



**RANK TABLE  
2025 - 2026**



**SOMA  
AND  
BODY**

<b>MAN</b>	LEAGUE	PRO			SEMI-PRO		AMATEUR		ROKIE		HOBBY		LEAGUE
	WEIGHT	32kg			28kg		24kg		20kg		16kg		WEIGHT
	RANK	MSIC	MS	CMS	CMS	1	1	2	1	2	2	3	RANK
	TIME	10 min	10 min	10 min	10 min	10 min	10 min	10 min	5 min	5 min	5 min	5 min	TIME
<b>JERK</b>	-63kg	100	68	40	68	40	70	50	70	52	68	52	-63kg
	-68kg	106	76	45	76	45	79	60	73	58	70	58	-68kg
	-73kg	112	82	48	82	48	87	71	76	60	74	60	-73kg
	-78kg	117	88	54	88	54	94	78	80	63	76	63	-78kg
	-85kg	121	92	60	92	60	101	81	83	66	80	66	-85kg
	-95kg	126	96	63	96	63	109	84	86	69	82	69	-95kg
	-105kg	129	98	69	98	69	112	90	90	71	83	71	-105kg
	+105kg	131	100	72	100	72	117	92	93	73	84	73	+105kg
<b>SNATCH</b>	-63kg	140	114	60	114	60	114	60	100	80	80	60	-63kg
	-68kg	150	122	66	122	66	122	66	104	86	86	64	-68kg
	-73kg	160	130	70	130	70	130	70	106	92	92	67	-73kg
	-78kg	170	134	74	134	74	134	74	108	96	94	70	-78kg
	-85kg	180	140	80	140	80	140	80	110	100	98	74	-85kg
	-95kg	186	146	86	146	86	146	86	112	102	102	76	-95kg
	-105kg	190	152	92	152	92	152	92	114	106	110	78	-105kg
	+105kg	192	156	96	156	96	156	96	116	110	112	82	+105kg
<b>BIATHLON</b>	-63kg	141	84	62	105	75	93	75	114	76	100	80	-63kg
	-68kg	155	97	69	115	85	105	85	120	84	110	90	-68kg
	-73kg	169	107	76	125	95	115	95	125	90	120	98	-73kg
	-78kg	185	116	85	135	100	125	105	129	92	125	102	-78kg
	-85kg	192	126	92	145	105	135	110	133	96	130	104	-85kg
	-95kg	200	133	98	150	110	145	120	137	98	135	116	-95kg
	-105kg	204	139	103	155	115	150	130	140	100	138	118	-105kg
	+105kg	210	145	110	157	120	155	140	144	112	140	120	+105kg
<b>LONCYCLE</b>	-63kg	44	35	27	35	27	35	27	31	25	37	30	-63kg
	-68kg	51	39	31	39	31	39	31	36	29	39	32	-68kg
	-73kg	60	44	38	44	38	44	38	42	31	40	35	-73kg
	-78kg	68	48	42	48	42	48	42	45	33	45	38	-78kg
	-85kg	74	51	44	51	44	51	44	47	35	46	41	-85kg
	-95kg	78	54	46	54	46	54	46	50	38	48	44	-95kg
	-105kg	81	57	48	57	48	57	48	53	40	51	46	-105kg
	+105kg	83	59	50	59	50	59	50	55	42	53	48	+105kg
<b>KETACADMEY COACH LEVEL</b>		<b>MASTER</b>	<b>SENIOR</b>	<b>Lv 3</b>	<b>Lv 3</b>	<b>Lv 2</b>	<b>Lv 2</b>	<b>Lv 1</b>	<b>Lv 2</b>	<b>Lv 1</b>	<b>Lv 1</b>	<b>Lv 1</b>	<b>MAN</b>



