



"28° LIGNANO KARATE OPEN 2013"

INTERNAZIONALI DI KARATE 2013



KUMITE/KATA - 28° OPEN DI LIGNANO I.K.G.L.I.

WKF:(CADETS - JUNIORS- U21 - SENIORS)

BEGINNERS A- BEGINNERS B -MASTERS-

SENIORS KATA TEAMS - YOUNG KATA TEAMS

COMPETITION DATE: SATURDAY 24 AUGUST 2013 (KUMITE)

SUNDAY 25 AUGUST 2013 (KATA)

SPORT-HALL: PALAGETUR

Viale Centrale, 29 – LIGNANO SABBIAORO (UD) C/O Villaggio sportivo turistico GETUR

LOGISTICS AND ACCOMODATIONS - Agenzia Sport & School
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C.R.FIJLKAM FRIULI V. G. SETT. KARATE: ROBERTO.RUBERTI: 0039 - 335 618006

SECRETARIAT OF THE COMPETITION

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MERI FACINI: 338 50 30 157 mericla1@meri.conecta.it



AGE AND WEIGHT CATEGORIES

the reference date for the WKF class of membership
is the day of the **KUMITE RACE DAY- 24 August 2013**

KUMITE/KATA – MALE/FEMALE - INDIVIDUAL

1. BEGINNERS "A" (12 /13 years) born from 01/01/2000 to 31/12/2001 KATA/KUMITE: FIJLKAM RULES									
WEIGHT CATEGORIES	MALE	from 35 to 40 kg	-45	-50	-55	-61	-68	-75	-83
	FEMALE	from 32 to 37 kg	-42	-47	-53	-60	-68		
2. BEGINNERS "B" (14/15 years) born from 01/01/1998 to 31/12/1999 KATA/KUMITE: FIJLKAM RULES									
WEIGHT CATEGORIES	MALE	from 40 to 45 kg	-50	-56	-63	-70	-77	-84	-92
	FEMALE	from 35 to 40 kg	-45	-50	-56	-62	-70		
3. WKF CADETS (14 /15 years) born from 25/08/1997 to 24/08/1999 KATA/KUMITE : WKF RULES									
WEIGHT CATEGORIES	MALE	-52 kg	-57	-63	-70	+70			
	FEMALE	-47 kg	-54	+54					
4. WKF JUNIORS (16 / 17 years) born from 25/08/1995 to 24/08/1997 KATA/KUMITE : WKF RULES									
WEIGHT CATEGORIES	MALE	-55 kg	-61	-68	-76	+76			
	FEMALE	-48 kg	-53	-59	+59				
5. WKF UNDER21 (18 / 20 years) born from 25/08/1992 to 24/08/1995 KATA/KUMITE : WKF RULES									
WEIGHT CATEGORIES	MALE	-68 kg	-78	+78					
	FEMALE	-53 kg	-60	+60					
6. WKF SENIORS (18 / 40 years) born from 25/08/1973 to 24/08/1995 KATA/KUMITE : WKF RULES									
WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			
MASTERS									
7. WKF MASTERS 35+ (over 35 years old) born from 25/08/1968 to 24/08/1978 KATA/KUMITE : WKF RULES									
WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			
8. WKF MASTERS 45+ (over 45 years old) born from 25/08/1963 to 24/08/1968 KATA/KUMITE : WKF RULES									
WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			
9. WKF MASTERS 50+ (over 50 years old) born from 25/08/1958 to 24/08/1963 KATA/KUMITE : WKF RULES									
WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			
10. WKF MASTERS 55+ (over 55 years old) born 24/08/1958 and before KATA/KUMITE : WKF RULES									
WEIGHT CATEGORIES	MALE	-60 kg	-67	-75	-84	+84			
	FEMALE	-50 kg	-55	-61	-68	+68			
KATA TEAMS									
11. WKF KATA TEAMS (16/40 years old) born to 25/08/1973 to 24/08/1997 WKF RULES									
12. YOUNG WKF KATA TEAMS (14/17 YEARS OLD) born 1999-1998-1997-1996 WKF RULES									

THE COMPETITION IS VALID FOR THE **RANKING** OF YOUNG ITALIAN NATIONALI TEAM



IT WILL BE POSSIBLE TO COMPETE IN TWO AGE CATEGORIES, ACCORDING TO THE FOLLOWING CRITERIA:

- **Beginners "B" (Fourteen years old) In Cadets;**
- **Under 21 In Seniors;**
- **and Juniors In Seniors. (only in kata)**
- **Those who are over 35 years old and are not over 40 years old can compete in both categories: MASTER 35+ and SENIOR**

KUMITE RULES

- participating athletes must be at least brown or black belts
- Beginners "A", Beginners "B": FIJLKAM Rules;
- WKF Cadets, WKF Juniors, WKF Seniors WKF, WKF UNDER 21: WKF Rules
- WKF Masters: WKF Rules

KATA RULES

WKF Rules

GENERAL CONDITIONS

CONDITIONS FOR PARTECIPATION: all karatekas with valid membership card of their federation.
 Carers are responsible for medical certificates and parents consents.
 All the information concerning each competitor are obtained from official documents such as identification cards, passports etc.
 All competitors enter this competition at their own risk and absolve the organizers of any claims which may arise however so caused.
REFEREES: EKF, WKF, National Referees and Judges are welcome and their participation should be announced well in advance to the organizers of the tournament.

