



WELCOME

Dear Presidents, Country Representatives, WKO Branch Chiefs, National Coaches
Dear Shihan, Sensei, Senpai, Dojo Leader and Karateka

On behalf of

Romanian Kyokushin Karate Federation

and

Sports Club ROKAN SIBIU

we are very honored and proud to invite you to the

ROMANIAN INTERNATIONAL CUP

Sibiu, 28th of September 2019

Place: TRANSILVANIA Sports Hall - Sibiu

Address: Octavian Goga Street, no. 1, Sibiu, 550370

This tournament is open for all full-contact karate organizations and works under the guiding of the “World Full-contact Karate Organization”.

We are sure that the feeling of belonging to one big family of all karateka, combined with the “Never Give Up” spirit, will deliver a successful event, giving full-contact karate the deserved attention.

We are honored to welcome Europe’s finest competitors and the world together with you. Friendships will be strengthened and will unify our Full-contact Karate community.

Together we will stand strong!

Osu!

TIUCA DAN SIMION - A.C.S. ROKAN
IBAN EURO: RO67 BTRL 0330 4201 A765 02XX
Swift code: BTRLRO22 BANK TRANSILVANIA SIBIU

Sensei DAN TIUCA
info@fullcontactkarate.ro
Mobile phone: 0040 788 330 096

www.fullcontactkarate.ro



The purpose of the competition:

- To deepen sport friendship between participating countries, organizations and clubs
- To provide a competitive opportunity for Romanian Kyokushin Karate organizations and all Full-contact Karate organizations.
- To promote Full-contact Karate

Competition events and age groups:

- Kyokushin Kumite: U-12, U-14, U-16, U-18, Adults Open & Masters(+40)
Kata: U-16, U-18, Adults & Masters(+40)

Number of participants:

Every dojo can enter 2 competitors in each category.

Kumite rules:

According to WKO – Shin-kyokushin rules (Adults and MASTERS all techniques without limitations), EKO Rules for U-18, U-16,U-14 AND U-12 (touch contact to the head)

| Age Category | Jodan Techniques | Chudan Techniques | Gedan techniques |
|-------------------|------------------|-------------------|------------------|
| Masters | Knock-down | Knock-down | Knock-down |
| Adults | Knock-down | Knock-down | Knock-down |
| U-18 | Touch contact | Knock-down | Knock-down |
| U-16 | Touch contact | Knock-down | Knock-down |
| U-12, U-14 | Touch contact | Knock-down | Knock-down |



Registration:

Registrations were officially opened on April 1st 2019 .

More details and registration forms will be available at www.fullcontactkarate.ro

Deadline for national teams, officials, referees and others is September 2st, 2019.

After this date no applications or cancellations will be accepted. Registrations can only be accepted when all required documents and payments have been received and processed on time. More details will be provided after registration.

Participation fees:

- 15 EURO – U-12 and U-14
- 20 EURO – U-16, U-18, Adults and Masters kata or kumite
- 30 EURO – U-16, U-18, Adults and Masters kata and kumite

Accommodation, flight tickets, transportation, meals and other costs will be covered the attendees (participants, referees and officials) unless otherwise noted. Please arrange accordingly with the Country Organization or dojo where necessary.

Entrance fee: access in sport hall at the tournament will be free.

CITY of SIBIU

The city of Sibiu has its own international airport which is 5 km from Transylvania Hall. It has flight connections with Germany, Austria, Italy, Switzerland, Belgium, Spain, Denmark and London (<http://www.sibiuairport.ro/>). Our city is located in the center of the country. Another international airport nearby is in the city of Cluj-Napoca (170 km from Sibiu) and covers flights for most European countries. Two other major airports in Romania (Bucharest and Timisoara) are located 300 km from Sibiu.

Sibiu (Hermannstadt in German) was the largest and wealthiest of the seven walled citadels* built in the 12th century by German settlers known as Transylvanian Saxons. The riches amassed by its guilds paid for the construction of both impressive buildings and the fortifications required to protect them.



Sibiu is a pedestrian-friendly city with two easily accessible levels: the Upper town, home to most of Sibiu's historic sights, and the Lower town, lined with colorful houses on cobblestone streets and bounded by imposing city walls and defense towers overlooking the Cibin river.

Today, Sibiu is one of Romania's cultural and tourist capitals, attracting tourists due to its wonderful medieval charm, excellent views of the surrounding landscapes, great food, and stunning parkland. The city of Sibiu was the European Capital of Culture in 2007 and has been reconstructed benefiting greatly from the funds made available. The people in Sibiu are friendly and much of the city center is pedestrian area.

As the city of Sibiu is a common destination for tourist, we recommend early hotel bookings.

Accommodation:

HOTEL PARC *** approx. 100 meters from the sport hall/65 euro/ twin room/night

HOTEL RIN *** approx. 900 meters from the sport hall/55 euro/ twin room/night

Payment by bank transfer:
BANK TRANSILVANIA SIBIU

Beneficiary: TIUCA DAN SIMION - A.C.S. ROKAN SIBIU
Address: street. ANUL 1848 nr .22, city SIBIU, RO 550269
Swift code: BTRLRO22
Account Iban EURO: RO67 BTRL 0330 4201 A765 02XX

Your contact for the tournament:
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Preliminary Schedule:

- 27.09.2019 TRANSILVANIA Sport Hall - SIBIU
 - 18.00 - 21.00 Medical examination, weight check and registration of contestants , referees meeting .

