

4th Alagas Cup 2015

International Karate Tournament – 27. June 2015

Dear friends of karate

It's my great pleasure to welcome all participants of the 4th Alagas Cup tournament here in France.

So far, Karate athletes have been rewarded with trophies and titles. But now it's time for new features in the world of Karate. We'd like to set a milestone with this tournament in terms of reward and honour. We hope that all participants recognize the idea behind it.

Karate is not just competition. Karate is much more an art and philosophy, for some people a way of life. We are right in this life, some of us fully and some partially. Nevertheless, we want to measure our skills with each other.

For this, we travel around the world. It's not just opponents, who we meet in tournaments but also friends. This is also something beautiful in Karate. It will be a mix of professionalism, friendship and karate together. Karate connects all people and generations, regardless of race, religion, social and political status.

I hope in this tournament, we will see our progress in terms of competition.

Let us find the best and also the best of the best "4th **Alagas Cup**".

I'm looking forward to the exciting competitions.

Kind regards

Atay KILIC

Atay KILIC

President

Karaté Club
PHALSBOURG



4th Alagas Cup 2015

Centre Sportif

57370 Phalsbourg

France

Saturday, 27. June 2015

Registration on: www.sportdata.org

Entrance

Entrance to the Sport hall will be free of charge.

Organizer : Federation Française KARATE

Registration on www.sportdata.org

The registration needs to include following information:

- Online registration of the athletes on www.sportdata.org
- Name of official Coach
- Name of Referee
- Name of official representative (maximal 2 people, e.g. 1 president of the association, 1 technical director)
- Name of photographer & press (maximal 2 people, 1 photographer, 1 press)

Only companions with a valid and official card (Coach-card, press-card, photographer card) are allowed to enter the hall. All other companions & spectators may only accede the grandstand & must not enter the hall (tatami area). Spare cards will not be distributed on the tournament day.

Registration deadline

Thursday, 23 June 2015 24:00

Online registration of athletes, coaches, referees & other official participants on www.sportdata.org.

Registrations after the deadline will not be considered !

Payment of the registration fee in Euros

10 Euros- Children U12-U14, Cadets U16, Juniors U18

20 Euros- U21, Seniors 18+

45 Euros- Teams

The registration fees need to be payed to the organizer.

Refund only with a personal medical certificate !

Drawing

Wednesday, 24 June 2015

Rules

According to the rules of WKF & Federation Française Karate with small adjustments (see below).

Liability

Insurance is the participant's own responsibility. The organizer, Federation Française Karate, exclude any form of liability whatsoever. With the registration the participant & the Dojo-director confirm the physical and psychic health of the participant as well as the participation in the tournament without any difficulty as regards health.

Participation

The simultaneous participation in two or more categories within Kata or Kumite is not permitted. The exceptions are mentioned in the categories.

Coach

Only companions with a valid and official Coach-card of the Alagas Cup are allowed to enter the hall. All other companions & spectators may only accede the grandstand & must not enter the hall (tatami area).

Each club will get one Coach-card per 5 Competitors (**max. 6 Coaches per club**) (1 Coach per Tatami).

The Coach-cards will be distributed at the team-registration desk on the tournament day.

Dresscode: Karate-Gi or sportsdress!

Equipment

White Karate-Gi (an emblem of the club on the left side is permitted). Bandages need to be approved from the national referee committee. Contact lenses at one's own risk. Eyeglasses are forbidden in all Kumite categories!

Obligatory for Kumite :

- Red and blue belt
- Official red and blue fist protection
- Official red and blue foot protection
- Dental protection
- Cup for male participants
- Chest protector for female participants
- Cadets, Juniors, Seniors: official red and blue shin guard

Recommended for Kumite :

- Body protection for all athletes

Permitted for Kumite :

- Children: Shin guard permitted (red, blue and white)

Responsible referee

Committee of referees

Referees

Each referee must be registered on www.sportdata.org **with his level !!** (WKF, EKF and national A, B, C)
The following indemnity will be applied (per day):

WKF, EKF and national A	120 Euros
National B/ C	80 Euros

Protest

Protests have to be justified and handed in to the National Referee Committee in written form. At the same time a deposit of 180 Euros.- needs to be left. Should the protest be approved, the amount will be refunded.

Penalty Points

Techniques with contact or insufficient control are punished with penalty points (Hansoku –8 points, Chui –3 Points). A score of 11 penalty points (category 1) results in a disqualification of all Kumite categories. Report forms document the fights and are under the surveillance of the responsible Tatami referee. Athletes who win twice as a result of Hansoku are disqualified.