KARATEGI

All athletes are required to strictly observe the rules laid down by the WKF Rules (for Class Cadet, Junior, Under21, Seniors, Masters) and the Regulation Fijklkam (Classes for Beginners A Beginners B) and must, therefore, wear Karategi expected. In particular, for the Classes WKF Karate must be between the approved and produced by manufacturing companies authorized.

The karategi approved companies authorized to produce and are published and they may be viewed at the following link:
<http://www.karateprotections.com/karategi.html>

PROTECTIONS

All athletes are required to strictly observe the rules laid down by the WKF Rules (for Class Cadet, Junior Under21, Seniors, Masters) and the Regulation Fijklkam (Classes for Beginners A Beginners B) and must therefore wear pads provided.

The homologated protectors and the companies authorized to produce if they are published and may be viewed at the following link:
<http://www.karateprotections.com/protection/protectations.html>

To these must be added that are also authorized:

- 1) all the protections WKF produced with brands from 2012 to 2015
- 2) all the protections WKF produced before the introduction of the brand from 2012 to 2015
- 3) the protections EKF produced by companies PRIDE, WACOKU, SMA and BESTSPORT

<http://www.ekfkarate.com/index.php/j-stuff>

4) the protection produced by the Italian company "KO"

NB.: Yes EMPHASISES that all Classes Women must wear the chest protector (among those approved as listed above) and the bodice (among those included in the list approved sora mentioned).

The site of the WKF, at the link, it offers the possibility to view detailed and clear about the protections that should use the athletes in each class both male and female.

The publication of this notice will be for every athlete in the race (even through its own Technical Sports Club or Association) to be considered applicable standard and not-negotiable

PROTECTIVE EQUIPMENT KUMITE

1. WKF approved mitts, one contestant wearing red and the other wearing blue.
2. Gum shield.
3. WKF approved body protection (for all athletes) plus chest protector for female athletes
4. The shin pads approved by the WKF, one contestant wearing red and the other wearing blue
5. The foot protection approved by the WKF, one contestant wearing red and the other wearing blue
6. Cadets will, in addition to the above, also wear the WKF approved face mask.
- Groin Guards are not mandatory but if worn must be of approved WKF type.
7. Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.

8. The use of bandages, padding, or supports because of injury must be approved by the Referee on the advice of the Tournament Doctor.



for your registration use
www.sportdata.org
If you have problems please contact:
e-mail address: aldegisto.sodero@fin.it
Tel. /Fax 0039 - (0)432 - 402293 - mob. 0039 - 2545586
Info www.fijklkam-karate-fvg.it
Dead line 31 JULY 2013

ENTRY FEE

**W kf Seniors, Masters €30,00 - W kf Juniors,
W kf Under21, Beginners "B", W kf Cadets € 25,00
Beginners "A" € 20,00 - second entry € 15,00
W kf Kata teams, Young Kata teams € 50**

to IT62N0100512300000000016842
SWIFT BIC: BNLJITRR

PAYMENT
Bank transfer In account of Comitato Regionale FIJLKAM F.V.G. - Roberto Ruberti

**The clubs of the Foreign Nations
can pay the entry fee
at the tournament, on the place of race, in the day of the competition**

COMPETITORS CHECK
**The check of athletes and their weight will be made also during the TRAINING CAMP, Thursday 22 and
Friday 23 August, 2013**

MASTER CATEGORIES

As for matter not ruled by this information bulletin, Competition Rules of W.K.F. are applied (World Karate Federation - Kata and Kumite Competition Rules).

PARTICIPATION
Registration of Sport Federation

All competitors:

- Must prove to be member of their National Federation regularly recognized and member of W.K.F. (World Karate Federation).
- must have a valid medical certificate to attest athletics fitness for practicing sport and competing in karate competitions (the certificate is not required to Italian competitors who have already medical certificate as to be registered to the selected sport).

