

## The calendar plan of IUKL sports events for 2025

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>First group - Rating competitions (Continental, World Championships, Cups)</b>								
1	<b>European Championship among Youth U-16/U-18, Juniors U-23, Adults</b>	Only athletes from the European region (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	younger boys	Under 16 <sup>1</sup>	Bulgaria	Sofia	April 9 - 13, 2025
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
	male adults	unlimited						
female adults								
<b>Open European Cup &amp; Grand Prix</b>	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Biathlon / All-around / Relay races (Jerk / LC)	male	unlimited				
			female					
2	<b>World Championship in Separate Disciplines among Youth U-16/U-18</b>	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC <u>Major medals:</u> <u>Small medals:</u> All-around / Relay races (Jerk / LC)	younger boys	Under 16 <sup>1</sup>	Uzbekistan	Khanabad	April 26 - 30, 2025
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
	<b>World Cup in Separate Disciplines</b>	All athletes without continental restrictions (professionals)	Two arms Jerk / Snatch / Two arms LC <u>Major medals:</u> <u>Small medals:</u> All-around / Relay races (Jerk / LC)	male	unlimited			
			female					
3	<b>Asian Championship among Youth U-16/U-18, Juniors U-23, Adults</b>	Only athletes from the Asian region (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	younger boys	Under 16 <sup>1</sup>	Kyrgyzstan	Bishkek	May 14 - 19, 2025
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
	male adults	unlimited						
	female adults							
<b>Open Asian Cup &amp; Grand Prix</b>	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	male	unlimited				
			female					

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>First group - Rating competitions (Continental, World Championships, Cups)</b>								
4	<b>Pan American Championship among Youth U-16/U-18, Juniors U-23, Adults</b>	Only athletes from the Americas region – North America, Caribbean region, Central America, South America (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 All-around / Relay races (Jerk / LC)	younger boys	Under 16 <sup>1</sup>	USA	Ann Arbor, Michigan	June 27 - 28, 2025
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
	female adults							
<b>Open Pan American Cup &amp; Grand Prix</b>	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	male	unlimited				
			female					
5	<b>World Championship in Biathlon &amp; All-around among Youth U-16/U-18, Juniors U-23, Adults</b>	All athletes without continental restrictions (professionals / amateurs)	<u>Major medals:</u> Biathlon / All-around / Relay races (Jerk / LC) <u>Small medals:</u> Two arms Jerk / Snatch / Two arms LC / Snatch-12	younger boys	Under 16 <sup>1</sup>	Poland	Kalisz	October 15-20, 2025
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
	female adults							
<b>World Cup in Biathlon &amp; All-around</b>	All athletes without continental restrictions (professionals)	<u>Major medals:</u> Biathlon / All-around / Relay races (Jerk / LC) <u>Small medals:</u> Two arms Jerk / Snatch / Two arms LC / Snatch-12	male	unlimited				
			male					
6	<b>World Championship in Separate Disciplines among Juniors U-23, Adults</b>	All athletes without continental restrictions (professionals / amateurs)	<u>Major medals:</u> Two arms Jerk / Snatch / Two arms LC <u>Small medals:</u> All-around / Relay races (Jerk / LC)	male juniors	Under 23 <sup>2</sup>	China	Haining	November 13-18, 2025
				female juniors				
				male adults	unlimited			
				female adults				
7	<b>Oceania Area Championship among Youth U-16/U-18, Juniors U-23, Adults</b>	Only athletes from the Oceania region – Australasia, Melanesia, Micronesia, Polynesia (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / All-around / Relay races (Jerk / LC)	younger boys	Under 16 <sup>1</sup>	Australia	Place will be assigned	November - December, 2025
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
	female adults							
<b>Open Oceania Area Cup &amp; Grand Prix</b>	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	male	unlimited				
			female					

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>Second group - Multisport competitions (Seniors Championships, Continental, Regional, World Games, Grand Prix)</b>								
1	<b>European Cup among Seniors</b>	Only athletes-seniors from the European region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	Bulgaria	Sofia	April 9 - 13, 2025
				female seniors	35 and older <sup>3</sup>			
	<b>Open European Games</b>	All athletes without continental restrictions (amateurs)	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
female seniors	35 and older <sup>3</sup>							
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						
2	<b>World Games</b>	All athletes without continental restrictions (amateurs)	Two arms Jerk / Snatch / Two arms LC / Relay races (Jerk / LC)  <i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>	Uzbekistan	Khanabad	April 26 - 30, 2025
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
	female seniors	35 and older <sup>3</sup>						
	All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited				
female Para-athletes								

