



KYOKUSHIN IKO POLAND SENIOR CHAMPIONSHIP



Miasto Ostróda

&

IKO POLISH 2025 OPEN & YOUNG LIONS CUP



BIO-AGRO
PRODUKT



Ostródzkie Centrum
Sportu i Rekreacji

1. Tournament organizers

OSTRÓDZKI KLUB KYOKUSHIN KARATE
and IKO 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, March, 29th 2025

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.

1. Kata

6 competitors qualify for the final round.

	Category	First round	Final
IKO POLAND SENIOR CHAMPIONSHIP	+50 y.o. – Women Men	SAIFA	SEIENCHIN
	35-49 y.o. – Women Men	SAIFA	SUSHIHO
	18-34 y.o. – Women Men	BASSAI	KANKU
IKO POLISH OPEN	16 - 17 y.o. – Boys Girls	GEKISAI SONO SAN	BASSAI
	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	ARBITRARY KATA	-

2. 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 29.03.2025) and weight.

Boys	Weight categories	Protectors (IKO standard)	Hogo	Head gear	Fight time
8-9 y.o.	- 25 kg, - 30 kg, - 35 kg, +35 kg	<ul style="list-style-type: none"> • Shin pads • Groin cup • Fist guards • Mouth guard (+14 y.o.) 	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.	- 40 kg, - 45 kg, - 50 kg, - 55 kg, + 55 kg		yes	Face cover	1,5 (+1,5)
14-15 y.o.	- 50 kg,- 55 kg, - 60 kg, - 65 kg, - 70 kg, -75 kg, +75 kg		yes	Without f. c.	2 (+2)
16-17 y.o.	-55 kg, - 60 kg; - 65 kg; - 70kg; - 75 kg, -80 kg, +80 kg		yes	Without f. c.	2 (+2)
Girls	Weight categories	Protectors (IKO standard)	Hogo	Head gear	Fight time
8-9 y.o.	- 25 kg, - 30 kg, + 30 kg	<ul style="list-style-type: none"> • Shin pads • Fist guards 	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.	- 40 kg, - 45 kg, - 50 kg, + 50 kg		yes	Face cover	1,5 (+1,5)
14-15 y.o.	- 50 kg, - 55 kg, - 60 kg, + 60 kg	<ul style="list-style-type: none"> • Shin pads • Fist guards • Breast pads • Mouth guard 	no	Without f. c.	2 (+2)
16-17 y.o.	- 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg		no	Without f. c.	2 (+2)

3. Young Lions Cup

A tournament **for beginner orange belts**, held in the youngest age categories, divided by age, gender, and weight, in accordance with IKO regulations.

Kyu	Boys	Weight categories	Protectors (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"> • Shin pads • Groin cup • Soft knee pads • Fist guards 	yes	Face cover	1 (+1)
10-9	8-9 y.o.	-25 kg; -30 kg; -35 kg; +35 kg				1,5 (+1,5)
10-9	10-11 y.o.	-30 kg; -35 kg; -40 kg; +40 kg				
Kyu	Girls	Weight categories	Protectors (IKO standard)	Hogo	Head gear	Fight time
10-9	6-7 y.o.	-20 kg; +20 kg	<ul style="list-style-type: none"> • Shin pads • Soft knee pads • Fist guards 	tak	Face cover	1 (+1)
10-9	8-9 y.o.	-25 kg; -30 kg; +30 kg				1,5 (+1,5)
10-9	10-11 y.o.	-30 kg; -35 kg; +35 kg				

4. IKO Poland Senior Championship

The championships will be held in the senior categories in accordance with **IKO regulations**.

Men	Weight categories	Protectors (IKO standard)	3rd place fight	Elimination	½ final and final
18-34 y.o.	-60 kg, -70 kg, -80 kg, -90 kg, +90 kg	<ul style="list-style-type: none"> Groin cup Mouth guard optional 	yes	2 (+2)	3 (+2, +2, weight, +2)
35-44 y.o.	-75 kg, -85 kg, +85 kg	<ul style="list-style-type: none"> Shin pads Groin cup Soft knee pads Fist guards Head gear without face cover Mouth guard optional 	no	1,5 (+1,5)	1,5 (+1,5)
+45 y.o.	-75 kg, -85 kg, +85 kg		no	1,5 (+1,5)	
Women	Weight categories	Protectors (IKO standard)	3rd place fight	Elimination	½ final and final
18-34 y.o.	-55 kg, -65 kg, +65 kg	<ul style="list-style-type: none"> Breast pads Mouth guard optional 	yes	2 (+2)	3 (+2, +2, weight, +2)
+35 y.o.	-55 kg, -65 kg, +65 kg	<ul style="list-style-type: none"> As above and: Shin pads Groin cup Soft knee pads Fist guards Head gear without face cover 	yes	2 (+2)	1,5 (+1,5)

5. Provisions

A. The competitor's age is determined as of March 29, 2025.

B. The organizer reserves the right to merge (in cases of three or fewer competitors) or split categories, prioritizing the safety of participants.

C. The organizer does not provide any protective gear.

D. Competitors eligible to participate in the Young Lions Cup must hold ranks between 10th and 9th Kyu and be beginners, meaning they have not won a medal in international competitions, particularly the IKO Polish Open, and have not competed in the European Championships or the European Cup.

E. Only coaches and instructors from a given club may act as seconds. Additionally, they must adhere to the dress code:

- **IKO Polish Open & Young Lions Cup**
Acceptable attire: neat sportswear (e.g., a club tracksuit) or a white shirt with gray/dark trousers.
- **IKO Poland Senior Championships**
Acceptable attire: a white shirt with gray/dark trousers.

F. Competitors in the IKO Poland Senior Championships are required to wear a clean white dogi without any additional patches (if patches are present, they must be covered).

10. Fees

One category: **30 euro**,
Two categories: **35 euro**,
lunch is included.

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)

11. Prizes

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

12. Registration

Competitor' registration should be sent via the website: next.osusoftware.com from **1st of March up to 22nd of March 2025** by midnight;

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!

13. 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.

14. Schedule

Friday, 28.03.2025

17.00–19.00 | **Check in** (OCSiR hall)

Saturday, 29.03.2025

7.30–9.30 | **Check in**

9.00–9.30 | Judges meeting

10.00 | Start of **kata** competition

12.30 | Opening ceremony

13.00 | Start of **kumite** competition

18.00 | Ceremonia wręczenia nagród

15. 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.

16. 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 Maź

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