

International Kickboxing Tournament "Baltic Cup 3"

Seniors & Juniors 11-13.10.2019

International Kickboxing Tournament "Baltic Cup 3"

SENIORS & JUNIORS

K-1 Rules & Kick Light formulas

#### 1. Date and place

11-13. October 2019

Sejny, Łąkowa 26 street- Hala Sportowa Expo

#### 2. Organised by:

-Polski Związek Kickboxingu (Polish Kickboxing Association)

-Kickboxing Team Sejny

-Sejny city

#### 3. Official schedule

11.10.2019 (friday) @ Sejny, ul. Łąkowa 26 - Hala Sportowa Expo

16:00-19:00 verification and weigh-in

19:30 draw and referees seminar

12.10.2019 (saturday)

10:00-14:00 qualification fights

14:00-15:00 lunch break

15:00-20:00 official opening of tournament, rest of qualification fights and first part of semifinals fights

13.10.2019 (sunday)

10:00-17:00 rest of semifinals fights & final fights

Organisator can choose some of final fights of K1 formula as gale fight Possible gale start at 16:30 (Finish gale 20:00)

#### 4. Registrarion of clubs

Online registration at Polish Kickboxing Association website till 24.10.2018!

Foreign teams should register by email @ [biuro@pzkickboxing.pl](mailto:biuro@pzkickboxing.pl) with tittle "Baltic Cup 2 Sejny zgłoszenie"

5. Early Bird Entry Fee: 50 PLN (zloty) per single fighter in every division. When singed up in Kick Light formula you can pick 2 weight divisions

6. Start requiriments -The proof of the Medical Examination (current) -AD&D insurance - regulated payment -PKZB licence (only from PZKB clubs) -sport equipment complied with PZKB rules for K1 & Kick Light formulas (Top Ten company gloves provided by organisator)

7. Rules -complied with PZKB and WAKO rules - K-1 Rules, Kick Light -K-1 rules - senior, older junior -Kick light - junior, senior

8. Awards -Medals for I-III places, material prizes for best male and female fighters -Cup for best male fighter of senior,junior category -Cup for best female fighter of senior,junior category

9. Additional informations - Polish Kickboxing Association WEB

10. Accommodation - All teams are responsible themselves for arranging and paying their accommodation during the tournament. We recommend:

1.Skarpa Hotel - Marszałka Józefa Piłsudskiego 13 street; 16-500 Sejny (one day with brekfast 75zł one person)

2.Dom Litewski / Konsulatu LT - 22 lipca street at number 9 ; 16-500 Sejny (room- one person 70zl /90zl brekfast 12zl) (room 4 people 40zł One person brekfast 12zł preson)

11. Patronate Mayor of Sejny city - Mr Adam Nowalski & president of Polish Kickboxing Association - Piotr Siegoczyński

12. Contact For Polish teams - Rafał Kamiński 693 554 018 For foreign teams - Krzysztof Kacperski +48 533 777 859