OFFICIAL INVITATION TO THE INTERNATIONAL WAKO KICKBOXING TOURNAMENT

BALTIC CUP K1 WAKO 2026



Dear Kickboxing friends, we invite clubs and athletes from across the world to join the **BALTIC CUP K1 WAKO 2026** tournament, taking place in Tallinn, Estonia on **DECEMBER 12, 2026**.

The competition will be held at **FFC GYM (Punane 69)** and is open to participants of all experience levels and age divisions: **Kids, Cadets, Juniors, and Seniors** (7–40 years old). It's a good opportunity to show your skills and take part in a well-organized K-1 competition.

The event is hosted by **First Fighting Club** and will be conducted according to official WAKO K1-Style amateur rules. We recommend reviewing the rules and event timetable in advance for proper preparation.

We welcome everyone interested in testing themselves, improving their skills, and connecting with kickboxers and teams from various countries.

Igor Golubev
First Fighting Club President

First Fighting Club (FFC)
Reg.kood: 80359301
Punane 69, Tallinn 13619

http://ffcclub.ee
Tel. +372 5659797

OFFICIAL SCHEDULE

The timetable can be changed depending on the number of entries.		
Saturday, 12.12.2026		
08:30 - 10:00	Weight-in and medical check	FFC GYM, Punane 69
10:00 - 11:30	OFFICIAL DRAW **(NO CHANGES AFTER THE DRAW!)** and referees briefing	FFC GYM, Punane 69
11:30 - …	Qualification fights of the BALTIC CUP K1 WAKO 2026	FFC GYM, Punane 69
ENTRY TICKET FOR SPECTATORS:5 EUR		

RULES and PROTESTS

Competition is held under amateur WAKO rules, which can be found on https://www.wako.sport/rules-overview

ATTACK WITH A KNEE TO THE HEAD IS PROHIBITED FOR KIDS AND CADETS! KIDS 1, KIDS 2 and CADETS 1 must use torso protection which will be provided by the promouter.

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

CLASSES AND WEIGHT DIVISIONS

Competition will be under K1- STYLE WAKO rules only!			
CATEGORY	**MALE**	**FEMALE**	**REGULATIONS**
KIDS 1 (born in 2019) (7 years old, K1MKR / K1FKR)	-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 1,5 MIN, 2 KD RULE
KIDS 2 (born in 2018) (8 years old, K2MKR / K2FKR)	-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 1,5 MIN, 2 KD RULE
CADETS 1 (born in 2016-2017) (9-10 years old, C1MKR / C1FRK)	-26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; 56+kg.	-26; -28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; 56+kg.	3 ROUNDS x 1,5 MIN, 2 KD RULE
CADETS 2 (born in 2014-2015) (11-12 years old, C2MKR / C2FKR)	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63.5; +63.5kg.	-28; -30; -32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63.5; +63.5kg.	3 ROUNDS x 2 MIN, 2 KD RULE
CADETS 3 (born in 2012-2013) (13-14 years old, C3MKR / C3FKR)	-32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63; -65; -67; -69; -71; -75; +75 kg.	-32; -34; -36; -38; -40; -42; -44; -46; -48; -50; -52; -54; -56; -58; -60; -63; -65; -67; -69; -71; -75; +75 kg.	3 ROUNDS x 2 MIN, 2 KD RULE
YOUNGER JUNIORS (born in 2010-2011) (15-16 years old, YJMKR / YJFKR)	-42; -45; -48; -51; -54; -57; -60; -63.5; -67; -71; -75; -81; +81 kg.	-36; -40; -44; -48; -52; -56; -60; +60 kg.	3 ROUNDS x 2 MIN, 2 KD RULE
OLDER JUNIORS (born in 2008-2009) (17-18 years old, OJMKR / OJFKR)	-51; -54; -57; -60; -63.5; -67; -71; -75; -81; -86; -91; +91 kg.	-48; -52; -56; -60; -65; -70; +70 kg.	3 ROUNDS x 2 MIN
SENIORS (born in 2007 or earlier) (19-40 years old, MKR / FKR)	-51; -54; -57; -60; -63.5; -67; -71; -75; -81; -86; -91; +91 kg.	-48; -52; -56; -60; -65; -70; +70 kg.	3 ROUNDS x 2 MIN

