



Hall MOSiR
Rumia-Poland

International
Pomerania CUP
Karate WKF rules

**24 & 25
march
2018**

SEE YOU AT
TOURNAMENT



IX
EDITION

POMERANIA CUP



ORGANIZER
Karate Sport Club
SAKURA-Rumia



MIASTO
RUMIA



URZĄD MARSZAŁKOWSKI
WOJEWÓDZTWA POMORSKIEGO



STAROSTWO
WEJHEROWSKIE

INTERNATIONAL POMERANIAN CUP - KARATE WKF

POMERANIA CUP

24-25 03 2018 - MOSiR HALL - RUMIA

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■ INVITATION

On behalf of the organizers I have the honor to invite karate clubs and competitors to participate in the competition:

Puchar Pomorza w Karate WKF

INTERNATIONAL POMERANIA CUP 2018.

The competition will be held on 24 i 25 march 2018 in the hall MOSiR Rumia 49 Mickiewicza St. POLAND, tel: +48 600 281 829.

On the first day there are planned following competitions : kata, kumite, kata and kumite team from 14 years to competition for seniors. The next day all competitions for U14 will take place.

This tournament belongs to the total score within the **Ranking Pomeranian Karate League 2018.**

During the performances winners will get the prizes of the Ranking Pomeranian Karate League 2017 and these cash prize pool is about 6 000 euro.

I wish to all competitors the results meeting their expectations, to trainers the satisfactions from their pupils performances, and for a guests – many sports emotions.

The official site : <https://pomierania.karatecup.pl>

President KSK SAKURA-Rumia
ANDRZEJ KOSTUN



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MOSIR HALL RUMIA
24-25 MARCH 2018
Mickiewicza 49,
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■ DATE AND LOCATION:

- Date : 24 i 25 march 2018
- Hala Miejskiego Ośrodka Sportu i Rekreacji Rumia
- 49 Mickiewicza St. RUMIA, POLAND.

■ COMPETITION AIM :

The aim of the competition is to select the best competitors in individual events and to popularize karate WKF. Promote the city and district Rumia.

■ ORGANIZERS:

- Klub Sportowy Karate SAKURA-Rumia
- Urząd Miasta Rumia
- Starostwo Wejherowskie



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CONDITIONS OF PARTICIPATION

The registration of contestants up to date 22.03.2018 10:00 am - the registration is available online on the official site :<https://pommerania.karatecup.pl>

Pre-condition

- Current medical examination
- Payment of a fee
- School ID or other identity document
- Accident insurance documents

ENTRY FEES

- 10 € – for each competition for contestants to 11 years old,
- 15 € – for every competition, for contestants 12 years and more,
- 15 € – for every competition Pomeranian Karate League (PLK2018)
- 20 € – for a team competition

AGE OF COMPETITORS

About the age-category decides the day of birth.

In competitions that belong to the ranking Pomeranian Karate League decides the year of birth. Competitors may compete in their own age-category and in one age-category above (excluding the category for : Seniors i U21).



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RULES

Event will be held according to the regulations of WKF with the following changes :

a) kata individual :

- under 10 years – any kata can be repeated, kata are performed in parallel
- 10-11 years – two kata performed alternately in parallel
- 12-13 years – at least 3 kata performed in each round, alternately executed in parallel
- cadets, juniors and seniors – WKF rules

b) kata team:

- under 10 years – any kata, in the finals bunkai is not required
- 11-13 years – two kata alternately, bunkai is not required
- cadets – in every round a different kata, bunkai is not required
- juniors, seniors – in every round a different kata, bunkai is not required

c) kumite individual:

- under 10 years – fight time 60 sec.
- 10-11 years and 12-13 fight time 90 sec.
- cadets, juniors and seniors female fight time 120 sec.
- in terms of seniors male (all fight) fight time 180 sec.

d) kumite team:

- contest time for all is 60 seconds.
- team can be supplemented with one competitor from a younger category
- protective equipment in accordance with the provisions of WKF



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AWARDS

- Players who win a place on the podium (first, second or one of two thirds) in individual events will receive medals and diplomas.
- Winners of the first places in addition will receive trophies.
- The best club in the medal classification will receive the Rumia Mayor Cup.
- The best male and female competitor will receive the Wejherowo Governor Cup.
-
- In competitions of ranking Pomeranian Karate League - financial awards.

Projected prize pool in 2018 year is : about 7000 euro.

