

2ND IKO NAKAMURA EUROPEAN KARATE CHAMPIONSHIP POLAND BIAŁYSTOK



DATE: 01.06.2024

LOCATION: Hala Sportowa UWB, 20A Świerkowa Street

MAIN REFEREE: shihan Zbigniew Goliński 5 dan (Branch Chief, IKON Poland)

Technique referee: shihan Sławomir Dubiel 6 dan (Branch Chief WKB Poland)

Head of IKO Nakamura Poland: shihan Piotr Sawicki 6 dan

1. SCHEDULE PLAN EUROPEAN KYOKUSHIN IKO NAKAMURA CHAMPIONSHIP

31.05.2024 Friday

Arrival of Officials and Participants

10:00 - 21:00 weight and medical control - Competition Hall, 20A Świerkowa street

*17.00 - 19.00 technical and grading committee meeting (Shihan Goliński & Shihan Dubiel)
- Villa Tradycja*

01.06.2024 Saturday (1st Day)

9.30 - Start All Kata Categories (5 tatami)

10.00 - 12.00 - All kata categories to the Finals (5 tatami)

12.15 - All Kumite Categories to the Finals (5 tatami) U12, U14, U16, U18

13.30 - 14.00 Dinner

14.00 - Official Opening Ceremony

14.20 - Kumite All Categories to the Finals U12, U14, U16, U18, Seniors, Masters to the Finals

20.30 - Awarding Ceremony

21.00 - Sayonara Villa Tradycja

02.06.2024 Sunday (2nd Day)

Seminary

2. THE OVERALL RULES OF PARTICIPATION:

- *Tournament is open for all karate organization. There is no limit of contestants for each category to register . Tournament will be held with IKO Nakamura regulations with categories: U12, U14, U16, U18, kumite senior men, kumite senior women, masters men, master women, kata categories- the same as kumite categories.*
In U12 (11 years old and under 12 years old) and U14 (13 years old and under 14 years old) categories players wear a hogo and a helmet with a grille, white shin-foot protectors, fisters, suspensory.

UNACCEPTABLE TECHNIQUES: *mae geri jodan, hiza geri jodan, do mawashi kaiten geri.*

In U16 (15 years old and under 16 years old) and U18 (17 years old and under 18 years old) categories players wear a helmet with a grille and a suspensorium. All techniques are allowed.

- *Techniques low kick (mawashi-geri-gedan) is allowed in all categories*
- *wazari will be given for technique making oponent not able to continue for over 3 seconds.*

ONLY THOSE WHO MEET THE FOLLOWING REQUIREMENTS WILL BE ALLOWED TO TAKE A PART OF THE TOURNAMENT

- *The contestant needs to possess a valid medical certificate. There are no such certificates enabling participation in competitions.*
- *The contestant needs to have a current school ID or other document with picture stating the date of birth*
- *The contestant needs to possess a clean white karate-gi and white cotton shin and foot guard*
- *Groin guards for both men and boys (all categories) as well as chest guards for girls (junior) and women*
- *The contestant needs to have at least 2 years of training*
- *If underaged the contestant needs to have written permission of a parent or guardian (document in Attachment)*

NO SUCH CONSENT IN THE CASE OF COMPETITORS STARTING IN THE KUMITE COMPETITION RESULTS IN AUTOMATIC EXCLUSION FROM THE TOURNAMENT!!!!

- *All teams are obliged to nominate at least one referee.*
- *Application document with a barcode, printed from the karateonline.pl registration panel (link to the system provided in point 5 REGISTRATION) The code enables efficient verification.*

ATTENTION! *People who do not report risk being omitted during verification.*

This results in exclusion from the tournament and the inability to appeal against this decision.

3. GENERAL INFORMATION CATEGORY

KUMITE

The exact date of birth determines the participation in a given category. Competitors who on the day of the Tournament are over 18 years old start as Seniors.

After analyzing the applications by the Organizer, weight categories may change.

Please specify the weight in the application with an accuracy of 1 kg.

In the event of an even match, the mat referee may call overtime.

If this does not resolve, the weight difference will decide

(3 kg for U12-U18 categories, 5 kg Seniors and Masters).

Eventually another overtime is possible, after which the judges must determine the winner.

BOYS

U12 BOYS (10, 11 years old and under 12 years old)

Fight time 90s / Overtime 90s

Protection (Helmet (with face shield), Armor -Hogo, crotch pad, shin-foot, knees, fists)

-30kg, -35kg, -40kg, -45kg, +45kg

U14 BOYS (12, 13 years old and under 14 years old)

Fight time 90s / Overtime 90s

Protection (Helmet with face shield, Armor -Hogo, crotch pad, shin-foot, knees, fists)

-40kg, -45kg, -50kg, -55kg, -60kg, +60kg

UNACCEPTABLE TECHNIQUES U12/U14: *mae geri jodan, hiza geri jodan, do mawashi kaiten geri.*

U16 BOYS (14, 15 years old and under 16 years old)

Fight time 90s / Overtime 90s

Protection (Helmet with face shield, crotch pad, shin-foot, knees, fists)

-50kg, -55kg, -60kg, -65kg, -70kg, +70kg

U18 BOYS (16, 17 years old and under 18 years old)

