



OFFICIAL INVITATION TO THE INTERNATIONAL WAKO KICKBOXING TOURNAMENT



FFC CUP K1 WAKO 2025



Dear Kickboxing friends,

We are excited to welcome kickboxing clubs and athletes from around the world to take part in the international **FFC CUP K1 WAKO 2025** tournament!

This prestigious event will be held on **April 5th, 2025**, in the dynamic city of **Tallinn, Estonia**, at **FFC GYM (Punane 69)**. The tournament is open to fighters of all levels and age groups — **Kids, Cadets, Juniors, and Seniors** (ages 7 to 40)— giving everyone a chance to showcase their talent, determination, and fighting spirit.

Organized by First Fighting Club, the competition will follow the official K1 Style amateur rules governed by WAKO. We encourage all teams to familiarize themselves with the tournament schedule and regulations to ensure a smooth and fair event for every participant.

Don't miss this incredible opportunity to compete on an international stage, challenge yourself, and connect with fellow kickboxing enthusiasts from across the globe!

Igor Golubev
First Fighting Club President

OFFICIAL SCHEDULE

Timetable can be changed depending on the number of entries.		
Saturday, 5.04.2025		
10:00 - 11:00	<ul style="list-style-type: none">Weight-in and medical check (ALL TEAMS)	FFC GYM, Punane 69
11:00 - 12:00	<ul style="list-style-type: none">OFFICIAL DRAW (NO CHANGES AFTER THE DRAW!)	FFC GYM, Punane 69
12:00 - ...	<ul style="list-style-type: none">Start of the FFC Cup K1 WAKO 2025	FFC GYM, Punane 69
ENTRY TICKET FOR SPECTATORS - 5 EUR		

OFFICIALS

CHIEF REFEREE	Denis Lahtikov <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	Andrei Majakov <i>International Referee and Judge "A" class</i> wakoest@gmail.com / +372 5665 6886
Secretary	Andrei Majakov <i>International Referee and Judge "A" class</i> wakoest@gmail.com / +372 5665 6886

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**

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	Organizer is responsible for providing medical help to all official members of participating teams during the competition (according to their health-insurance).

CLASSES AND WEIGHT DIVISIONS

Competition will be under K1- STYLE WAKO rules only!			
CATEGORY	MALE	FEMALE	REGULATIONS
KIDS 1 (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 MIN, 2 KD RULE
KIDS 2 (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 MIN, 2 KD RULE
CADETS 1 (9-10 years old, C1MKR / C1FKR)	-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.	2 ROUNDS x 1,5 MIN, 2 KD RULE
CADETS 2 (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.	2 ROUNDS x 2 MIN, 2 KD RULE
CADETS 3 (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.	2 ROUNDS x 2 MIN, 2 KD RULE
YOUNGER JUNIORS (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.	2 ROUNDS x 2 MIN, 2 KD RULE (FINALS 3 ROUNDS)
OLDER JUNIORS (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.	2 ROUNDS x 2 MIN, 3 KD RULE (FINALS 3 ROUNDS)
SENIORS (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.	2 ROUNDS x 2 MIN, 3 KD RULE (FINALS 3 ROUNDS)

Please note that for Young Juniors, Older Juniors and Seniors ALL FINAL MATCHES will be 3 ROUNDS x 2 MINUTES!

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:



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 30th of MARCH!** On the next page you will find the needed instructions.

Starting fee is 40 EUR per competitor. Payment must be made during the registration in cash.

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 31st of MARCH registration will be 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=2287

Step-By-Step Instructions for the Sportdata

[JUHEND EESTI KEELES](#) / [ВЕРСИЯ НА РУССКОМ ЯЗЫКЕ](#)

1. To **CREATE AN ACCOUNT** 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 up your password and register your account.
2. Go to wakoest.rsportz.com and click the green button in the center labeled **BEGIN**
3. On the opened page, enter your email and password.



Login to Wako Estonia Account
Don't have an account yet? [Register](#)

Email Address

Password [Forgot Password?](#)

Login

4. After you log in to your account, please click on **"MEMBERS"** on the left side, then select **"SHOW ALL MEMBERS"** to view the list of all athletes in your club.

Members [Register at Sportdata](#) [View other lists](#) [Invite Member](#) [Bulk Update](#)

FILTER Name, email or membership # From: Earliest To: Today

Gender Age Group Membership Status Membership Option

Achievement Level State

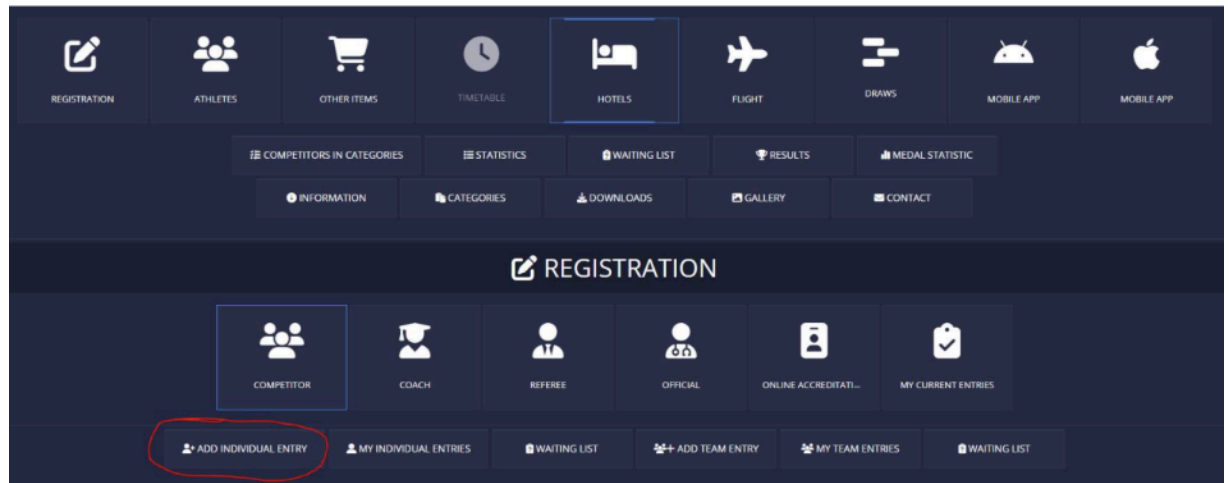
Question: Filter by question

Show Unverified?

[Find](#) OR [RESET](#)

[Show all members](#)

- To REGISTER for the TOURNAMENT, click the ORANGE button “REGISTER AT SPORTDATA” and on the opened page, find the tournament you need in the list: **FFC CUP K1 2025**.
- To add an athlete to the tournament, click **ADD INDIVIDUAL ENTRY**



- Find an athlete by searching for their first or last name, and select a category. Multiple categories can be selected at once.

Last name* MAJAKOV

First name*

ID*

SEARCH

1 member(s) found

Competitor* Majakov Andrei (CNKBVCC4, 1981-10-11, m)

Categories*

- 01 PF 087 V M -63 kg (1984 - 1970,m)
- 01 PF 088 V M -74 kg (1984 - 1970,m)
- 01 PF 089 V M -84 kg (1984 - 1970,m)
- 01 PF 090 V M -94 kg (1984 - 1970,m)
- 01 PF 091 V M +94 kg (1984 - 1970,m)

- Click the '**SAVE**' button at the bottom – the athlete has been successfully registered.
- The athletes registered for the tournament can be found in the '**STATISTICS**' menu – '**ALL ENTRIES OF THIS EVENT**'

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!

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.** 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. The top 3 teams will be honored with special awards (team standings).m

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](#)