**RANK TABLE  
2025 - 2026**



**SOMA  
AND  
BODY**

<b>WOMAN</b>	LEAGUE	PRO			SEMI-PRO		AMATEUR		ROKIE		HOBBY		LEAGUE	
	WEIGHT	32kg			28kg		24kg		20kg		16kg		WEIGHT	
	RANK	MSIC	MS	CMS	CMS	1	1	2	1	2	2	3	RANK	
	TIME	10 min	10 min	10 min	10 min	10 min	10 min	10 min	5 min	5 min	5 min	5 min	TIME	
<b>JERK</b>	-48kg	50	30	20	48	32	40	20	35	20	40	23	-48kg	
	-53kg	55	40	30	52	33	50	25	40	21	46	27	-53kg	
	-58kg	64	46	40	58	34	60	30	45	23	50	34	-58kg	
	-63kg	70	50	42	64	35	65	32	48	25	56	37	-63kg	
	-68kg	72	54	44	66	37	68	33	49	27	58	39	-68kg	
	-73kg	74	55	45	68	40	69	34	51	29	60	41	-73kg	
	+73kg	76	56	46	70	43	70	35	52	32	62	42	+73kg	
<b>SNATCH</b>	-48kg	76	60	36	80	56	70	55	110	62	112	56	-48kg	
	-53kg	85	72	45	90	62	85	60	117	68	125	58	-53kg	
	-58kg	100	80	50	100	66	102	70	120	70	128	70	-58kg	
	-63kg	120	86	54	110	74	122	80	123	74	130	74	-63kg	
	-68kg	130	92	58	120	80	134	90	125	78	131	78	-68kg	
	-73kg	140	98	62	130	88	139	96	127	83	132	83	-73kg	
	+73kg	150	100	64	137	90	142	103	129	85	133	86	+73kg	
<b>BIATHLON</b>	-48kg	90	64	46	67	20	82	63	69	43	80	60	-48kg	
	-53kg	108	76	52	80	25	110	79	75	53	90	65	-53kg	
	-58kg	118	82	58	90	30	125	91	84	62	100	70	-58kg	
	-63kg	124	88	66	97	32	140	106	89	70	110	74	-63kg	
	-68kg	136	94	72	100	33	150	115	94	76	120	78	-68kg	
	-73kg	138	100	74	105	34	155	120	98	78	130	82	-73kg	
	+73kg	140	106	76	107	35	160	122	100	80	134	84	+73kg	
<b>LONCYCLE</b>	-48kg	34	25	15	30	48	30	22	28	12	30	18	-48kg	
	-53kg	40	32	26	36	52	40	26	30	14	35	22	-53kg	
	-58kg	48	38	28	42	55	46	29	34	16	38	26	-58kg	
	-63kg	52	44	30	44	60	58	32	36	18	40	30	-63kg	
	-68kg	58	45	31	46	63	64	33	39	19	42	36	-68kg	
	-73kg	60	46	32	50	67	66	34	40	20	44	38	-73kg	
	+73kg	62	47	33	52	69	68	35	42	21	46	40	+73kg	
		<b>KETACADMEY COACH LEVEL</b>	<b>MASTER</b>	<b>SENIOR</b>	<b>Lv 3</b>	<b>Lv 3</b>	<b>Lv 2</b>	<b>Lv 2</b>	<b>Lv 2</b>	<b>Lv 1</b>	<b>Lv 1</b>	<b>Lv 1</b>	<b>Lv 1</b>	<b>WOMAN</b>

STRAP COLOR	Kettlebell Weight		Competition Category	RANK
	MAN	WOMAN		
<b>BLACK</b>	32kg	24kg	Jerk	MSIC
			Snatch	MSIC
			Biathlon	MSIC
			Longcycle	MSIC
<b>RED</b>	32kg	24kg	Jerk	MS
			Snatch	MS
			Biathlon	MS
			Longcycle	MS
<b>ORANGE</b>	28kg	20kg	Jerk	CMS
			Snatch	CMS
			Biathlon	CMS
			Longcycle	CMS
<b>GREEN</b>	24kg	16kg	Jerk	Rank 1
			Snatch	Rank 1
			Biathlon	Rank 1
			Longcycle	Rank 1
<b>PURPLE</b>	20kg	12kg	Jerk	Rank 2
			Snatch	Rank 2
			Biathlon	Rank 2
			Longcycle	Rank 2
<b>YELLOW</b>	16kg	8kg	Jerk	Rank 3
			Snatch	Rank 3
			Biathlon	Rank 3
			Longcycle	Rank 3
<b>BLUE</b>	16kg	8kg	Single Jerk	46 reps
			Swing & Snatch	36 reps
			Single Longcycle	30 reps
<b>PINK</b>	16kg	8kg	Single Jerk	30 reps
			Swing & Snatch	24 reps
			Single Longcycle	20 reps



