



Official Invitation to

**The First International Karate
Kyokushin Championships "IKO
OLSZTYN CUP"**

23 November 2019 (Saturday)

**"URANIA" - *Sports and Performance Centre*
44 Józefa Piłsudskiego St., Olsztyn**



General Information:

1. Organizer:

IKO Branch Chief Marek Wieczorek 5 Dan Kyokushin tel. 604 339 373, karate.olsztyn@gmail.com
Olsztyński Klub Kyokushin Karate, Kopernika 35a/19 Street, 10-512 Olsztyn, NIP 739-286-13-95

2. Date and venue:

23 November 2019 (Saturday)

"Urania" - Sports and Performance Centre, 44 Józefa Piłsudskiego St., Olsztyn

3. Co-organizers:

CO-ORGANIZER

Marshal's Office of the Warmian-Masurian Voivodeship
Olsztyn City Council

HONORARY PATRONAGE

Marshal of the Warmian-Masurian Voivodeship
Mayor of Olsztyn

MEDIA PATRONAGE

TVP Olsztyn, Gazeta Olsztyńska, Radio ESKA

4. Participation

Any team cooperating with IKO Matsui and invited to the tournament can enter it. There is no limit of fighters representing an invited team.

To enter the tournament contestants are required to have:

- A valid doctor's certificate issued by a sports doctor that allows the participant to train karate. Lack of such a certificate prevents the contestant from entering the tournament
- An ID with a current photograph attached confirming the age of the participant (with a precise date of birth).
- An IKO Membership Card (IKO ID)
- A clean white karate-gi
- A set of personal protectors for a given category
- Adults – waiver of the claim to the organizer in relation to accidents and agreement to the competitor's image publication, according to the attached template
- Adolescents/under-age – a signed parental or legal guardian's agreement to enter the tournament, according to the attached template. Lack of such an agreement concerning contestants qualified to the SEMI CONTACT category excludes them from entering the tournament.

The team leader is obliged to act as a judge, therefore an appropriate outfit approved by IKO standards is required. The tournament will take place in three rings so other qualified referees are more than welcome.

Attention! International teams enter free of charge!

5. Prizes and team scoring:

The first, second and third fighters in each category are awarded Cups and Diplomas.

Team scores are calculated as follows: 1st. place – 5 points, 2nd. – 3 points, and 3rd. – 1 point.

The final team result consists of the summation of all points accumulated in all categories.

6. Registration

- The entry deadline is **18th of November 2019** (Monday) 12 p.m. at the latest via: <https://osusoftware.com/>
- The tournament draw and preparing event sequences will take place on November 21, Thursday
- Before the tournament starts we will check the required documents (ID with a photograph, valid doctor's certificate, parents or adult participants' agreements) and the current weight of each contestant.

CONTESTANTS WHO FAIL TO PRESENT A VALID DOCTOR'S CERTIFICATE (ISSUED BY A SPORTS DOCTOR) WILL BE EXCLUDED FROM THE ENTRY LIST

7. Tournament Schedule:

Saturday 23/11/2019

8.00 – verification at the sports hall

9.30 –the judges' meeting, calling the referees

10.00 – 14.00 – kata tournament and kumite preliminary rounds;

14.00 – Official opening Ceremony of the Tournament

14.30 – semi-final and final fights

18.00 – the closing ceremony of the tournament and awarding prizes (the closing time of the championships depends on the number of contestants)

8. Food and drinks during the tournament

All contestants will receive a nutritious sandwich and a drink. At the tournament venue there is a canteen. The referees will receive a hot meal, sandwiches, coffee, tea and water.

10. Accommodation

The organizer does not provide accommodation.

11. Insurance

The organizer provides the insurance for contestants.

