



# FFC



## “FFC-ESTOPEN 2016”

INVITATION TO THE INTERNATIONAL WAKO KICKBOXING  
CHAMPIONSHIP IN K-1 AND FULL CONTACT.

DECEMBER 16-18th, 2016, TALLINN, ESTONIA  
TTÜ SPORT HALL, Männiliiva Str.7 (Ehitajate Str.4)



Dear friends!

Estonian Kickboxing Federation with tournament promoter First Fighting Club are pleased to officially invite all Kickboxing clubs all over the world to participate in the international WAKO FFC-ESTOPEN 2016 tournament in K-1 and Full Contact, which will take place from the 16th to 18th of December in Tallinn, Estonia.

This tournament includes 2 events at a time: international kickboxing tournament among children 8-14 years (K-1) and Estonian Open championships for 15 years olds and older (K-1 and Full Contact).

Tournament promoter First Fighting Club (FFC) guarantees the most comfortable conditions for all competitors. Fights will take place at two rings. International judges and referees will serve the tournament.

Igor Golubev  
*First Fighting Club president.*

MTÜ First Fighting Club  
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[www.ffclub.ee](http://www.ffclub.ee)



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## OFFICIAL SCHEDULE

### FRIDAY 16TH OF DECEMBER

Arrival of all teams and judges to "DZINGEL" Hotel (Headquarter), Männiku street 89, Tallinn, Estonia (<http://www.dzingel.ee>).

- 15:00 - 17:00 - Weight Control – Medical Check (**only Estonian clubs**) in Official Hotel "DZINGEL", at the 2-nd floor.
- 17:00 - 18:30 - Weight Control - Medical Check (foreign clubs) in Official Hotel "DZINGEL", at the 2-nd floor.
- 19:00 - 20:00 – Draw.

### SATURDAY 17TH OF DECEMBER

- 09:00 - Bus transfer (Hotel "DZINGEL"– TTÜ Sport hall (Männiliiva street 7)).
- 10:30 -11:00 - Official Opening Ceremony.
- 11:00 - 17:00 - Qualification fights.
- 17:30 - Bus transfer (TTÜ Sport hall – Hotel "DZINGEL").

### SUNDAY 18TH OF DECEMBER

- 09:00 - Bus transfer (Hotel "DZINGEL"– TTÜ Sport hall (Männiliiva street 7)).
- 10:30 -16:00 – FINALS.
- 16:30 - Awarding ceremony.
- 17:30 - Bus transfer (TTÜ Sport hall – Hotel "DZINGEL").

TTÜ Sport hall website: <http://www.ttu.ee/sport/spordiveeb/spordiorganisatsioonid/ou-ttu-sport-2/galerii-27/>

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## PARTICIPATION

All kickboxing clubs of Estonia and other countries, according to given entry-forms. Participating SENIOR and JUNIORS – in Ring Sports (K-1 and FULL CONTACT) and KIDS, CADETS in K-1. Each club can present several fighters in each weight division.

## PROTECTION EQUIPMENT

- 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.
- Groin protection (breast protection for female fighters).
- Boxing wraps.
- Shin guards (Socks type shin guard for K-1 covering shin and instep; shin guard covering the shin from under the knee to the top of the feet for Full Contact). **Shin guards with metal/plastic elements are forbidden.**
- Shorts (**Muay thai symbolic is forbidden**).
- Protective vests for 8-10 year-olds competitors (Kids 1, Cadets; will be provided by promoter).

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## AGE AND WEIGHT DIVISIONS, FFC OPEN (8-14 YEAR-OLDS, K-1)

- **KIDS 1** (8 year-olds):  
-26, -28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, 48+kg
- **CADETS 1** (9-10 year-olds) MC1KR:  
-26, -28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -51, -54, -57, 57+kg
- **CADETS 2** (11-12 year-olds) MC2KR:  
-28, -30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -51, -54, -57, -60, 60+kg
- **CADETS 3** (13-14 year-olds) MC3KR:  
-40, -42, -44, -46, -48, -51, -54, -57, -60, -63,5, -67, 67+kg

