

ポーランドオープン大会

# IKOPOLISH 2023 OPEN

O S T R Ó D A

& YOUNG LIONS CUP





### 1. Tournament organizer/administrator

STOWARZYSZENIE OSTRÓDZKI KLUB KYOKUSHIN KARATE

Jana III Sobieskiego 9/230 Street

14-100 Ostróda, Poland

### 2. Chief Judges

Main Judge - Shihan Jacek Czerniec 6 Dan IKO BC Poland

Technical Judge - Shihan Andrzej Manecki 5 Dan IKO BC Poland

### 3. Time and place of the event

Time: Saturday, 15th of April 2023

Place: OCSiR, Kościuszki 22a Street, 14-100 Ostróda

### 4. Competition rules

Teams which cooperate with International Karate Organization are allowed to take part in the tournament with unlimited numbers of competitors. Competitors will be allowed to take part in the event only if they hold:

§1

Medical certificate from a sports doctor stating the ability to practice karate.

§2

Person under 18 years old – a written parent's or legal guardian's consent to take part in the tournament in accordance to annexed form

§3

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

§4

ID card with a photo and an exact date of birth

§5

IKO Membership Card

§6

Clean, white karate-gi

§7

Complete set of obligatory protectors required for a chosen category

Each team is obliged to indicate at least one judge, who should have a complete judge uniform for this purpose.



## 5. Kata

The kata competition will be played in age categories broken down by gender.

| Category                    | I round          | Final             |
|-----------------------------|------------------|-------------------|
| + 18 lat – Women   Men      | GEKISAI SONO NI  | BASSAI            |
| 16 – 17 y.o. – Boys   Girls | SAIFA            | GEKISAI SONO SAN  |
| 14 – 15 y.o. – Boys   Girls | TSUKI NO KATA    | GEKISAI SONO SAN  |
| 12 – 13 y.o. – Boys   Girls | PINIAN SONO SAN  | PINIAN SONO YON   |
| 10 – 11 y.o. – Boys   Girls | PINIAN SONO ICHI | PINIAN SONO NI    |
| 8 – 9 y.o. – Boys   Girls   | TAIKYOKU SONO NI | TAIKYOKU SONO SAN |
| 6 – 7 y.o. – Boys   Girls   | DOWOLNE KATA     | -                 |

## 6. Kumite IKO Polish Open

All kumite categories are held in accordance to IKO requirements (for example: all force-controlled kicks are allowed on the head). The tournament will be played in a Cup's System. **Competitors will be divided into the categories based on the gender and date of birth** (exact date of birth on the 15.04.2023) and weight. Two adult OPEN categories have been added.

The organizer reserves the right to combine or separate categories, taking into account, first of all, the safety of competitors, and secondly, the rank of the tournament.

All details of the kumite weight categories are presented in the table below:



| Boys       | Weight categories                                  | Personal protective equipment (IKO standard)                                                                                       | Hogo | Head gear          | Fight time |
|------------|----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------|--------------------|------------|
| 8-9 y.o.   | - 25 kg, - 30 kg, + 30kg                           | <ul style="list-style-type: none"> <li>• Shin pads</li> <li>• Groin cup</li> <li>• Fist guards</li> </ul>                          | yes  | face cover         | 1,5 (+1,5) |
| 10-11 y.o. | - 30 kg, - 35 kg, - 40 kg, - 45 kg, + 45 kg        |                                                                                                                                    | yes  | face cover         | 1,5 (+1,5) |
| 12-13 y.o. | - 45 kg, - 50 kg, - 55 kg, + 55 kg                 |                                                                                                                                    | yes  | face cover         | 1,5 (+1,5) |
| 14-15 y.o. | - 55 kg, - 60 kg, - 65 kg, - 70 kg, -75 kg, +75 kg | <ul style="list-style-type: none"> <li>• Shin pads</li> <li>• Groin cup</li> <li>• Fist guards</li> <li>• Mouth guard</li> </ul>   | -    | without face cover | 2 (+2)     |
| 16-17 y.o. | - 60 kg; - 65 kg; - 70kg; - 75 kg, + 75 kg         |                                                                                                                                    | -    | without face cover | 2 (+2)     |
| Girls      | Weight categories                                  | Personal protective equipment (IKO standard)                                                                                       | Hogo | Head gear          | Fight time |
| 8-9 y.o.   | - 30 kg, + 30 kg                                   | <ul style="list-style-type: none"> <li>• Shin pads</li> <li>• Fist guards</li> </ul>                                               | yes  | face cover         | 1,5 (+1,5) |
| 10-11 y.o. | - 35 kg, - 40 kg, + 40 kg                          |                                                                                                                                    | yes  | face cover         | 1,5 (+1,5) |
| 12-13 y.o. | - 40 kg, - 50 kg, + 50 kg                          |                                                                                                                                    | yes  | face cover         | 1,5 (+1,5) |
| 14-15 y.o. | - 50 kg, - 55 kg, + 55 kg                          | <ul style="list-style-type: none"> <li>• Shin pads</li> <li>• Fist guards</li> <li>• Breast pads</li> <li>• Mouth guard</li> </ul> | -    | without face cover | 2 (+2)     |
| 16-17 y.o. | - 55 kg, - 60 kg, + 60 kg                          |                                                                                                                                    | -    | without face cover | 2 (+2)     |



