



World Open Cup Kong Sao in Martial Arts

Disciplines: Kata, Weapon Kata, Synchron Kata,

Semi Contact, Mix Kumite,

K1 (full contact), Open Combat (MMA),

Organizer: Kong Sao Sports and Martial Arts Association in collaboration

with MOSiR Mikołow

26th October 2019, Mikołów, ul. Bandurskiego 1a

Kata disciplines:

Girls:

kids: born before 2009-10-25

junior young: born between 2006-10-26 and 2009-10-25

junior: born between 2003-10-26 and 2006-10-25

senior: born before 2003-10-25

WARNING: in case of significant number of participants in senior category with master degrees organizer may take decision to run a separate category for them.

Boys:

kids: born before 2009-10-25

junior young: born between 2006-10-26 and 2009-10-25

junior: born between 2003-10-26 and 2006-10-25

senior: born before 2003-10-25

WARNING: in case of significant number of participants in senior category with master degrees organizer may take decision to run a separate category for them.

Weapon kata:

Girls:

kids: born before 2009-10-25

junior young: born between 2006-10-26 and 2009-10-25

junior: born between 2003-10-26 and 2006-10-25

senior: born before 2003-10-25

WARNING: in case of significant number of participants in senior category with master degrees organizer may take decision to run a separate category for them.

Boys:

kids: born before 2009-10-25

junior young: born between 2006-10-26 and 2009-10-25

junior: born between 2003-10-26 and 2006-10-25

senior: born before 2003-10-25

WARNING: in case of significant number of participants in senior category with master degrees organizer may take decision to run a separate category for them.

Synchron Kata:

Synchron-kata for juniors: one age category, no division for male/female, born after 2003-10-26 (one team member can be from higher age category)

Synchron-kata for seniors: no division for male/female, born before 2003-10-26 (one team member can be from different age category)

Semi Contact Fights:

Semi Contact Girls (born between 2007-10-26 and 2003-10-25):

-45kg/ -50kg/ -55kg/ -60kg/ +60 kg

Semi Contact Women (born before 2003-10-26):

-55kg/ -60kg/ -65kg/ -70kg/ +70kg

Semi Contact Boys (born between 2007-10-26 and 2003-10-25):

-45kg/ -50kg/ -55kg/ -60kg/ +60kg

Semi Contact Men (born before 2003-10-26):

-60kg/ -65kg/ -70kg/ -75kg/ -80kg/ -85kg/ -90kg/ +90kg

Mix Kumite (semi, judo, ground)

Kids category / only judo and ground (separate for boys and girls) born before 2007-10-25:

Weight categories: -25kg,-30kg,-35kg,-40kg, +40kg

Junior category (separate for boys and girls) born between 2007-10-25 and 2003-10-26:

Weight categories: -45kg,-50kg,-55kg,-60kg, -65kg, +65kg

Senior category (men) born before 2003-10-26:

Weight categories: -65kg,-70kg,-75kg,-80kg,-85kg, -90kg, +90kg

Senior category (women) born before 2003-10-26:

Weight categories: -56kg, +56kg

K1 (full contact):

Only Male. Only Male. Participation only for competitors +18.

7 weight divisions: -60kg, -65kg, -70kg, -77kg, -83kg, -91kg, +91kg.

Open Combat (MMA):

Only Male. Only Male. Participation only for competitors +18.

7 weight divisions: -60kg, -65kg, -70kg, -77kg, -83kg, -91kg, +91kg.

ALL OF THE TEAMS ARE OBLIGATED TO REGISTER QUALIFIED REFEREES AND COACHES.

Registration rules:

All participants should have valid medical examination, signed by the commissioned doctor. Each competitor should have his own, valid insurance policy (to be verified with the ID card during the weight verification).

Division of competitors in contact fights (MMA and full contact) are performed by coordinating referees responsible for certain discipline. In justified cases, coordinating referees are authorized to shift competitor to higher or lower weight category (keeping in mind weight tolerance of +/- 0.6kg)

Registration deadline: 12th October 2019

Registration only on the official form, send to the e-mail: sylwekcz@vp.pl

Registration fees:

Individual categories: each individual discipline 60 PLN,

Team categories: synchron kata: 180 PLN per team

Registration during the competitions will not be possible.

Sum of all the fees should be sent by coach to the official account number:

Account:

Association data: Stowarzyszenie Sportów i Sztuk Walki Kong-Sao, 43-190 Mikołów, ul. Górnicza 3/1

Account number: 32 1050 1634 1000 0023 1323 9580

Rules: General Kong Sao fights and kata rule]

Web Page: www.kongsao.pl

Prices: Places from 1st to 3rd – medal and diploma, diploma of participation for all competitors. Cup for the best male and female competitor.

Schedule:

Friday, 25th October 2019r.:

17:00 Sport Hall, Bandurskiego 1A Street, Training session for referees and coaches:

Saturday, 26th October 2019r.:

Official Opening: 9:00, ul. Bandurskiego 1A

Disciplines: kata, weapon kata, synchron kata, semi-contact, mix kumite; K1 (full contact), Open Combat (MMA).

Registration and weighting:

25th October 2019, 17:00 – 18:00, Bandurskiego 1A Street, during training session for referees and coaches

26th October 2019, 7:30-8:30, Bandurskiego 1A Street,

Coordination of competition: Sylwester Czarnota

Referees Board:

Adam Noras – main referee, main coordinator of all disciplines.

Adam Noras – coordinator of kata disciplines,

Jerzy Kniaziuk – coordinator of Semi Contact fights discipline,

Mirosław Krajewski – coordinator of Mix Kumite discipline

Krzysztof Pobożniak – coordinator of Open Combat i K1 disciplines

Organizer reserves a right to made changes in the above rules and commits to inform all participants before the competition start.

Accommodation:

Advised airports: Katowice Pyrzowice (around: 70km), Kraków Balice (around: 80km).

From advised airports we can help with transport organization (Pick up at the airport and drive you to hotel – after previous arrangement)

Hotels:

Zajazd Patio, ul. Kościuszki 352 , 40-690 Katowice, tel: 32 202 95 56, fax: 32 202 95 58

Motel "A & P", ul. Jasna 1, 43-190 Mikołów, tel. 32 226 04 50

HOTEL PiK , ul. Młyńska 5, 43-190 Mikołów, tel.+48 32 32 32 800, fax +48 32 32 32 801, e-mail: repcja@hotelpik.pl

Hotel Łaziska, ul. Moniuszki 15, Łaziska Górne, e-mail: hotelaziska@wp.pl tel. 32 738-92-25,

Zajazd Pod Kasztanem, ul. Dąbrowszczaków, Wiry, śląskie, tel. 069 830-49-30

Hotel Ristorant Moccadoro, tel 32 738 11 12, www.moccadoro.pl

Hotel I Restauracja Sjestaj, 43-190 Mikołów, ul. Gliwicka 158 A, www.sjestahotel.pl tel 32 226 78 72, e-mail repcja@sjestahotel.pl

Hotel Agro , Mikołów ul. Gliwicka 85, tel. 0048 32 2261492, www.podwiatrakiem.e-meteor.pl

If you will have any problems with accommodation, do not hesitate to contact by the e-mail address:
sylwekcz@vp.pl