



Cracow, 10th, January 2025

Subject: Competition regulations

X INTERNATIONAL KRAKOW CUP IN TRADITIONAL KARATE

DATE: March 8, 2025 (Saturday), official opening and start of the competition at 10.00 a.m. (a detailed program of the competition will be announced two days before the competition)

PLACE: Krakow, 4 T. Ptaszyckiego Street. Sports and entertainment hall

ORGANIZER: Krakow Traditional Karate Club

Group A (7 years and younger) born 2018 and younger	Group B (8-9 years old) born: 2017 and 2016	Group C (10-11 years) born 2015 and 2014	Group D (12-13 years) born 2013 and 2012
in 1 group of degrees: 9-6 kyu (kata)	in 3 groups of degrees: 9-8 kyu (kata) 7 kyu (kata) 6-1 kyu (kata)	in 5 groups of degrees: 9-8 kyu (kata) 7 kyu (kata) 6 kyu (kata) 5-4 kyu (kata) 3-1 kyu (kata)	in 5 groups of degrees: 9-8 kyu (kata) 7 kyu (kata) 6 kyu (kata) 5-4 kyu (kata) 3-1 kyu (kata)
Cadet Group (14-15 years old) born 2011-2010 minimum 3 kyu		Junior Group (16-17 years old) born 2009-2008 minimum 3 kyu	
Kata ind. boys and girls Kumite ind. boys and girls		Kata ind. boys and girls Kumite ind. boys and girls	
Youth group (18-19-20 years old) born 2007-2006-2005 minimum 3 kyu		Senior group (21 years old and older) born since 2004. minimum 3 kyu	
Kata ind. men and women Kumite ind. men and women		Kata ind. men and women Kumite ind. men and women	

1. In the event of an insufficient number of competitors in a given group, they will be placed in another, closest to the rank and age. In all groups, there is a division into categories of girls and boys.

2. KATA:

- In groups A, B, C and D - kata will be performed up to the level of advancement of the lower level and assessed with a flag system.
- In group C and D grades 3-1 kyu, competitors choose kata from: Bassai Dai, Jion, Kanku Dai, Enpi, final other kata than in the semi-final.
- In the junior, junior, youth and senior groups - any master kata, and in the finals other katas than in the semi-finals. A score with a flag system and the final score 4 points once.

3. KUMITE:

- In the junior group, junior, junior and senior jiyu kumite (free fight) (without extra time, only, in the final in case of a tie extra time is played)
4. The Krakow Cup will be played in the "Brazilian" system (each player fights until the second lost duel)

**STARTING CONDITIONS FOR COMPETITORS AND CLUBS:**

1. Appropriate age and degree: according to the listed years and grades.
2. Accident insurance.
3. Up-to-date sports and medical examinations.
4. Having a written consent of the legal guardian to take part in the competition.
5. On the day of the start of the competition, no applications will be accepted in the event of resignation from the competition.
6. Care during the competitions and starts is provided by club instructors (for every 10 people taking part in the competition, there is a 1 club instructor).
7. Persons taking part in the kumite competition are required to wear mouthguards, crotch guards for boys and chest guards for girls.

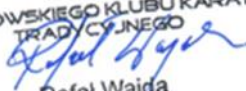
I deadline 24 February (Monday)	
II deadline until March 1 (Saturday) - after this date, applications will not be accepted	

NOTIFICATION:

1. **Registration is via the Excel form.**
2. **The entry fee for competitors is free**
3. On the day of the competition, there is no possibility of changes.

Additional information: Rafał Wajda tel. 606-248-108

Z poważaniem

PREZES
KRAKOWSKIEGO KLUBU KARATE
TRADYCYJNEGO

Rafał Wajda