

**Open International Men Sport and Combat Sambo Tournament**  
**Cracow 18th March 2017**

**Regulations**

**1.** Open International Men Sport and Combat Sambo Tournament is dedicated to the memory of Wasilij Oszczepkow- the creator of Sambo.

The objective of the tournament is the promotion of healthy lifestyle as well as the popularization of this sport by participating children, youth and adults in sambo classes. The tournament is held under the honorary auspices of General Consulate of Ukraine and The Polish-Ukrainian Chamber of Commerce.

**2. Organizers**

Polski Związek Sambo (Polish Sambo Association) and Krakowskie Stowarzyszenie Judo, Sambo i Obronnych Systemów „SAMBO KRAK ( Cracow's Judo, Sambo and Defensive Arts Association "SAMBO KRAK ")

**3. The date of the event 18th March 2017**

**4. The place of the event** Majora Street 12 a, 31-422 Kraków, ( Prądniczanka Sports Hall).

**5. Age categories**

Sport Sambo

- minor juniors (15 – 16 year olds)
- juniors (17 – 18 year olds)
- seniors (18 year olds and the older)

Combat Sambo

- seniors (18 year olds and the older)

**6. Participation**

-all the competitors doing such martial arts as sambo, judo, wrestling, ju-jitsu, MMA, karate, taekwondo, kickboxing and the like, and having experience in competitions at least at the level of Polish Championship can take part in this tournament

-the tournament is based on the international regulations of organizing both sport and combat sambo competitions. The winners will be awarded diplomas and medals.

-only the competitors who have a valid medical control certificate for competitive sports can participate in the tournament

-each of the competitors shall submit the identity document with a photo and the insurance covering the time of the tournament. The documents will be checked at the registering and the weigh-in.

- the competitors from the clubs excluded from the Polish Sambo Association cannot participate in the tournament

**7. Fees**

Each competitor shall pay a participation fee of 45zł (10 euro) in cash on the day of the event or by transfer to the bank account of Cracow's Judo, Sambo and Defensive Arts Association "SAMBO KRAK "Krakowskie Stowarzyszenie Judo, Sambo i Obronnych Systemów „SAMBO KRAK ) until **16th March 2017**

Transfer details: The account number: 17 2030 0045 1110 0000 0287 1290

Address: Krakowskie Stowarzyszenie Judo, Sambo i Obronnych Systemów „SAMBO KRAK” 31-851 Kraków, os. Albertyńskie 1-2

## 8. The programme

- 7:00- 9:00 registration, weigh-in (with a weight tolerance up to 1 kg)
- 10:00-11:00 providing the competitors with the information on the regulations and scoring rules of both sport and combat sambo
- 11:00 – opening ceremony, welcoming guests and the competitors
- 11:30 – first sport sambo bouts :minor juniors
- 12:30 – sport sambo bouts: juniors
- 13:30 – sport sambo bouts: seniors
- 15:30 – combat sambo bouts
- 16.30 – final bouts
- 17:30 – closing ceremony

## 9. Weight categories

Sport sambo

- younger juniors: 42, 46, 50, 55, 60, 66, 72, 78, 84, +84 kgs
- juniors: 52, 57, 62, 68, 74, 82, 90, 100, +100 kgs
- seniors: 52, 57, 62, 68, 74, 82, 90, 100, +100 kgs

Combat Sambo : 52, 57, 62, 68, 74, 82, 90, 100, +100 kgs

If in one of the categories only one competitor takes part, he can be transferred to the similar weight category if his trainer agrees. In category where only one competitor performs, no medals will be awarded.

The costs of insurance, accommodation, food and transport are paid by the participants.

## 10. Applications

Applications are accepted till the 16<sup>th</sup> of March, 2017 by email sent to [prezes@pzsambo.pl](mailto:prezes@pzsambo.pl). In the email there should be the name and the surname of the competitor, his date of birth, his weight category and the name of his sport club provided.

## 11. Accommodation

The accommodation can be arranged in the tourist Hotel Indigo (the address: 31-851 Kraków, os. Alertyńskie 1-2)

The prices are the following:

- 80 pln/ person in a room with a bathroom, breakfast included
- 60 pln/ person in a room without the bath, (shared bathroom on the first floor), breakfast included

People who are interested in this accommodation are asked to send their requests till **the 10 of March, 2017** and to transfer the 50% pre-payment till **the 10 March, 2017**

## The transfer

The transfer from the hotel to the sports hall and back costs 20 zł (5 euro) paid in cash at the registration point.

## Food

There is a possibility of ordering lunch/dinner during the tournament in the sports hall at the cost of 20 pln (previous notice required)

## 12. Contact details

• Oleksandr Gorbatiuk – President of Polski Związek Sambo (Polish Sambo Association) phone number: '+48 502 841 883, mail address: [prezes@pzsambo.pl](mailto:prezes@pzsambo.pl)

• Pavlo Gorbatiuk – President of Krakowskie Stowarzyszenie Judo, Sambo i Obronnych Systemów „SAMBO KRAK (Cracow's Judo, Sambo and Defensive Arts Association "SAMBO KRAK ") phone number: +48 664 946 415, [sambo@sambokrakow.pl](mailto:sambo@sambokrakow.pl)

Feel free to call us if you have any questions.

For more detailed information concerning sponsorship and advertising please contact Mr Piotr Ćwik , phone number: +48 535 535 677