| Men                    | Weight categories                    | Personal protective equipment (IKO standard)                                                                                  | Head gear          | Elimination | Semi final and final |
|------------------------|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------|-------------|----------------------|
| +18 y.o.               | -70 kg, -80 kg, -90 kg, +90 kg, OPEN | <ul style="list-style-type: none"> <li>Optional mouth guard</li> <li>Groin cup</li> </ul>                                     | -                  | 2 (+2)      | 3 (+2, +2)           |
| +18 y.o.<br>First step | After registration process           | <ul style="list-style-type: none"> <li>Shin pads</li> <li>Fist guards</li> <li>Optional mouth</li> <li>Groin cup</li> </ul>   | without face cover | 2 (+2)      | 2 (+2)               |
| +35 y.o.               | - 85 kg; + 85 kg                     |                                                                                                                               |                    | 1,5 (+1,5)  | 1,5 (+1,5)           |
| Women                  | Weight categories                    | Personal protective equipment (IKO standard)                                                                                  | Head gear          | Elimination | Semi final and final |
| +18 y.o.               | -55 kg, -65 kg, +65 kg, OPEN         | <ul style="list-style-type: none"> <li>Breast pads</li> <li>Optional mouth guard</li> </ul>                                   | -                  | 2 (+2)      | 3 (+2, +2)           |
| +18 y.o.<br>First step | After registration process           | <ul style="list-style-type: none"> <li>Shin pads</li> <li>Fist guards</li> <li>Optional mouth</li> <li>Breast pads</li> </ul> | without face cover | 2 (+2)      | 2 (+2)               |

If the competitor wants to fight without the teeth protector, he is doing that on his own responsibility.

The Administrator does **not** provide any protectors.



### 7. Kumite Young Lions Cup (beginner)

The Young Lions Cup tournament will be played in the youngest years categories, broken down by age, gender and weight. All categories will be played in accordance to IKO regulations.

All details of the kumite weight categories are presented in the table below:

| Kyu  | Boys       | Weight categories*             | Personal protective equipment (IKO standard)                                                                           | Hogo | Head gear  | Fight time |
|------|------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------|------|------------|------------|
| 10-9 | 6-7 y.o.   | -20 kg; -25 kg; +25 kg         | <ul style="list-style-type: none"> <li>Groin cup</li> <li>Shin pads</li> <li>Fist guards</li> <li>Knee pads</li> </ul> | yes  | face cover | 1 (+1)     |
| 10-9 | 8-9 y.o.   | -25 kg; -30 kg; -35 kg; +35 kg |                                                                                                                        |      |            | 1,5 (+1,5) |
| 10-7 | 10-11 y.o. | -30 kg; -35 kg; -40 kg; +40 kg |                                                                                                                        |      |            |            |
| Kyu  | Girls      | Weight categories*             | Personal protective equipment (IKO standard)                                                                           | Hogo | Kask       | Fight time |
| 10-9 | 6-7 y.o.   | -20 kg; +20 kg                 | <ul style="list-style-type: none"> <li>Shin pads</li> <li>Fist guards</li> <li>Knee pads</li> </ul>                    | yes  | face cover | 1 (+1)     |
| 10-9 | 8-9 y.o.   | -25 kg; -30 kg; +30 kg         |                                                                                                                        |      |            | 1,5 (+1,5) |
| 10-7 | 10-11 y.o. | -30 kg; -35 kg; +35 kg         |                                                                                                                        |      |            |            |

\* The organizer reserves that after receiving the applications, the categories may be modified in order to reduce the weight differences between the competitors.

The Administrator does **not** provide any protectors.



## 8. Participation fee

The starting fee is **PLN 100 / EUR 25**, which covers part of the organizational costs, including lunch for the competitors. Changing the category of a competitor or adding a competitor after April 10<sup>th</sup> results in an additional fee of PLN 30 / EUR 7.

Entry fee payable in cash on the day of the competition or earlier by a bank transfer on :

Bank account number 52 1160 2202 0000 0004 6823 0702

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

Adults who compete in both weight and open categories pay only once (PLN 100 / EUR 25).

## 9. Prizes

The competitors will receive cups and diplomas for the first, second and third places in all categories. All the competitors will receive a gift.

## 10. Registration

a) competitor' registration should be sent via the website: [next.osusoftware.com](http://next.osusoftware.com) from 1<sup>st</sup> of March up to 10<sup>th</sup> of April 2023 by midnight;

b) the draw will take place on Friday, 14<sup>th</sup> of April 2023, based on the entries. On that day, the ladders of the 16-17 years old and 18+ categories will be published.

## Attention!

Competitors not registered on time will not take part in the tournament. Competitors who do not pass weight verification or do not have valid medical examinations (sports doctor) will be removed from the starting list. This does not release the club from paying the starting fee for them!

## 11. Accommodation

The organizer does not provide accommodation.

If you need accommodation, we will help you find it, please contact us by e-mail or by phone.

## 12. Schedule

### Friday April 14<sup>th</sup>

16.00–20.00 | Competitors verification (sports hall)

### Saturday April 15<sup>th</sup>

7.30–9.00 | Competitors verification

9.00–9.30 | Judges meeting

9.30 | Start of **kata** competition

12.30 | Official opening ceremony

13.00 | Start of **kumite** competition

18.00 | Award ceremony

20.00 | Sayonara Party (location will be determined)



### **13. Insurance**

Competitors 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.

### **14. Sayonara**

Sayonara costs PLN 180/person. Reservations must be made by 10<sup>th</sup> of April 2023. It will not be possible to resign or add to the list of Sayonara's participants after this date.

### **15. Final Provisions**

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

The organizers of the tournament wish you sports successes and a pleasant stay in Ostróda.

See you in Ostróda!

Sensei Artur Małz

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