- 28.09.2019 TRANSILVANIA Sport Hall – SIBIU
 - 08.00 - 08.30 Referees meeting
 - 09.30 - 10.00 Opening ceremony
 - 10.00 - 13.30 Kata / Kumite
 - 13.30 - 14.00 Karate Skills Demonstration and lunch brake
 - 14.00 - 19.00 Kumite
 - 19.00 - 20.00 Awards ceremony
 - 21.00 SAYONARA PARTY

Ages and conditions for KATA:

Ages: U-16, U-18, Adults & Master + 40

Male & Female

Flag system.

Minimum 2 years of Kyokushin practice – proof needs to be provided .

Adults and Masters +40

up to semi-final: compulsory kata: Gekisai Dai, Gekisai Sho, Yantsu, Tsuki no kata and Saiha
Semi-final & final: free kata (Seipai, Kanku, Seienchin, Sushiho and Garyu)

U-18

up to semi-final : compulsory kata (Gekisai Dai, Yantsu and Tsuki no kata)

Semi-final & final: free kata (Gekisai Dai, Gekisai Sho, Yantsu, Tsuki no kata and Saiha)

U-16

up to semi-final: compulsory kata (Pinan 2,Pinan 3,Pinan 4,Pinan 5)

Semi-final & final: free kata (Gekisai Dai, Gekisai Sho, Yantsu, Tsuki no kata and Saiha)



Ages and categories* for KUMITE:

BOYS:

| | |
|----------------|---------------------------------------|
| Juniors U-18: | - 60, -65, -70, -75, -80, +80 kg |
| Cadets U-16: | - 50, -55, -60, -65, -70, -75, +75 kg |
| Children U-14: | - 40, -45, -50, -55, -60,+60 kg |
| Children U-12: | - 30, -35, -40, -45, -50, +50 kg |

GIRLS:

| | |
|----------------|-----------------------------|
| Juniors U-18: | - 50, -55, -60, -65, +65 kg |
| Cadets U-16: | - 45, -50, -55, -60, +60 kg |
| Children U-14: | - 35, -40, -45, -50, +50 kg |
| Children U-12: | - 30, -35, -40, -45, +45 kg |

Adults Open

Men and Women

Masters (+ 40):

| | |
|--------|-----------------|
| Men: | - 75,-85, +85kg |
| Women: | - 60,-65, +65kg |

*Categories can be modified, depending on the number of participants.

Duration of the fights:

| | |
|--------------------------|--|
| Masters (40-45) | -2min / 2min – all rounds |
| Masters (45-50 and + 50) | -1.5 min/1.5 min - all rounds |
| Adults : | -3min / 2min /scale/2min - until semi-final |
| | -3 min / 2 min / 2min /scale/2min - for the semi-final and the final |
| Juniors U-18: | -2 min / 2min - until semi-final |
| | -2 min / 2 min / 2 min - for the semi-final and the final |
| Cadets U-16: | -1.5 min / 1.5 min - until semi-final |
| | -1.5 min / 1.5 min / 1.5 min-for the semi- and the final |
| Children U-14: | -1.5 min / 1 min – all rounds |
| Children U-12: | -1.5 min / 1 min – all rounds |

These rules apply to both male and female competitions

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The age limits of the competitors are as follows:

- U-12 Children: year of birth 2007,2008
- U-14 Children: year of birth 2006,2007
- U-16 Cadets: year of birth 2003,2004
- U-18 Juniors: year of birth 2001,2002
- Adults : minimum 18 years old on the day of the competition

Contestants of above categories need to provide proof of minimum 1 year of Kyokushin or fullcontact karate practice.

Masters: Minimum 40 years old on the day of the competition. Contestants need to provide proof of minimum 2 years of Kyokushin or fullcontact karate practice.

The maximum age limit of the masters competition will be decided by the medical doctors appointed to this event, upon mandatory medical check prior to the start. Also the minimum weight allowed in the competition, in the lowest category, will be decided by the medical staff .

If a contestant loses consciousness because of a high kick KO, this incident will be noted in his/her sports passport and thus will be banned to compete for a period of 6 months.

Participants have to mandatory organize their insurance. The Organizer rejects any responsibility in case of injuries.

Competition Rules and conditions:

- ✓ **EKO / Organizational passport valid for 2019 (BUDO PASS)**
- ✓ Valid medical certificate /"COMPETITOR" sports medic approval not older than 6 months.
- ✓ The competitor does not have a "head KO" entry in the last 6 months
- ✓ Certificate of non-pregnant state for female competitors (not older than 1 month)
- ✓ Declaration of participation (all) and Parent approval form for contestants up to U-18.



Awards:

The first 4 competitors in each category will be awarded trophies, medals and certificates. There will be trophies for Best Technique and Best Spirit.

PROTECTIONS:

We kindly ask each sports club to bring the required protective equipment.

| Age Category | Helmet | Gloves | Shin-protection with instep | Body vest (armour) | Groin men | Breast protection (cup type) women | Mouthpiece |
|--------------|----------|--------|-----------------------------|--------------------|-----------|------------------------------------|------------|
| Masters | optional | yes | yes | no | yes | yes | optional |
| Adults | no | no | no | no | yes | yes | optional |
| U-18 | yes | no | yes | no | yes | yes | optional |
| U-16 | yes | yes | yes | no | yes | yes | optional |
| U-12, U-14 | yes | yes | yes | yes | yes | yes | optional |

We wish you all a good preparation and a successful competition!



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