Additional information

Shihan Marek Wieczorek tel. 604 339 373

English contact: Sensei Aleksandra Wieczorek tel. 508 159 039

Russian contact: Iwona Anna Ndiaye tel. 606 719 496 , Adam Penger tel. 606 192 639

12. Competitions

The tournament will be held in the following categories:

- kumite semi contact, under 18 .
- kumite full contact, over 18 , shin pads and foot protectors
- Kata – the system of points (free choice of kata, two rounds)

// KUMITE AND KATA CATEGORIES //

Male:

Competition	Age	Year of birth	Kumite Categories	Duration of kumite match	Kata Preliminary rounds	Kata Finals
Senior + 45 (full contact) First step up to 5 kyu Advanced up to 4 kyu	must be + 45 before the tournament	1974 +	- 70 kg - 80 kg + 80 kg	1.5 min + 1.5 min	---	---
Senior 35-45 (full contact) First step up to 5 kyu Advanced up to 4 kyu	must be 35- 45 before the tournament	1984 - 1975	- 70 kg - 80 kg + 80 kg	1.5 min + .,5 min	---	---
Senior + 18 lat (full contact) First step up to 5 kyu Advanced up to 4 kyu	must be +18 before the tournament	2001 +	- 70 kg - 80 kg - 90 kg + 90 kg	2 min + 2 min	---	---
Junior (semi contact)	16-17 not 18 before the tournament	2002, 2003	- 60 kg - 65 kg - 70 kg - 75 kg - 80 kg - 85 kg + 85 kg	2 min + 2 min	Pinian V	Free
Young Junior (semi contact)	14-15	2004, 2005	- 45 kg - 50 kg - 55 kg - 60 kg - 65 kg + 65 kg	1.5 min + .,5 min	Pinian III	Free
Youngster (semi contact)	12-13	2006, 2007	- 35 kg - 40 kg - 45 kg - 50 kg - 55 kg + 55 kg	1.5 min + 1 min	Pinian I	Free
Cadet (light contact)	10-11	2008, 2009	- 30 kg - 35 kg - 40 kg - 45 kg + 45 kg	1 min + 1 min	Taikyoku III	Free
Young cadet (light contact)	8-9	2010, 2011	- 25 kg - 30 kg - 35 kg + 35 kg	1 min + 1 min	Taikyoku I	Free
Kids	6-7	2013, 2012	Only kata	---	Free	---

Female:

Competition	Age	Year of birth	Kumite Categories	Duration of kumite match	Kata Preliminary round	Kata Finals
Senior + 35 (full contact) First step up to 5 kyu Advanced up to 4 kyu	must be + 35 before the tournament	1984 +	- 60 kg + 60 kg	2 min + 2 min	---	---
Senior + 18 lat (full contact) First step up to 5 kyu Advanced up to 4 kyu	must be +18 before the tournament	2001 +	- 55 kg - 60 kg + 60 kg	2 min + 2 min	---	---
Junior (semi contact)	16-17 not 18 before the tournament	2002, 2003	-50 kg - 55 kg - 60 kg - 65 kg + 65 kg	2 min + 2 min	Pinian V	Free
Young Junior (semi contact)	14-15	2004, 2005	- 45 kg - 50 kg - 55 kg - 60 kg + 60 kg	1.5 min + .,5 min	Pinian III	Free
Youngster (semi contact)	12-13	2006, 2007	- 35 kg - 40 kg - 45 kg - 50 kg + 50 kg	1.5 min + 1 min	Pinian I	Free
Cadet (light contact)	10-11	2008, 2009	- 30 kg - 35 kg - 40 kg - 45 kg + 45 kg	1 min + 1 min	Taikyoku III	Free
Young cadet (light contact)	8-9	2010, 2011	- 20 kg - 25 kg - 30 kg + 30 kg	1 min + 1 min	Taikyoku I	Free
Kids	6-7	2013, 2012	Only kata	---	Free	---

KATA CATEGORIES:

Kata will be held in one round for children between 6 and 7 years of age, after which the winners will be determined.

In other age groups, 8 contestants advance to the finals, in which they perform free katas according to IKO standards.