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).
- Valid permit to fight signed by a sports doctor.
- Health insurance
- All participants must take visas in Estonian embassies in their countries, if needed
- **40 EUR in cash for the starting fee (please bring the exact amount, no change will be given)**

ATTENTION	If sportsmen do not have a medical permit, examination on the spot costs **25 EUR**.
ATTENTION	ZERO TOLERANCE DURING THE WEIGHT-IN, each fighter must correspond to his registered weight.
MEDICAL SERVICES	The organizer is responsible for providing medical help to all official members of participating teams during the competition (according to their health-insurance).

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.

PROTECTION AND EQUIPMENT FOR K-1 STYLE

- Boxing gloves, 10 OZ (must be visible on the gloves), 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 promouter.**
- 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:



Please note that in case of incorrect, unsuitable, or missing equipment, athletes will have ONLY 2 minutes to make the necessary changes. If time runs out, the athlete will be disqualified.

ENTRY FORMS

Entry-forms (fighters, coaches) should be filled via **SPORTDATA no later than the 7th of DECEMBER! On the next page you will find the needed instructions.**

The starting fee is 40 EUR per competitor. Payment must be made during the registration in cash. **Please bring the exact amount, no change will be given.**

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.

Starting from the 8th of DECEMBER registration will be TOTALLY CLOSED and NO new forms will be accepted!

ALL REGISTERED ATHLETES CAN BE FOUND VIA THIS LINK AT ALL TIMES (LIVE UPDATE):

https://www.sportdata.org/kickboxing/set-online/popup_nennungen_main.php?popup_action=nennungenall&verid=2974

Tournament link on Sportdata:

https://www.sportdata.org/kickboxing/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=2974#a_eventhead

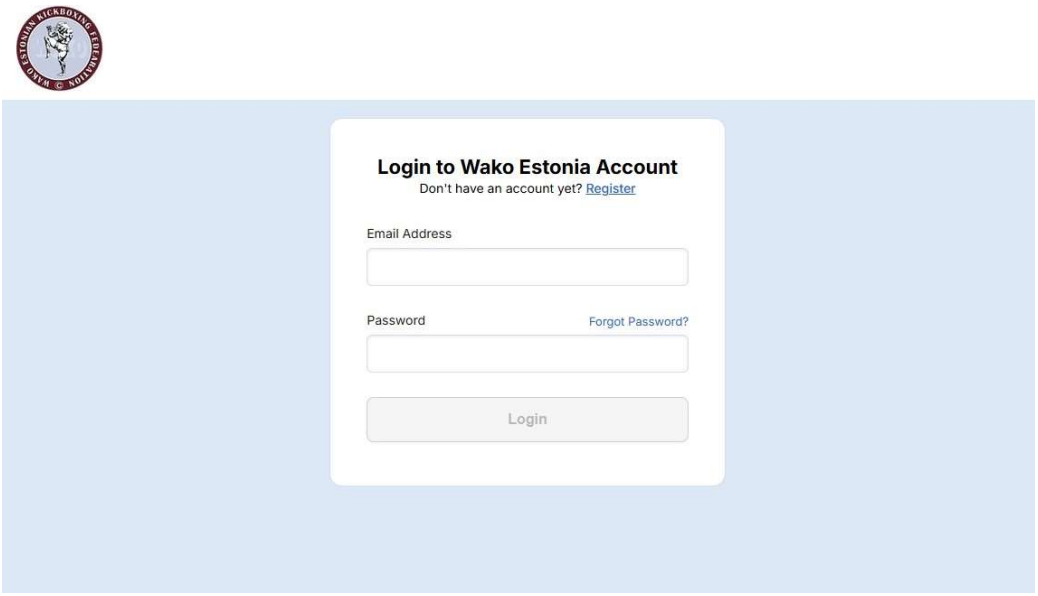
Step-By-Step Instructions for the Sportdata

