



FIRST FIGHTING CLUB

OFFICIAL INVITATION
TO THE INTERNATIONAL KICKBOXING TOURNAMENT

FFC OPEN K1 2022



Dear friends,

First Fighting Club invites all Kickboxing clubs all over the world to participate in the international Kickboxing Tournament “**FFC OPEN K1 2022**” among Kids starting from 7 years and Cadets up to 14 years old. Tournament will be held from **10th to 11th of December 2022**.

The competition will take place in **Tallinn, Estonia** in sport-hall “FFC GYM”, [Punane 69](#).

Competition is organized by the First Fighting Club and will be held under K1 STYLE amateur kickboxing rules of WAKO, participating teams **must follow the program below**.

*Igor Golubev
First Fighting Club President*

OFFICIAL SCHEDULE

Timetable can be changed depending on the number of entries.		
Friday, 09.12.2022		
..... - 16:30	<ul style="list-style-type: none"> Arrival of foreign teams and judges 	FFC GYM, Punane 69
16:30 - 18:30	<ul style="list-style-type: none"> Weight-in and medical check (Estonian clubs) 	FFC GYM, Punane 69
18:30 - 20:30	<ul style="list-style-type: none"> Weight-in and medical check (Foreign clubs) 	FFC GYM, Punane 69
21:00 - 22:00	<ul style="list-style-type: none"> OFFICIAL DRAW (NO CHANGES AFTER THE DRAW!) 	FFC GYM, Punane 69
Saturday, 10.12.2022		
10:00 - 13:00	<ul style="list-style-type: none"> Qualification fights of the FFC OPEN K1 2022 	FFC GYM, Punane 69
Sunday, 11.12.2022		
10:00 - 12:30	<ul style="list-style-type: none"> FFC OPEN K1 2022 FINALS 	FFC GYM, Punane 69
	<ul style="list-style-type: none"> Awarding ceremony 	FFC GYM, Punane 69
ENTRY TICKET FOR SPECTATORS - 5 EUR/1 DAY, 10 EUR/2 DAYS		

OFFICIALS

CHIEF REFEREE	Andrei Majakov <i>International Referee and Judge "A" class</i> wakoest@gmail.com / +372 5665 6886
PROMOUTER and HEAD OF THE ORGANIZING COMMITTEE	Igor Golubev <i>President of the First Fighting Club</i> igorkudo@mail.ru / +372 565 9797 (RU)
All organizational questions	Edgar Mebald <i>General Secretary</i> +372 5884 8885 (EN)
Secretary (Registration and Draw questions)	JaneK Rozov (09.12) - +372 5332 7695 Dmitri Perjarkov (10-11.12) - +372 552 4959 wakoest@gmail.com

WEIGHTING-IN, MEDICAL CHECK and MEDICAL SERVICES

Registration and weighting-in of the fighter will be made after presenting the following documents:

- WAKO sport pass for WAKO members.
- Passport or ID-card for others (non members). **Please note that a 10 EUR fee applies for NON-members of WAKO.**
- Valid permit to fight signed by a sports doctor.
- Health insurance
- All participants must take visas in Estonian embassies in their countries, if needed
- **30 EUR in cash for the starting fee (40 EUR FOR NON WAKO MEMBERS)**

ATTENTION	If sportsmen do not have a medical permit, examination on the spot costs 5 EUR.
ATTENTION	ZERO TOLERANCE DURING THE WEIGHT-IN , each fighter must correspond to his registered weight.
MEDICAL SERVICES	Organizer is responsible for providing medical help to all official members of participating teams during the competition (according to their health-insurance).

VISA INFORMATION

All participants must take visas in Estonian embassies in their countries if needed. Estonia is a member of the European Union and part of Schengen territory.

IMPORTANT INFORMATION

All competitors, coaches and officials must follow the code to prevent manipulations before, during and after competition!