KUMITE CATEGORIES SEMI CONTACT:

Contestants are assigned to particular categories according to their year of birth. Weight categories can change, so it is essential to specify current weight. The competitions will be played individually in a single-elimination tournament. All weight categories will compete according to IKO rules; in particular:

- All leg techniques direct to the head are allowed.
- The low kick technique (mawashi geri gedan) is allowed in all categories.

- Wazari will be awarded for techniques causing a clear effect on the opponent, Ippon for techniques which put the opponent down unable to fight for more than 3 seconds.

KUMITE RULES FOR SENIORS:

The competitions will be played individually in a single-elimination tournament. In categories which include two competitors there will be a “Super Fight” (2+2min). The combats are fought according to IKO rules.

In male and female senior categories the competitor takes the responsibility of not using a mouth guard in combat.

In male and female senior first step and senior +35 categories the competitors are obliged to have mouth guards, if not – they have to wear a helmet protecting the face (a face guard with a mask).

MATCH DURATION:

Three and more fighters: 2 minutes first round: > first extension: 2 minutes. -> weight differences (more than three kilos for weight categories will determine the winner) -> second extension: 2 minutes when judges decide about the score.

Two fighters: “Super Fight”

2 minutes **First Round** (in the cases of IPPON or two WAZARI the match finishes, there is no second round) -> the decision is reached ->, 2 minutes **Second Round** -> the referee declares the result. The RESULT (winning in two rounds is decisive, furthermore the difference for weight categories will determine the winner) -> Extension round of 2 minutes must determine the winner. The break between two rounds is 30 seconds.

The contestant wearing personal protective gear is obliged to appear for the bout within one minute when called. **The organizer does not provide mandatory personal protectors.**

DURING FIGHTS CONTESTANTS ARE PROTECTED BY THE PROTECTIVE GEAR ACCORDING TO THE

TABLE BELOW:

Categories	Mandatory protective gear	Mandatory protective gear provided by the organizer	Optional protective gear (recommended)
Kids Younger children	- white shin pads and foot protectors - gloves - men-groin protectors	- chest guard hogo - face guard with mask	- elastic knee protectors - women –groin guards
Male and female cadets	- white shin pads and foot protectors - gloves - men-groin protectors	- chest guard hogo - face guard with mask	- elastic knee protectors - women –groin guards
Youngsters	- white shin pads and foot protectors - gloves - men-groin protectors	- chest guard hogo - face guard with mask	- elastic knee protectors - women –groin guards
Young male and female Juniors	- white shin pads and foot protectors - gloves - men-groin protectors - women – breast protectors - two foam cups	- open-face helmet (if there is no jaw protector, face guard with mask is obligatory)	- elastic knee protectors - women –groin guards

	elastic t-shirt		
Male and female Juniors	- white shin pads and foot protectors - gloves - men-groin protectors - women – breast protectors - two foam cups elastic t-shirt - mouth guard	- open-face helmet (if there is no jaw protector, face guard with mask is obligatory)	- elastic knee protectors - women –groin guards
Male and female Seniors	- white shin pads and foot protectors - gloves - men-groin protectors - women – breast protectors - two foam cups elastic t-shirt -mouth guard		- elastic knee protectors - women –groin guards
First step male and female Seniors First step male and female Seniors +35	- white shin pads and foot protectors - gloves - men-groin protectors - women – breast protectors - two foam cups elastic t-shirt - mouth guard	- open-face helmet	- elastic knee protectors

ATTENTION: Having analyzed the applications, there might be a necessity of another selection of categories. Therefore, remember to specify the exact weight of the contestant in all age groups in the application form. Full contact fights will take place even if there are only two competitors in the category, under such circumstances the combat will be a “Super Fight” category. If there are single fighters in a category, the categories will be combined.

13.Final Provisions:

The organizer decides about any other matters not previously mentioned in the Set of Regulations.

Please read the Announcement carefully. We wish you a nice and successful stay in Olsztyn.

OSU !!!