



INVITATION

KARATE KYOKUSHIN CLUB OF OSTRÓDA

WOULD LIKE TO INVITE YOUR CLUB REPRESENTATION

TO TAKE PART IN

ポーランドオープン大会

**IKO POLISH
2019 OPEN**

O S T R Ó D A

The tournament will take place on 26th of October 2019
in the sports hall of Ostróda Sports and Recreation Center
(Ostródzkie Centrum Sportu i Rekreacji)
OSCiRR sports hall, 22a Kosciuszki Street, 14-100 Ostróda

ORGANIZERS



PARTNERS



INTERNATIONAL KARATE ORGANIZATION KYOKUSHINKAIKAN POLAND

国際空手道連盟極真会館ポーランド

IKO Polish Open 2019

Organizational Annoucement

1. Tournament organizer/administrator

Shihan Jacek Czerniec IKO Branch Chief

and

Ostródzki Klub Kyokushin Karate

14-100 Ostróda, 9/23 Jana III Sobieskiego Street

e-mail: arturkarate@interia.pl, mobile number 509 196 715

2. Co-organizer

Mayor of the City of Ostróda

3. The guest of honor

Shihan Katsuhito Gorai

4. Time and place

26th of October 2019 (Saturday)

Sports Hall of the Ostróda Sports and Recreation Center (OSCiR)

22a Kościuszki Street, 14-100 Ostróda.

5. Participation

The tournament is only for IKO members.

Competitors, who are allowed to take part in tournament, are obliged to have

- Medical certificate from a sports doctor stating the ability to practice karate.
No medical certificate eliminate you from participating in the competition
- ID card with a photo and an exact date of birth
- IKO Membership Card
- Clean, white karate-gi
- Complete set of obligatory protectors required for a chosen category



Adult competitors

- Waiver of claims against the organizer in the event of accidents and reproduction of the image in accordance to annexed form

Under 18 years old person

- a written parent's or legal guardian's consent to take part in the tournament (according to an enclosed form). A competitor without the consent is automatically excluded from kumite competition

A head of each team is obliged to referee during matches and to wear a full referee's garment required by IKO standards. As the tournament will be carried on three mats, additional referees are welcome. **Only owners of IKO referee licence can referee.**

6. Competition

Competitors will be divided into groups based on the date of birth!

The Administrator reserves a right to make changes to weight categories, please declare an exact weight with accuracy up to 1 kg.

Competitors who exceed the previously reported weight during verification will be removed from the kumite start list.

Please act according to those requirements in order to avoid any unnecessary issues.



The tournament will be carried in following competitions categories:

KUMITE

Fighting according to IKO regulations

Boys

- 16 -17 years old (born in 2003-2002 and 2001, who in the day of the tournament are not 18 years old yet)
Weight categories: up to 55 kg; -60kg, -65 kg; 70 kg;-75 kg, over 75 kg (fight time: 2 minutes)
- 14 -15 years old (born in 2005-2004)
Weight categories: up to 50 kg, 55 kg, 60 kg, 65 kg, over 65 kg (fight time: 2 minutes, play-off time: 2 minutes)
- 12 -13 years old (born in 2007-2006)
Weight categories: up to 40 kg, 45 kg, 50 kg, over 50 kg (fight time 1,5 minute , play-off time: 1,5 minute)
- 10-11 years old (born in 2009-2008)
Weight categories: up to 35 kg, 40 kg, 45 kg, over 45 kg (fight time 1,5 minute , play-off time: 1,5 minute)
- 8-9 years old (born in 2011-2010)
Weight categories: up to 25 kg, -30 kg, -35 kg, over 35 kg (fight time 1,5 minute, play-off time: 1,5 minute)
- 6-7 years old (born in 2013-2012)
Weight categories: up to 20 kg, -25 kg, -30 kg, over 30 kg (fight time 1 minute , play-off time: 1 minute)