Award ceremony

Should a medal winner be prevented to attend the award ceremony he or his coach needs to ask the National Referee Committee for approval. The National Referee Committee decides whether the given reason is adequate. At the award ceremony the competitor should dress a karate-gi or a sportsdress. By non-compliance the position is denied.

Photographer

Photographers need an official authorization from the organizer (for the tatami area). They should not disturb the course of the tournament.

Subject to small modifications. All information and detailed time schedules on
www.sportdata.org

KATA

Categories Children (U12, U14)

Start : Saturday 27th of June 2015

Essential is the BIRTHDAY!

Should there be less than 8 athletes in one category, they will automatically be classed in the next higher category of the same age. Is the category already the highest category, then the athletes will automatically be classed in the next lower category.

Each winner is obligated to inform the responsible tournament table immediately after each round.

KATA INDIVIDUAL

Categories	Appellation	Minimum Level	Age
U12	female	from blue belt 5. Kyu	10-11
	male		
U14	female	from blue belt 5. Kyu	12-13
	male		

Minimum level : **blue** belt (5. Kyu)

Shobu System, Consolation round with Montreal-System.

Qualifying round and Final with flag-system.

Different Kata in each round (3 different Kata minimum).

Tokui-Kata according to the WKF list enlarged with :
Heian, Pinan, Geki-Sai-Ichi, Geki-Sai Ni (no Shitei-Kata-rounds).

During the qualifying round the athletes present their Katas at the same time.

During the qualifying round the athletes present a Tokui-Kata at the same time. Only during the finals the athletes present their Kata one after another.

The simultaneous participation in two or more categories is not permitted.

KUMITE Categories Children (U12, U14)

Start : Saturday 27th of June 2015

The weight categories will be determined on the basis of the registrations. Therefore, the exact body weight needs to be declared in the registration form on www.sportdata.org.

NEW: Weight tolerance: +/- 3000 gram.

NEW: Weighing at the competition area.

Every child needs to weigh in directly on the tatami.

Should the weight tolerance differentiate more than +/- 3000 gram, the athlete is disqualified.

KUMITE INDIVIDUAL

Categories	Appellation	Minimum Level	Balance weight	Age
U12	Girls	from blue belt 5. Kyu	-32kg, -40kg, +40kg	10-11
	Boys	from blue belt 5. Kyu		
U14	Girls	from blue belt 5. Kyu	-38kg, -47kg, +47kg	12-13
	Boys	from blue belt 5. Kyu		

Rules with following adaptations :

Shobu System, Consolation round with Montreal-System.

Duration of the fight: 1 ½ minutes real.

Head (Jodan): Touch is not permitted (fist and foot techniques).

Belly / Back (Chudan): Light touch of the Karategi is permitted but no contact with the body.

PROTECTION: red and blue fist protection, foot protection, dental protection and cup for male participants obligatory (shin guard permitted)

Face guard is not permitted in this category.

The simultaneous participation in two or more categories is not permitted.

KATA

Category Cadets U16 Start : Saturday 27th of June 2015

Essential is the BIRTHDAY !

Should there be less than 4 athletes in one category, they will automatically be classed in the next higher category of the same age. Is the category already the highest category, then the athletes will automatically be classed in the next lower category.

Each winner is obligated to inform the responsible tournament table immediately after each round.

KATA INDIVIDUAL

Categories	Appellation	Minimum Level	Age
Cadet U16	female	Blue belt 5. Kyu	14-15
	male		

Shobu System, Consolation round with Montreal-System.

Qualifying round and Final with flag-system.

Different Kata in each round (3 different Kata minimum).

Tokui-Kata according to the WKF list enlarged with :
Heian, Pinan, Geki-Sai-Ichi, Geki-Sai Ni (no Shitei-Kata-rounds).

During the qualifying round the athletes present their Katas at the same time.

During the qualifying round the athletes present a Tokui-Kata at the same time. Only during the finals the athletes present their Kata one after another.

