



## City Council of Starachowice, Dragon Sports Club and Polish Kickboxing Federation

are organising and inviting You to

### Polish International Open K-1 Rules Cup for Juniors and Seniors

Date of event: 12-14.04.2013

Official weigh-in: Hotel Senator ( [www.h-s.pl](http://www.h-s.pl) )

Tournament location: Sports Hall - Starachowice, 22 Jana Pawła II St.

Tournament's official website: [www.Starachowice2013.KiBo.pl](http://www.Starachowice2013.KiBo.pl)

### Polish International Open K-1 Rules Cup for Juniors and Seniors

#### Schedule:

#### June 12<sup>th</sup> (Friday):

15.00 - 19.00 Arrival of teams, check-in, registration and official weight-in  
21.00 - 22.00 Referee Seminar

#### June 13<sup>th</sup> (Saturday):

9.00 - 13.00 Qualifications  
13.00 - 13.30 Lunch break  
13.30 - 14.00 Official opening ceremony  
14.00 - 21.00 Qualifications and first part of semi-final fights

#### June 14<sup>th</sup> (Sunday):

8.00 - 13.00 Semi-final fights  
13.00 - 13.30 Lunch break  
14.00 - 19.00 Final fights

Start fee: 15 Euros

### Regulations:

1. Fights under regulations of amateur K-1 Rules in Polish Kickboxing Federation (united in WAKO)
2. Weight categories:  
Men: -51 kg, -54 kg, -57 kg, -60 kg, -63.5 kg, -67 kg, -71 kg, -75 kg, -81 kg, -86 kg, -91 kg, +91 kg.  
Women: -48 kg, -52 kg, -56 kg, -60 kg, -65 kg, -70 kg, +70 kg.
3. The organizer provides boxing gloves.  
CAUTION! All fighters need to have their own foot pads and head guards.
4. All fighters are obligated to have:
  - A valid certificate from a sport medicine doctor,
  - A compulsory insurance.
5. Time of the fight: 3x2 min.

### Participation:

Entry deadline is the **8th of April, 2013**.

Registration via on-line form: <http://www.kibo.pl/strony-zawodow/pp-k1-2013/formularz-zgloszeniowy-14.html>

The competitor is fully registered in given weight and age category only if starting fee has been paid until the 8th of April, 2013 - to the Organizers bank account:  
Account number (Bank ING Śląski): **34 1050 1432 1000 0023 3672 5680**

### Accommodation:

We offer accommodation in hotel Senator - need to book in advance ([www.h-s.pl](http://www.h-s.pl))

### Awards:

Cups, Medals and Certificates for 1st place, Medals and Certificates for places 2-3.  
Cups and awards for the best fighters.

### Contact:

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**WE INVITE YOU TO STARACHOWICE!**

**Live scores, live video and big media support by our partners. That's K-1 Rules in XXI century!**

