



Cracow, 01.01.2024

Subject: Competition regulations

IX INTERNATIONAL CRACOW CUP IN TRADITIONAL KARATE

DATE: March 16, 2024 (Saturday), official opening and start of the competition at 10.00 (detailed competition program will be announced two days before the competition)

PLACE: Cracow, T. Ptaszyckiego 4 Str. Sports and Entertainment Hall

ORGANIZER: Cracow Traditional Karate Club

| Group A (7 yrs & younger) born in 2017 and younger | Grupa B (8-9 yrs) born in 2016 and 2015 | Group C (10-11 yrs) born in 2014 and 2013 | Grupa D (12-13 yrs) born in 2012 and 2011 |
|--|--|--|--|
| in 1 grade groups: 9-6 kyu (kata) | in 3 grade groups: 9-8 kyu (kata) 7 kyu (kata) 6-1 kyu (kata) | in 5 grade groups: 9-8 kyu (kata) 7 kyu (kata) 6 kyu (kata) 5-4 kyu (kata) 3-1 kyu (kata) | in 5 grade groups: 9-8 kyu (kata) 7 kyu (kata) 6 kyu (kata) 5-4 kyu (kata) 3-1 kyu (kata) |
| Group: Younger junior (14-15 yrs) born in 2010-2009 minimum 3 kyu | | Group: Junior (16-17 yrs) born in 2008-2007 minimum 3 kyu | |
| Kata individual: boys and girls Kumite individual: boys and girls | | Kata individual: boys and girls Kumite individual: boys and girls | |
| Group: Youth (18-19-20 yrs) born in 2006-2005-2004 minimum 3 kyu | | Group: Senior (21 yrs and older) born in 2003 minimum 3 kyu | |
| Kata individual: men and women Kumite individual: men and women | | Kata individual: men and women Kumite individual: men and women | |

1. If there are not enough players in a given group, they will be joined to another one, closest to their level and age. All groups are divided into girls and boys.

2. KATA:

- a) In groups A, B, C and D - kata will be performed up to the level of the lower level and assessed using the flag system.
- b) In groups C and D grades 3-1 kyu, competitors choose a kata from: Bassai Dai, Jion, Kanku Dai.
- c) In the junior, junior, youth and senior groups - evaluation of points (any championship kata in the final, other kata than in the semi-final).

**3. KUMITE:**

a) In the junior junior and junior kumite groups (no overtime, only, in the final in the event of a tie, overtime is played).

b) In the junior and senior jiyu kumite group (no overtime, only, in the final in the event of a tie, overtime is played)

4. The Krakow Cup will be played using the "Brazilian" system (each competitor fights until the second lost match, excluding kata for points)

STARTING CONDITIONS FOR PLAYERS AND CLUBS:

1. Appropriate age and grade: according to the years and grades listed.
2. Personal accident insurance.
3. Having written consent from the legal guardian to take part in the competition.
4. No entries will be accepted on the competition start day. There is no refund of the entry fee in case of resignation from participation in the competition.
5. Club instructors provide supervision during competitions and starts (1 club instructor for 10 participants).
6. People taking part in kumite competitions must wear mouth guards, groin protectors for boys and chest protectors for girls.

Application deadline! March 1 (Friday)

No changes are possible on the day of the competition.

Additional information: Rafał Wajda tel. 606-248-108 biuro@karatekrakow.pl

Z poważaniem

PREZES
KRAKOWSKIEGO KLUBU KARATE
TRADYCYJNEGO

Rafał Wajda