



ICHIBAN IKO POLISH CUP

January 6th 2024

PLACE

**Hala Widowiskowo-Sportowa
ul. Brzozowa 4, Kąty Wrocławskie**

ORGANIZER

**Wrocławski Klub Karate Kyokushin
Agnieszka i Sylwester Sypień**

V ICHIBAN IKO POLISH CUP

Kąty Wrocławskie – SATURDAY, JANUARY 6th 2024

1. Organizer

UCZNIOWSKI KLUB SPORTOWY-KARATE KYOKUSHIN SYPIEŃ

55-080 Smolec, 13 Tulipanowa Street

NIP 896 159 88 53

Mobile number: +48 507066016

Co-organizer:

Wrocławski Klub Karate Kyokushin A. i S. Sypień2.

2. Date and place

Saturday, January 7th 2024

Hala Widowiskowo-Sportowa 4 Brzozowa Street, Kąty Wrocławskie.

3. Participation

The tournament is only for IKO members and teams invited by the organizer. 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, especially in youths kumite.
- ✓ 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.
- ✓ 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
- ✓ One person from 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.

4. COMPETITION

The tournament will be carried in following competitions categories (fighting according to IKO regulations):

- KATA (CAT. DIVIDED BY AGE AND GENDER)
- KUMITE FOR COMPETITORS UNDER 18 Y.O.
- KUMITE MEN/WOMEN
- KUMITE MASTERS (+35 Y.O.)
- KUMITE MEN/WOMEN FIRST STEP
- KUMITE MASTERS FIRST STEP (+35 Y.O.)

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

KATA

CATEGORY <i>divided by age and gender</i>	I ROUND	FINAL
+18 Y.O.	SAIFA	BASSAI
16-17 Y.O.	SAIFA	GEKISAI SAN
14-15 Y.O.	TSUKI NO KATA	GEKISAI SAN
12-13 Y.O.	PINIAN SONO SAN	PINIAN SONO YON
10-11 Y.O.	PINIAN SONO ICHI	PINIAN SONO NI
8-9 Y.O.	TAIKYOKU SONO NI	TAIKYOKU SONO SAN
6-7 Y.O.	TAIKYOKU SONO ICHI	TAIKYOKU SONO NI

KUMITE UNDER 18 Y.O.

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.

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.

Boys	Weight categories	Protectors*	Hogo**	Headguard**	Time
6-7 y.o.	- 25 kg, + 25 kg	- white shin&instep,	yes	cage	1 > 1
8-9 y.o.	- 25 kg, - 30 kg, + 30kg	- white hand protectors,	yes	cage	1 > 1
10-11 y.o.	- 30 kg, - 35 kg, - 40 kg, - 45 kg, + 45 kg	- groin protector	yes	cage	1,5 > 1,5
12-13 y.o.	- 40 kg, - 45 kg, - 50 kg, - 55 kg, + 55 kg	- soft knee guards	yes	cage	2 > 2
14-15 y.o.	- 60 kg, - 65 kg, - 70 kg, - 75 kg, +75 kg	As above +	no	without cage	2 > 2
16-17 y.o.	- 60 kg; - 65 kg; - 70kg; - 75 kg, - 75 kg, -80 kg, +80 kg	mouthguard	no	without cage	2 > 2

Girls	Weight categories	Protectors*	Hogo**	Headguard**	Time
6-7 y.o.	- 20 kg, + 20 kg	- white shin&instep, - white hand protectors, - soft knee guards	yes	cage	1 > 1
8-9 y.o.	- 25 kg, - 30 kg, + 30 kg		yes	cage	1 > 1
10-11 y.o.	- 35 kg, - 40 kg, + 40 kg		yes	cage	1,5 > 1,5
12-13 y.o.	- 45 kg, - 50 kg, + 50 kg		yes	cage	2 > 2
14-15 y.o.	- 50 kg, - 55 kg, + 55 kg	As above + - breast protector - mouthguard	no	without cage	2 > 2
16-17 y.o.	- 55 kg, - 60 kg, + 60 kg		no	without cage	2 > 2

* IKO standard

** Organizer do not provide hogo or headguards.

KUMITE ADULTS

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. In case of a small number of participants, the categories will be combined.

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.