AGE CLASSES:

Masters male and female Kumite / male and female Kata : 4 classes

- 35 + born from August 25, 1968 to August 24, 1978
- 45 + born from August 25, 1963 to August 24, 1968
- 50 + born from August 25, 1958 to August 24, 1963
- Over 55 born before August 24, 1958



Categories and events

Competitions will be performed in the two events: fighting (Kumite) and forms (Kata), male and female.

COMPETITORS CAN COMPETE IN BOTH EVENTS_KATA AND KUMITE

Weight Categories

Male -60 -67 -75 -84 +84

Female -50 -55 -61 -68 +68

Duration of bouts

Male Kumite: two minutes; Female Kumite: two minutes

The following protective equipment is compulsory:

- 1 WKF approved mitts, one contestant wearing red and the other wearing blue.
 2. Gum shield.
 - 3 WKF approved body protection (for all athletes) plus chest protector for female athletes
 - 4 The shin pads approved by the WKF, one contestant wearing red and the other wearing blue
 - 5 The foot protection approved by the WKF, one contestant wearing red and the other wearing blue
 - 6 Cadets will, in addition to the above, also wear the WKF approved face mask.
- Groin Guards are not mandatory but if worn must be of approved WKF type.
7. Glasses are forbidden; Soft contact lenses can be worn at the contestant's own risk.
 8. The use of bandages, padding, or supports because of injury must be approved by the Referee on the advice of the Tournament Doctor.

PROVISIONAL TIMETABLE - 28° LIGNANO OPEN 2013

SATURDAY 24 AUGUST 2013 - KUMITE		
CHECK COMPETITORS (REGISTRATION)		START OF COMPETITION
7.30 – 8.30	JUNIORS M/F	9.00
8.30 – 10.00	UNDER 21 M/F	11.00
10.00 – 12.00	CADETS M/F	13.00
12.00 – 14.00	BEGINNERS" A" M/F – BEGINNERS" B" M/F	15.00
15.00 – 17.00	SENIORS M/F	18.00
17.00 - 18.00	MASTERS M/F	19.30
SUNDAY 25 AUGUST 2013 - KATA		
CHECK COMPETITORS (REGISTRATION)		START OF COMPETITION
8.00 - 9.00	JUNIORS, UNDER 21, M/F	9.30
9.00-11.00	BEGINNERS" A", BEGINNERS " B" M/F	11.30
11.00 -12.00	CADETS E SENIORS M/F	12.30
13.00-14.00	YOUNG WKF KATA TEAMS AND WKF KATA TEAMS M/F	14.30
13.30 -14.30	MASTERS M/F	15.00



SYNTHESIS OF "ITALIAN KUMITE WITH FIJLKAM RULES" FOR THE Beginners"A" Category

* - KUMITE: Beginners "A" Category Rules

The match will be carried out following the elimination system with a repechage on 10x10 m. canvas, made by rubber mats.

The athletes who won the 1st, 2nd and 3rd place the previous year, if competing in the same weight class, must be divided in different Groups, two in the odd one ("A") (the 1st and the 3rd of a Group different from his own), respectively with the number 5 and 7, two in the even one ("B") (the 2nd and the 3rd of a Group different from his own), respectively with the number 6 and 8. The goal of the proof is to show the completeness of the individual technical background through a tactical behaviour adequately learned in regard to his age.

In Kumite the aggressive dynamism must be symbolized by attacks and defences perfectly controlled and by a behaviour that has to be moderate (therefore intimidating shouts are strictly forbidden) and free from any further ostentation of aggressiveness.

The athletes have to give a demonstration of the following technical and tactical abilities:

- a) symmetry mastery (bilaterality of the main technical actions);
- b) method (organization, rationality creativity in the tactical behaviour during the attacks and the defences);
- c) control of the attacks and management of the energetic resources;
- d) time and space structuring (correct use of the distance and correct timing).

Therefore in Kumite the effectiveness and the degree of technical abilities, that is the capacity to elaborate creative, effective and controlled answers, are checked.

The heat last 80", at 60" a signal a word is given to communicate the fighting is coming to an end (Atoshi-Baraku).

The Central Referee gives the signal of the start (Shobu Hajime) and the end (Yame) of the fight and takes a part to stop the competition if the action gets sterile and confused or if it is necessary to prevent potentially dangerous situations.

Moreover, he takes a part to inflict sanctions in the case of violations of the Regulation (exits, dangerous actions, intentional lack or loss of control during the attacks, etc.).

ALLOWED ACTIONS:

It is allowed to strike **to the head, to the face and to the neck (Jodan) without contact:**

- back fist strike on the traverse plane (Uraiken);
- **round frontal kick on the traverse plane (Mawashigeri)**
- round frontal reversed kick on the traverse plane (Uramawashigeri).

It is allowed to strike **to the chest (Chudan, zone protected by the body armour) with control :**

- Reverse hand punch (Gyakutsuki);
- round frontal kick on the traverse plane (Mawashigeri).

