



X International Karate Kyokushin Tournament “ONE WORLD ONE KYOKUSHIN”

Main organizer:

ARS KLUB KYOKUSHINKAI

1 Kowalskiego Street

34-600 Limanowa, Poland

e-mail: arslimanowa@gmail.com; www.arslimanowa.pl

mobile: +48 606-820-255

Honorary Patronage:

Mrs. Urszula Nowogórska - Member of Polish Parliament

Mrs. Jolanta Juskiewicz - Mayor of the Town of Limanowa

Mr. Jarosłwa Pachut – Chairman of International Police Association (branch Limanowa)

Shihan Andrzej Drewniak - General Secretary of the Kyokushin World Federation

Date and place:

June 7, 2025

Sports hall of School No 3,

3 Jordana Street

34-600 Limanowa, Poland



Tournament Rules and Regulations

GENERAL RULES

1. The tournament is aimed at children and young people practicing karate kyokushin, regardless of organization.
2. We invite the best young karatekas to participate in this tournament.
3. The competition will be held based on the rules of Kyokushin World Federation.
4. The tournament will be held **only in kumite** competition
5. All competitors must wear a clean white gi and his/hers own belt.
6. Holding a valid medical certificate.
7. Holding a valid identity document (student card, ID or passport).
8. One competitor will wear a red belt to his own one, the other one will wear his own coloured belt.
9. Hands and feet nails must be short.
10. There must be at least 4 competitors per division. If not, divisions will be combined.
11. Each participant taking part in the tournament should be individually insured against accidents. During verification, each player should show the organizer an insurance policy. The organizer is not responsible for any injuries resulting from participation in sports competitions.
12. Each participant fights in his/her personal protective equipment: helmet (without a net /bars or plastics), gloves, body protection, shih/instep pads, groin protectors (boys), breast protectors (girls).
13. Participation fee per one competitor is 120 PLN
14. Participation fees have to be paid to the Organizer bank account until June 2, 2025.

Bank transfer details below:

ARS KLUB KYOKUSHINKAI

Account no: IBAN PL 18 88040000 0070 0012 0125 0001

at the Bank Spółdzielczy w Limanowej

BIC-code SWIFT: POLUPLPR

Note! Bank fee is paid by the payer.

RULES FOR COMPETITORS

KUMITE CATEGORIES:

No.	Category Name	Year/Date of Birth Range	Weight Divisions
1	Girls 6–7 y.o.	2018 – 2019	-25kg, +25kg
2	Boys 6–7 y.o.	2018 – 2019	-25kg, +25kg
3	Girls 8–9 y.o.	2016 – 2017	-25kg, +25kg
4	Boys 8–9 y.o.	2016 – 2017	-25kg, +25kg
5	Girls 10–11 y.o.	2014 – 2015	-35kg, -45kg, +45kg
6	Boys 10–11 y.o.	2014 – 2015	-35kg, -45kg, +45kg
7	Girls 12–13 y.o.	2012 – 2013	-45kg, -50kg, +50kg
8	Boys 12–13 y.o.	2012 – 2013	-45kg, -50kg, +50kg
9	Girls 14–15 y.o.	2010 – 2011	-50KG, -55kg, +55kg
10	Boys 14–15 y.o.	2010 – 2011	-55kg, -60KG, +60kg.
11	Girls 16–17 y.o.	08-06-2007 – 2009	-50kg, -60kg, +60kg
12	Boys 16–17 y.o.	08-06-2007 – 2009	-65kg, -75 kg, +75kg
13	U21 Women 18–21 y.o	08.06.2004 – 07.06.2007	-55kg, -65kg, +65kg
14	U21 Men 18–21 y.o.	08.06.2004 – 07.06.2007	-70kg, -80kg, +80kg

PROTECTIONS FOR KUMITE:

No.	Category	Obligatory Protections	Optionals Protections
1	Girls 6–7 y.o.	Helmet (with a net /bars or plastics), Gloves, Body protection, Shin pads	Knee pads, Mouthguard
2	Boys 6–7 y.o.	Helmet (with a net /bars or plastics), Gloves, Body protection, Shin pads, Groin protectors	Knee pads, Mouthguard
3	Girls 8–9 y.o.	Helmet (with a net /bars or plastics), Gloves, Body protection, Shin pads	Knee pads, Mouthguard
4	Boys 8–9 y.o.	Helmet (with a net /bars or plastics), Gloves, Body protection, Shin pads, Groin protectors	Knee pads, Mouthguard
5	Girls 10–11 y.o.	Helmet (without a net /bars or plastics), Gloves, Body protection, Shin pads	Knee pads, Mouthguard
6	Boys 10–11 y.o.	Helmet (without a net /bars or plastics), Gloves, Body protection, Shin pads, Groin protectors	Knee pads, Mouthguard
7	Girls 12–13 y.o.	Helmet (without a net /bars or plastics), Gloves, Body protection, Shin pads	Knee pads, Mouthguard
8	Boys 12–13 y.o.	Helmet (without a net /bars or plastics), Gloves, Body protection, Shin pads, Groin protectors	Knee pads, Mouthguard
9	Girls 14–15 y.o.	Helmet (without a net /bars or plastics), Gloves, Shin pads, Chest protectors	Knee pads, Mouthguard
10	Boys 14–15 y.o.	Helmet (without a net /bars or plastics), Gloves, Shin pads, Groin protectors	Knee pads, Mouthguard
11	Girls 16–17 y.o.	Helmet (without a net /bars or plastics), Gloves, Shin pads, Chest protectors	Knee pads, Mouthguard
12	Boys 16–17 y.o.	Helmet (without a net /bars or plastics), Gloves, Shin pads, Groin protectors	Knee pads, Mouthguard
13	U21 Women 18–21 y.o	Shin pads, Chest protectors	Knee pads, Mouthguard
14	U21 Men 18–21 y.o.	Shin pads, Groin protectors	Knee pads, Mouthguard

PROTECTORS

Below are shown the athletic protectors required during the tournament, approved by the Main Organizer:



Main Organizer may permit other types of protectors with other logo types only if they have the same level of protection and keeps similar esthetic to the ones required by the Organizer, and they have to be approved by the Main Judge of the tournament.

NOTE! Each participant fights in his/her personal protective equipment.

MATCH DURATION TABLE

No.	Category Name	Time of the Main Match	Time of the 1st Extension	Weight Check	Time of the 2nd Extension
1	Girls 6–7 y.o.	1:00 min	1:00 min and Obligatory Decision	N/A	N/A
2	Boys 6–7 y.o.	1:00 min	1:00 min and Obligatory Decision	N/A	N/A
3	Girls 8–9 y.o.	1:00 min	1:00 min and Obligatory Decision	N/A	N/A
4	Boys 8–9 y.o.	1:00 min	1:00 min and Obligatory Decision	N/A	N/A
5	Girls 10–11 y.o.	2:00 min	1:00 min and Obligatory Decision	N/A	N/A
6	Boys 10–11 y.o.	2:00 min	1:00 min and Obligatory Decision	N/A	N/A
7	Girls 12–13 y.o.	2:00 min	1:00 min and Obligatory Decision	N/A	N/A
8	Boys 12–13 y.o.	2:00 min	1:00 min and Obligatory Decision	N/A	N/A
9	Girls 14–15 y.o.	2:00 min	1:00 min and Obligatory Decision	N/A	N/A
10	Boys 14–15 y.o.	2:00 min	1:00 min and Obligatory Decision	N/A	N/A
11	Girls 16–17 y.o.	2:00 min	2:00 min	limit 3 kg	2:00 min and Obligatory Decision
12	Boys 16–17 y.o.	2:00 min	2:00 min	limit 5 kg	2:00 min and Obligatory Decision
13	U21 Women 18–21 y.o.	2:00 min	2:00 min	limit 3 kg	2:00 min and Obligatory Decision
14	U21 Men 18–21 y.o.	2:00 min	2:00 min	limit 5 kg	2:00 min and Obligatory Decision

The duration of the match will start from the moment that the referee says “Hajime”.

