



# NEW IKMF SCORE CALCULATION COEFFICIENT and Max RPMs

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For Kettlebell Marathon and Half Marathon

# WHAT IT IS

The New IKMF Score Calculation method (which was unanimously voted for by the IKMF Board Members) is a new way of calculating scores for competitions in Kettlebell Marathon and Kettlebell Half Marathon. It includes:

- A series of numerical factors - each corresponding to a kettlebell weight - by which we multiply the number of repetitions performed in order to get the total score of an athlete.
- An upper limit to the highest number of valid reps that can be performed in the full duration of a 30- or 60-minute set, corresponding to a Maximum AVERAGE RPM .



# WHAT PROBLEMS DOES IT SOLVE?

## JUDGING

- By imposing a limit to the maximum valid repetitions that can be performed per minute (calculated for the total duration of a set), it imposes the rule of fixation at the end of every repetition.

## COMPETING

- Allows athletes to achieve CMS requirements (which be set in points from now on) by lifting lighter kettlebells. In this sense, it will be easier for athletes to qualify for Elite Class International Competition.

## BALANCE BETWEEN STRENGTH AND ENDURANCE

- Allows athletes to compete with a kettlebell weight of their choice, so athletes biased towards strength can lift heavy and slow(er), while athletes with better endurance can lift lighter and fast.



# WHAT IS THE LOGIC BEHIND THE COEFFICIENTS?

The logic is pretty much the same as with the Kettlebell Pentathlon Coefficient (which actually counts total tonnage lifted, divided by 8, the lightest kettlebell weight used in this discipline). The IKMF coefficients give a **higher advantage to heavier kettlebell weights** for two reasons:

1. According to the Pentathlon coefficients, five repetitions with the 8kg kettlebell score the same number of point as one repetition with the 40kg kettlebell. This is obviously unfair to the lifter choosing to lift heavier kettlebells.
2. In Pentathlon, the short duration of each discipline allows for fewer hand changes. Also, athletes are allowed to discontinue their set at any point without having their score annulled. In IKMF Marathon and Half Marathon, it makes sense that the athletes lifting heavier will lose more time in hand changes and they must endure the whole duration of without putting the kettlebell down.



# HOW DOES IT WORK?

When lifting a kettlebell weighing	8kg	...your score is Reps x	1,00
	10kg		1,30
	12kg		1,63
	14kg		1,98
	16kg		2,37
	18kg		2,77
	20kg		3,22
	22kg		3,69
	24kg		4,20
	26kg		4,74
	28kg		5,32
	30kg		5,95
	32kg		6,62
	34kg		7,33
	36kg		8,10
	38kg		8,91
40kg	9,78		

For example: 300 repetitions of any exercise performed with the 24kg kettlebell, give you a score of  $300 \times 4.2 = 1260$  points



# WHY DO WE NEED A LIMIT TO THE MAXIMUM VALID REPS PER MINUTE?

In past competitions, we have seen that judges are reluctant to give “no-count reps” to athletes that obviously have no fixation. This has led to best competition results that are impossible to beat and has been the cause of great controversy during recent international competitions.

The solution is simple: athletes who can lift the current standard competition weights so fast that it makes the judge’s work impossible, will have to switch to heavier kettlebells, **since every repetition above the maximum Average RPM (calculated for the total set duration) allowed will be annulled.**



# MAXIMUM RPM FOR EACH DISCIPLINE

Discipline	Avg RPM	60min max	30min max
Jerk	20RPM	1200 reps	600 reps
OALC	13RPM	780 reps	390 reps
Half Snatch	18RPM	1080 reps	540 reps
Snatch	20RPM	1200 reps	600 reps



# BETTER JUDGING - BETTER LIFTING - MORE LIFTERS

- The coefficient allows for athletes to compete in the same discipline and age group, while lifting different kettlebell weights.
- Maximum RPM promotes good lifting technique: repetitions above those allowed by Top RPM are automatically annulled (e.g. for a Top RPM of 20, a 30min set in Jerk can have a top score of 600 repetitions).
- Athletes who have pushed the barrier of valid reps (which is good, it means our sport is evolving) due to very high lifting cadences, can beat their records by lifting heavier kettlebells.





# WHAT CHANGES FROM NOW ON

## REGARDING RANKS

- The ranking tables requirements will be converted to points.
- Athletes will be able to make ranks with different kettlebell weights (but not much lighter than the now standard competition weights) by achieving numbers of repetitions that give equivalent scores in points.
- Athletes that have achieved rank with the old system will NOT have to re-rank.

## IN COMPETITION

- The rule that an athlete cannot put the kettlebell down for the whole duration of the event still applies.
- Athletes must specify the kettlebell weight they will compete with when registering for the competition. Last moment changes in the kettlebell weight will not be accepted
- Athletes who are the only ones competing in their category will have to achieve at least CMS score in order to be awarded a medal in international competitions.
- Most of the best competition results that have been achieved up until now will be very hard (next to impossible) to beat with lighter kettlebells. They can be improved upon with heavier kettlebells.
- Magnetic discs of 2kg can be used in competitions to achieve “in-between” KB weights (for example, 14kg, 18kg, etc)



- In international competitions, the minimum kettlebell weight that can be used in an event/discipline, is the minimum kettlebell weight that allows CMS performance in that event/discipline.
- In case two or more athletes in the same event/discipline/weight category/age group score the same number of points with the same kettlebell weight in competition, the winners will be declared based upon the athletes' body weight as recorded in the weigh-in before the competition: the lighter athlete scores higher. If the athletes weighed-in at the exact same body weight before the competition, they will be weighed-in again after the competition and the lighter athlete will win. If the athletes weigh-in again at the exact same bodyweight, then a draw will be declared and both athletes will share the same position in the final competition results.
- **ATTENTION:** Winners will be declared based upon *the number of points they scored regardless of the kettlebell weight they used in their competition set.*



# SOME REPETITION EQUIVALENTS

KB Weight	Repetitions	Score
32kg	100,00	661,66
28kg	124,29	
30kg	111,24	
34kg	90,25	
36kg	81,74	
40kg	67,64	

KB Weight	Repetitions	Score
20kg	100,00	321,53
14kg	162,00	
16kg	136,00	
18kg	115,87	
22kg	87,18	
24kg	76,63	