

INVITATION DUTCH OPEN KICKBOXING CHAMPIONSHIPS K1 RULES, KIDS FROM AGE 10 AND AMATEURS (N/C CLASS FIGTHERS)

Dear Coaches,

On Saturday 11th of May, Roger Alken organizes, in cooperation with the WFCA and governed by the FOG:

THE DUTCH OPEN KICKBOXING CHAMPIONSHIPS K1 RULES, KIDS FROM AGE 10 AND AMATEURS

We happily welcome you to our event!

The Dutch open will take place in the LACO Glanerbrook accommodations in Sittard-Geleen where 4 boxing rings will be installed. In the morning, from 10 o'clock, children competition will take place. From 14.00hrs onwards we will start with 17 year and older matches.

Due to guidelines from the Dutch Combat sport Authority the age at which kick and punch techniques to the head are allowed is continuously increased with 1 year. From 2019 onwards from 17 years and up kicks and punches to the head are allowed.

If you want to participate with your fighters in the Dutch Open competition, you have to register your gym or school via Sportdata:

www.sport-data.nl or <http://reg.openentry.net>

Our event is listed on the events agenda with the other events; after enrolling your fighters under "MIJN DEELNEMERS", you can register them for the Dutch Open. One or two days prior to the event, matchmaking and fight times will be published via the site for participants and coaches to print.

REGISTRATION FEE

Registration fee per participant is €26 and needs to be wired in full before May 1st to LMR Alken, IBAN bank account NL56INGB0652196942. Please list "Dutch Open 2019" and the name of your school or gym in the payment details. Missing the registration deadline will mean your fighters will be excluded from the competition. To avoid any deception, make sure to pay before the deadline of May 1st!

MAX NUMBER OF PARTICIPANTS: 400

You can register your fighters well in advance via Sport-data. However if there is a change in weight, this can be changed easily until 1 week prior to the start of the event!

If any of your fighters miss weight, he or she can be enrolled in a higher weight class – extra cost of this are €25. The jury will register all changes and coaches can get the latest changes to the fight schedule moments before the start of the competition at the same jury table.

When entering Glanerbrook, you will find two employees handing out the participant cards to the head coaches. To avoid any confusion, please clarify in advance to your participants and other coaches who will pick up this list. The two employees will further inform you where and how the weigh-ins will take place.

Competition rules:

(kids age 10-16 years):

- **WFCA rules, absolutely no kick nor punch techniques to the head. From 12 years and up knees to the body are allowed**
- **Mandatory protection: shin protectors, mouth/teeth protection (gumshield), groin guard both for boys and girls and head protection (will be supplied if needed, own can also be used)**
- **2 rounds of 1 minute, in case of a draw, one extra round**
- **Knock out system: winner advances, no losers round or second match option. Only one winner will be crowned Dutch Open Champion 2019!**
- **Both finalists will receive a trophy!**

Amateurs (17 years and older)

- **WFCA rules from age 17 N/C class (no knees to the head)**
- **Mandatory protection: shin protectors, mouth/teeth protection (gumshield), groin guard both for boys and girls and head protection (will be supplied if needed, own can also be used)**
- **2 rounds of 1.5 minute, in case of a draw, one extra round**
- **Knock out system: winner advances, no losers round or second match option. Only one winner will be crowned Dutch Open Champion 2019!**
- **Both finalists will receive a trophy!**

Our event takes place at:

Sportcomplex LACO Glanerbrook in Sittard-Geleen

Address: Kummenaedestraat 45, 6165 BT Geleen

- **Morning schedule: kids age 10-16 years**

Weigh-in: 08.00hrs until 9.30hrs

Matches start at 10.00hrs

- **Afternoon schedule: amateurs 17 year and older**

Weigh-in: 11.00hrs until 13.30hrs

Matches start at 14.00hrs

Online ticketsale for spectators www.karateschoolalken.nl

EXTRA INFO FOR COACHES!!!!!!!!!!

- **Max 2 coaches for 1 participant, max 4 coaches for 2 participants from 3 participants and more max 6 coaches!!**
- **Coaches can only enter with a coach card!**
- **Participants and coaches can only enter the hall with proper gym shoes!**
- **Coaches are required to wear gym outfit/tracksuit!**
- **Coaches have to behave appropriately and respectfully at all time towards referee, jury and audience whether they are in agreement with the decisions or not!**

WEIGHT AND AGE CLASSES

| 10 - 12 YEAR | 10 - 12 YEAR | 13/14 YEAR | 13/14 YEAR |
|---------------------|---------------------|---------------------|---------------------|
| BOYS | GIRLS | BOYS | GIRLS |
| -34 KILO | -34 KILO | -46 KILO | -43 KILO |
| -37 KILO | -37 KILO | -49 KILO | -46 KILO |
| -40 KILO | -40 KILO | -52 KILO | -49 KILO |
| -43 KILO | -43 KILO | -55 KILO | -52 KILO |
| -46 KILO | -46 KILO | -58 KILO | -55 KILO |
| -49 KILO | | -61 KILO | -58 KILO |
| | +46 KILO | -64 KILO | |
| +49 KILO | | -67 KILO | +58 KILO |
| | | -70 KILO | |
| | | +70 KILO | |
| 15/16 YEAR | 15/16 YEAR | AMATEURS 17+ | AMATEURS 17+ |
| BOYS | GIRLS | N/C Men | N/C Women |
| -55 KILO | -50 KILO | -60 KILO | -55 KILO |
| -60 KILO | -55 KILO | -65 KILO | -60 KILO |
| -65 KILO | -60 KILO | -70 KILO | -65 KILO |
| -70 KILO | -65 KILO | -75 KILO | +65 KILO |
| -75 KILO | +65 KILO | -80 KILO | |
| -80 KILO | | -85 KILO | |
| +80 KILO | | -90 KILO | |
| | | +95 KILO | |

SINCE 1978

SUPER PRO

COMBAT GEAR

KARATE-THAIBOKSSCHOOL ALKEN PRESENTS

11 MAY 2019

THE DUTCH OPEN KICKBOXING CHAMPIONSHIPS

K1 - RULES
UNDER AUSPICES OF THE WFCA

SINCE 1978
SUPER PRO
COMBAT GEAR

HOOFDSPONSOR: SUPERPRO COMBAT GEAR

GLANERBROOK

KUMMENAEDestraat 45, 6165BT SITTARD-GELEEN

YOUTH (10 YEARS+) N-CLASS C-CLASS
THERE WILL BE FIGHTS IN FOUR RINGS

DOORS OPEN: 8:00H | STARTS: 10:00H
PRE SALE: €15,- EXCL. SERVICE COSTS | DOOR-SALE €18,50
INFO: KARATESCHOOLALKEN@HOME.NL

TICKETS AT: WWW.KARATESCHOOLALKEN.NL