More information about Pomeranian Karate League 2018 is on the last pages.



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COMPETITION

KATA INDYWIDUAL Female / Male 7 years & less	25 march
KATA INDYWIDUAL Female / Male 8 years	25 march
KATA INDYWIDUAL Female / Male 9 years	25 march
KATA INDYWIDUAL Female / Male 10 years	25 march
KATA INDYWIDUAL Female / Male 11 years	25 march
KATA INDYWIDUAL Female / Male U14 12-13 years	25 march
KATA INDYWIDUAL Female / Male Cadets 14-15 years	24 march
KATA INDYWIDUAL Female / Male Juniors 16-17 years	24 march
KATA INDYWIDUAL Female / Male Seniors 18 years & more	24 march
KATA INDYWIDUAL Female / Male 13 years & less	25 march
KATA INDYWIDUAL Female / Male 14 years & more	24 march

- ranking PLK2018
- ranking PLK2018

KATA TEAM Female / Male 9 years & less	25 march
KATA TEAM Female / Male 10-11 lat	25 march
KATA TEAM Female / Male U14 12-13 lat	25 march
KATA TEAM Female / Male Cadets 14-15 years	24 march
KATA TEAM Female / Male Juniors 16 years & more	24 march

KUMITE TEAM Female / Male 9 years & less	25 march
KUMITE TEAM Female / Male 10-11 years	25 march
KUMITE TEAM Female / Male U14 12-13 years	25 march
KUMITE TEAM Female / Male Cadets 14-15 years	24 march
KUMITE TEAM Female / Male Juniors 16-17 years	24 march
KUMITE TEAM Female / Male Seniors 18 years & more	24 march



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COMPETITION

CONTINUATION

KUMITE INDYWIDUAL Female 7 years & less [open]	25 march	
KUMITE INDYWIDUAL Female 8-9 years [-30 kg] [+30 kg] [open]	25 march	
KUMITE INDYWIDUAL Female 10-11 years[-34 kg] [-40 kg] [+40 kg]	25 march	
KUMITE INDYWIDUAL Female 10-11 [open]	25 march	- ranking PLK2018
KUMITE INDYWIDUAL Female U14 12-13 years [-40 kg] [-50 kg] [+50 kg]	25 march	
KUMITE INDYWIDUAL Female U14 12-13 years [open]	25 march	- ranking PLK2018
KUMITE INDYWIDUAL Female Cadets 14-15 years [-47 kg] [-54 kg] [+54kg]	24 march	
KUMITE INDYWIDUAL Female Cadets [open]	24 march	- ranking PLK2018
KUMITE INDYWIDUAL Female Juniors 16-17 years [-48 kg] [-53 kg] [-59 kg] [+59 kg]	24 march	
KUMITE INDYWIDUAL Female Juniors 16-17 years [open]	24 march	- ranking PLK2018
KUMITE INDYWIDUAL Female Seniors 18 & more [-50 kg] [-55 kg] [-61 kg] [-68 kg] [+68 kg]	24 march	
KUMITE INDYWIDUAL Female Seniors 18 years & more [open]	24 march	- ranking PLK2018
KUMITE INDYWIDUAL U21 [open]	24 march	- ranking PLK2018
KUMITE INDYWIDUAL Male 7 years & less [open]	25 march	
KUMITE INDYWIDUAL Male 8-9 years [-30 kg] [-35 kg] [+35 kg] [open]	25 march	
KUMITE INDYWIDUAL Male 10-11 years [-35 kg] [-40 kg] [+40 kg]	25 march	
KUMITE INDYWIDUAL Male 10-11 years [open]	25 march	- ranking PLK2018
KUMITE INDYWIDUAL Male U14 [-35 kg] [-40 kg] [-45 kg] [-50 kg] [+50 kg]	25 march	
KUMITE INDYWIDUAL Male U14 [open]	25 march	- ranking PLK2018
KUMITE INDYWIDUAL Male Cadets 14-15 years [-52 kg] [-57 kg] [-63 kg] [-70 kg] [+70 kg]	24 march	
KKUMITE INDYWIDUAL Male Cadets 14-15 years [open]	24 march	- ranking PLK2018
KUMITE INDYWIDUAL Male Juniors 16-17 years [-55 kg] [-61 kg] [-68 kg] [-76 kg] [+76 kg]	24 march	
KUMITE INDYWIDUAL Male Juniors 16-17 years open]	24 march	- ranking PLK2018
KUMITE INDYWIDUAL Male Seniors 18 & more [-60 kg] [-67 kg] [-75 kg] [-84 kg] [+84 kg]	24 march	
KUMITE INDYWIDUAL Male Seniors 18 years & more [open]	24 march	- ranking PLK2018
KUMITE INDYWIDUAL Male U21 [open]	24 march	- ranking PLK2018



