



2026 1ST ASIA PACIFIC KETTLEBELL CHAMPIONSHIP

Competition Rules & Regulations (Official Version V4)

1. GENERAL INFORMATION

EVENT NAME	Asia Pacific Kettlebell Championship (APKC)
EDITION	1st Edition
DATES	August 22–23, 2026
VENUE	Gongyuan Elementary School Gymnasium, North District, Tainan City, Taiwan
ORGANIZER	Taiwan Kettlebell Sport Association (TKSA)
CONTACT PERSON	Sam Tseng (Yong-Lin Tseng)
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2. PURPOSE

- To establish a competitive platform for kettlebell sport in the Asia-Pacific region.
- To enhance athletic performance and international exchange.
- To promote the development of kettlebell sport culture.
- To cultivate high-level international athletes.
- To build a long-term regional competition system.

3. DIVISIONS & 4. CATEGORIES

DIVISION	KETTLEBELL WEIGHTS	WEIGHT CATEGORIES (MEN & WOMEN)
APKC Official	Men: 24 kg Women: 16 kg	Men: -68 / -78 / -85 / -95 / +95 kg Women: -53 / -58 / -63 / -68 / +68 kg
Taiwan Open (Open to all)	8 kg / 12 kg 16 kg / 20 kg	Men: -68 / -78 / -85 / -95 / +95 kg Women: -53 / -58 / -63 / -68 / +68 kg

5. EVENTS & 6. TIME

5.1 Individual Events

- Long Cycle, Jerk, Snatch, Half Snatch, Biathlon, All-round (**10 minutes** standard time)
- Military Snatch (**12 minutes**)

5.2 Mixed Team Relay

EVENT	Long Cycle
TEAM COMP.	2 Men (16 kg) + 2 Women (8 kg)
FORMAT	4 stages 3 minutes per athlete
TOTAL DURATION	12 minutes

7. SCORING SYSTEM

EVENT FORMAT	LONG CYCLE (PTS/REP)	JERK (PTS/REP)	SNATCH (PTS/REP)
Individual	1	1	1
Biathlon	-	1	0.5
All-round	1.5	1	0.5

Taiwan Open Scoring Formula

Score = (Total Kettlebell Weight × Total Reps) ÷ Bodyweight

WEIGHT COEFFICIENT (MEN)		WEIGHT COEFFICIENT (WOMEN)	
20 kg	100%	12 kg	100%
16 kg	× 0.9	8 kg	× 0.8
12 kg	× 0.8		

8. REGISTRATION FEES & 9. DEADLINES

DEADLINE	July 22, 2026
METHOD	https://tally.so/r/LZaLgv

DIVISION / CATEGORY	DETAILS	FEE (NTD)
Taiwan Open	TKSA Members	1,000
	Non-members	2,000
APKC Official	Single Events (per event)	2,000
	Biathlon (combined result only)	3,000
	Biathlon (incl. Jerk & Snatch results)	4,000
	All-round (combined result only)	4,000
	All-round (incl. individual results)	5,000
Team Relay	TKSA Group Members	3,600
	General Teams	4,500

10. AWARDS

- **Individual Awards:** Top 3 in each weight category receive medals.
- **Best Lifter:** 1 Male & 1 Female (APKC Division only; calculated based on scoring system).
- **Best Team (Country Ranking):** Ranked by total points (Gold: 20 pts, Silver: 18 pts, Bronze: 16 pts).

11. RULES & 12. FINAL PROVISIONS

- All events follow standard kettlebell sport technical rules. Final decisions are made by the judging panel.
- Any matters not covered will be decided by the organizer.
- **Note:** This is the first edition trial version. The organizer reserves the right to make final adjustments.