

Rzeszow's Martial Arts Club SYSTEM

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	-65,0 kg, -75,0 kg, -85,0 kg, -95 kg, +95,0 kg	-50,0 kg, -55,0 kg, -60,0 kg, -65,0 kg, +65,0 kg.	elimination - 2,0 min. without extra time semi-final i final - 3,0 min. extra time - 2,0 min.	elimination gekesai dai, gekesai sho, yantsu, tsuki no kata, saiha. semi-final final shushi ho, kanku dai, seienchin, sepai, garyu.	elimination yantsu, tsuki no kata, saiha. semi-final final gekesai sho, shushi ho, kanku dai, seienchin, sepai, garyu.

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, +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.		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 9⁰⁰-12⁰⁰, CONTESTANT KUMITE VERIFICATION 9⁰⁰-21⁰⁰

REFEREES' MEETING 12⁰⁰-12³⁰

OFFICIAL OPENING CEREMONY 12³⁰-13⁰⁰

KATA QUALIFICATIONS 13³⁰-16⁰⁰

DINNER 15⁰⁰-17⁰⁰

KATA SEMI-FINALS AND FINALS 16³⁰-18⁰⁰

KATA AWARDS CEREMONY 18⁰⁰-19⁰⁰

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

REFEREES' 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.