JUHEND EESTI KEELES / ВЕРСИЯ НА РУССКОМ ЯЗЫКЕ

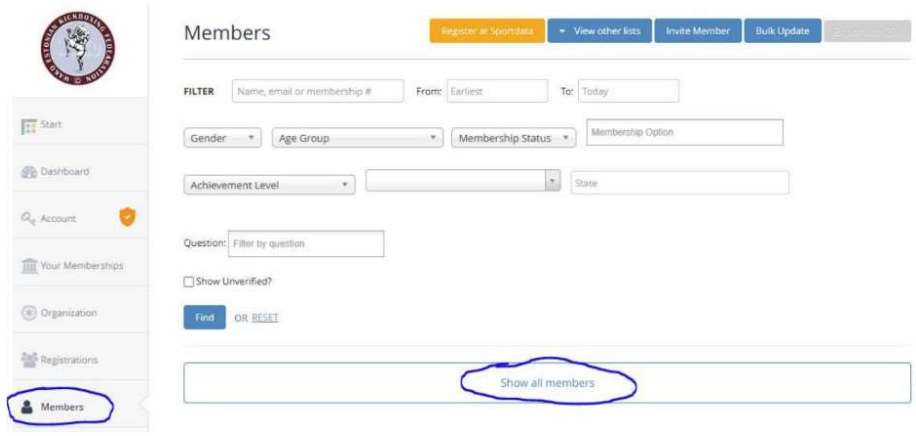
1. To **CREATE AN ACCOUNT** in the system and **receive a registration link**, you need to send an email to wakoest@gmail.com. After that, you will receive a special link where you can set your password and complete the registration. **The account is created only once! You will not need to register again for future tournaments.**

2. Go to the website wakoest.rsportz.com and click the green button in the center **BEGIN**

3. On the opened page, enter your email and password



4. After logging into your account, click **MEMBERS** on the left side of the screen, then select **SHOW ALL MEMBERS** to view the list of all athletes in your club.



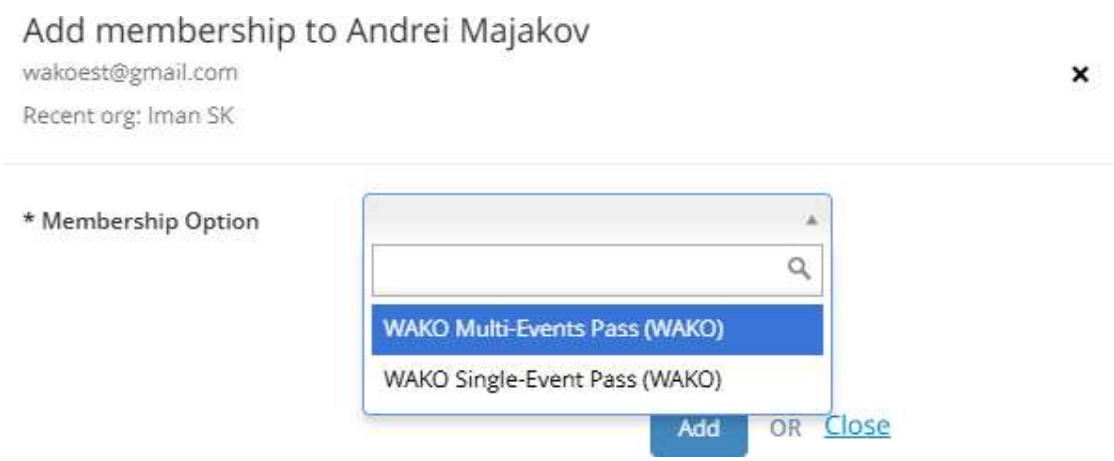
5. To **REGISTER** an athlete for a WAKO tournament, you must first purchase the required pass/accreditation. To do this, select the athlete from the list and click the GREEN BUTTON next to their details on the right side.