[Estonian version](#)

[English version](#)

CLASSES, WEIGHT DIVISIONS and REGULATIONS OF THE FIGHTS

Competition will be held under K1- STYLE WAKO rules!			
CATEGORY	WEIGHT DIVISION MALE	WEIGHT DIVISION FEMALE	REGULATIONS
KIDS 1 (7 years old)	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	2 ROUNDS x 1 MIN, 1 KD RULE
KIDS 1 (8 years old)	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	-24; -26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; 48+kg.	2 ROUNDS x 1 MIN, 1 KD RULE
CADETS 1 (9-10 years old)	-26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -51; -54; -57; 57+kg.	-26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -51; -54; -57; 57+kg.	2 ROUNDS x 1,5 MIN, 2 KD RULE
CADETS 2 (11-12 years old)	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -51; -54; -57; -60; 60+kg.	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -51; -54; -57; -60; 60+kg.	2 ROUNDS x 2 MIN, 2 KD RULE
CADETS 3 (13-14 years old)	-32; -37; -42; -47; -52; -57; -63; -69; +69 kg.	-32; -37; -42; -46; -50; -55; -60; -65; +65 kg.	3 ROUNDS x 2 MIN, 2 KD RULE

ENTRY FORMS

Entry-forms (fighters, coaches) should be **filled** by **NOVEMBER the 25th** by the **FORM** >
<https://forms.gle/5SQndrUr4xkTvZxH6>

NB: Filled forms received from 26th to 28th of November will be additionally charged with extra fee (5 EUR per person). After the 28th of NOVEMBER registration will be CLOSED and no new forms will be accepted!

Starting fee is 30 EUR per competitor (40 EUR for non-members of WAKO).

Payment must be made during the registration in cash. **Extra fee (5 EUR for each participant) will be charged for every application entered later than the 25.11.2022 deadline.**

If you are bringing a Judge/Referee to the tournament, please notify the Chief Referee. Without notification, he/she won't get paid. All payment will be done according to the rates of Estonian Kickboxing Federation.

PROTECTION AND EQUIPMENT FOR K-1

- Boxing gloves, 10 OZ, without laces
- Head-protection (top of the head must be covered), according to the color of the corner. Classic boxing helmets are forbidden.
- Mouth guard (for male and female mandatory).
- Groin protection for male and female (breast protection for female).
- Boxing wraps.
- Kickboxing Shorts (**MUAY-THAI symbolic is NOT ALLOWED!**).
- **KIDS 1, KIDS 2 and CADETS 1 must use torso protection which will be provided by the promoter.**
- Shin guards (please look at the pictures below to check the allowed shin guards).
Shin guards with metal/plastic elements and SOCKS-TYPE are forbidden!
Allowed shin protection can be found below:



RULES and PROTESTS

ATTACK WITH A KNEE TO THE HEAD IS PROHIBITED!

Competition is held under amateur WAKO rules, which can be found on <https://wako.sport/rules/>

Protest during the competition is only accepted **if announced by competitors Coach or their representative immediately after the fight and after submitting an official protest form to the name of Chief referee with a pledge of 100 EUR no later than 10 minutes after the fight.** Final decision will be given by the members of the appeal committee.

MEDALS AND AWARDING

1st, 2nd and 3rd places will get medals and diplomas. Fighters with the best techniques and showing the will to win will be awarded with special prizes.

ACCOMMODATION

NB! Each team must book accommodation by themselves. Please use the following email - fom@centerhotel.ee or call +372 59812180

Center Hotel ** - 800m from the Tallinn Old Town

Prices per night, breakfast included. Only a limited number of rooms available!

- **Hostel Twin** (hostel-type room with two single beds and shared bathroom) - **25 EUR**
- **Economy Twin** (economy room with two separate beds and private bathroom) - **32 EUR**
- **Triple** (standard type room with three single beds and private bathroom) - **47 EUR**
- **Quadruple** (standard room with four single beds and private bathroom) - **54 EUR**