Category	Weight categories	Protectors*	Time
Men	-60 kg; -70 kg; -80 kg; -90 kg; +90 kg	Groin protector	<i>Elimination</i> 2 min
Women	-55 kg; -65 kg; +65 kg	Breast protector	<i>Semifinal and final</i> 3 min > 2 min > waga 3 kg > 2 min
Masters +35 y.o.	-85 kg; +85 kg	- white shin&instep, - white hand protectors, - soft knee guards - groin protector - headguard	<i>Elimination</i> 1,5 min <i>Semifinal and final</i> 1,5 min > 1,5 min
First Step +18 y.o.	Will be divided after registration		2 min
First Step +35 y.o.	Will be divided after registration		1,5 min

* IKO standard

5. Participation fee

KUMITE / KATA – 100 zł / 25 EURO

KUMITE + KATA – 150 zł / 35 EURO

This should be paid in cash on the day of the tournament or by bank transfer to WKKK- Sypień
PL 31 1940 1076 3077 1060 0000 0000 (należy przedłożyć potwierdzenie przelewu w dniu zawodów)

6. Awards and teams ranking

For the first, second and third places in all categories, the competitors will receive cups and diplomas. Teams scoring rules:

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

7. Registration

b) Registration of fighters will be taken through osusoftware.com from 1st December to 23rd December 2023 (Saturday) 24:00;

c) 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.

Uwaga

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

This does not exempt the club from paying the starting fee!

8. Schedule

Check-in for competitors arriving on Friday will be held in Ichiban Dojo (Wrocław ul. Legnicka 65) on January 5th from 4 pm.

9. Accommodation

The organizer does not provide overnight accommodation but can help you find the accommodation. Please contact us +48 507 066 016.

10. 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.

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 Kąty Wrocławskie!

OSU!

Shihan Agnieszka Sypień tel.: +48 507 066 016

Sensei Sylwester Sypień tel.: +48 501 770 549

mail wroclawskiklubkarate@interia.pl

WAIVER FORM JUNIOR

V Ichiban IKO Polish Cup, Kąty Wrocławskie, January 6th 2024

Name: _____

Category: _____

Country: _____

BC or DOP: _____

I, the undersigned _____, hereby declare that I am the legal representative of _____ and that I consent to his/her participation in the sports competition of the V Ichiban IKO Polish Cup. I declare that he/she takes part in the sports competition of V Ichiban IKO Polish Cup at my risk and under my responsibility, and that he/she health condition allows him/her to take part in this competition and that there are no medical contraindications to his/her participation. I assume criminal and civil liability for any damage caused by my son/ daughter during the sports competition. I declare that I will not file any complaints or claims in court for damages as well as possible health impairment caused by any incidents during the sports competition. I accept that the organiser is not liable in any way for the actions or omissions of a participant in the competition. I declare that I have familiarised myself with the competition rules and I fully accept the provisions contained therein. I consent to the processing of my personal data within the meaning of the Regulation of the European Parliament and of the Council (EU) 2016/679 of 27 April 2016 and the Act of 10 May 2018 on the protection of personal data (Journal of Laws 2019 item 1781) contained in the above statement and to the use of my image by UCZNIOWSKI KLUB SPORTOWY-KARATE KYOKUSHIN SYPIEŃ, 55-080 Smolec, 13 Tulipanowa Street, NIP 896 159 88 53, for the purpose of promoting and disseminating sport and physical culture, including the publication of results, photos and reports of competitions in the press, on websites and in professional guides.

Signature: _____ Date: _____

WAIVER FORM ADULT

IV Ichiban IKO Polish Cup, Kąty Wrocławskie, January 7th 2023

Name: _____

Category: _____

Country: _____

BC or DOP: _____

I, the undersigned _____, hereby declare that I take part in the sports competition of the V Ichiban IKO Polish Cup at my own risk and at my own responsibility and that my health condition allows me to take part in this competition and that there are no medical contraindications to my participation. I assume criminal and civil liability for any damage caused by me during the sporting event. I declare that I will not file any complaints or claims in court for damages as well as possible health impairment caused by any incidents during the sports competition. I accept that the organiser is not liable in any way for the actions or omissions of a participant in the competition. I declare that I have familiarised myself with the competition rules and I fully accept the provisions contained therein. I consent to the processing of my personal data within the meaning of the Regulation of the European Parliament and of the Council (EU) 2016/679 of 27 April 2016 and the Act of 10 May 2018 on the protection of personal data (Journal of Laws 2019 item 1781) contained in the above statement and to the use of my image by UCZNIOWSKI KLUB SPORTOWY-KARATE KYOKUSHIN SYPIEŃ, 55-080 Smolec, 13 Tulipanowa Street, NIP 896 159 88 53, for the purpose of promoting and disseminating sport and physical culture, including the publication of results, photos and reports of competitions in the press, on websites and in professional guides.

Signature: _____ Date: _____