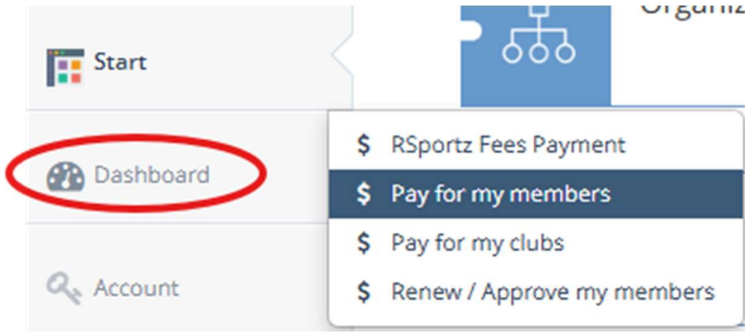
6. On the opened page, select the required option from the dropdown menu, then click the blue **Add** button. This procedure must be completed for all athletes you plan to register for the tournament.

   - Multi-Event - costs €9; allows **unlimited** tournament registrations and is valid for 1 calendar year.

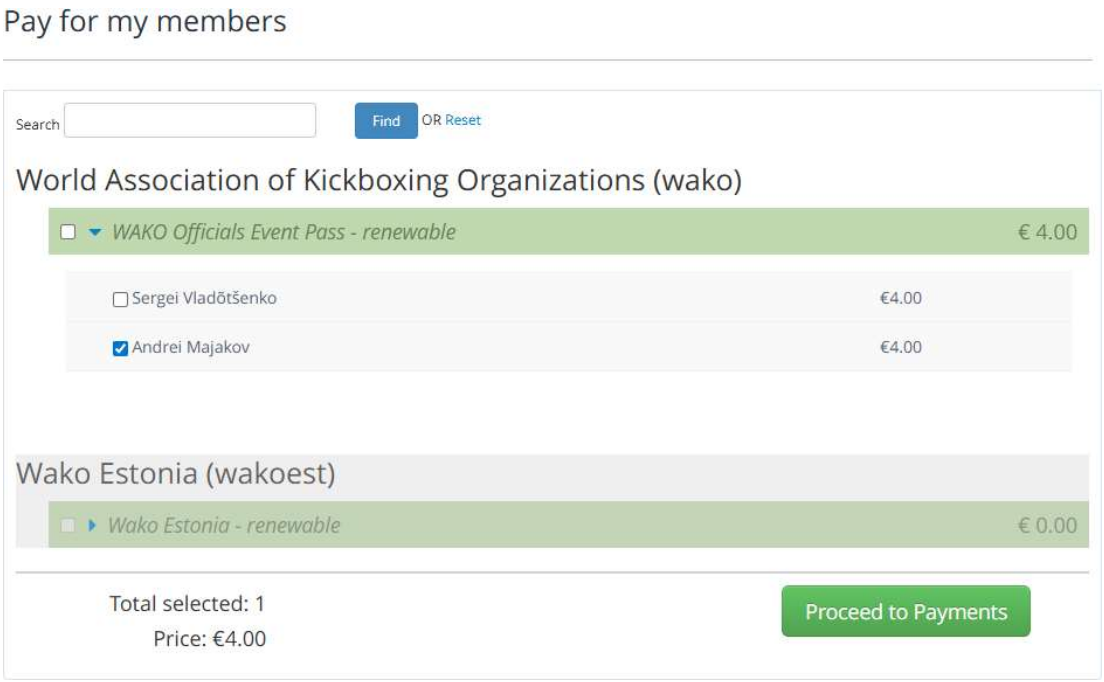
   - Single-Event - costs €4; allows a **one-time** registration.