KUMITE BASIC RULES (semi contact):

1. All matches must have a minimum of 4 judges and 1 central referee, who will direct the match and give the orders.
2. When a decision is taken in the competition, each judge and the referee will have one single vote.
3. The jury of the Judges and the Revision Panel shall have equal authority in evaluating the course of the match. The final decision rest with the Supreme Referee.
4. The Organizer of the tournament and the Main Judge can change the duration of the matches.
5. In all the categories, a winner will be declared, whenever an Ippon is awarded or Waza- aris (half points). This is similar as with the adult rules. Note: Two half-points (Waza-aris) are one Ippon.

VICTORY BY (IPPON)

1. Excluding the techniques which are considered fouls, one fist strike (tsuki) or a leg technique (geri) or elbow (hiji) etc. that one competitor execute on a recognized area of the body and puts down an opponent. As a result of a techniques a competitor loses the desire to continue to fight within 3 seconds or more, such technique will be considered Ippon. IPPON will be valid whenever 3 out of 5 members of the referee team take such decision.
2. Whenever one of the competitors loses the will to continue to fight, the other competitor will be declared the winner by Ippon.

HALF POINT (WAZA-ARI)

On the following cases and always under the referees decision one half point Waza-ari may be awarded.

1. Excluding the techniques which are considered fouls, any strike realized with fist, leg or elbow, and causes effective effect on the other competitor. Or even puts down him/her for a period less than 3 seconds and then recover his/her position standing up or lose the desire to continue the match. Then he/she will be awarded (Waza-ari). Also whenever one competitor loses the balance after receiving a technique (fist or leg) a Waza-ari may be given under the criteria of the referees team. Two waza-aris are one Ippon.

2. Whenever one competitor is put down with a leg technique (ashi-kake) and completed with another one with no contact, and well directed to a recognized area, a Waza-ari will be given.
3. Whenever one of the competitors execute several times a leg technique (jodan) and such techniques counts with the recognized and necessary requirements like correct attitude, application, enough control, zanshin, timing or even distance according to the referees team criteria could be considered waza-ari. Also light contact on the helmet could be considered half point waza-ari.

VICTORY BY HANTEI

Whenever there is no Ippon or Waza-ari, a victory will be given by decision.

The decision will be valid whenever 3 out of 5 members of the referee team are in majority and take such decision.

This criterion to take such decision will have the following priority:

- The effect of the techniques.
- The development of combinations and variation of techniques, fist and legs.
- Energy, combat, distance, control, etc.
- Number of executed techniques.
- If one of the competitors has 2 fouls (genten ni) and one waza-ari this will be canceled by the 2 fouls, Genten ni.
- In case of none of them have half point or fouls, the victory will be awarded by decision.
- A victory will be awarded whenever a disqualification takes place or one of the competitors retires from competition.

FOULS (HANSOKU)

The following actions will be considered fouls:

- Direct technique with no control or direct to the FACE, such as: mae geri jodan, yoko geri jodan, kakato oroshi geri jodan, tobi geri jodan, ushiro mawashi geri jodan, kaiten geri. Applies to all categories except U-21.
- Direct technique with no control or direct to the FACE, such as: mae geri jodan, yoko geri jodan. Applies to U-21 category only.
- Contact to the face or neck, even Light one with hands, fists or elbow.
- Techniques to the groin (kin-geri).
- Strikes with the head.
- Attacks to the opponent whenever he/she is down.
- Attacks to the dorsal spine.
- Grabbing repeatedly to the opponents neck or body.
- Grabbing the uniform (Gi) legs or arms.
- Pushing with fist or hands.
- Repeating actions like fall to the floor, after executing techniques.
- Going out of the fighting area continuously (Jogai).
- Direct attacks to the joints and knee from the front.
- Any other actions that under the criteria of the referees team can be considered fouls or delivered actions. The result of the fouls will be one warning "Chui". Two warnings will be one official foul "Genten-ichi". Three fouls will be two official fouls "Genten-ni". Four fouls will be a "Genten-san" and will be automatic disqualification.