Girls

- 16 - 17 years old (born in 2003-2002 and 2001, who in the day of the tournament are not 18 years old yet)
Weight categories: up to 55 kg, 60 kg, 65 kg, over 65 kg (fight time: 2 minutes, play-off time: 2 minutes)
- 14-15 years old (born in 2005-2004)
Weight categories: up to 50 kg, -55 kg, -60 kg, -65 kg, over 65 kg (fight time: 2 minutes, play-off time: 2 minutes)
- 12 -13 years old (born in 2007-2006)
Weight categories: up to 40 kg, 45 kg, 50 kg, 55 kg, over 55 kg (fight time 1,5 minute, play-off time: 1,5 minute)
- 10-11 years old (born in 2009-2008)
Weight categories: up to 35 kg, 40 kg, 45 kg, 55 kg, over 55 kg (fight time 1,5 minute, play-off time: 1,5 minute)
- 8-9 years old (born in 2011-2010)
Weight categories: up to 30 kg, over 30 kg (fight time 1,5 minute, play-off time: 1,5 minute)
- 6-7 years old (born in 2013-2012)
Weight categories: up to 25 kg, -30 kg, over 30 kg (fight time 1 minute, play-off time: 1 minute)

RULES OF KUMITE COMPETITION

The tournament will be played individually in a Cup's System. One category may be combined with another one by the decision of Main Referee if there are fewer than three competitors. Competitors of all age categories will be fighting according to world-wide IKO regulations.



Competitors should wear protectors as follows:

Categories	Obligatory personal protectors	Obligatory protectors provided by Administrator	Advisable protectors, not obligatory
2011-2010 2013-2012 6-7 and 8-9 years old	-white shin&instep protectors -hand protectors boys -groin protector -soft knee guards	-chest protector hogo -headgear with face cage	women -groin guard
2009-2008 10-11 years old	-white shin&instep protectors -hand protectors boys -groin protector -soft knee guards	-chest protector hogo -headgear with face cage	women -groin guard
2007-2006 12-13 years old	-white shin&instep protectors -hand protectors boys -groin protector -soft knee guards	-chest protector hogo -headgear with face cage	women -groin guard
2005-2004 14-15 years old	-white shin&instep protectors -hand protectors boys -groin protector -soft knee guards	-chest protector hogo until semi-finals -headgear with face cage	women -groin guard
2003-2002 2001 16-17 years old	-white shin&instep protectors -hand protectors boys -groin protector girls -breast protector, separate plates (foamed) and elastic/stretchy top - mouth/teeth guard -soft knee guards	-headgear with no face cage	women -groin guard

Competitor is required to be ready to fight after call out in no longer than 1 minute time in full set of protectors.

The Administrator do not provide obligatory personal protectors.



KUMITE SENIOR

(fight time: 2 minutes, play-off: 2 minutes, from semi-finals 3+2+2)

Fighting according to IKO regulations:

- **Male Seniors**
 - over 18 years old, minimum 4th kyu
 - Weight categories: up to 70 kg, -80 kg, -90 kg, over 90 kg

- **Female Seniors**
 - over 18 years old, minimum 4th kyu
 - Weight categories: up to 55 kg, - 60 kg, - 65 kg, over 65 kg

- **Senior +35, minimum 4th kyu**
 - Weight categories: up to 70 kg, -80 kg, -85 kg, over 85 kg

RULES OF SENIORS KUMITE COMPETITION

The tournament will be played individually in a Cup's System. The fight will be conducted according to Super Fight system (2 + 2 min) in categories where there are two competitors. Competitors will be fighting according to world-wide IKO regulations. In order to limit injuries, competitors are obliged to wear protectors as follows:

Categories	Obligatory personal protectors	Obligatory protectors provided by Administrator	Advisable protectors, not obligatory
Seniors Men and Women	- mouth/teeth guard - hand protectors men - groin protector women - breast protector, separate plates (foamed) and elastic/stretchy top		women - groin guard
Seniors +35	- white shin&instep protectors -hand protectors men - groin protector - mouth/teeth guard	- headgear with no face cage	- soft knee guards women



Male & Female seniors

If the competitor is fighting without the teeth protector, he is doing it on his own responsibility

Male & Female Seniors +35

If the competitor do not have a teeth protector then headgear with face cage is obligatory.

Competitor is required to be ready to fight after call out in no longer than 1 minute time in full set of protectors.

The administrator does not provide obligatory personal protectors.

Match duration

- **For two competitors (Super Fight)**
- 2 minutes first round (in case of IPPON or two WAZARIs the fight finishes before the time and there is no second round)
- Verdict
- 2 min second round
- Verdict
- Score Result (a superiority in two rounds decides, and then weight -more than 3 kg difference is decisive)
- 2 minutes playoff after which a verdict must be reached. A break between first and second round is 30 seconds.



