

7th edition

HEART CUP 2024

Goodwill International Karate Championship



heart cup

7th edition

HEART CUP 2024

Goodwill International Karate Championship

Competition for clubs

individuals –teams

male – female

adults and youths

**2ND - 3TH MARCH
2024**

PALAZZETTO "PALACICOGNA"

- Via dei Dogi, 1 -

Paderno di Ponzano V.to

7th edition

HEART CUP 2024

Goodwill International Karate Championship

HEART CUP SCHEDULE

SATURDAY 2ND MARCH	9:00	REFEREES BRIEFING
	10:00 18:00	INDIVIDUAL AND TEAM KATASHOTOKAN - ESKA

SUNDAY 3TH MARCH	08.30	REFEREES BRIEFING
	09:00 - 16.00	INDIVIDUAL AND TEAM KUMITE

7th edition

HEART CUP 2024

Goodwill International Karate Championship

2 MARCH 2024

INDIVIDUAL AND TEAM KATA COMPETITION FOR CLUB

CATEGORY	AGE	BIRTH YEAR
KIDS	12/13	2011/2012
YOUTH	14/15	2009/2010
CADETS	16/17	2007/2008
JUNIORS	18/19/20	2004/2005/2006
SENIORS	21/35	from 1989 to 2003
OVER	36/50	from 1974 to 1988
OVER A	51/62	From 1962 to 1973

7th edition

HEART CUP 2024

Goodwill International Karate Championship

SHOTOKAN

INDIVIDUAL SHOTOKAN KATA COMPETITION

**RULES FOR INDIVIDUAL KATA FROM YELLOW TO BROWN BELT -AND BLACK KIDS
- BLACK OVER - BLACK OVER A**

1st MATCH Each competitor will have to perform one kata at their choice (tokui kata)

2nd MATCH After the first kata the 8 athletes with best score will do the second kata at their choice

3rd MATCH the 4 finalists will do the third kata

In case of a tie, a tiebreaker will take place using FLAG SYSTEM with a kata chosen by the referee, based on belt level.

The same kata can be repeated in each round.

Athletes with a two-colored belt will compete in the category of the higher level.

NB: categories with fewer than 4 athletes will be combined with the appropriate age range

HEART CUP 2024

Goodwill International Karate Championship

ESKA RULES FOR BLACK BELTS INDIVIDUAL KATA

1 Eliminations:(to 4 competitors)

1.1 First Tournament: Over 16 competitors

Shitei Kata: is chosen by the Referee from the list of default Kata Group n.1 (see Appendix).

Judgment will be conducted according to the Flagsystem.

1.2 Second Tournament 16 to 8 competitors

Shitei Kata: Kata is chosen by the Referee from the default Kata Group n. 2 list(see Appendix).

Judgment will be conducted according to the Flag system.

1.3 Third Tournament: 8 to 4 competitors.

Sentei Kata: the competitor will have to choose the Kata to run from the default list of Kata Group # 3 (see Appendix).

Judgment will be conducted according to the Points system

2 Final: The last 4 competitors.

Sentei Kata: the competitor will have to choose the Kata to perform from the predefined groups 3 or 4 (see Appendix 1). The Kata in the final must be different from Kata in the third Tournament. Judgment will be conducted according to the Pointssystem.

Repechage is not foreseen.

N.B. Categories with less than 4 competitors will be merged to the closer age category.

The athletes classified in the first, second, third and fourth places will be rewarded.

APPENDIX: LIST OF ESKA KATA FOR BLACK BELTS

Group1	Heian Nidan - Heian Sandan - Heian Yondan - Heian Godan – Tekki Shodan
Group2	Bassai Dai - Kanku Dai - Jion -Enpi
Group3	Bassai Dai - Kanku Dai - Jion - Enpi -Hangetsu
Group4	BassaiSho - KankuSho - TekkiNidan - TekkiSandan - Jitte - Jiin - Gankaku - ChinteUnsu - Sochin – Nijishiho - Meikyo - Gojushiho Dai - GojushihaSho - Wankan

HEART CUP 2024

Goodwill International Karate Championship

TEAM KATA COMPETITION FOR CLUBS

TEAMS

1 MALE TEAM WITH COMPETITORS OF ANY CATEGORY FROM

From 1964 to 2008

1 FEMALE TEAM WITH COMPETITORS OF ANY CATEGORY

From 1964 to 2008

MIXED FEMALE AND MALE TEAM WITH COMPETITORS OF ANY CATEGORY

From 1964 to 2008

N.B.

- *Competitors from the mixed team can be the same ones that compete in the female or male kata team.*
- *Each club can register only 1 team per category*

HEART CUP 2024

Goodwill International Karate Championship

TEAM KATA RULES

1. Elimination: Until reaching 4 teams.

- The team can choose the Kata to perform from the predetermined Kata list in groups 3 or 4 (see Appendix).
- Evaluation will be conducted by the point system.