KUMITE

Category Cadets U16 Start : Saturday 27th of June 2015

KUMITE INDIVIDUAL Cadets U16

Minimum Level: Blue belt (5. Kyu)

Male Cadets U16 14-15 -52, -57, -63, -70, +70 Shobu System, Consolation round with Montreal-System Weight tolerance (national: +/-100 gram) Duration of the fight : 2 minutes real	Female Cadets U16 14-15 -47, -54, +54 Shobu System, Consolation round with Montreal-System Weight tolerance (national: +/-100 gram) Duration of the fight : 2 minutes real
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KATA

Categories Juniors U18, Seniors 18+

Start : Saturday 27th of June 2015

KATA INDIVIDUAL

Categories	Appellation	Minimum Level	Age
U18 Juniors	female	from blue belt 5.Kyu	16-17
	male		
18+ Seniors	female	from blue belt 5.Kyu	18 and older
	male		

Shobu System, Consolation round with Montreal-System

Qualifying round and Final with flag-system

Different Kata in each round according to the following criteria:

The number of Kata the athlete needs to present depends on the number of participants in the category. A different Kata in each round has to be presented. Only during the finale the athletes present their Kata one after another. During all other rounds the athletes present their Kata at the same time.

Kata according to the WKF list

KATA TEAM

Categories	Appellation	Minimum Level	Age
Seniors 18+	female	from blue belt 5.Kyu	18 and older
	male		

Shobu System, Consolation round with Montreal-System

Qualifying round and Final with flag-system

Different Kata in each round

Tokui-Kata according to the WKF list

Bunkai not obligatory (but possible after referee's decision)

Kumite Categories Juniors U18 Categories U21, Seniors 18+ Start : Saturday 27 th of June 2015
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KUMITE INDIVIDUAL

Shobu System, Consolation round with Montreal-System

Minimum level blue belt (5. Kyu)

Weight tolerance: +/-100 Gramm

Duration of the fight: 2 minutes real

Juniors U18

Male Juniors U18 16-17 -55, -61, -68, -76, +76	Female Juniors U18 16-17 -48, -53, -59, +59
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U21

Male U21 18-20 -68, -78, +78	Female U21 18-20 -53, -60, +60
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Seniors 18+

Male Seniors 18+ -60, -67, -75, -84, +84	Female Seniors 18+ -50, -55, -61, -68, +68
Final : 3 minutes real	Final : 3 minutes real

4th Alagas Cup 2015

Approximative Schedule Saturday 27th of June 2015

The consolation round and final are immediately after the category

07:30 Entrance of the athletes and weight control (adult)
08:30 Briefing of the Referees and Coach-Meeting
09:00 Start of tournament Kata Individual and Team Kata (adult)
11:15 Kumite Individual and Kumite Team (adult)
14:30 Kata Individual (children)
16:00 Kumite (children)
19:00 Finals Elite
20:00 Award ceremony

The final schedule will be published on www.sportdata.org

WKF Kata List

<u>GOJU-RYU KATAS</u>	<u>WADO-RYU KATAS</u>
1. Sanchin	1. Kushanku
2. Saifa	2. Naihanchi
3. Seiyunchin	3. Seishan
4. Shisochin	4. Chinto
5. Sanseru	5. Passai
6. Seisan	6. Niseishi
7. Seipai	7. Rohai
8. Kururunfa	8. Wanshu
9. Suparimpei	9. Jion
10. Tensho	10. Jitte

SHOTOKAN KATAS

1. Bassai-Dai	12. Jion
2. Bassai-Sho	13. Sochin
3. Kanku-Dai	14. Nijushiho Sho
4. Kanku-Sho	15. Goju Shiho-Dai

5. Tekki - Shodan	16. Goju Shiho-Sho
6. Tekki - Nidan	17. Chinte
7. Tekki - Sandan	18. Unsu
8. Hangetsu	19. Meikyo
9. Jitte	20. Wankan
10. Enpi	21. Jiin
11. Gankaku	

<u>SHITO-RYU KATAS</u>	
1. Jitte	22. Naifanchin Shodan
2. Jion	23. Naifanchin Nidan
3. Jiin	24. Naifanchin Sandan
4. Matsukaze	25. Aoyagi (Seiryu)
5. Wanshu	26. Jyuroku
6. Rohai	27. Nipaipo
7. Bassai Dai	28. Sanchin
8. Bassai Sho	29. Tensho
9. Tomari Bassai	30. Seipai
10. Matsumura Bassai	31. Sanseiru
11. Kosokun Dai	32. Saifa
12. Kosokun Sho	33. Shisochin
13. Kosokun Shiho	34. Kururunfa
14. Chinto	35. Suparimpei
15. Chinte	36. Hakucho
16. Seienchin	37. Pachu
17. Sochin	38. Heiku
18. Niseishi	39. Paiku
19. Gojushiho	40. Annan
20. Unshu	41. Annanko
21. Seisan	42. Papuren
	43. Chatanyara Kushanku