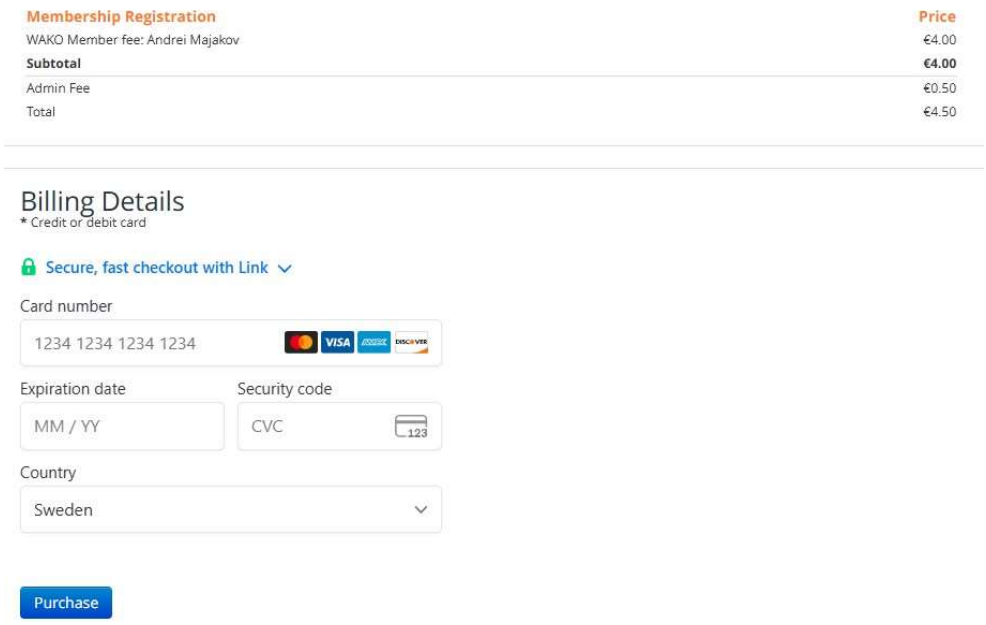
7. To pay for the tournament passes, select **Dashboard → Pay for my members.**



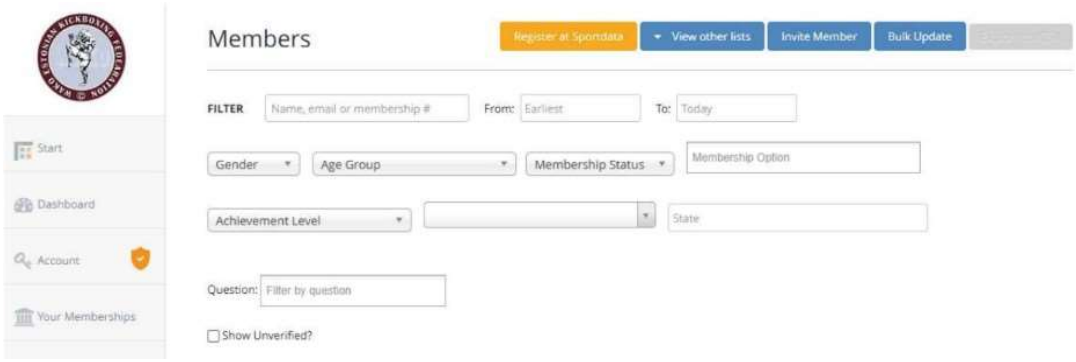
Then select one, several, or all athletes from the list for whom you want to make the payment and click Proceed to Payments.



