

Dear Branch Chiefs and Club Leaders

On behalf of the Israel Fullcontact Karate Organization we have the honor of inviting you to the

The 5-th Israel Fullcontact Karate Championship for Kids, Cadets and Juniors

07 March 2020, Ariel, Israel

Welcome to Ariel!



The 5-th Israel Fullcontact Karate Championship for Kids, Cadets and Juniors will take place on 07 March 2020 in Ariel Sports Center.

1. Age and Weight Categories

The tournament will be held in the following age and weight categories:

Category	Age	Weight (kg)
Kids		
1 – Boys and Girls	4-5 full years (white and violet belts)	Up to 23
3 – Boys	6 full years	Up to 23, 25,25+
4 – Girls	6-7 full years	Open weight
5 – Boys	7 full years	25, 30, 30+
6 – Boys	8 -9 full years	25, 30, 35, 35+
7 – Girls	8 -9 full years	30,30+
8 – Boys	10 -11 full years	30, 35, 40, 40+
9 – Girls	10 -11 full years	40,45+
10 – Boys	12 -13 full years	35,40, 45, 50, 50+
11 – Girls	12 -13 full years	55,55+
Cadets		
12 – Boys	14-15 full years	55, 60, 65, 65+
13 – Girls	14-15 full years	60, 60+
Juniors		
14 – Boys	16-17 full years	70,70+
15 – Girls	16-17 full years	OPEN WEIGHT
Adults 18+		
16 – Men		65,75,75+
17- Women		Open
18 – Seniors		75,75+

2. Number of Competitors

A maximum of **four** competitors is allowed for each club in each category.

3. Tournament Rules

- 3.1. The tournament will be held according to the international rules of JFKO (Japan Fullcontact Karate Organization) and WKO (World Karate Organization - Shinkyokushinkai).
- 3.2. In categories with three or four competitors, the bouts will be conducted round robin. In case of a tie (one victory and one defeat for each competitor), the winners will be determined by the amount of points.
- 3.3. Bout Duration:

All fights, including semi-finals and finals, will be held according to the below matrix:

Category	Bout Duration
1-4	1 min + 1 min
5-7	1 min + 1 min + weighing (difference for the heaviest weight only – 2.5kg) + 1 min
8-11	1.5 min + 1 min + weighing (difference for the heaviest weight only – 5kg) + 1 min
12-13	2 min + 1 min + weighing (difference 2.5 kg/ for the heaviest weight only – 3kg)

	+ 1 min
14–15	2 min + 2 min + weighing (difference 2.5 kg/ for the heaviest weight only – 3kg) + 2 min
16	3 min + 2 min + weighing (difference 2.5 kg/ for the heaviest weight only – 3kg) + 2 min
17-18	2 min + 2 min + weighing (difference 2.5 kg/ for the heaviest weight only – 3kg) + 2 min

3.4. No fights will be held to determine the third place winner. Instead, two third places will be awarded, where applicable.

4. Protection

4.1. Each competitor (both genders) must wear the following protectors **of their own**. Only white protectors are allowed, as shown in the illustrations below.

- Shin and instep protectors that fully cover the toes
- Soft knee protectors
- Groin protector
- Gloves covering knuckles and fingers
- **Girls in Categories 1–10** – a breast protector
- **Girls in Categories 7–15,18** – a breast protector with cups

4.2. The following protectors will be provided by the organizers:

- Helmets
- **Vests (Categories 1–11)**

4.3. Teeth protectors are allowed (not mandatory).

4.4. All protectors will be checked and stamped before the tournament. **Competitors wearing non-stamped protectors will not be allowed to participate in fights!**



5. Judging

5.1. Judges will be assigned by the Organization Committee of the tournament (Head Referee – Shihan Gleb Rabinovich European Karate Organization Referee)

5.2. Judge/referee uniform – a blue shirt with short sleeves, white bow tie, black trousers, black trouser belt.

6. Medical Insurance and Medical Certificate

A valid medical insurance and medical certificate must be presented for each competitor during the registration. Without a valid medical insurance and medical certificate, a competitor will not be allowed to take part in the competition.

7. Awards

Competitors who win the first, second and third places, will be awarded diplomas, medals and cups.

8. Participation Fee

A participation fee in the amount of **95.0 NIS** must be paid for each participant before the registration. The fee is payable to the club leaders.

9. Organizers

The tournament is organized by the Israel Fullcontact Karate Organization and Israel Karate Organization Shinkyokushinkai

9.1. Contact Information

- email: israelshinkyokushin@gmail.com

10. Schedule

- **Categories 1–8: 08:00–12:00**
- **Categories 9–18: 11:30–16:00**

11. Registration

Registration will be open on our web-site between **10 February 2020 and 01 March 2020.**

WWW.SHINKYOKUSHIN.ORG.IL