GENTEN

The following situations will be considered one foul:

- a) Two fouls.
- b) Deliberated fouls.
- c) Any other actions considered by altitude by the Central Referee during the match.

DISQUALIFICATION (SHIKKAKU).

The following situations will be considered disqualification:

- Three fouls (Genten-san= Shikkaku).
- Not following or obey the orders and instructions of the Referee during the match.

- Violence actions, incorrect attitudes.
- If a competitor does not show any will to fight for one minute and not executing any technique he/she will be disqualified.
- The competitors who are coming late and are not present when the match shall start will be disqualified.
- A physical incapacity that may happen during the competition might permit the competitor to retire whenever his/her injury has been examined by the official doctor of the competition. This decision will be final.

ACCIDENTS

- Whenever one of the competitors gets injured, and the doctor advises the competitor to continue fighting and still the competitor refuses to fight, such competitor will lose the match.
- In case of injuries that it may happen during the competition and are declared casuals and even are no responsible none of the competitors or one or both of them is not able to continue but may incapacity one of them or both may be injured the one who refuses to continue will be declared loser.
- In any case, the Organizer or any of the Board members of this tournament will not be responsible for any accident or injury that may happen in any competition organized by ARS KLUB KYOKUSHINKAI.
- It is the solely responsibility of the competitor to arrange with an individual insurance before the COMPETITION start.
- Any other matter which is not contemplated in these competition rules and may come up on the competition day, will be discuss by the Chief Referee and the Main Judge and the decision will be final.

REGISTRATION and VERIFICATION

- We invite the best young karatekas to participate in this tournament.
- The Registration can make only the head of Dojo/club.
- Register your Dojo, competitors and judges by website: www.kyokushin.net.pl
- If you have problems with the registration system, please call + 48 506 003 008
- It is not possible to send the Registration Form by other, old methods (no fax, no e-mail)!
- When registering the club on the above-mentioned website, you must provide invoice details, if required.
- Registration of competitors can be done from **May 10, 2025 to May 27, 2025**.
- **Deadline is May 27, 2025**. Adding new competitors wont able after this date.
- **Until May 30, 2025**, it will be possible to make corrections to the data in the application system, but only in the scope of previously registered (on-time) competitors.
- Changing category will have possibled by **May 30, 2025**. Changing category while verification isn't possible.
- If a competitor has been registered in the system and it turns out later that he will not be able to take part in the competition, please immediately remove him from the list in the registration system. For competitors not removed from the list by **June 2, 2025**, the organizer will charge a starting fee.
- Verification of competitors will be followed by members of the Organizer Team and will be done in the building of the hall where the tournament will take place (Sports hall of School No 3, Jordana Street 3, 34-600 Limanowa – POLAND)
- On the weight-check- in you must be prepared to give the following documents:
 - Parents Agreement (only for competitors under 18 years old).
 - Fighter Waiver Form (you have to fill in and sign the document during the weigh in)
 - ID or Passport (to check the nationality and age).
 - Valid medical certificate (only for kumite competitors).
 - Each competitor must have a personal insurance for any accident that may occur at the competitions.
- The draw will take place on Thursday, **June 4, 2025**.
- After the draw, it will not be possible to make changes in the draws. Removing a person from the list results in the opponent's passing by to the next stage of the fight.
- Judge teams for kumite will be appointed by the Main Judge on **June 7, 2025** during a meeting of team leaders and judges. Therefore, heads of clubs or/and their representatives must have a complete referee uniform.

