

ANALYSIS OF QUALIFICATION STANDARDS ON KETTLEBELL LIFTING OF RUSSIA, UKRAINE AND KAZAKHSTAN

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The article presents the results of the analysis of the norms and conditions for their implementation for the assignment of sport categories and titles for kettlebell lifting to the three leading countries: the Russian Federation, Ukraine and Kazakhstan. Conclusions about the leading role of the Russian Federation in the development of kettlebell lifting in the world have been made.

Keywords: *kettlebell lifting, qualification standards, Master of Sport, sport title, World Championship.*

Relevance. The World Championship in Kettlebell lifting (professionals, juniors up to 22 years old, and veterans) held by the International Union of Kettlebell lifting passed October 10–15, 2018 in Daugavpils (Latvia). Athletes from more than 30 countries participated in it [1]. It is interesting to consider the conditions for obtaining such important sport titles as the Master of Sports of International Class (MSIC), Master of Sports (MS) and sports category of Candidate of Master of Sports (CMS) in the countries of the winners in a team record.

The purpose of the research: to analyze the rules and conditions for their implementation for the assignment of sport titles and sports categories in Kettlebell lifting of the three leading countries: the Russian Federation, Ukraine and Kazakhstan.

Results of the research and their discussion. According to the results of the World Championship in weightlifting among professionals, the first place in the team event is occupied by the Russian national team (320 points), the second place is Ukraine (277 points), and the third place is Kazakhstan (237 points) [1; 2].

The rules and conditions for their implementation for the assignment of sport titles and sports categories of these countries are in the public domain on the Internet [3–5; 8].

There is something common in all three countries [3–5; 8]:

- The exercise time «Snatch», «Jerk» and «Long Cycle» is 10 minutes, in the «Biathlon» for each exercise 10 minutes.

- Weight of competitive weights — 32 kg, 24 kg and 16 kg.

- Points in sports disciplines in the names containing the word “Biathlon” credited: 1 push — 1 point, 1 jerk — 0.5 point as in international competitions.

But there are significant differences [3–5; 8]:

- Since 2018 In Russia, in among women, it became possible to fulfill the standards of MSIC, MS and CMS in the exercise «long cycle» on 24 kg weights (in Kazakhstan and Ukraine there are no such standards).

- In Kazakhstan and Ukraine, women can comply with the standard for a CMS on a weight of 24 kg and on a weight of 16 kg (in Russia, only 24 kg).

- In Kazakhstan and Ukraine, men can comply with the standard for CMS on 32 kg weights and on 24 kg weights (in Russia, only 32 kg).

- Since 2018 In Russia, women have no weight categories of 58kg, 68kg and 68+ kg. In Kazakhstan, Ukraine they have, including the World Championships.

- In Russia, from 2018, men have no weight categories of 78kg, 95kg and 95+ kg. In Kazakhstan, Ukraine they have, including the World Championships.

- In Kazakhstan and Ukraine for the title of MSIC, it is enough to fulfill the standard for one level and go through doping control. In Russia, it is still necessary to take the 1–2 places at the highest level of competitions.

A general comparison of standards by weight shows that standards in the Russian Federation are higher than in Ukraine. And those, in turn, are higher than in Kazakhstan. The possible reason for this is that the most recent standards in the Russian Federation (adopted on November 13, 2017), were accepted in Ukraine on April 24, 2014, and amended on July 15, 2016. In Kazakhstan, they were adopted on October 28, 2014.

Over time, regulatory requirements are growing, because more new records are set at competitions [6, 7]. So at the World Championships in Daugavpils (Latvia), Russian athletes set several new world records [1]. Improving the technique of performing exercises in kettlebell lifting. The modern methods of recovery of the body are used.

Conclusions. Sport titles constitute a huge incentive for sports. The Russian Federation is the recognized world leader in Kettlebell lifting. The rules and conditions for their implementation for assigning sport titles and sport categories in kettlebell lifting in the Russian Federation differ, set the tone, so you can expect an increase in standards in other countries, the introduction of the exercise «Long Cycle» for women.

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Анализ квалификационных нормативов по гиревому спорту России, Украины и Казахстана

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Приведены результаты анализа норм и условий их выполнения для присвоения спортивных разрядов и званий по гиревому спорту трёх лидирующих стран — Российской Федерации, Украины и Казахстана. Сделаны выводы о ведущей роли Российской Федерации в развитии гиревого спорта в мире.

Ключевые слова: *гиревой спорт, квалификационные нормативы, мастер спорта, спортивное звание, чемпионат мира.*

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