RANK TABLE  
2025 - 2026

LEAGUE	PRO			SEMI PRO		AMATEUR		ROKIE		HOBBY		LEAGUE
WEIGHT	32kg			28kg		24kg		20kg		16kg		WEIGHT
RANK	MSIC	MS	CMS	CMS	1	1	2	1	2	2	3	RANK
TIME	10m	10m	10m	10m	10m	10m	10m	5m	5m	5m	5m	TIME

**MAN**



**SOMA  
AND  
BODY**

**JERK**

-63kg	100	68	40	68	40	70	50	70	52	68	52	-63kg
-68kg	106	76	45	76	45	79	60	73	58	70	58	-68kg
-73kg	112	82	48	82	48	87	71	76	60	74	60	-73kg
-78kg	117	88	54	88	54	94	78	80	63	76	63	-78kg
-85kg	121	92	60	92	60	101	81	83	66	80	66	-85kg
-95kg	126	96	63	96	63	109	84	86	69	82	69	-95kg
-105kg	129	98	69	98	69	112	90	90	71	83	71	-105kg
+105kg	131	100	72	100	72	117	92	93	73	84	73	+105kg

**SNATCH**

-63kg	140	114	60	114	60	114	60	100	80	80	60	-63kg
-68kg	150	122	66	122	66	122	66	104	86	86	64	-68kg
-73kg	160	130	70	130	70	130	70	106	92	92	67	-73kg
-78kg	170	134	74	134	74	134	74	108	96	94	70	-78kg
-85kg	180	140	80	140	80	140	80	110	100	98	74	-85kg
-95kg	186	146	86	146	86	146	86	112	102	102	76	-95kg
-105kg	190	152	92	152	92	152	92	114	106	110	78	-105kg
+105kg	192	156	96	156	96	156	96	116	110	112	82	+105kg

**BIATHLON**

-63kg	141	84	62	105	75	93	75	114	76	100	80	-63kg
-68kg	155	97	69	115	85	105	85	120	84	110	90	-68kg
-73kg	169	107	76	125	95	115	95	125	90	120	98	-73kg
-78kg	185	116	85	135	100	125	105	129	92	125	102	-78kg
-85kg	192	126	92	145	105	135	110	133	96	130	104	-85kg
-95kg	200	133	98	150	110	145	120	137	98	135	116	-95kg
-105kg	204	139	103	155	115	150	130	140	100	138	118	-105kg
+105kg	210	145	110	157	120	155	140	144	112	140	120	+105kg

**LONGCYCLE**

-63kg	44	35	27	35	27	35	27	31	25	37	30	-63kg
-68kg	51	39	31	39	31	39	31	36	29	39	32	-68kg
-73kg	60	44	38	44	38	44	38	42	31	40	35	-73kg
-78kg	68	48	42	48	42	48	42	45	33	45	38	-78kg
-85kg	74	51	44	51	44	51	44	47	35	46	41	-85kg
-95kg	78	54	46	54	46	54	46	50	38	48	44	-95kg
-105kg	81	57	48	57	48	57	48	53	40	51	46	-105kg
+105kg	83	59	50	59	50	59	50	55	42	53	48	+105kg

**KETACADMEY  
COACH LEVEL**

MASTER	SENIOR	Lv 3	Lv 3	Lv 2	Lv 2	Lv 1	Lv 2	Lv 1	Lv 1	Lv 1	<b>MAN</b>
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RANK TABLE  
2025 - 2026



