**OPEN IKAK POLAND CHAMPIONSHIP**

**XVI Turniej Karate Kyokushinkai**

**Ostrów Mazowiecka**

**22.05.2022**

****

**Sensei Radosław Grabowski**

**&**

**Sensei Tomasz Marcjaniak**



**IMPORTANT!**

**1. In KUMITE SEMI KONTAKT competition, the tournament will be played in age categories according to full Japanese regulations, in particular with the use of all kicks for the head zone. There will be no disqualification for too strong regulatory techniques. In connection with the above, there are obligatory examinations from a sports doctor, consent of parents and using "jaws" in categories where we do not use helmets with grating, ie youth and juvenile categories.**

**2. In KUMITE competition, the FIRST STEP ORANGE BELT, you can do all the techniques as in full Japanese recipes. However, it is FORBIDDEN TO USE THE FULL FORCE OF COPIES AND STRIPS !!! It is a competition of a recreational nature. It is not required to participate in sports studies, but only the parents' consent.**

**3. A competitor may only take part in one kumite competition.**

**4. Applications until 19/05/2022 - Thursday until 24:00**

**5. The organizer reserves the right to change the division into weight and age categories, that is why the applications should give the exact weight of the competitor.**

**6. Applications ONLY via the online Registration Panel of contestants at the competition in OKKK. To get a login and password send email : kyokushin\_ostrowmaz@poczta.onet.pl**

**7. The registration panel will be open on 01.05-19.05.2022 at www.karate-ostrow.pl**

**8. The club reports at least one judge. The club can report a second. It can be an instructor, a senior player. They can not be bystanders, in particular parents of players.**

**9. Each club reports at least one judge. The competition will be played on 3 or 4 mats.**

**Regulamin:**

1. **Tournament organizer:**

**Ostrowski Klub Karate Kyokushinkai**

**Miejski Ośrodek Sportu i Rekreacji w Ostrowi Maz.**

**Urząd Miasta w Ostrowi Mazowieckiej**

**2. Time and place:**

**22.05.2022**

**MOSiR , ul. Trębickiego 10 , Ostrów Mazowiecka, Poland**

1. **Notice**
2. **General information (terms of participation, categories, application)**
3. **Kata – categories and rules**
4. **Kumite Semi Contact – Tournament of Orange Belts - competitors borned in 2009 and younger – categories**
5. **Kumite Semi Contact for advanced participants - from 8th kyu, up to 18 years old – categories**
6. **Kumite Full Contact – competitors over 18 years old – categories**
7. **Rules for Kumite**

**// 1. Notice //**

1. Separate categories for those who have orange belts and are born in 2006 and younger.
2. Full contact categories will be carried on even if there are only two competitors in a category. In this case, the fights will be conducted according to the Super Fight system.
3. The tournament will be carried in all age categories, according to unabridged kyokushin regulations. For details see art. 7 RULES FOR KUMITE.
4. **A certificate of physical examination issued by a sports physician is UNQUESTIONABLY REQUIRED in all age categories for underage competitors, as well as** **a parent’s consent and a declaration about having a valid a physical examination by a sports physician. Competitors** **from outside Poland sign a declaration and present a medical certificate according to regulations in force in their country.**
5. A headgear with a face cage is obligatory in age categories for underage competitors.
6. A teeth protector is obligatory for people fighting in adult categories. If the competitor is fighting without the teeth protector, he is doing it on his own responsibility. **In the event of a foul hit to the head, which, in judges estimation, does not result in disqualification of a hitting fighter but it causes injuries and teeth damage, which according to a doctor make it impossible to continue the fight, the fighter who received a hit may lose the fight through incapacity.**
7. Application deadline is 19 May 2022 (Thusday)
8. The competitor will be automatically assigned to the advanced fighter category, if he or she does not report the level of advancement in the application form
9. The administrator reserves the right to change a division into age and weight categories, so it is essential to declare the exact weight (1 kg accuracy) of a competitor in the application form.
10. THERE IS AN OUTRIGHT BAN ON ENTERING THE HALL IN HIGH HEELS and other shoes which may damage a floor in the hall. Without changing of shoes, an entry only to an audience will be admitted.