## AGE AND WEIGHT DIVISIONS, ESTOPEN (K-1, FULL CONTACT)

- **YOUNGER JUNIORS MALE** (15-16 year-olds) MYJKR + MYJFC:  
-42, -45, -48, -51, -54, -57, -60, -63,5, -67, -71, -75, -81, 81+kg.
- **YOUNGER JUNIORS FEMALE** (15-16 year-olds) FYJKR + FYJFC:  
-36, -40, -44, -48, -52, -56, -60, 60+kg.
- **SENIORS MALE** (19-40 year-olds), **OLDER JUNIORS MALE** (17-18 year-olds) MKR/ MOJKR:  
-51, -54, -57, -60, -63,5, -67, -71, -75, -81, -86, -91, 91+kg
- **SENIORS FEMALE** (19-40 year-olds), **OLDER JUNIORS FEMALE** (17-18 year-olds) FKJ/ FOJKR:  
-48, -52, -56, -60, -65, -70, 70+kg

KIDS 1 (8 year-olds)	2 ROUNDS X 1 MINUTE	1 KD RULE
CADETS 1,2,3	2 ROUNDS X 2 MINUTES	2 KD RULE
YOUNGER JUNIORS	3 ROUNDS X 2 MINUTES	2 KD RULE
OLDER JUNIORS + SENIORS	3 ROUNDS X 2 MINUTES	3 KD RULE

Competition is held under amateur WAKO rules **on 2 RINGS**.  
Rules can be found on <http://wakoest.com> or <http://wakoweb.com>

**Head-referee – Mr. Denis Lahtikov (phone: +372 53466030)**

Protests during the competition - to the name of Chief referee with pledge 100 EUR no later than 30 minutes after the fight. Final decision will be given by the member of the appeal committee.

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## WEIGHT-IN AND MEDICAL CHECK

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

- WAKO sport pass for WAKO members.
- National pass (ID card or driving license) for others (non members).
- Valid permit to fight signed by sport doctor.
- Insurance.
- All participants must take visas in Estonian embassies in their countries **if needed.**
- Money **in cash** for starting fee.

**Attention! Head coaches and representatives of the teams are fully responsible for their athletes.**

**Entry fee for competitors (*Payment during the registration in cash*):**

**8-14 year-olds - 20 EUR per competitor.  
15 year-olds and older - 25 EUR per competitor.**

**MEDALS AND AWARDING:** The winners will get medals and diplomas.  
**SPECIAL PRIZES** (best technics, best fighter etc.) for KIDS, CADETS, JUNIORS and SENIORS.

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## ENTRY-FORMS

**Preliminary entry-forms (fighters, coaches, team staff) should be sent no later than December the 5<sup>th</sup> by the e-mail: [wakoest@gmail.com](mailto:wakoest@gmail.com)**

### Information:

Janek Rozov (General secretary): +372 5332 7695 (*Estonian, Russian, English*)

Igor Golubev (Head promoter, FFC club president): +372 565 9797 (*Russian*)

**Preliminary entry-forms are needed to know the exact quantity of medals.**

### Example of entry form:

NAME OF THE CLUB .....

ADDRESS .....

COACH .....

SECOND IN CORNER .....

No.	Name of the fighter	Class	Weight
1.	John Johnson	MKR	-75 kg

- **In the application all accompanying persons must be specified (needed for the accreditation).** Any team can provide one judge of the national category (WAKO). (Payment for the judges will be done according to the Estonian Kickboxing prices).
- Date of arrival and departure.

**Signature of the club's president and seal .....**

**(Subject of the e-mail must be: Registration form, club name and country)**

**Ticket price for spectators - 5 EUR (2 days)**

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## ACCOMMODATION

### APPLICATION FOR THE ACCOMMODATION (UP TILL THE 5TH OF SEPTEMBER)

Organizing committee «FFC-ESTOPEN 2016" offers accommodation in a partner hotel. Competitors are free to choose any of the packages listed below.

DZINGEL HOTEL \*\*\* (<http://www.dzingel.ee>). Contacts: Evgeniya Rudenko - [jevgenia@dzingel.ee](mailto:jevgenia@dzingel.ee)



### PRICES SPECIAL FOR "FFC-ESTOPEN 2016":

- **35 EUR**, one night stay, SGL. Standard single room
- **42 EUR**, one night stay, TWIN. Standard single room
- **56 EUR**, one night stay, TRIPL. Standard single room
- **29 EUR**, one night stay, SGL. Economy class single room
- **35 EUR**, one night stay, TWIN. Economy class single room
- **49 EUR**, one night stay, TRIPL. Economy class single room

**All packages include one night stay, breakfast, parking, WIFI, morning and evening Sauna.**

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