SOMA  
AND  
BODY

WOMAN	LEAGUE	PRO			SEMI PRO		AMATEUR		ROKIE		HOBBY		LEAGUE
	WEIGHT	32kg			28kg		24kg		20kg		16kg		WEIGHT
	RANK	MSIC	MS	CMS	CMS	1	1	2	1	2	2	3	RANK
	TIME	10m	10m	10m	10m	10m	10m	10m	5m	5m	5m	5m	TIME
JERK	-48kg	50	30	20	48	32	40	20	35	20	40	23	-48kg
	-53kg	55	40	30	52	33	50	25	40	21	46	27	-53kg
	-58kg	64	46	40	58	34	60	30	45	23	50	34	-58kg
	-63kg	70	50	42	64	35	65	32	48	25	56	37	-63kg
	-68kg	72	54	44	66	37	68	33	49	27	58	39	-68kg
	-73kg	74	55	45	68	40	69	34	51	29	60	41	-73kg
	+73kg	76	56	46	70	43	70	35	52	32	62	42	+73kg
SNATCH	-48kg	76	60	36	80	56	70	55	110	62	112	56	-48kg
	-53kg	85	72	45	90	62	85	60	117	68	125	58	-53kg
	-58kg	100	80	50	100	66	102	70	120	70	128	70	-58kg
	-63kg	120	86	54	110	74	122	80	123	74	130	74	-63kg
	-68kg	130	92	58	120	80	134	90	125	78	131	78	-68kg
	-73kg	140	98	62	130	88	139	96	127	83	132	83	-73kg
	+73kg	150	100	64	137	90	142	103	129	85	133	86	+73kg
BIATHLON	-48kg	90	64	46	67	20	82	63	69	43	80	60	-48kg
	-53kg	108	76	52	80	25	110	79	75	53	90	65	-53kg
	-58kg	118	82	58	90	30	125	91	84	62	100	70	-58kg
	-63kg	124	88	66	97	32	140	106	89	70	110	74	-63kg
	-68kg	136	94	72	100	33	150	115	94	76	120	78	-68kg
	-73kg	138	100	74	105	34	155	120	98	78	130	82	-73kg
	+73kg	140	106	76	107	35	160	122	100	80	134	84	+73kg
LONGCYCLE	-48kg	34	25	15	30	48	30	22	28	12	30	18	-48kg
	-53kg	40	32	26	36	52	40	26	30	14	35	22	-53kg
	-58kg	48	38	28	42	55	46	29	34	16	38	26	-58kg
	-63kg	52	44	30	44	60	58	32	36	18	40	30	-63kg
	-68kg	58	45	31	46	63	64	33	39	19	42	36	-68kg
	-73kg	60	46	32	50	67	66	34	40	20	44	38	-73kg
	+73kg	62	47	33	52	69	68	35	42	21	46	40	+73kg
KETACADMEY COACH LEVEL		MASTER	SENIOR	Lv 3	Lv 3	Lv 2	Lv 2	Lv 1	Lv 2	Lv 1	Lv 1	Lv 1	WOMAN

STRAP COLOR	Kettlebell Weight		Category	RANK
	MAN	WOMAN		
<b>BLACK</b>	32kg	24kg	Jerk	MSIC
			Snatch	MSIC
			Biathlon	MSIC
			Longcycle	MSIC
<b>RED</b>	32kg	24kg	Jerk	MS
			Snatch	MS
			Biathlon	MS
			Longcycle	MS
<b>ORANGE</b>	28kg	20kg	Jerk	CMS
			Snatch	CMS
			Biathlon	CMS
			Longcycle	CMS
<b>GREEN</b>	24kg	16kg	Jerk	Rank 1
			Snatch	Rank 1
			Biathlon	Rank 1
			Longcycle	Rank 1
<b>PURPLE</b>	20kg	12kg	Jerk	Rank 2
			Snatch	Rank 2
			Biathlon	Rank 2
			Longcycle	Rank 2
<b>YELLOW</b>	16kg	8kg	Jerk	Rank 3
			Snatch	Rank 3
			Biathlon	Rank 3
			Longcycle	Rank 3
<b>BLUE</b>	16kg	8kg	Single Jerk	46 reps
			Swing & Snatch	36 reps
			Single Longcycle	30 reps
<b>PINK</b>	16kg	8kg	Single Jerk	30 reps
			Swing & Snatch	24 reps
			Single Longcycle	20 reps