



I OPEN JUDO TOURNAMENT FOR **AMATEURS AND MASTERS** **NASTULA CUP**

First judo tournament for Amateurs and Masters under „old judo“ rules
with leg attack techniques allowed.

**Competition will take place on 11th of March 2017 at ICDS Sport Complex (icds.pl),
Stanisława Staszica street 2, 05-092, Łomianki near Warsaw**

Participates: Amateurs and Masters: athletes (men and women) 20 years old and over who did not participate in any official competition organized by their local judo association in the last five years holding any level of official „belt“ grade

Age categories Male/Female Athletes:

M0/F0: 20–29 years
M1/F1: 30-39 years
M2/F2: 40-49 years
M3/F3: 50-59 years
M4/F4: 60-69 years
M5/F5: 70-79 years

Fighting time Men:

M0/F0: 20 – 29 lat – 4 min
M1/F1: 30-39 lat – 4 min
M2/F2: 40-49 lat – 3.5 min
M3/F3: 50-59 lat – 3.5 min
M4/F4: 60-69 lat – 2.5 min
M5/F5: 70-79 lat – 2.5 min

Fighting time Women:

M0/F0: 20 – 29 lat – 4 min
M1/F1: 30-39 lat – 3.5 min
M2/F2: 40-49 lat – 3.5 min
M3/F3: 50-59 lat – 3 min
M4/F4: 60-69 lat – 2.5 min

M5/F5: 70-79 lat – 2,5 min

Weigh categories : Men : -60, -66, -73, -81, -90, -100, + 100kg
Women : -48, -52, -57, -63, -70, -78, + 78kg

Organizer has right to put together weight or age categories, if there are less than 3 participants in any weight category.

Organizer :

Pawel Nastula and Nastula Club (www.nastula.pl)

Tournament will be held on two tatami under rules allowing leg attacks („old judo“ rules).
Cost of tournament organizing are covered by organizer.
Costs of participation, accommodation, meals, self-insurance etc. to be covered by participants.
All participants should participate at the event on their own risk and this will be signed by athletes on the declaration during registration and weight-in. Organizer takes no responsibility on any accidents that may occur during tournament.

Entry fee: 100 PLN/person,

Entry fee to be paid in cash in local currency (polish zloty) to organizer during registration before competition.

Registration via email klubsportowy@nastula.pl till 3rd of March 2017 or on-site on day of competition. Email registration should include full name, birth date, nationality, club, weight category.

Schedule of Tournament:

- official weight-in: 11:00 – 12:00
- draw: 12:00-12:45
- tournament opening: 13:00
- start of fights: 13.15

Awards : 1st, 2nd and 3rd place : medal and diploma

All participants will receive diploma