



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, 23 of September 2023

Place: TRANSILVANIA Sports Hall - Sibiu

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

This tournament is open for all fullcontact karate organizations and works under the guiding of the “World Fullcontact 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 fullcontact 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 Fullcontact Karate community.

Together we will stand strong!

Osu!



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 Fullcontact Karate organizations.
- To promote Fullcontact Karate

Competition events and age groups:

-Kyokushin Kumite & Kata : U-10,U-12, U-14, U-16, U-18 , U-21

Number of participants:

Every dojo can enter 2 competitors in each category.

Kumite rules:

According to WKO – Shin-kyokushin rules and EKO Rules for U-21 (all techniques without limitations) and U-18, U-16,U-14 U-12,U10 (touch contact to the head)

Age Category	Jodan (head) Techniques	Chudan Techniques	Gedan techniques
U-21	Knock-down	Knock-down	Knock-down
U-18	Touch contact	Knock-down	Knock-down
U-16	Touch contact	Knock-down	Knock-down
U-14	Touch contact	Knock-down	Knock-down
U-12	Touch contact	Knock-down	Knock-down
U-10	Touch contact	Knock-down	Knock-down



Registration:

Registrations were officially opened on July 1st 2023 .

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

Deadline payment for the participation and registration national teams, officials, referees and others is September 01, 2023.

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:

- **30 EURO – U-10,U-12, U-14, U-16, U-18, U-21 kata or kumite**
- **40 EURO – U-10,U-12, U-14, U-16, U-18, U-21 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.sibuiairport.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 MyContinental *** 400 meters from the sport hall/60 euro twin room/night/ With breakfast /minimum 2 nights package

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: Sensei DAN TIUCA
info@fullcontactkarate.ro

Mobile phone: +40 788 330 096



Preliminary Schedule:

- 22.09.2023 TRANSILVANIA Sport Hall - SIBIU
 - 18.00 - 21.00 Medical examination, weight check and registration of contestants , referees meeting .

- 23.09.2023 TRANSILVANIA Sport Hall – SIBIU
 - 08.00 - 08.30 Referees meeting
 - 08.30 - 09.00 Validation
 - 09.30 - 10.00 Opening ceremony
 - 10.00 - 13.30 Kata / Kumite
 - 13.30 - 14.00 Lunch brake
 - 14.00 - 19.00 Kumite
 - 19.00 - 20.00 Awards ceremony

Ages and conditions for KATA:

Ages: U-10, U-12, U-14, U-16, U-18,U-21

Male & Female

Flag system.

Minimum 1 years of Kyokushin practice – proof needs to be provided .

U-21

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)

U-14

up to semi-final: compulsory kata (Taikyoku 1, Taikyoku 2, Taikyoku 3,Pinan 1)

Semi-final & final: free kata (Pinan 2,Pinan 3,Pinan 4,Pinan 5)

U-12 , U-10

up to semi-final: compulsory kata (Taikyoku 1, Taikyoku 2)

Semi-final & final: free kata (Taikyoku 3,Pinan 1)



Ages and categories* for KUMITE:

BOYS:

Youth U-21:	- 65, -70, -75, -80, -85, -90, +90 kg
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
Children U-10:	- 25, -30, -35, -40, -45, +45 kg

GIRLS:

Youth U-21:	- 50, -55, -60, -65, +65 kg
Juniors U-18:	- 50, -55, -60, -65, +65 kg
Cadets U-16:	- 50, -55, -60, -65, +65 kg
Children U-14:	- 35, -40, -45, -50, +50 kg
Children U-12:	- 30, -35, -40, -45, +45 kg
Children U-10:	- 25, -30, -35, -40, +40 kg

Duration of the fights:

Youth U-21:	-2 min / 2 min / 2min – durations of bouts all true the competition (elimination as well as finals)
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 / 1.5 min – all rounds
Children U-12,U-10:	-1.5 min / 1 min – all rounds

No scale decision ,these rules apply to both male and female competitions.



The age limits of the competitors are as follows:

- U-10 Children: year of birth 2013,2014
- U-12 Children: year of birth 2011,2012
- U-14 Children: year of birth 2009,2010
- U-16 Cadets: year of birth 2007,2008
- U-18 Juniors: year of birth 2005,2006
- U-21 Youth : year of birth 2003,2004,2005*

* A competitor is considered as a Youth U-21 from the date of birth so that he/she will be 18 years old on the day of the competition to the 1st of January in the year that he/she will be 21 years old

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

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 2023 (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 competitors in each category will be awarded with trophy and rest of competitors with diploms and medals .

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
U-21	no	no	yes	no	yes	yes	optional
U-18	yes	no	yes	no	yes	yes	optional
U-16	yes	yes	yes	no	yes	yes	optional
U-14	yes	yes	yes	no	yes	yes	optional
U-12	yes	yes	yes	yes	yes	yes	optional
U-10	yes	yes	yes	yes	yes	yes	optional

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

