



KETTLEBELL SPORT COACH QUALIFICATION LEVEL 2

5 MIN			(Male 32kg, Female 24kg) Professional				(Male 28kg, Female 20kg) Semi-Professional				(Male 24kg, Female 16kg) Amateur				(Male 20kg, Female 12kg) Semi-Amateur			(Male 16kg, Female 8kg) Beginners			
LONG CYCLE	KG	LBS	Bodyweight Class	MSIC	MS	CMS	RANK 1	CMS	RANK 1	RANK 2	RANK 3	CMS	RANK 1	RANK 2	RANK 3	RANK 1	RANK 2	RANK 3	RANK 1	RANK 2	RANK 3
	52	115	Strawweight	17	14	11	9	28	20	16	13	33	27	22	17	30	24	19	36	29	23
57	125	Flyweight	19	16	13	10	30	23	18	15	36	30	24	19	33	26	21	39	31	25	
61	135	Bantamweight	21	18	14	11	33	26	21	16	39	33	26	21	36	29	23	41	33	26	
66	145	Featherweight	23	20	16	13	35	28	23	18	42	36	29	23	39	31	25	44	35	28	
70	155	Lightweight	26	22	17	14	38	32	25	20	46	38	31	25	42	34	27	47	38	30	
74	165	Super Lightweight	28	24	19	15	40	34	27	22	49	42	33	27	46	37	29	51	41	33	
80	175	Welterweight	31	26	21	16	43	38	30	24	53	45	36	29	49	39	32	55	44	35	
80+	175+	Super Welterweight	33	27	22	17	47	40	32	25	56	47	38	30	53	42	34	59	47	38	
84	185	Middleweight	34	29	23	18	49	42	33	26	59	50	40	32	56	45	36	62	50	40	
89	195	Super Middleweight	35	30	24	19	51	43	34	27	62	52	42	33	58	46	37	65	52	42	
93	205	Cruiserweight	36	31	26	21	53	44	35	28	64	54	43	34	60	48	38	67	54	43	
102	225+	Heavyweight	37	32	27	22	54	45	36	29	66	55	44	35	61	49	39	69	55	44	
102+	225+	Super Heavyweight																			

■ = MALE ■ = FEMALE

5 MIN			(Male 32kg, Female 24kg) Professional				(Male 28kg, Female 20kg) Semi-Professional				(Male 24kg, Female 16kg) Amateur				(Male 20kg, Female 12kg) Semi-Amateur			(Male 16kg, Female 8kg) Beginners			
JERK	KG	LBS	Bodyweight Class	MSIC	MS	CMS	RANK 1	CMS	RANK 1	RANK 2	RANK 3	CMS	RANK 1	RANK 2	RANK 3	RANK 1	RANK 2	RANK 3	RANK 1	RANK 2	RANK 3
	52	115	Strawweight	27	22	18	14	45	32	26	21	53	43	35	28	48	39	31	57	46	37
57	125	Flyweight	30	25	20	16	49	36	29	23	58	48	38	31	53	42	34	62	49	39	
61	135	Bantamweight	34	29	23	18	52	41	33	26	62	52	42	33	57	46	37	66	53	42	
66	145	Featherweight	38	31	25	20	57	46	36	29	67	56	45	36	62	51	40	70	56	45	
70	155	Lightweight	42	35	28	22	60	50	40	32	73	61	49	39	68	54	43	76	61	49	
74	165	Super Lightweight	45	37	30	24	64	55	44	35	79	66	53	42	73	59	47	82	66	52	
80	175	Welterweight	48	41	33	26	69	59	48	38	85	71	57	46	79	64	51	88	70	56	
80+	175+	Super Welterweight	51	43	34	27	73	63	50	40	90	76	61	49	85	68	54	94	74	60	
84	185	Middleweight	54	46	36	29	77	66	53	42	95	80	64	51	89	71	57	99	77	63	
89	195	Super Middleweight	57	48	38	31	81	69	57	46	99	83	67	53	93	74	62	103	83	66	
93	205	Cruiserweight	59	49	39	31	84	73	56	47	103	86	69	56	97	78	66	107	86	69	
102	225+	Heavyweight	60	50	40	32	86	73	59	47	106	89	71	57	99	79	63	110	88	70	
102+	225+	Super Heavyweight																			