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SCHEDULE

24.03.2018 (Saturday)

- 8.30-9.30 am - The verification of documents and fee payments
- 9.00 am - The referee briefing
- 9.20 am - The briefing of team leaders
- 9.30 am - The opening ceremony
- 9.40 am - Start of individual and team competitions
- about 4:30 pm - The Open Finals of the PLK2018 with video replays for coaches
- .
- 6.00 pm - The end of the competition

25.03.2018 (Sunday)

- 9.30-10.00 am - The verification of documents and fee payments
- 8.30 am - The referee briefing
- 8.50 am - The briefing of team leaders
- 9.00 am - The start of the individual and team competitions
- 5.00 pm - The end of the competition



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FINAL PROVISIONS

- All disputes are settled by Chief Judge in consultation with the organizer.
- A protest on a decision of judges after paying the deposit 50 €.
- The organizer is not responsible for lost things.
- For a damage caused by participants is responsible their Clubs.
- Any eExhibitions and sales of goods – only with the permission of the organizer.

REFEREES

List of referees will be settled by the Organizers in agreement with the Chairman of the Polish Referee Commission. Referees from the foreign countries coming together with teams are generally accepted and should contact the Organizer.



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HOTELS AND ACCOMODATION

HOTEL ADRIA

Rumia, 13 Piaskowa St.
Phone: +48 58 671 54 24
<http://www.hotel-adria.pl>

HOTEL SPA FALTOM ****

Rumia, 7 Grunwaldzka St.
Phone: +48 58 78 58 100,
+48 58 78 58 262
<http://www.hotel-faltom.com.pl>

BIAŁY DWOREK

Rumia, 16 Sobieskiego St.
Phone: +48 58 671 08 95
<http://www.bialy-dworek.pl>

POKOJE GOŚCINNE Oliwia & Laura

Rumia, 39 Hetmańska St.
Phone: +48 58 671 40 10
<http://www.pokojegoscinnie-oliwialaura.pl>



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3 RANKING EDITION - PLK 2018

Predicted prize pool : 7 000 euro

**POMORSKA
L I G A
KARATE** 

IX INTERNATIONAL POMERANIA CUP 2018

- one of the 6 ranking tournaments that belongs to the total score within the Pomeranian Karate League 2018.

For the scoring of each competitor his best results in competitions in four out of six ranking tournaments are included.

AIM AND ORGANIZER

The purpose of conducting this ranking is to increase the interest of Karate WKF among children, adolescents and adults, the other aim is to raise the level of skills and to increase motivation for sports competitions. The organizer of the PLK is the PZK WKF/Shotokan.

Age categories "Pomeranian Karate League " (PKL)

in the category kumite men or women:

- Female / male birth year 2008-2007, open
- U14 female / male birth year 2006-2005, open
- Cadets female / male birth year 2004-2003, open
- Juniors female / male birth year 2002-2001, open
- U21 birth year from 2000-1998, open
- Seniors female / male (18+) birth year 2000 and earlier, open

in the category kata men or women:

- Female / male birth year 2005 + (U14)
- Cadets female / male birth year 2004 and earlier (14 +)

The year of birth decides about the age category in the PKL.

It is possible to take part in one older age competition (does not apply to U21 and Seniors).

The winners who will take the first four places in the ranking competition will receive cash prizes.

The list of rank tournaments

IX POMERANIA CUP	: 24-25 March 2018	- RUMIA
VI GRAND PRIX TCZEW	: 21-22 April 2018	- TCZEW
SOPOT ARAWAZA CUP	: 12 May 2018	- SOPOT
GOKKEN CUP	: 2 June 2018	- ŻUKOWO
IX OTWARTE ZAWODY KARATE BOLSZEWO	: 20 October 2018	- BOLSZEWO n/Wejherowa
V GRAND PRIX LĘBORK	: 10 November 2018	- LĘBORK

Information about the ranking and competition results available on the website
<https://karatecup.pl>

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