KATA

There will be only 1 round for 6-13 years old categories after which the winners will be announced. There will be 2 rounds for ages: 14-17 and seniors (4 competitors go to the final)

Girls and Boys: 6-7 years old (2013-2012) Pinian Sono Ichi

Girls and Boys: 8-9 years old (2011-2010) Pinian Sono Ichi

Boys: 10-11 years old (2009-2008) Pinian Sono Ichi

Girls: 10-11 years old (2009-2007) Pinian Sono Ichi

Boys: 12-13 years old (2007-2006) Pinian Sono Ni

Girls: 12-13 years old (2007-2006) Pinian Sono Ni

Boys: 14-15 years old (2005-2004) Gekisai Sho

Girls: 14-15 years old (2005-2004) Gekisai Sho

Boys: 16-17 years old (2003-2002) Gekisai Sho

Girls: 16-17 years old (2003-2002) Gekisai Sho

SENIOR KATA (over 18 years old) Gekisai Sho

5. Participation fee

Competitors pay 50 PLN or 15 € as a participation fee. This should be paid in cash on the day of the tournament or earlier by a bank transfer on an account number below:

04 1160 2202 0000 0001 7374 0633 with a note: IKO Polish Open

(a competitor should have proof of payment on the day of the tournament)

6. Application

Registration of fighters will be taken through **osusoftware.com** web page. The registration will end on 18th of October at midnight. **There will be no possibility to add competitor after that date.**



NOTICE

There can be a necessity to divide weight and age categories differently, after an analysis of entry forms, so please declare an exact weight of a competitors in all age categories!!!

Full-contact categories will be carried on even if there are only two competitors in a category (based on Super Fight System). In case there is only one fighter in a category, categories will be combined.

A list of competitors will be available at www.osusoftware.com. If anyone sees any mistake on the list, please send email immediately to contact@osusoftware.com or a text message to senpai Natalia Stachowicz, mobile number number +48 668 223 900 or sensei Artur Maź, mobile number +48 509 196 715

A lack of information about mistakes by midnight on 19th of October 2019 (Thursday), will mean the list, including weights and ages of competitors, is correct. There will be no changes to weights and ages data after that date.

Checkup of all documents such as medical certificate from a sports doctor, ID card, IKO Membership Card, waiver of claims against the organizer, a written parent's or legal guardian's consent to take part in the tournament will take place during the verifications (on Friday and Saturday).

Competitors who do not have current medical examinations/certificates (sports doctor) and other required documents will be excluded from the starting list.

7. Food during IKO Polish Open 2019

The participants will receive a lunch as part of the start fee (which will be available between 12.00 and 14.00) and beverages. There will be a hot dishes buffet in the hall during the competition. Free lunch will be provided for referees.

8. Accommodation

The organizer does not provide overnight accommodation, however, accommodation list will be available on www.karate.ostroda.pl.



9. Insurance

Participants will not be insured in any way by the organizer. The obligation to insure a participants rely, according to law, on the club where the competitor trains.

10. Plan of Time schedule

Friday the 25th of October 2019

- 16.00-18.00 – judge course (little sports hall, 14 Kościuszki Street, Ostróda)
- 16.00-20.00 – verification in dojo (little sports hall, OSCiR, 22a Kościuszki Street, Ostróda)

Saturday the 26th of October 2019

- 7.30-9.00 Verification at the sports hall (OSCiR, 22a Kościuszki Street, Ostróda)
- 9.30-10.00 Consultations of heads of teams
- 10.15 – 14.00 Eliminations
- 14.00-14.15 Official opening
- 14.30 Semi-final and final fights
- 18.00 Official end of the tournament
- 20.00 Sayonara Party – 70 PLN

Sunday the 27th of October 2019

- 11.00 – International Training Seminar with Shihan Katsuhito Gorai – 50\$, Branch Chief for free (little sports hall, OSCiR, 22a Kościuszki Street, Ostróda)

11. Final Provisions

In matters not covered by this regulations, the Main Referee and organizer will make any necessary decisions.

We wish all of you nice and pleasant stay in Ostróda!

#seeYainOstroda

OSU!