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SNATCH	KG	LBS	Bodyweight Class	MSIC	MS	CMS	RANK 1	CMS	RANK 1	RANK 2	RANK 3	CMS	RANK 1	RANK 2	RANK 3	RANK 1	RANK 2	RANK 3	RANK 1	RANK 2	RANK 3
	52	115	Strawweight	38	32	26	20	66	47	37	30	76	62	50	40	70	56	45	83	66	53
57	125	Flyweight	43	36	29	23	70	52	42	33	82	67	54	43	74	60	48	87	70	56	
61	135	Bantamweight	48	41	33	26	76	59	49	38	89	73	58	47	80	64	52	93	76	63	
66	145	Featherweight	54	45	36	29	81	63	52	42	96	79	64	51	87	70	56	99	79	63	
70	155	Lightweight	60	50	40	32	87	72	58	46	103	86	69	55	94	75	60	106	84	68	
74	165	Super Lightweight	65	54	43	34	93	79	63	50	110	92	74	59	101	81	65	112	90	72	
80	175	Welterweight	70	58	46	37	99	85	68	54	116	98	78	62	108	86	69	119	95	76	
80+	175+	Super Welterweight	74	62	50	40	106	90	72	58	122	103	82	66	114	91	73	125	100	80	
84	185	Middleweight	78	65	52	42	112	95	76	61	127	107	86	69	118	95	76	130	104	83	
89	195	Super Middleweight	81	68	54	44	117	99	79	63	131	110	88	71	122	98	78	135	108	87	
93	205	Cruiserweight	84	71	57	45	122	103	82	66	135	113	91	73	126	101	81	140	112	90	
102	225+	Heavyweight	86	72	58	46	125	106	84	68	139	116	93	74	129	103	83	144	115	92	
102+	225+	Super Heavyweight																			

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DOUBLE HALF SNATCH	KG	LBS	Bodyweight Class	MSIC	MS	CMS	RANK 1	CMS	RANK 1	RANK 2	RANK 3	CMS	RANK 1	RANK 2	RANK 3	RANK 1	RANK 2	RANK 3	RANK 1	RANK 2	RANK 3
	52	115	Strawweight	13	11	9	7	25	19	15	11	36	29	24	19	49	38	31	49	39	31
57	125	Flyweight	15	12	10	8	28	21	17	13	39	32	26	21	52	39	33	52	42	33	
61	135	Bantamweight	17	14	12	9	31	23	19	15	43	35	29	23	55	43	35	55	45	35	
66	145	Featherweight	19	16	13	10	33	25	21	17	46	38	31	23	59	46	37	59	48	38	
70	155	Lightweight	21	18	14	11	35	27	23	18	50	41	34	27	63	49	40	63	51	41	
74	165	Super Lightweight	23	20	16	13	37	29	25	20	53	45	36	29	68	52	43	68	55	44	
80	175	Welterweight	25	22	18	15	39	31	27	22	57	48	39	31	73	55	46	73	59	48	
80+	175+	Super Welterweight	26	21	17	14	42	33	29	21	60	51	41	33	78	59	49	78	63	50	
84	185	Middleweight	27	23	18	15	45	35	30	22	63	54	43	35	82	62	51	82	67	53	
89	195	Super Middleweight	28	24	19	16	47	37	31	23	66	56	45	37	86	65	53	86	70	55	
93	205	Cruiserweight	29	25	21	17	49	39	32	24	69	58	47	37	89	67	55	89	72	57	
102	225+	Heavyweight	30	26	22	18	51	41	33	25	72	60	48	38	92	71	59	92	74	59	
102+	225+	Super Heavyweight																			

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