The techniques in the brackets are the only allowed.

FORBIDDEN BEHAVIOURS AND ACTIONS:

- assume an aggressive attitude;
- emit intimidating shouts;
- throw not allowed techniques or allowed techniques in forbidden zones of the body;
- carry out uncontrolled leg or arm techniques;
- carry out protection techniques.

Evaluations will be expressed by Judges according to the following parameters:

Legs Techniques (execution, symmetry)		Attack Tactics (organization, rationality and creativity in the behaviour during the attack)		Defence Tactics (organization, rationality and creativity in the behaviour during the defence)		Attacks Control		Arm Techniques (execution – symmetry)		Energetic Resources Management	
Optimum	9	Optimum	5	Optimum	5	Optimum	5	Optimum	3	Optimum	3
Good	8	Good	4	Good	4	Good	4	Discreet	2	Discreet	2
Discreet	7	Discreet	3	Discreet	3	Discreet	3	Insufficient	1	Insufficient	1
Sufficient	6	Sufficient	2	Sufficient	2	Sufficient	2				
Mediocre	5	Insufficient	1	Insufficient	1	Insufficient	1				
Insufficient	4										
Modest	3										



Scarce	2
Shoddy	1

The totality of the points goes therefore, from a minimum of 6 to a maximum of 30.



PENALTIES:

For exiting from game area, for lacking or defect in techniques, for performing forbidden actions:

-Admonition – Chukoku (1 st exit - warning)	Minus 1 point;	- Sanction - Kelkoku - (2nd exit, control, dangerous and/or forbidden actions, mubobi)	Minus 2 points;
- Sanction - Hansoku Chui (3rd exit, control, exit, control, dangerous and/or forbidden actions, mubobi)+	Minus 3 points;	- Sanction – Hansoku (4th exit, control, dangerous and/or forbidden actions, mubobi)	Match Interruption

Penalties are applied according to the known modalities:

Category 1 for infractions with contact or potentially dangerous actions;

Category 2 for forbidden actions.

The two categories follows two different paths and cannot be assigned both to the same situation, except the case in which the action would cause harm to the opponent, seriously reducing (hansoku-chui) his winning capacity.

The purpose of this trial is to prove the completeness of the technical baggage in the ambit of a tactical behaviour with adequateness developed according to the age.

The competitors must demonstrate technical and tactical so articulated abilities.

- Symmetric mastery (bilaterality of the principal techniques);
- Tactics: (organization, rationality, creativity, in the attack and defence phase behaviour);
- Attack control and energetic resources administration;
- Space and time structuring; right use of distances and use of time ;

ALLOWED TECHNIQUES:

The following techniques to head, face, and neck, (jodan) are allowed without contact:

- Back punch on the transverse plane (uraken);
- Circular frontal kick on the transverse plane (mawashigeri);
- Circular frontal back kick on the transverse plane (uramawashigeri);

The following techniques to the thorax (chudan, protected zone) are allowed with control;

- Counter-lateral direct punch (gyakuzuki);
- Circular frontal Kick on the transverse plane (mawashigeri);

ATTENTION !

The techniques in the round brackets are the only ones allowed.

PROHIBITED TECHNIQUES AND BEHAVIOURS

- To assume aggressive attitudes;
- To utter intimidatory shouts;
- To perform not allowed techniques or to perform allowed techniques against not allowed parts of the body;
- To perform uncontrolled arm or leg techniques;
- To perform sweep or projection techniques;

DURATION OF THE BOUT:

1. The duration of the Kumite bout is set to 80 seconds;
2. The timing of the bout starts when the Referee gives the signal to start (Shobu Hajime), and stops each time the referee calls “YAME”;
3. The referee intervenes all times he sees vain or confuse actions or potentially dangerous actions.
4. The referee, besides, intervenes with “yame” to impose category 1 or category 2 penalties.
5. The timekeeper shall give signals by a clearly audible gong, or buzzer, indicating “20 seconds to go” or “time up”. The “time up” signal marks the end of the bout.

SCORING AND DECISION CRITERIA

1. Score is never awarded to a competitor when he performs a technique according to the usual kumite karate competition criteria;
2. At the end of the round, the judges will decide, with “hantei”, who is the winner, taking into account he following “evaluation grid” criteria for their decisions:

Leg techniques: (symmetric execution)	from 1 to 9 points
Tactics: (organization, rationality, creativity, the behaviour in attack and defence phases)	from 1 to 5 points
Energetic resources administration	from 1 to 5 points;
Attack control	from 1 to 5 points;
Arms techniques (symmetric execution)	from 1 to 3 points;
Therefore the total scoring may range from 6 to 30 points in the evaluation grid of the referee.	