



NASTULA JUDO CUP

IV OPEN JUDO TOURNAMENT NASTULA JUDO CUP FOR AMATEURS AND MASTERS OPEN RANDORI 28TH - 29TH OF MARCH 2020 ŁOMIANKI/WARSZAWA

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

Competition will take place on 28th of March 2020 at ICDS Sport Complex (icds.pl) at [2nd Stanisława Staszica street, 05-092 in Łomianki](#) near Warsaw.

Following the tournament there will be open randori organized for competitors and non-competitors on 29th of March 2020 at Nastula Club in [Warsaw at 9th Ogólna street](#).

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/2482979895308656/>

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 (2000–1991)

M1/F1: 30–39 years old (1990–1981)

M2/F2: 40–49 years old (1980–1971)

M3/F3: 50–59 years old (1970–1961)

M4/F4: 60–69 years old (1960–1951)

M5/F5: 70–79 years old (1950–1941)

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 (looser) 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 colours of judogi. Backnumbers 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,
- 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,
- 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 21st of March 2020 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 21st of March 2020 or on-site on day of weight-in (27th and 28th of March 2020). Email registration should include full name, birth year, nationality, club, weight category.

Schedule of Tournament:

- official weight-in:

27th of March 2020 between 20:00 – 22:00 at competition site ICSD hall in Łomianki at 2nd Staszica street

28th of March 2020 between 9:00 – 10:30 at competition site ICSD hall in Łomianki at 2nd Staszica street

- draw: 10:30-11:45

- tournament opening: 12:00

- competition start: 12:15

- award ceremony after finish of competition

Awards :

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

- 1st-5th place: diploma.



**SEE YOU ON TATAMI
PAWEŁ NASTULA**

