



NASTULA JUDO CUP

III OPEN JUDO TOURNAMENT NASTULA JUDO CUP FOR AMATEURS AND MASTERS OPEN RANDORI

9TH - 10TH OF MARCH 2019 ŁOMIANKI

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

Competition will take place on 9th of March 2019 at ICDS Sport Complex (icds.pl) at [2nd Stanisława Staszica street, 05-092 in Łomianki](#) near Warsaw.

There will be open randori organized for competitors and non-competitors on 10th of March 2019 at the same venue.

Organizer:

Olimpic Champion Atlanta 1996 Pawel Nastula and Nastula Club

Head of Referees:

Mr. Dobiesław Debrich

Tournament Manager:

Mr. Bartek Wiaczek

Contact details:

Nastula Club - www.nastula.pl

Email: klubsportowy@nastula.pl

Phone: [+48 601825801](tel:+48601825801)

Facebook: <https://www.facebook.com/events/935259760013388/>

Participants:

Amateurs and Masters; athletes (men and women) 20 years old and over who have not participated in any official competition organized by national/international judo association (except Veterans competitions) within last five years, holding any level of official belt grade.

Age categories Male/Female Athletes:

M0/F0: 20–29 years old (1999–1990)

M1/F1: 30–39 years old (1989–1980)

M2/F2: 40–49 years old (1979–1970)

M3/F3: 50–59 years old (1969–1960)

M4/F4: 60–69 years old (1959–1950)

M5/F5: 70–79 years old (1949–1940)

Weight categories:**Men (+1 kg tolerance):**

-60 kg, -66 kg, -73 kg, -81 kg, -90 kg, -100 kg, +100 kg

Women)+1 kg tolerance):

-52 kg, -57 kg, -63 kg, -70 kg, +70 kg

Belt categories:

Amateurs: 6th – 3rd kyu included

Masters: 2nd kyu and above

Fighting time Men:

M0/F0: 20 – 29 y.o. – 3 min.

M1/F1: 30-39 y.o.– 3 min.

M2/F2: 40-49 y.o. – 3 min.

M3/F3: 50-59 y.o. – 3 min.

M4/F4: 60-69 y.o. – 3 min.

M5/F5: 70-79 y.o. – 3 min.

Fighting time Women:

M0/F0: 20-29 y.o. – 3 min.

M1/F1: 30-39 y.o. – 3 min.

M2/F2: 40-49 y.o. – 3 min.

M3/F3: 50-59 y.o. – 3 min.

M4/F4: 60-69 y.o. – 3 min.

M5/F5: 70-79 y.o. – 3 min.

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

Rules:

Tournament will be held on three tatami under rules allowing leg attacks („old judo“ rules) and old points/penalties system (ippon, waza ari, 2 waza aris equal ippon, yuko, koka and shido, chui, keikkoku, hansoku make).

Where there are no recorded scores or the scores are exactly the same under each point „Golden Score“ contest will be decided without time limit The contest ends as soon as a contestant is being penalized by single penalty (loser) or the opponent achieves a technical score (winner).

Pinning Techniques (Osaikomi-waza) will be scored as below:

- 10 seconds = koka

- 15 seconds = yuko

- 20 seconds = waza-ari

- 25 seconds = ippon

Judokas to wear white or blue judogi complying with IJF conditions, no need to be IJF Approved and no need to have both. Back numbers are not mandatory. Judoka called to fight as second will wear additionally red obi.

Entry fee (tournament/randori) and registration:

- 100 PLN/25 € entry fee per person to be paid by transfer till 1st of March 2019
- 120 PLN/30 € entry fee per person to be paid in cash to organizer during registration before competition,
- 120 PLN/30 € entry fee + randori participation per person to be paid by transfer till 1st of March 2019
- 140 PLN/35 € entry fee + randori participation per person to be paid by cash during registration before competition.

Payment by wire transfer to be completed till 1st of March 2019 to:

Klub Sportowy Nastula Club

Account number PL 45 1950 0001 2006 2182 8882 0002, SWIFT: IEEAPLPAXXX (please add name, last name, club and title „Nastula Judo Cup“ in wire transfer order)

Cost of tournament is covered by organizer.

Costs of participation, accommodation, meals, self-insurance etc. to be covered by participants.

All athletes participate in the event on their own risk and this will be confirmed by signature on the declaration during registration and weight-in. Organizer takes no responsibility on any accidents that may occur during tournament.

Registration via email klubsportowy@nastula.pl till 1st of March 2019 or on-site on day of weight-in (8th and 9th of March 2019). Email registration should include full name, birth year, nationality, club, weight category.

Schedule of Tournament:

- official weight-in:

08th of March 2019 between 20:00 – 22:00 at competition venue ICSD hall in Łomianki at 2nd Staszica street

09th of March 2019 between 9:00 – 10:45 at competition venue ICSD hall in Łomianki at 2nd Staszica street

- draw: 10:45-11:45

- tournament opening: 12:00

- competition start: 12:15

- award ceremony after finish of competition


- open randori:

10th of March between 11:00-13:00 at competition venue ICSD hall in Łomianki at 2nd Staszica street

Awards :

- 1st , 2nd and 3rd place place : medal,

- 1st-5th place: diploma.

A large, semi-transparent background image of two karate practitioners in white gi, one performing a high kick or throw on the other. A smaller, solid image of a man in a white gi is overlaid on the right side.

**ZAPRASZAM
PAWEŁ NASTULA**