

Rzeszow's Martial Arts Club SYSTEM

Carpathia Karate Cup

Rzeszów, 17th May 2025

1. Organizer:

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

35-111 Rzeszow, ul. Krakowska 20

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2. Date and venue:

Rzeszow, PODPROMIE Sports Hall, ul. Podpromie 10, <http://www.hala.rzeszow.pl/>

17th May 2025 - KATA & KUMITE

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

All contestants compete in chest and head guards.

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.

Leg techniques to the gedan body area are not allowed.

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	KATA elimination	KATA semi-final i final
U-8 2017 r.	-25,0 kg, -27,5 kg, -30,0 kg, -32,5 kg, -35,0 kg, +35,0 kg.	-25,0 kg, -30,0 kg, -35,0 kg, +35,0 kg.	elimination - 1,0 min. without extra time semi-final i final- 1,0 min. extra time - 1,0 min.	taikyoku sono ichi	taikyoku sono ni
U-9 2016 r.	-25,0 kg, -30,0 kg, -35,0 kg, -40,0 kg, -45,0 kg, +45,0 kg.	-30,0 kg, -35,0 kg, -40,0 kg, +40,0 kg.	elimination - 1,0 min. without extra time semi-final i final- 1,0 min. extra time - 1,0 min.	taikyoku sono ni	taikyoku sono san
U-10 2015 r.	-30,0 kg, -35,0 kg, -40,0 kg, -45,0 kg, -50,0 kg, +50,0 kg.	-35,0 kg, -40,0 kg, -45,0 kg, +45,0 kg.	elimination - 1,0 min. without extra time semi-final i final- 1,0 min. extra time - 1,0 min.	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.

4. KATA & KUMITE 'Semi-contact' - 'U-12', 'U-14', 'U-16' and 'U-18' category, girls and boys (at least 2 years of training).

All contestants compete in head guards. Additionally, contestants in U-12, U-14 and U-16 category also compete in chest guards. 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 of required protective guards.

age category	KUMITE Boys	KUMITE Girls	timing	KATA elimination	KATA semi-final i final
U-12 2013 - 2014 r.	-30,0 kg, -35,0 kg, -40,0 kg, -45,0 kg, -50,0 kg, -55,0 kg, +55,0 kg.	-30,0 kg, -35,0 kg, -40,0 kg, -45,0 kg, -50,0 kg, +50,0 kg.	elimination - 1,5 min. without extra time semi-final i final - 1,5 min. extra time - 1,5 min.	pinan sono ichi	pinan sono ni, pinan sono san,
U-14 2011 - 2012 r.	-40,0 kg, -45,0 kg, -50,0 kg, -55,0 kg, -60,0 kg, -65,0 kg, +65,0 kg.	-40,0 kg, -45,0 kg, -50,0 kg, -55,0 kg, -60,0 kg, +60,0 kg.	elimination - 1,5 min. without extra time semi-final i final - 1,5 min. extra time - 1,5 min.	pinan sono ni, pinan sono san,	pinan sono yon, pinan sono go, tsuki no kata.
U-16 2009 - 2010 r.	-50,0 kg, -55,0 kg, -60,0 kg, -65,0 kg, -70,0 kg, -75,0 kg, +75,0 kg.	-50,0 kg, -55,0 kg, -60,0 kg, -65,0 kg, +65,0 kg.	elimination - 1,5 min. without extra time semi-final i final - 1,5 min. extra time - 1,5 min.	pinan sono san, pinan sono yon, pinan sono go.	yantsu, tsuki no kata, geksai-dai.
U-18 2007 - 2008 r.	-60,0 kg, -65,0 kg, -70,0 kg, -75,0 kg, -80 kg, +80,0 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 - 2,0 min. extra time - 2,0 min.	geksai dai , yantsu, tsuki no kata.	geksai sho, saiha, gekasai dai , yantsu, tsuki no kata.

After the second score draw the outcome is decided by the difference:- 2,5 kg and the heaviest 5,0 kg.

5. KATA & KUMITE 'ADULTS' 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 elimination	KATA semi-final i final
U-21 2007-2004 r.	-70 kg, -80 kg, -90 kg, +90,0 kg	-55,0 kg, -60,0 kg, -65,0 kg, +65,0 kg.	elimination - 2,0 min. without extra time semi-final i final - 2,0 min. extra time - 2,0 min.	geksai dai, geksai sho, yantsu, tsuki no kata, saiha.	shushi ho, kanku dai, seienchin, s eipai, garyu.
ADULTS	-70 kg, -80 kg, -90 kg, +90,0 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.		

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.

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 +40	-85 kg, +85,0 kg.	-65,0 kg, +65,0 kg.	elimination - 2,0 min. without extra time semi-final i final - 2,0 min. extra time - 2,0 min.	geksai dai, gekasai sho, yantsu, tsuki no kata, saiha.	shushi ho, kanku dai, seienchin, seipai, 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 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 6 th May 2024 (Monday) 12:00 am AT THE LATEST on the website <https://pfks.kumitetechnology.com>

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

- 30,00 euros in case of one category: KATA or KUMITE,
- 40,00 euros in case of taking part in two categories: KATA and 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
- 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.

In case of issues unresolved by the general rules the decision belongs to the Organizer and the Main Referee.