

Polish Shidokan Federation

invites to

International Shidokan Cup for Kids and Juniors

Lask, the 19 of April, 2008.

Shidokan Sport Club Lask is honoured to invite
the representation of Your Country to take part in the tournament.

We are inviting you sincerely wishing you a lot of sport successes and a nice
staying in our town Lask.

PATRONAGE

Mayor of Lask – Gabriel Szkudlarek

SPONSORS:

Town Department of Lask, Kastor S.A., Shop “LUZ”,
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PRODUCENT ODZIEŻY SPORTOWEJ „PRS”, Culture Club In Lask

With sporty greetings

Mariusz Radlinski
Lidia Bak
Arkadiusz Stasiak
Piotr Bak
Andrzej Niepsuj
Dariusz Cieslewicz

REGULATIONS FOR
International Shidokan Cup for Kids and Juniors
Lask, the 19 of April, 2008.

General

1. Organizer:

Polish Shidokan Federation
Shidokan Sport Club Lask
98-100 Lask, Orzechowa Street 4 / 12

2. Place and date of meeting

The 19 of April 2008 (on Saturday)

Secondary Schools Group Zespól nr 2 patron Jan Laski
Warszawska Street 13 (ELEKTRYK – new sport hall)

3. Participation:

To be admitted to the tournament the participant must:

- be at least 7 years old (borne before the 19 of April 2001, confirmed with an ID);
- have updated health certificate;
- paid accident insurance;
- enter the appropriate date;
- have the tournament application card signed and confirmed by the Club (it is possible to sine the card on the spot);
- have paid admittance fee;
- have complete set of body shields.

4. Jurors

The head of the party is obliged to judge in the tournament. The juror must be dressed in dark trousers, white shirt, black bow-tie or tie and a whistle.

5. Starting formulas

- 5.1 sumo-grappling – kids 7 till 8 years old.
- 5.2 sumo-grappling – kids(women) 7 till 8 years old.
- 5.3 sumo-grappling – kids 9 till 10 years old.
- 5.4 sumo-grappling – kids(women) 9 till 10 years old.
- 5.5 sumo-grappling – kids(women) 11 till 13 years old.
- 5.6 junior-grappling – kids 11 till 13 years old.

5.7 submission-grappling – kids 14 till 15 years old.

5.8 bare knuckle karate - juniors 14 till 15 years old.

6. Weight category

6.1 sumo-grappling – kids 7-8 years old.

- category till 25 kg (+/- 1kg)

- category above 25 kg

6.2 sumo-grappling – kids (women) 7-8 years old.

one weight category

6.3 sumo-grappling – kids 9-10 years old.

- category till 35 kg (+/- 1kg)

- category till 45 kg (+/- 1kg)

- category above 44 kg

6.4 sumo-grappling – kids (women) 9 till 10 years old.

- category till 40 kg (+/- 1kg)

- category above 40 kg

6.5 sumo-grappling – kids (women) 11 till 13 years old.

- category till 40 kg (+/- 1kg)

- category above 40 kg

6.6 junior-grappling – kids 11 till 13 years old.

- category till 45 kg (+/- 1kg)

- category till 55 kg (+/- 1kg)

- category above 55 kg

6.7 submission-grappling – kids 14 till 15 years old.

- category till 60 kg (+/- 1kg)

- category till 70 kg (+/- 1kg)

- category above 70 kg

6.8 bare knuckle karate - junior (men) 14 till 15 years old.

- category till 65 kg

- category till 75 kg

- category above 75 kg

7. Applications

The summary application card should be mailed via registered letter to the organizer address not later than the 10. of March 2008 (the date on the stamp is respected). The Organizer requests for the phone contact till the 15, of March 2008 to confirm the Clubs participation.

8. Admittance fee

The admittance fee for every participant is:

- admittance fee → 10 Euro

The admittance fee is to be paid on the day of tournament.

9. Health examination and participants weighting

- the health examination and weighting are obligatory for every participant
- one has to produce the health card during the health examination
- in addition one has to produce ID and accident insurance.

10. Fight regulations:

Dress for fighting

Every participant has to wear karate-gi or judo-gi for fighting.

10.1 sumo-grappling kids 7-8 years old

sumo-grappling kids 9-10 years old

sumo-grappling kids (women) 7-8 and 9-10 years old

Time for the fight: 1 minute, play-off 30 seconds or till the first point

10.2 sumo-grappling kids 11-13 years old

sumo-grappling kids (women) 11-13 years old

junior-grappling kids 11-13 years old

Time for the fight: 2 minutes, play-off 30 seconds or till the first point

10.3 submission-grappling junior 14-15 years old

submission-grappling junior 14-15 years old

Time for the fight: 2 x 2 minutes, first round 2 minutes without points, second round 2 minutes with points

Regulations:

There are allowed: overthrows, throws, wipes, triangle strangling, lever on a hand, arm lock - lever on an elbow, lever on a foot - heel hook.

There are forbidden: guillotine strangling, and also all neck and larynx strangling.

Participants will take points for overthrows, throws, wipes, side position, mount, and also swipe-rolling. **A guard does not bring points !**

10.4 bare knuckle karate juniors 14 – 15 years old

-by the rules of Shidokan Karate

- obligatory shields of: perineum, jaw, shinbones, body, head but also gloves for karate fighting

- time for the fight: 2 x 2 minutes, play-off 1 minute, final fight 3 x 2 minutes

11. General tournament schedule

19 of April 2008 (on Saturday)

9:00 – 10:00	health examination and weighting	
10:00 – 10:30	arranging / drawing fighting pairs	
11:00 – 14:00	fight qualifying selection	
14:00 – 15:00	brake	
15:00 – 15:20	teams presentation and ceremonial tournament opening	
15:20 – 17:30	final fights	
18:00 – 19:30	gala start in formulas:	2 fights bare knuckle karate
		2 fights thai-boxing
		2 fights triathlon
shidokan		1 fight of the event

12. Awards

- 1, 2 and 3 position – cups, t-shirts with printed logo, diplomas
- 4 position - diploma
- 1, 2 and 3 position in teams competition – cups and diplomas

13. Final statements

- organizer strongly requests strictly to follow the tournament program; i.e. registration, deposits, health examinations, weighting.
- organizer requests to contact via phone (or e-mail info@shidokan.pl) not later than 15.03.2008 to confirm participation in this tournament. Every Club is obliged arrive not later than till 10:00 in the morning on the tournament day. After this deadline there is no possibility to take part in this event.
- breaking these rules will cause admission refusal for the Club / competitor.
- there is possibility to arrange accommodation. The cost may be (feeding and a bed in boarding school), roughly, 15 Euro. Supper on Friday 04.04.08, on Saturday breakfast and dinner.
- organizer reserves himself the right to change the regulations.

All information available with:
MARIUSZ RADLINSKI (+48 502 360 150)

GOOD LUCK !

Participants Registration Form

.....
(name of the Country)

for

International Shidokan Cup for Kids and Juniors
Lask, the 19 of April, 2008.

Nr	Surname	Firstname	Age	Weight	Kyu	Health examination	Category
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							

I declare that all stated participants have valid health examinations and accidents insurance. I know and accept conditions of participation for my contestants in this event.

Signature and seal of the Clubs manager