**LITHUANIA OPEN K-1 AMATEURS CHAMPIONSHIP 2019**

**25 JANUARY – 26 JANUARY 2019, VILNIUS, LITHUANIA**

**REGULATIONS**

**The organizers**

World Amateur K-1 Federation, Lithuanian Amateur K-1 Federation

**Venue**

V. Grybo street 7, G7 GYM, Vilnius, Lithuania

**Schedule**

25 January 17.00 – 20.00 - Weighting and registration (Green Vilnius Hotel, Pilaites pr. 20, Vilnius)

25 January 20.00 – 21.00 – Drawing (Green Vilnius Hotel, Pilaites pr. 20, Vilnius)

25 January 21.00 – 22.00 – Referees meeting (Green Vilnius Hotel, Pilaites pr. 20, Vilnius)

26 January 11.00 – 20.00 – Start of the championship (G7 GYM, V. Grybo str. 7, Vilnius)

**Rules**

Competitions are held according to the rules of the World Amateur K-1 Federation (WAK-1F). For the competitors 9-14 years, knees to the head are prohibited. The competitors 9-14 years must wear chest protectors.

**Age and weight categories**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **9 – 10** | -26 | -28 | -30 | -32 | -34 | -36 | -38 | -40 | +40 |  |  |  |
| **11 – 12** | -32 | -34 | -36 | -38 | -40 | -42 | -45 | -48 | -51 | -54 | +54 |  |
| **13 – 14** | -42 | -45 | -48 | -51 | -54 | -57 | -60 | -63 | -66 | -70 | +70 |  |
| **15 – 16**  **females** | -48  -40 | -51  -44 | -54  -48 | -57  -52 | -60  -56 | -63  -60 | -66  +60 | -70 | -75 | -80 | -85 | +85 |
| **17 – 18**  **females** | -48  -40 | -51  -44 | -54  -48 | -57  -52 | -60  -56 | -63  -60 | -66  +60 | -70  +66 | -75 | -80 | -85 | +85 |
| **19 – 35**  **females** | -51  -48 | -54  -52 | -57  -56 | -60  -60 | -63.5  -65 | -67  -70 | -71  +70 | -76 | -81 | -86 | -91 | +91 |

It’s not allowed overweight.

**Participation**

The entry fee for fighters is 20 euros.

Fighter must have a health certificate approved one week prior to championship, otherwise he must pass a medical inspection which will cost 5 euros.

Each fighter must provide proof of identity.

Each fighter must have life-health insurance for the period of competitions.

**Entry-forms:**

Preliminary entry-forms **no later than 21st of January**, by e-mail: info@spartagym.lt

Example of entry form: NAME OF THE CLUB ……………………………………. ADDRESS ………………………………………………… COACH ……………………………………………………. Nr. Name of the fighter Class weight 1. John JOHNSON Junior (14 years) –50 kg

Signature and seal of club president …………………………

**Equipment**

The color of gloves, head guard, shin protectors, shirt must be according to the color of fighters corner.

Competitors in the Age from 9-14 must wear chest protectors. Organizers will provide: gloves, head guards, shin protectors, chest protectors.

**Judgment**

Each team if they have such possibility should provide at least two judges certified WAK-1F on their own expenses.

**Visa, arrival and accommodation**

VISA Request: info@spartagym.lt +37069910666

**Accomondation and travel**

Accomodation – Green Vilnius Hotel, Pilaites pr. 20, Vilnius

20EUR/night per person

In the fees included:

•Breakfast

**Additional information**

More information about forthcoming championship on [www.wak-1f.com](http://www.wak-1f.com)

President of WAK-1F

Donatas Simanaitis