2. Final: The last 4 teams.

- The team can choose the Kata to perform from the predefined Kata lists in groups 3 and 4 (see Appendix).
- The Kata in the final must be different from the Kata performed in the elimination rounds.
- Evaluation will be conducted by the point system.

Teams will be awarded for first, second, third, and fourth place. Note: There are no repechages.

7th edition

HEART CUP 2024

Goodwill International Karate Championship

INDIVIDUAL AND TEAM KUMITE COMPETITION

3th MARCH 2024

CATEGORY	AGE	BIRTH YEAR	MALE WEIGHT KG.	FEMALE WEIGHT KG.
YOUTH	14/15	2009/2010	-50,-60,-65,+65	-50,-55,-60,+60
CADETS	16/17	2007/2008	-60,-65,-70,+70	-55,-60,+60
JUNIORS	18/19/20	2004/2005/2006	65, -70, -75,+75	-55, -60, +60
SENIORS	21/35	from 1989 to 2003	-65, -70, -75,+75	-55, -60, +60
OVER	36/50	from 1974 to 1988	-65, -75, +75	-55, -60, +60

HEART CUP 2024

Goodwill International Karate Championship

RULES FOR INDIVIDUAL KUMITE

For brown and black belt

YOUTH AND CADETS

SHOBU IPPON COMPETITION (2 wazari, 1 ippon) "Italian style repechage"

Duration of the match for YOUTH category: actual time 1 ½ minutes

Duration of the match for CADETS: actual time 2 minutes.

JUNIOR, SENIOR AND OVER

SHOBU IPPON COMPETITION (2 wazari, 1 ippon) "Italian style repechage"

Duration of the match, actual time 2 minutes.

FINAL 1st and 2nd PLACE only for SENIORS,

Sanbon shobu' (match 'Three points'): The duration of this match will be 3 minutes (actual time). The winner is the competitor who, within the prescribed time, scored twopoints ("Two out of three").

N.B.

- *In the Italian style repechage, all athletes who have been eliminated by the winners of "pools" (A and B) are called back into the competition. Therefore, all those who have competed against the two finalists face each other, creating a new competition from which the 2 third-placed and the 2 fifth-placed athletes "on equal terms" will emerge.*
- *In case of tie 'Sakidori shobu', the competitor who scores first, wins the match. This method is only applicable for extra matches.*
- Athletes must wear white karategi, without stripes nor brand logo except their own club
- Compulsory White padded gloves 3cm, Gumshield, Groin guard, Cool guard (chest protectors), white and red belt (each athlete has to have their own).
- For YOUTH category (14/15 years old) white vest, foot and shin guards is compulsory.

HEART CUP 2024

Goodwill International Karate Championship

TEAM KUMITE FOR CLUBS

MALE TEAMS	TEAMS COMPOSITIONS	ORDER OF ENTERING THE MATCH
1 TEAM KUMITE CADETS (2007/2008) 1 TEAM KUMITE JUNIORS(2004/2005/2006) 1 TEAM KUMITE SENIORS (1989- 2003)	3 competitors (plus 2 reserves)	the team competitors must enter in ascending weight order (from the lightest to the heaviest)
FEMALE TEAM	TEAMS COMPOSITIONS	ORDER OF ENTERING THE MATCH
1 TEAM KUMITE CADETS (2007/2008) 1 TEAM KUMITE JUNIORS (2004/2005/2006) 1 TEAM KUMITE SENIORS(1989- 2003)	3 competitors (plus 2 reserves)	the team competitors must enter in ascending weight order (from the lightest to the heaviest)

SHOBU IPPON COMPETITIO (2 wazari, 1 ippon). Repechage is not foreseen

Duration of the sparring: 2 minutes

NB Teams with at least 2 athletes are accepted.

7th edition

HEART CUP 2024

Goodwill International Karate Championship

REGISTRATION AND FEES

REGISTRATION by SUNDAY 18th FEBRUARY 2024.

Each club must register online following the link on our site <http://www.heartcupkarate.com>

FEES

SPECIALTY	30 € per athlete after the first specialty 25€
TEAM	35€

PAYMENT:

WIRE TRANSFER TO : A.S.D. REN BU KAN TREVISO
IBAN: IT65 B 03069 12080 1000000 12507
SWIFT CODE: BCITITMM
PURPOSE OF THE TRANSFER :HEARTCUP REGISTRATION 2024

INFO

TEL./WHATSAPP +390422-260-833
EMAIL:organization@heartcupkarate.com
WEB: www.heartcupkarate.com