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>Second group - Multisport competitions (Seniors Championships, Continental, Regional, World Games, Grand Prix)</b>								
3	<b>Asian Cup among Seniors</b>	Only athletes-seniors from the Asian region	Two arms Jerk / Snatch / Two arms LC / All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	Kyrgyzstan	Bishkek	May 14 - 19, 2025
				female seniors	35 and older <sup>3</sup>			
	<b>Open Asian Games</b>	All athletes without continental restrictions (amateurs)	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
female seniors	35 and older <sup>3</sup>							
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						
4	<b>Pan American Cup among Seniors</b>	Only athletes-seniors from the Americas region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	USA	Ann Arbor, Michigan	June 27 - 28, 2025
				female seniors	35 and older <sup>3</sup>			
	<b>Open Pan American Games</b>	All athletes without continental restrictions (amateurs)	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
	female seniors	35 and older <sup>3</sup>						
	All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited				
female Para-athletes								

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>Second group - Multisport competitions (Seniors Championships, Continental, World Games, Grand Prix)</b>								
5	<b>World Cup in Biathlon &amp; All-around among Seniors</b>	All athletes-seniors without continental restrictions	<u>Major medals:</u> Biathlon / All-around / Relay races (Jerk / LC) <u>Small medals:</u> Two arms Jerk / Snatch / Two arms LC / Snatch-12	male seniors	40 and older <sup>3</sup>	Poland	Kalisz	October 15-20, 2025
				female seniors	35 and older <sup>3</sup>			
	<b>World Grand Prix</b>	All athletes without continental restrictions (amateurs)	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults	unlimited			
male seniors	40 and older <sup>3</sup>							
female seniors	35 and older <sup>3</sup>							
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						
6	<b>World Cup in Separate Disciplines among Seniors</b>	All athletes-seniors without continental restrictions	<u>Major medals:</u> Two arms Jerk / Snatch / Two arms LC <u>Small medals:</u> All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	China	Haining	November 13-18, 2025
				female seniors	35 and older <sup>3</sup>			
7	<b>Oceania Area Cup among Seniors</b>	Only athletes-seniors from the Oceania region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	Australia	Place will be assigned	November - December, 2025
				female seniors	35 and older <sup>3</sup>			
	<b>Open Oceania Area Games</b>	All athletes without continental restrictions (amateurs)	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults	unlimited			
male seniors	40 and older <sup>3</sup>							
female seniors	35 and older <sup>3</sup>							
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>Third group – “Sport for All” competitions (Tournaments, festivals, contests)</b>								
1	<b>Open Balkan Championship</b>	All athletes without continental restrictions	Two arms Jerk / Snatch / Two arms LC /All-round / Relay races (Jerk / LC)  <i>One arm jerk / Snatch-12 / One arm LC / Mixed relay Relay races (Jerk&amp;Snatch)</i>	male juniors	Under 23 <sup>2</sup>	Place will be assigned	Place will be assigned	Date to be assigned
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
		female seniors	35 and older <sup>3</sup>					
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						
2	<b>Monthly Online International Cup</b>	All athletes without continental restrictions	<i>12 different exercises in 12 months</i>	younger boys	Under 16 <sup>1</sup>	Online events	Monthly, 2024	
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
female seniors	35 and older <sup>3</sup>							
<b>Fourth group – Scientific, research and educational events (Conferences, seminars, workshops, training camps)</b>								
1	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old	Germany	Ludwigshafen am Rhein	February 28 – March 1, 2025
2	International Seminar on Anti-Doping Online/Offline	Representatives of IUKL members without any restrictions	Kettlebell lifting	Members of IUKL <sup>4</sup>	Athletes, Coaches, Officials, and others interested	Bulgaria	Sofia	April 09, 2025
3	International Seminar on Anti-Doping Online/Offline	Representatives of IUKL members without any restrictions	Kettlebell lifting	Members of IUKL <sup>4</sup>	Athletes, Coaches, Officials, and others interested	Poland	Kalisz	October 15, 2025
4	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old	Poland	Kalisz	October 15-20, 2025
5	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old	China	Haining	November 13-18, 2025

<sup>1</sup> In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2009 and younger) and up to 18 years old (born in 2007 and younger).

<sup>2</sup> In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2002 and younger).

<sup>3</sup> In the Senior groups can participate female athletes from 35 years old (born in 1990 and later) and male athletes from 40 years old (born in 1985 and younger).

<sup>4</sup> Mandatory training for all professionals (once every two years or more frequently, ending with an examination and certification).