

Regulations

Of the International Sports and Combat Sambo Tournament among Cadets, Youth and Adults.

The Tournament is dedicated to the 80th anniversary of the creation of sambo.

1. Organizers: Polish Sambo Association and Krakow judo, sambo and self-defense systems club «Sambo Krak».

2. Aims and Purposes

- Popularization of Sambo in Krakow and Poland
- Improving the athletes' mastery of sambo
- Strengthening of friendly and sporting relations between athletes
- Propaganda of the healthy lifestyle

3. Date of the Tournament: March 10, 2018

4. Venue of the Tournament: Polska, 31-422 Kraków, ul. Majora 12 a (Sports hall «KS Prądniczanka»).

5. Age and weight categories:

Age categories	Weight categories	Sports sambo/Combat sambo	Duration
Group «A» 2002-2004	42, 46, 50, 55, 60, 66, 72, 78, 84, +84 kg 38, 41, 44, 48, 52, 56, 60, 65, 70, +70 kg	Cadets, Sports sambo	4 min
Group «B» 2000-2001	48, 52, 56, 60, 65, 70, 75, 81, 87, +87 kg 46, 50, 55, 60, 65, +65 kg	Youth, Sports sambo	4 min
Group «Adults» 18 and older	62, 68, 74, 82, 90, 100, +100 kg 48, 52, 56, 60, 64, 68, 72, 80, +80 kg	Men, Women, Sports sambo	5 min
Group «Combat sambo»	62, 68, 74, 82, 90, 100, +100 kg	Men, Combat sambo	5 min

6. Program:

1) March 9, 2018 – Day of Arrival

18:00 - 20:00 Accreditation and weigh-in

Each participant must have an Identification Document with a picture of his, a medical insurance for the sporting event participation, and an insurance for the competitions duration.

Documents must be presented at the accreditation and weigh-in.

The entry fee: 45 PLN

2) March 10, 2018

8:30 - 9:30 additional weigh-ins

9:30 - 10:30 Coaches and referees meeting. Participants drawing. If there are less than 3 people in the same weight category, then they will fight in joint groups.

10:00 Opening ceremony, official greeting to the participants and guests, start of the competition. Teams representatives are in charge of the participants' behavior during the competition. Winners and Prize winners will be awarded with medals and diplomas.

7. Entry forms and accommodation

Entry forms are to be sent before February 28, 2018 via e-mail prezes@pzsambo.pl. Entry forms must include the athlete's full name, date of birth, weight category and the club's name.

Those who require an accommodation must provide this information before February 20, 2018 and make a prepayment to the bank account of «Sambo Krak» club. Insurance, accommodation, meals and transport are to be paid by the participants.

Accommodation will be booked at the tourist hotel INDIGO (address: 31-851 Kraków, os. Alertyńskie 1-2).

Prices of the accommodation:

- 95 pln per person in the room (2-3 beds) with breakfast and bathroom.
- 75 pln per person in the room (2 or 4 beds) without bathroom, with breakfasts.

8. Contact information:

- Oleksandr Gorbatiuk – President of the Polish Sambo Association, tel. +48 502 841 883, prezes@pzsambo.pl
- Pavlo Gorbatiuk – President of the Krakow judo, sambo and self-defense systems club «Sambo Krak», tel. +48 664 946 415, sambo@sambokrakow.pl

These Regulations are an official invitation to the tournament.