ACCOMODATION

- Accommodation is also possible in local hotels and guesthouse (booking on your own):
 - Hotel "LimanovaHotel" www.limanovahotel.pl
 - Pokoje gościnne Józef Rusin www.pokojelimanowa.pl
 - Lipowe Apartamenty www.lipowe.com.pl
 - Pensjonat na Wesołej www.nawesolej.pl
 - Odpoczywaj w Naturze www.odpoczywajwnaturze.pl
 - Karczma Matras www.karczma-limanowa.pl
 - Karczma nad Stawem Limanowa www.staw.limanowa.pl
 - Dom weselny Walek www.walek-mordarka.pl
 - Serce Beskidu www.sercebeskidu.pl
 - Domki Zagroda w Słopnicach www.domkizagroda.pl
 - Osada Zalesie www.osadazalesie.com
 - Zajazd „Laskowianka” www.laskowianka.pl
 - Beskid Rose & SPA www.beskidrose.com
 - Hotel – Restauracja „Sara” www.hotel-restauracja-sara.eatbu.com
 - Domek nad strumykiem www.domeknadstrumykiem.pl
 - Osada Konna Assanya www.assanya.eu
 - Hotel Górski Raj www.gorskiraj.com
 - Pensjonat AMONIT www.pensjonatamonit.pl
 - Dworek Gorce www.dworek-gorce.com.pl
 - OSADA www.osada-kamienica.ns48.pl

TOURNAMENT PROGRAM

Friday, June 6, 2025

16⁰⁰ - 20⁰⁰ Verification of the competitors.

Saturday, June 7, 2025

7⁰⁰ – 8³⁰ Verification of the competitors.

8³⁰ – 9⁰⁰ Meeting of heads of clubs and judges.

9⁰⁰ Start of the tournament.

12⁰⁰ – 13⁰⁰ Lunch. Note! Dinner for competitors will be issued from 11⁰⁰ am.

13⁰⁰ – 14⁰⁰ Semi-finals for kumite.

14⁰⁰ – 14³⁰ Opening ceremony.

14³⁰ – 16³⁰ Semi-finals and finals kumite.

16³⁰ – 17⁰⁰ Medal and prize-awarding ceremony, closing of tournament.

Prizes

- Competitors who take 1st, 2nd, 3rd place will receive cups and diplomas.
- Teams who take 1st, 2nd, 3rd place will receive cups.
- Team scoring is based individual results of boys and girls
 - 1st place – 5 pts.
 - 2nd place – 3 pts.
 - 3rd place – 1 pts.
- The Most Versatile Competitor of the International Tournament will receive a special cup.
- All competitors will receive commemorative medals.

Additional information

- The organizer is reserving the right to close applications for himself ahead of schedule if the number of participants in the tournament exceeds the limit enabling efficient conducting the tournament.
- Protests may be lodged to the Main Judge after paying a protest fee of PLN 400. If the protest is rejected, the fee will be forfeited.

- All matters not covered by these Rules and Regulations will be resolved by the Organizer and Main Judge.
- Rules and Regulations are subject to change by the Organizer.
- Complaints should be addressed to the Main Judge and Organizer.
- Each participant fights in his/her personal protective equipment: helmet (without a net /bars or plastics), gloves, body protection, shih/instep pads, groin protectors (boys), breast protectors (girls).
- Valid health card is required.
- The organizer provides a free lunch for each competitor and referee.
- Additional info: Club secretariat: arslimanowa@gmail.com; phone +48 606 820 255.

We wish you excellent results and a nice stay in Limanowa during the X International Karate Kyokushin Tournament „ONE WORLD ONE KYOKUSHIN”

OSU!

shihan Arkadiusz Sukiennik (5 Dan)

Partners:



Media patronage:

