

INTERNATIONAL KARATE ORGANIZATION POLAND
& OSTRÓDZKI KLUB KYOKUSHIN KARATE

would like to invite to

ポーランドオープン大会

IKO POLISH
2022 OPEN

O S T R Ó D A

2 1 . 0 5 . 2 0 2 2

22A Kościuszki Street OCSiR, OSTRÓDA



IKO POLAND

OSU

Main sponsor



1. Tournament organizer/administrator

Association of Ostródzki Klub Kyokushin Karate

14-100 Ostróda, 9/230 Jana III Sobieskiego Street

mobile numer +48 509 196 715

2. Time and place

Saturday, the 21st of May 2022

Sports Hall of the Ostróda Sports and Recreation Center (OSCiR), 22a Kościuszki Street

3. Judges

Chief Judge - Shihan Jacek Czerniec 6 dan

Technical Judge - Shihan Andrzej Manecki 5 dan

4. Participation

Teams with unlimited number of competitors of Karate Kyokushin dojos cooperating with IKO may participate in competition.

Competitors will be allowed to take part in the event only if they hold:

- ✓ Medical certificate from a sports doctor stating the ability to practice karate. No medical certificate eliminates you from participating in the competition
- ✓ Completed Covid statement (participants and their guardians, trainers) -attachment
- ✓ 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). No such a contents automatically eliminates from kumite part of competition.

- ✓ Adult competitors - Waiver of claims against the organizer in the event of accidents and reproduction of the image in accordance to annexed form
- ✓ 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 (hogo, head protector, personal protectors)

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

5. Competition

The tournament will be carried on three mats (tatami) in the following competitions categories (in accordance to IKO requirements):

- kumite for fighters below 18 years old
- Male Seniors (above age of 18)
- Female Seniors (above age of 18)
- Masters (above age of 35)
- Male Seniors First Step* (above age of 18)
- Female Seniors* (above 18 years old)
- Masters First Step* (above 35 years old)
- Children and younger children, cadets and youngsters first step (up to and including 9th kyu)

*First step- fighters who did not take part in national competitions (National Championships, National Cup and National Macroregion Championships). Division of fighters into weight categories will be done after registration.

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

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

The Administrator reserves a right to make changes to weight categories, please declare an exact weight of competitors.

KATA

- Male and Female Seniors:
 - 1st round: Gekesai sono san
 - 2nd round: any chosen kata
- Male and Female Juniors and Younger Juniors
 - 1st round: Tsuki no kata
 - 2nd round: any chosen kata
- Male and Female Youngsters
 - 1st round: Pinian sono san
 - 2nd round: any chosen kata
- Male and Female Cadets
 - 1st round: Pinian sono ni
 - 2nd round: any chosen kata
- Male and Female Children
 - 1st round: Pinian sono ichi
 - 2nd round: any chosen kata
- Male and Female Younger Children
 - 1st round: any chosen kata
 - 2nd round: any chosen kata

KUMITE

Male:

- Seniors (above age of 18)
 - up to 60kg, 70 kg; -80 kg, -90 kg, above 90 kg
- Masters (above age of 35)
 - up to 85 kg, above 85 kg
- 16-17 years old
 - up to 55 kg, -60 kg, -65 kg, -70 kg, -75 kg, above 75 kg
- 14-15 years old
 - up to 45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, above 70 kg
- 12-13 years old
 - up to 40 kg, -45 kg, -55 kg, -60 kg, above 60 kg
- 10-11 years old
 - up to 30 kg, -35kg, -40 kg, -45kg, above 45 kg
- 8-9 years old
 - up to 25 kg, -30 kg, -35 kg, above 35 kg
- 6-7 years old
 - up to 25 kg, -30 kg, above 30 kg

Female:

- Seniors (above age of 18)
 - Weight categories: up to 55 kg, -65kg, above 65 kg
- 16-17 years old
 - up to 55 kg, -60 kg, above 60 kg
- 14-15 years old
 - up to 50 kg, -55 kg, above 55 kg
- 12-13 years old
 - up to 45 kg, -50kg, above 50 kg
- 10-11 years old
 - up to 30 kg, -35kg, -40 kg, above 40 kg
- 8-9 years old
 - up to 25 kg, -30 kg, above 30 kg
- 6-7 years old
 - up to 20 kg, -25 kg, above 25 kg

RULES OF KUMITE COMPETITION

The tournament will be played individually in a Cup's System. Category may be combined with another one if there are fewer than three competitors. Competitors of **all age categories will be fighting according to world-wide IKO regulations** in particular: all force-controlled kicks are allowed on the head.

