



OFFICIAL INVITATION
TO THE INTERNATIONAL WAKO KICKBOXING TOURNAMENT



BALTIC CUP K1 WAKO 2023



Dear friends,

With great excitement, we invite Kickboxing clubs from around the world to join us for the esteemed international Kickboxing Tournament "**BALTIC CUP K1 WAKO 2023**." This prestigious event welcomes both **Juniors and Seniors** to showcase their talents in the ring. Mark your calendars for an unforgettable experience on **December 2nd to 3rd, 2023**.

Our chosen location is the vibrant city of Tallinn, Estonia, and the event will unfold at the "**FFC GYM**" situated at **Punane 69**.

Under the meticulous coordination of the First Fighting Club, this event adheres strictly to the K1 STYLE amateur kickboxing rules established by WAKO. We kindly ask all participating teams to follow the provided program diligently, ensuring the smooth and successful execution of the tournament.

Igor Golubev
First Fighting Club President

OFFICIAL SCHEDULE

Timetable can be changed depending on the number of entries.		
Friday, 01.12.2023		
..... - 16:30	• Arrival of foreign teams and judges	FFC GYM, Punane 69
16:30 - 18:30	• Weight-in and medical check (Estonian clubs)	FFC GYM, Punane 69
18:30 - 20:00	• Weight-in and medical check (Foreign clubs)	FFC GYM, Punane 69
20:30 - 21:30	• OFFICIAL DRAW (NO CHANGES AFTER THE DRAW!)	FFC GYM, Punane 69
Saturday, 02.12.2023		
13:00 - 17:30	• Qualification fights of the Baltic Cup K1 WAKO 2023	FFC GYM, Punane 69
Sunday, 03.12.2023		
12:30 -	• Baltic Cup K1 WAKO 2023 FINALS	FFC GYM, Punane 69
	• Awarding ceremony	FFC GYM, Punane 69
ENTRY TICKET FOR SPECTATORS - 5 EUR/1 DAY, 10 EUR/2 DAYS		

OFFICIALS

CHIEF REFEREE	Denis Lahtikov <i>International Referee and Judge "A" class</i> denislahtikov@gmail.com / +372 5346 6030
PROMOUTER and HEAD OF THE ORGANIZING COMMITTEE	Igor Golubev <i>President of the First Fighting Club</i> igorkudo@mail.ru / +372 565 9797 (RU)
All organizational questions	Edgar Mebald <i>General Secretary</i> +372 5884 8885 (EN)
Secretary	Dmitri Perjarkov - +372 552 4959 wakoest@gmail.com

WEIGHTING-IN, MEDICAL CHECK and MEDICAL SERVICES

Registration and weighting-in of the fighter will be made after presenting the following documents:

- WAKO sport pass for WAKO members.
- Passport or ID-card for others (non members). **Please note that a 10 EUR fee applies for NON-members of WAKO.**
- Valid permit to fight signed by a sports doctor.
- Health insurance
- All participants must take visas in Estonian embassies in their countries, if needed
- **35 EUR in cash for the starting fee (50 EUR FOR NON WAKO MEMBERS)**

ATTENTION	If sportsmen do not have a medical permit, examination on the spot costs 15 EUR .
ATTENTION	ZERO TOLERANCE DURING THE WEIGHT-IN , each fighter must correspond to his registered weight.
MEDICAL SERVICES	Organizer is responsible for providing medical help to all official members of participating teams during the competition (according to their health-insurance).

