Rzeszow's Martial Arts Club SYSTEM Carried Martial Arts Club SYSTEM

Rzeszów, 27th and 28th May 2023

1. Organizer:

Rzeszowski Klub Sportów Walki SYSTEM (Rzeszow's Martial Arts Club SYSTEM)

35-111 Rzeszow, ul. Krakowska 20

Janusz Wisniewski - mob. no.: +48 512 359 169, email: jwisniewski@karate.rzeszow.pl, www.carpathia.org.pl

2. Date and venue:

Rzeszow, PODPROMIE Sports Hall, ul. Podpromie 10, http://www.hala.rzeszow.pl/ 27th May 2023 - KATA 28th May 2023 - KUMITE

3. KATA & KUMITE 'Light-contact' category, girls and boys (at least 2 years of training).

All contestants compete in chest and head guards provided by the Organizer.

Additionally, all contestants should be equipped with their own well-fitted soft white cotton hand, shin and foot guards.

Boys also need a groin guard. The only techniques allowed to jodan body area will be Mawashi-geri,

Uhi-Mawashi geri and Kake-geri. All jodan kicks should be very weak barely touching the helmet with the leg.

<u>Leg techniques to the gedan body area are not allowed.</u>

It is the contestant's duty to be ready to fight within the set time of 1 min. with the complete set of required protective guards.

age category	KUMITE Boys	KUMITE Girls	timing	КАТА		KATA TEAM	
U-8	-20,0 kg, -25,0 kg,	-20,0 kg, -25,0 kg,	WILLIOUL EXILA LILLE	elimination	taikyoku sono ichi	elimination	taikyoku sono ni
'small children' 2015 - 2016 r.	-30,0 kg, -35,0 kg, -40,0 kg, +40,0 kg.			semi-final final	taikyoku sono ni, taikyoku sono san.	1	tainyona sollo III
U-10	-25,0 kg, -30,0 kg, -35,0 kg, -40,0 kg,	-25,0 kg, -30,0 kg,	elimination - 1,0 min. without extra time	elimination	taikyoku sono ni	semi-final final	
'younger children' 2013 - 2014 r.	-45,0 kg, -50,0 kg, +50,0 kg.	-35,0 kg, -40,0 kg, -45,0 kg, + 45,0 kg	semi-final i final - 1,5 min. extra time - 1,0 min.	semi-final final	taikyoku sono san, pinan sono ichi.		taikyoku sono san, pinan sono ichi.

After the second score draw the outcome is decided by the difference: - 2,5 kg and the heaviest 5,0 kg. Three players can take part in the KATA TEAM without division into girls and boys.

4. KATA & KUMITE 'Semi-contact' - 'colts', 'cadet' and 'junior' category, girls and boys (at least 2 years of training).

All contestants compete in head guards provided by the Organizer. Additionally, contestants in 'colts' and 'cadet' category also compete in chest guards provided by the Organizer. All contestants should be equipped with their own well-fitted soft white hand, shin and foot guards. Boys also need a groin guard and girls chest guard. The only techniques allowed to jodan body area will be Mawashi-geri, Uhi-Mawashi and Kake-geri with controlled strength.

All jodan kicks should be very weak barely touching the helmet with the leg.

All stronger kicks or wazari ones are not allowed and will be punished. Leg techniques to the gedan body area are allowed. It is the contestant's duty to be ready to fight within the set time of 1 min. with the complete set

age category	KUMITE Boys	KUMITE Girls	timing	КАТА	KATA TEAM
U-12 'older children'	-30,0 kg, -35,0 kg, -40,0 kg, -45,0 kg,	-35,0 kg, -40,0 kg, -45,0 kg, -50,0 kg,	elimination - 1,5 min. without extra time	elimination pinan sono ichi	elimination pinan sono ni,
2011 - 2012 r. +55,0 kg.		+50,0 kg.	semi-final i final - 1,5 min. extra time - 1,0 min.	semi-final pinan sono ni, final pinan sono san,	pinan sono san,
U-14	-40,0 kg, -45,0 kg, -50,0 kg, -55,0 kg,	-40,0 kg, -45,0 kg,	elimination - 1,5 min. without extra time	elimination pinan sono ni, pinan sono san,	semi-final final pinan sono yon, pinan sono go,
`colts' 2009 - 2010 r.	-60,0 kg, -65,0 kg, +65,0 kg.	-50,0 kg, -55,0 kg, -60,0 kg, +60,0 kg.	semi-final i final - 2,0 min. extra time - 1,5 min.	semi-final pinan sono yon, final pinan sono go,	, , , , ,
U-16	-50,0 kg, -55,0 kg, -60,0 kg, -65,0 kg,	G -50,0 kg, -55,0 kg,	elimination - 1,5 min. without extra time	elimination pinan sono san, pinan sono yon, pinan sono go.	elimination
'cadets' -70,0 kg, -	-70,0 kg, -75,0 kg, +75,0 kg.	-60,0 kg, -65,0 kg, +65,0 kg.	semi-final i final - 2,0 min. extra time - 2,0 min.	semi-final yantsu, final tsuki no kata, geksai-dai.	yantsu, tsuki no kata, semi-final
U-18 'junior' 2005 - 2006 r.	-70,0 kg, -75,0 kg, -60,0 l	-50,0 kg, -55,0 kg, -60,0 kg, -65,0 kg, +65,0 kg.	elimination - 1,5 min. without extra time	geksai dai , elimination yantsu, tsuki no kata.	final geksai-daigeksai sho, saiha, shushi ho,
			semi-final i final - 2,0 min. extra time - 2,0 min.	semi-final geksai sho, final saiha, shushi ho, kanku dai, seienchin, sepai, garyu.	kanku dai, seienchin, sepai, garyu.