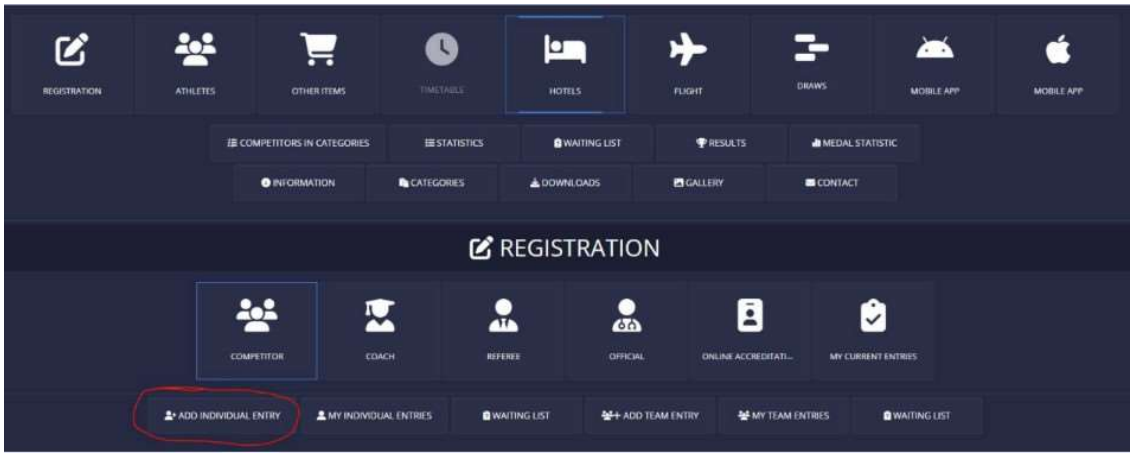
8. Enter your card details and complete the payment.



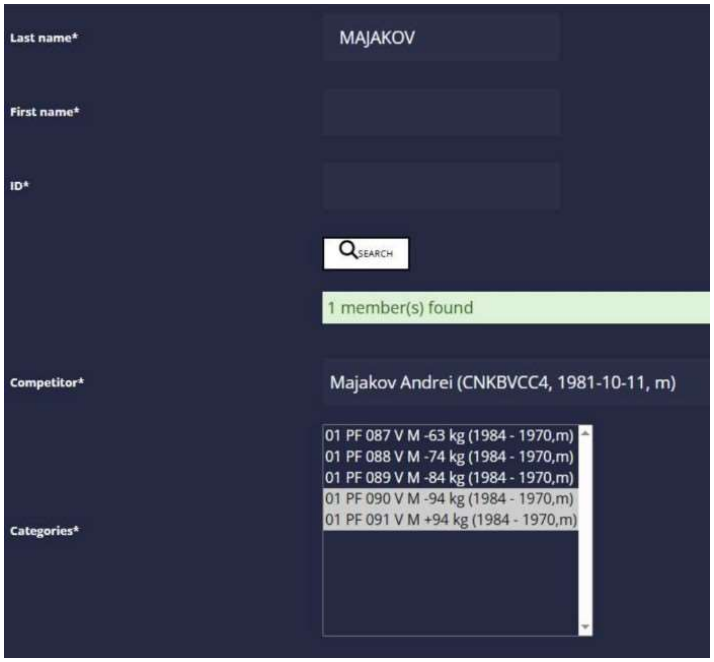
9. After the pass/accreditation has been purchased and paid for (or if a valid one already exists), you can register the athlete for the tournament. To do this, go back to the MEMBERS page (on the left side of the screen), then **click the ORANGE button** "REGISTER AT SPORTDATA " at the top and find the required tournament in the list (TALLINN OPEN K1 WAKO 2026)



10. To add an athlete to the tournament, click **"ADD INDIVIDUAL ENTRY"**



11. Find the athlete using the search by first or last name and select the category. You can choose multiple categories at the same time.



12. Click the **SAVE** button at the bottom of the page - the athlete is successfully registered.

13. Registered athletes for the tournament can be found in the menu **STATISTICS - ALL ENTRIES OF THIS EVENT**

In case of any problems or difficulties, please report them by sending an email to wakoest@gmail.com

OFFICIALS

CHIEF REFEREE	**Andrei Majakov** *International Referee and Judge "A" class* wakoest@gmail.com / +372 5665 6886
PROMOUTER and HEAD OF THE ORGANIZING COMMITTEE	**Igor Golubev** *President of the First Fighting Club* igorkudo@mail.ru / +372 565 9797 (RU)
All organizational questions	**Igor Golubev** *President of the First Fighting Club* igorkudo@mail.ru / +372 565 9797 (RU)
Secretary	**Andrei Majakov** *International Referee and Judge "A" class* wakoest@gmail.com / +372 5665 6886

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**