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 protectors (hogo, head protector, personal protectors).

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

Rules of the fight

Main round >> play-off >> weight (difference of 3 kg) >> play-off >> verdict

Competitors should wear protectors as follows:

Categories	Protectors	Fight time (main round and play-off)
6-7 years old 8-9 years old 10-11 years old	<ul style="list-style-type: none"> • chest protector (hogo) • headgear with face cage • white shin&instep protectors • white hand protectors • soft knee guards • soft knee pads Boys <ul style="list-style-type: none"> • groin protector 	6-9 years old: - 1 minute 10-11 years old: 1,5 min
12-13 years old 14-15 years old	<ul style="list-style-type: none"> • chest protector (hogo) • headgear with face cage • white shin&instep protectors • white hand protectors • soft knee guards • soft knee pads Boys <ul style="list-style-type: none"> • groin protector 	2 minutes
16-17 years old	<ul style="list-style-type: none"> • headgear no face cage • mouth/teeth guard • white shin&instep protectors • white hand protectors • soft knee guards Boys <ul style="list-style-type: none"> • groin protector Girls <ul style="list-style-type: none"> • white breast protector, (IKO standarts) 	2 minutes
Seniors	<ul style="list-style-type: none"> • mouth/teeth guard (not obligatory) 	2 minutes semi final and final: 3 min
Masters	<ul style="list-style-type: none"> • headgear no face cage • mouth/teeth guard • white shin&instep protectors • soft knee guards Men <ul style="list-style-type: none"> • groin protector 	1,5 minutes

6. Participation fee:

Competitors pay 60 PLN or 15 € as a participation fee which will cover some parts of the organizational costs. **If case where competitor after verification is moved to the different category due to incorrect weight measure given at the registration, cost of additional 30 zł will be charged.**

Participation fee should be paid in cash on the day of the tournament or earlier by a bank transfer on an account number below:

Millenium Bank 52 1160 2202 0000 0004 6823 0702

A competitor should have proof of payment on the day of the tournament.

7. Prizes and team scoring:

Competitor will receive cup and diploma for the place on the podium (winners of First Step categories – medals and diploma).

Rules of counting team scoring:

1st place: 5 points, 2nd place: 3 points, 3rd place: 1 point.

8. Application:

Application of competitors should be sent from 13th of April up to midnight at 19th of May 2022 (Thursday) by next.osusoftware.com.

Please fill in applications for competitors, judges and participants of Sayonara Party.

- ✓ A drawing will take place on 20th of May 2022 based on application forms.

Competitors who are not entered into registration system by the given dates, those who do not have current medical examinations/certificates (sports doctor) and other required documents or fail weight verification will be excluded from the starting list.

9. Time schedule:

Friday the 20th of May 2022

- 17.00–20.00 – competitors verification

Saturday the 21th of May 2022

- 7.00–9.00 Verification of competitors
- 9.00 Consultations of heads of teams, appointing of judges
- 9.30 start of kata competition (kumite competition may start quicker if kata finish sooner)
- 11.00 start of all categories of kumite
- 18.00 Decorations of all competitors
- 20.00 Sayonara (place: Kraina Jezior Gospoda, 57 Olsztyńska Street, Ostróda)

10. Accommodation

Kraina Jezior Gospoda, 57 Olsztyńska Street, Ostróda, krainajezior.com.pl
Reservation can be made on phone number 89 646 18 10 **password: karate.**

11. Sayonara Party

Cost of Sayonara Party per person: 100 zł. Paid in cash on the day of competition or by bank transfer (bank account given in point 6.)

12. 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.

13. Final Provisions:

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

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

OSU

#seeyainOstroda

Sensei

Artur Maź

+48 509 196 715

arturkarate@interia.pl