After the second score draw the outcome is decided by the difference:- 2,5 kg and the heaviest 5,0 kg. Three players can take part in the KATA TEAM without division into girls and boys.

5. KATA & KUMITE 'Senior' category, men and women

(at least 18 years of age at the time of the tournament and at least four years of training).

All male contestants need to be equipped with a groin guard.

While women with a chest guard and need to possess well-fitted soft white cotton shin and foot guards.

age category	KUMITE Men	KUMITE Women	timing		KATA		KATA TEAM
SENIOR		-50,0 kg, -55,0 kg, -60,0 kg, -65,0 kg, +65,0 kg.	semi-final i final - 3,0 min. extra time - 2,0 min.	semi-final final	geksai dai, geksai sho, yantsu, tsuki no kata, saiha. shushi ho, seienchin, sepai, garyu.	semi-final final	yantsu, tsuki no kata, saiha.

It is the contestant's duty to be ready to fight with in the set time of 1 min. with the complete set of required protective guards. After the second score draw the outcome is decided by the difference:

- in terms of women it is weights of at least 3.0 kg and the heaviest 8.0 kg.
- in terms of men it is weights of at least 5,0 kg and the heaviest 10,0 kg.

Three players can take part in the KATA TEAM without division into Women and Men.

6. KATA & KUMITE 'Masters' category (at least 2 years of training).

All contestants compete in head guards provided by the Organizer.

All contestants need to be equipped with a groin guard and well-fitted soft white cotton shin and foot guards.

The only techniques allowed to jodan body area will be Mawashi-geri, Uhi-Mawashi geri and Kake-geri,

age category	KUMITE Men	KUMITE Women	timing	KATA elimination	KATA semi-final i final
Masters +35	-75 kg,-85 kg, +85 kg.	-60 kg, -65 kg,	elimination - 2,0 min. without extra time semi-final i final - 2,0 min. extra time - 2,0 min.	geksai dai, geksai sho, yantsu, tsuki no kata, saiha.	shushi ho, kanku dai, seienchin, sepai, garyu.
Masters +45	-75 kg,-85 kg, +85 kg.	+65 kg.	elimination - 2,0 min. without extra time semi-final i final - 2,0 min. extra time - 2,0 min.		

It is the contestant's duty to be ready to fight with in the set time of 1 min. with the complete set of required protective guards. After the second score draw the outcome is decided by the difference:

- in terms of women it is weights of at least 3,0 kg and the heaviest 8,0 kg.
- in terms of men it is weights of at least 5,0 kg and the heaviest 10,0 kg.

7. The overall rules of participation.

The Tournament is only for representations of maximum two contestants from an individual weight division from one club, no matter the Karate organization PLEASE NOTICE! In case of too few contestants in a given weight category, a merging might take place of two weight categories. After analysis of entry forms there might be a need of setting another weight division. Due to above, please provide in each entry form both the belt and the accurate weight of the contestant, as well as contestant's up-to-date sport achievements. Entries are to be made up to the 19 th May 2023 (Friday) 12:00 am AT THE LATEST on the website https://carpathia.kumitetechnology.com

All participants are to pay a cash on the day of verification:

- 20,00 euros in case of one category: KATA or KATA TEAM,
- 35,00 euros in case of taking part in two categories: KATA and KATA TEAM,
- 20,00 euros in of one category: KUMITE,

All teams starting in the competition have to nominate at least one referee!!!

During validation process all the contestants who fail to present valid medical certificate will not take part in the tournament, as well as those who don't fit their declare weight category.

In case of not showing up for the fight, the other contestant wins automatically.

Both contestants, as well as referees will be provided with dinner and snacks.

For the 1st, 2nd and 3rd place there will be cups and certificates. There will also be item prizes. No fights for the 3rd place.

Only those who meet the following requirements will be allowed to take part in the hereby Tournament:

- the contestant needs to possess a valid medical certificate.
- the contestant needs to possess a clean white karate-gi,
- the contestant needs to possess white cotton shin and foot guards (light, semi-contact, women and Masters),
- white cotton hand guards for light category and semi-contact, excluding junior category
- groin guards for both men and boys (all categories), as well as chest guards for girls (junior) and women,
- if underaged, the contestant needs to have a written permission of a parent or guardian (the attached form).

The lack of such a permission equals disqualification

- a current school id or other document stating the age of the contestant (the exact date of birth), along with a picture
- 'seniors' have to be at least 18 years old at the day of the Tournament,
- a contestant needs to possess a valid personal accident insurance.

The team's head is officially obliged to referee and is required to possess a complete referee suit according to his/her Karate Organization. The referee teams shall be assigned on the day of the Tournament. The Tournament will take place on 5 or 6 mats. In case of issues unresolved by the general rules the decision belongs to the Organizer and the Main Referee.

8. The Tournament's schedule:

27th May 2023 - 'PODPROMIE' SPORTS HALL, ul. Podpromie 10.

CONTESTANT KATA VERIFICATION 9°-12°, CONTESTANT KUMITE VERIFICATION 9°-21°

REFEREES' MEETING 1200-1230

OFFICIAL OPENING CEREMONY 1230-1300

KATA QUALIFICATIONS 13³⁰-16⁰⁰

DINNER 1500-1700

KATA SEMI-FINALS AND FINALS 16^{30} - 18^{00}

KATA AWARDS CEREMONY 1800-1900

28th May 2023 - 'PODPROMIE' SPORTS HALL, ul. Podpromie 10.

REFERES' MEETING 1000-1030

OFFICIAL OPENING CEREMONY 1030-1100

KUMITE QUALIFICATIONS 1130-1530

DINNER 1500-1700

KUMITE SEMI-FINALS AND FINALS 1600-1800

KUMITE AWARDS CEREMONY 1800-1900

Protection must be made white material.

