence Forces category (EDF units) will be awarded with t-shirt of Defence Forces Master 2026;
 8.3. in relay competition all team member will awarded by medals;
 8.4. overall winner unit will be awarded with trophy.

Meelis Stamm
 Headquarters of Estonian Defence Forces
 Training Department
 Chief Specialist of Defence Forces Sports