Fight time 120s / Overtime 120s

Protection (Helmet, Crotch pad, shin-foot, knees, fists)

-60kg, -65kg, -70kg, -75kg, -80kg, +80kg

GIRLS

Children 10 – 12 (girls must be over 10 years old on the day of the competition and must not be over 12 years old on the day of the competition)

U12 GIRLS (10, 11 years old and under 12 years old)

Fight time 90s / Overtime 90s

Protection (Helmet with face shield, Armor -Hogo, shin-foot, knees, fists)

-30 kg, -35 kg, -40 kg, +40kg

U14 GIRLS (12, 13 years old and under 14 years old)

Fight time 90s / Overtime 90s

Protection (Helmet with face shield, Armor -Hogo, shin-foot, knees, fists)

-40 kg, -45 kg, -50 kg, +50 kg

UNACCEPTABLE TECHNIQUES U12/U14: *mae geri jodan, hiza geri jodan, do mawashi kaiten geri.*

U16 GIRLS (14, 15 years old and under 16 years old)

Fight time 120s / Overtime 120s

Helmet (with face shield), Shin-foot, knees, fists, breast protector

-50kg, -55kg, -60kg, +60kg

U18 GIRLS (16, 17 years old and under 18 years old)

Fight time 120s / Overtime 120s

Helmet, Shin-foot, knees, fists, Breast protector

-50kg, -55kg, -60kg, -65kg, +65kg

MENS

SENIOR

Fight time 180s / Overtime 120s

Protection crotch pad

-70kg, -80kg, -90kg, +90kg

MASTERS 35+

Fight time 120s / Overtime 90s

Protection crotch pad

For 35-44 years

-85kg, +85kg

Over 45 years

-85kg, +85kg

WOMENS

SENIOR

Fight time 180s / Overtime 120s

Protection (Breast protector)

-55kg, -60kg, -65kg, +65kg

MASTERS 35+

Fight time 120s / Overtime 90s

Protection (Breast protector)

-60 kg, +60 kg

4. KATA

The kata competition will be played by age for boys and girls (in total) in two rounds

Elimination: kata choose by referee

Final kata choose by contestant

U-12 Category

Elimination: pinian sono ichi

Final: pinian sono ni, pinian sono san

U-14 Category

Elimination: pinian sono ni, pinian sono san

Final: pinian sono yon, pinian sono go

U-16 Category

Elimination: pinian sono san, pinian sono yon, pinian sono go

Final: yantsu, tsukino kata, gekesai dai

U-18 Category

Elimination: gekesai dai, yanstu, tsukino

Final: gekesai sho, saiha, sushiho, kanku dai, garyu, seienchin, seipai

Senior/ masters

Elimination: gekesai dai, gekesai sho, yantsu, tsukino kata, saiha

Final: sushiho, kanku dai, seipai, seienchin, garyu

5. REGISTRATION

Please register teams and competitors in the period 05/03/2023 - 17/05/2023
and print applications document with barcodes.

Before the competition, the documents and weight of the competitors will be verified
using application document.

Starting numbers will be assigned during verification

Photos of players must be provided for presentation on information screens
the players themselves (in the upper part of the karategi)

Contestant not registered on time will not take part in the tournament.

Contestant who do not pass the weight verification or will not have current
medical certification will be removed from the starting list.

In such a situation, the starting fee will not be refunded.

REGISTRATION: *the registration process will take place via the website*

<https://karateonline.pl/ikonekchp2024>

between 05.04.2024 – 25.05.2024

All Participants need/should pay in cash till the day of verification
Contestants will be provided with dinner.

The entry fees are payable the day before the competition
during the weight of the competitors.

PRICES FOR PARTICIPATION:

70 euro Kata

70 euro Kumite

100 euro Kumite + Kata

26 euro Sayonara (Dinner, Disco)

For competitors from foreign clubs, payment on the spot

CONTACT:

Shihan Piotr Sawicki tel. 603 539 283, e-mail: piotrk yokushin@interia.pl

6. AWARDS

For the 1st, 2nd, 3rd place there will be cups and certificates
Fights for 3rd place will be taken in all categories.

For the 1st, 2nd and 3rd place in team categories there will be cups and certificates

Team competition will be summary of individual place: 1st place- 6 points, 2nd place - 4 points,
3rd place - 2 points, 4th place - 1 point (only senior categories will be count)

ADDITIONAL AWARDS:

Best Spirit, Best technique, Best temashiwari for senior men and senior women

7. INSURANCE

A contestant needs to possess a valid personal accident insurance
Organizer provides medical care during the tournament.
In case of issues unresolved by general rules the decision
belongs to Organizer and the Main Referee

8. OTHER INFORMATION

Organizer can change weight categories after contestant verification
Organizer do not take responsibility for items lost by contestants during tournament.
Parents or legal guardians are responsible for damages made by underaged contestants.

9. OFFICIAL HOTELS:

- 1 Hotel Turkus** <https://turkus.jard.pl/>
2. Willa Tradycja*** <https://villatradycja.pl/>
- 3 Hotel 3 Trio *** <https://www.hotel3trio.pl/>
- 4 Hotel Leśny*** <https://www.lesny.bialystok.pl/>



**University (UWB) Sports Hall
20A Świerkowa Street**

VIEW OF THE SPORTS HALL