***The administrators of the tournament ask to read carefully the announcement***

***and wish you sports success and a pleasant stay in Ostrów Mazowiecka.***

**// 2. General information** **//**

**1. Participation:**

Teams from all clubs invited by the Administrator of the Tournament, that consist of any number of competitors can participate in the tournament, regardless the organization they are in.

**Competitors, who are allowed to take part in matches, are obliged to have:**

* **Medical certificate permitting to practice karate, issued by a sports physician.**
* ID card with a photo and an exact date of birth.
* Clean, white karate-gi.
* Complete set of obligatory protectors required for a chosen category.
* Adult competitors – a statement of acceptance of the tournament regulations, comfirmation about having medical certificate on the ability to practice karate issued with applicable regulations, and a statement concerning rights to personal image (according to an enclosed form).
* **Under age person – a written parent’s** **or legal guardian’s consent to take part in the tournament and** , comfirmation about having medical certificate on the ability to practice karate issued with applicable regulations **(according to an enclosed form). A competitor** **without the consent is automatically excluded from a KUMITE SEMI-CONTACT competition**.
* Fighters from outside the European Union must to have an insurance policy covering the costs of possible treatment in Poland, including injuries araising from the start in the karate competion.

Each team is obliged to name a referee for matches. The referee should have a full referee’s garment (a white shirt with long sleeves, a navy blue tie, grey or black trousers and a whistle. Since the tournament will be carried on three or four mats, additional referees are welcome.

**2. Competition:**

The tournament will be carried according to: World Kyokushin Budokai rules and art. 7 the Rules for Kumite, in following competitions:

**- kumite semi-contact, from 10,1 kyu or 10 kyu to 9,3 kyu or 9 kyu (The Orange Belts Tournaments) for categories: Joungsters, Cadets, youger Cadets, Childrens.**

**- kumite semi-contact, for competitors under 18 years old, from 8,1 kyu or 8 kyu for categories: Juniors, younger Juniors, Yongsters, Cadets, younger Cadets, Childrens.**

**- kata - without a division on age categories, but with a division to men and women**

**3. Participation fee:**

Competitors pay 80 PLN . The payment includes a sandwich and a drink for a competitor. The participation fee should be paid in cash on the day of the tournament or earlier, by a bank transfer on an account placed in a letterhead (please send proof of payment to the address kswbushi@onet.pl).

**4. Rewards and team score:**

For first places on the Orange Belts Tournament, winners will receive a cups, medals and diplomas. For the second and third places there will be medals and diplomas. In the other categories for places first to third, winners will receive cups and diplomas.

Team score: 1st place – 5 points, 2nd place – 3 points, 3rd place – 1 points. Team score will be counted based on results in all categories of the tournament.

**5. Application**

1. Application forms should be sent LATEST 19 May 2022 (Thusday) until midnight ONLY via the online Registration Panel Before the tournament, there will be a verification of all documents (ID cards with a photo, a medical certificates, parent’/adult competitors’ consents), competitors’ weight and whether they have obligatory sets of guards/protectors.

!

**6. Schedule – 22/05/2022,** **Sunday:**

09.00 – 11.00 verification of kumite competitors (all age categories)

09.30 consultations of heads of teams, announcing referees

10.30 kata tournament

12.00 official opening

12.30 kumite tournament of all categories

around 18.00 official end of the tournament.

The length of the event depends on the number of competitors.

**7. Food:**

A sandwich and a drink are included in the participation fee. There will be also a bar with snack. Also a treat for referees and judges is anticipated.

**8. Accommodation:**

Administrator will not provide lodgings. Nearby, there are hotels of different standard

**9. Insurance:**

Competitors will not be insured by the Administrator. According to Polish law, the competitors’ fighting clubs are obliged to provide insurance for them.

**10. Change of shoes**

There is an outright ban of entering the hall IN HIGH HEELS or other shoes which may damage a floor in the hall. Without changing shoes, an entry only to an audience will be admitted

**11. Shop**

There will be a shop, in which all obligatory guards and protectors will be available for purchase.

**12. Final arrangements:**

In all matters not mentioned in regulations above, the final decisions are made by the Administrator.

**13. Additional information:**

sensei Radosław Grabowski phone number: +48 607 603 430 

sensei Tomasz Marcjaniak phone nymber +4851201760490 

Senpai Maciej Grabowski phone number: +48 788 898 525, 

e-mail: kyokushin\_ostrowmaz@poczta.onet.pl

**// 3. Kata – categories and rules //**

**RULES OF KATA COMPETITION**

Kata competition will be carried without a division on age categories, but with a division to men and women, in two rounds:

I round Gekisai Sho,

II round selected kata

We ask to apply participants who have an experience in the competition and who present a decent level of training.

|  |  |  |
| --- | --- | --- |
| **C A T E G O R Y** | **I ROUND** | **II ROUND** |
| Min 8 kyu, with a division to men and women, but without age division. | Gekisai Sho | Tsuki no Kata, Saifa, Garyu, Seienchin, Seipai, Kanku, Sushiho |

**// 4. Kumite Semi Contact – Tournament of Orange Belts, competitors borned in 2009 and younger – categories //**

**KUMITE SEMI-CONTACT CATEGORIES**

Competitors will be divided into groups according year of birth

Weight categories may be changed, so please declare an exact weight.

**Men:**

- youngsters borned in 2009 - 2010 up to 35 kg, up to 40 kg, up to 45 kg, up to 55 kg, over 55 kg

- cadets borned in 2011 - 2012 up to 30 kg, up to 35 kg, up to 40 kg, up to 45 kg, over 45 kg

- younger cadets borned in 2013 - 2014 up to 25 kg, up to 30 kg, up to 35 kg, over 35 kg

- children (boys) borned in 2015 and younger up to 25 kg, up to 30 kg, over 30 kg

**Women:**

- youngsters borned in 2009 - 20010 up to 40 kg, up to 50 kg, over 50 kg

- cadets borned in 2011 - 2012 up to 35 kg, up to 45 kg, over 45 kg

- younger cadets borned in 2013 - 2014 up to 25 kg, up to 30 kg, over 30 kg

- children (girls) borned in 2015 and younger up to 25 kg, up to 30 kg, over 30 kg

**RULES OF KUMITE SEMI-CONTACT COMPETITION**

The tournament will be played individually in a Cup’s System. When there will be three competitors matches will be played in a system each fighter vs each fighter. A category may be combined with another if there will be fewer than three competitors. **Competitors from all age categories will be fighting according to semi-contact regulations stated in art. 6. RULES FOR KUMITE.**

**// 5. Kumite Semi Contact Advanced - from 8th kyu, competitors under 18 – categories //**

**KUMITE SEMI-CONTACT CATEGORIES**

Competitors will be divided into groups according year of birth

Weight categories may be changed, so please declare an exact weight.

**Men:**

- juniors borned in 2005 – 2006 and people from the year 2004 who are under the age of 18

up to 60 kg; up to 65 kg; up to 70 kg; up to 75 kg; up to 85, over 85 kg

- younger juniors borned in 2007 - 2008 up to 45 kg, up to 50 kg, up to 55 kg, up to 60 kg, up to 65 kg, over 65 kg

- youngsters borned in 2009 - 2010 up to 35 kg, up to 40 kg, up to 45 kg, up to 55 kg, over 55 kg

- cadets borned in 2011 - 2012 up to 30 kg, up to 35 kg, up to 40 kg, up to 45 kg, over 45 kg

- younger cadets borned in 2013 - 2014 up to 25 kg, up to 30 kg, up to 35 kg, over 35 kg

- children (boys) borned in 2015 and younger up to 25 kg, up to 30 kg, over 30 kg

**Women:**

- juniors borned in 2005 – 2006 and people from the year 2004 who are under the age of 18

up to 55 kg, up to 65 kg, over 65 kg

- younger juniors borned in 2007 - 2008 up to 50 kg, up to 60 kg, over 60 kg

- youngsters borned in 2009 - 2010 up to 40 kg, up to 50 kg, over 50 kg

- cadets borned in 2011 - 2012 up to 35 kg, up to 45 kg, over 45 kg

- younger cadets borned in 2013 - 2014 up to 25 kg, up to 30 kg, over 30 kg

- children (girls) borned in 2015 and younger up to 25 kg, up to 30 kg, over 30 kg

**RULES OF KUMITE SEMI-CONTACT COMPETITION**

The tournament will be played individually in a Cup’s System. When there will be three competitors matches will be played in a system each fighter vs each fighter. A category may be combined with another if there will be fewer than three competitors. **Competitors from all age categories will be fighting according to semi-contact regulations stated in art. 6. RULES FOR KUMITE.**

**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!!!**

**// 6. Rules for Kumite //**

Rules for KUMITE SEMI CONTACT

**SEMI KONTAKT**

The ORANGE BELTS TOURNAMENT (10 and 9 kyu) will be played with the following division to age categories: Youngsters, Cadets, Younger Cadets, Children\*.

The TOURNAMENT FOR ADVANCED FIGHTERS (8kyu and higher) will be played with the following division to age categories: Juniors, Younger Juniors, Youngsters, Cadets, Younger Cadets, Children\*

\*In the Children category, if the blue belt will be reported, will be attached to the orange belt category

**Matach duration:**

**CHILDREN, YOUNGER CADETS, CADETS:**

1,5 minutes round -> 1,5 minute first playoff –> weight (more than 3 kg difference is decisive) -> 1,5 minute second playoff, after which a verdict must be reached.

**YOUNGSTERS, YOUNGER JUNIORS, JUNIORS:**

2 minutes round -> 2 minute first playoff –> weight (more than 3 kg difference is decisive) -> 2 minute second playoff, after which a verdict must be reached.

**Protectors:**

**THE ORANGE BELTS TOURNAMENT**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Category*** | ***Obligatory personal protectors*** | ***Obligatory protectors provided by Administrator*** | ***Advisable protectors, not obligatory*** |
| **Youngsters**  **Cadets**  **Younger cadets**  **Children** | - white shin&instep protectors - hand protectors - men - groin protector | - chest protector hogo  - headgear with face cage | - women – groin guard  - soft knee guards |

**THE TOURNAMENT FOR ADVANCED FIGHTERS**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Category*** | ***Obligatory personal protectors*** | ***Obligatory protectors provided by Administrator*** | ***Advisable protectors, not obligatory*** |
| **Juniors**  **Younger Juniors**  **Youngsters** | - white shin&instep protectors  - hand protectors  - soft knee guards  - men - groin protector  - women –breast protector, separate plates (foamed plastic) and stretchy top | - headgear with face cage | - women – groin guard |
| **Cadets**  **Younger**  **Children** | - white shin&instep protectors - hand protectors - men - groin protector | - chest protector hogo  - headgear with face cage | - women – groin guard  - soft knee guards |

**ALLOWED AND UNALLOWED TECHNIQUES IN SEMI-CONTACT COMPETITION**

**Allowed techniques:**

* Hand techniques (seiken, hiji, tetsui) performed on chudan and gedan zones,
* All foot techniques performed on all allowed to attack body zones (including low kick, circular foot technics, a roundhouse kick ushiro-mawashi or jump kick tobi-geri and so-called "transfer technique" and foot techniques hiza-geri, mae-geri, yoko-geri and ushiro-geri to all body zones

**Unallowed techniques:**

* hand techniques (regardless the hit surface) on a jodan zone,
* techniques performed on a crotch, a knee or a spine
* head blows
* catching, pushing, throwing etc.

**Additional information:**

* a competitor who has scored a full point (Ippon) during the fight or has won half a point (waza-ari) two times, wins the fight before the end of regular time
* a competitor wins a waza-ari for performing a technique that had a visible impression on an opponent and caused his temporary inability to fight, for no longer than 3 seconds,
* a competitor wins an ippon for performing an allowed technique that had a visible impact on the opponent and caused his inability to fight for longer than 3 seconds.
* in an absence of wazari or ippon points or in case of a tie, the winner of a match is chosen by judges, on the basis of the overall fight image.
* in exceptional cases, the Chief referee of the competition may order additional play-off or a re-vote of a panel of judges.
* a competitor who is not ready to fight (is not wearing a complete set of personal protectors) within 1 minute from reading his name by the announcer may be disqualified by the mat referee's decision.
* impolite and offensive behavior of the contestant (and also of people who are accompanying him/her and of coaches) towards any person present in the sports hall during the competition may result in awarding the player with so-called penalty points or in full disqualification - total removal from the list of the tournament participants.