CLASSES AND WEIGHT DIVISIONS

Competition will be under K1- STYLE WAKO rules only!			
CATEGORY	MALE	FEMALE	REGULATIONS
YOUNGER JUNIORS (15-16 years old, YJMKR / YJFKR)	-42; -45; -48; -51; -54; -57; -60; -63.5; -67; -71; -75; -81; +81 kg.	-36; -40; -44; -48; -52; -56; -60; +60 kg.	3 ROUNDS x 2 MIN, 2 KD RULE
OLDER JUNIORS (17-18 years old, OJMKR / OJFKR)	-51; -54; -57; -60; -63.5; -67; -71; -75; -81; -86; -91; +91 kg.	-48; -52; -56; -60; -65; -70; +70 kg.	3 ROUNDS x 2 MIN, 3 KD RULE
SENIORS (19-40 years old, MKR / FKR)	-51; -54; -57; -60; -63.5; -67; -71; -75; -81; -86; -91; +91 kg.	-48; -52; -56; -60; -65; -70; +70 kg.	3 ROUNDS x 2 MIN, 3 KD RULE

ENTRY FORMS

Entry-forms (fighters, coaches) should be **filled** and sent **no later than 20th of NOVEMBER** by the email to wakoest@gmail.com,

EXAMPLE OF THE ENTRY FORM:

EMAIL SUBJECT: BALTIC CUP K1 WAKO ENTRY FORM

CLUB

ADDRESS

COACH

SECONDARY

No. Participants Name, Type, Weight

1. John JOHNSON, YJMKR, -60 kg

Club representative name (signature)

NB: Filled forms received from 21st to 24th of November will be additionally charged with extra fee (15 EUR per person). After the 24th of NOVEMBER registration will be CLOSED and no new forms/applications will be accepted!

Starting fee is 35 EUR per competitor (50 EUR for non-members of WAKO).

Payment must be made during the registration in cash. **Extra fee (15 EUR for each participant) will be charged for every application entered later than the 20.11.2023 deadline.**

If you are bringing a Judge/Referee to the tournament, please notify the Chief Referee. Without notification, he/she won't get paid. All payment will be done according to the rates of Estonian Kickboxing Federation

PROTECTION AND EQUIPMENT FOR K-1

- Boxing gloves, 10 OZ, without laces
- Head-protection (top of the head must be covered), according to the color of the corner. Classic boxing helmets are forbidden.
- Mouth guard (for male and female mandatory).
- Groin protection for male and female (breast protection for female).
- Boxing wraps.
- Kickboxing Shorts (**MUAY-THAI symbolic is NOT ALLOWED!**).
- Shin guards (please look at the pictures below to check the allowed shin guards).
Shin guards with metal/plastic elements and SOCKS-TYPE are forbidden!
Allowed shin protection can be found below:



RULES and PROTESTS

Competition is held under amateur WAKO rules, which can be found on <https://wako.sport/rules/>

Protest during the competition is only accepted if **announced by competitors Coach or their representative immediately after the fight and after submitting an official WAKO protest form to the name of Chief referee with a pledge of 100 EUR no later than 10 minutes after the fight.** Final decision will be given by the members of the appeal committee.

MEDALS AND AWARDING

1st, 2nd and 3rd places will get medals and diplomas. Fighters with the best techniques and showing the will to win will be awarded with special prizes. The top 3 teams will be honored with special awards (team standings).m

VISA INFORMATION

All participants must take visas in Estonian embassies in their countries if needed. Estonia is a member of the European Union and part of Schengen territory.

IMPORTANT INFORMATION

All competitors, coaches and officials must follow the code to prevent manipulations before, during and after competition!

Estonian version

English version

ACCOMMODATION

NB! Each team must book accommodation by themselves. Please use the following email - fom@centerhotel.ee or call +372 59812180

Center Hotel ** - 800m from the Tallinn Old Town

*Prices **per night**, breakfast included. **Only a limited number of rooms available!***

- **Single - 29 EUR**
- **Economy Twin** (economy room with two separate beds and private bathroom) - **38 EUR**
- **Twin Standard - 45 EUR**
- **Double Standard - 45 EUR**
- **Triple** (standard type room with three single beds and private bathroom) - **52 EUR**
- **Quadruple** (standard room with four single beds and private bathroom) - **61 EUR**



02.12-03.12
Punane 69, Tallinn



FFC OPEN K1 2023

& BALTIC CUP K1 WAKO 2023

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