

6th edition

HEART CUP 2023

Goodwill International Karate



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HEART CUP 2023

Goodwill International KarateChampionship

**COMPETITION FOR
CLUBS
INDIVIDUALS –TEAMS
MEN – WOMEN
ADULTS YOUTHS**

**4th - 5TH MARCH
2023**

**PALAZZETTO "PALACICOGNA"
- Via dei Dogi, 1 -
Paderno di Ponzano V.to**

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KATA

KUMITE

INDIVIDUAL

TEAM

INDIVIDUAL

TEAM

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

BY AGE
AND
BELT

BY AGE
AND
BELT

BY AGE
AND
BELT

BY AGE
AND
BELT

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HEART CUP SCHEDULE

| | | |
|--|-------------------|--|
| SATURDAY 4TH MARCH | 08.30–9.30 | REFEREES BRIEFING |
| | 9.30–16.30 | ESKA INDIVIDUAL KATA ESKA INDIVIDUAL KUMITE |
| | 17.00 | OPENING CERIMONY INDIVIDUAL KATA AND KUMITE FINAL CADETS JUNIORS AND SENIORS BLACK BELT |

| | | |
|--|----------------------|--|
| SUNDAY 5TH MARCH | 09.00-12.00 | INDIVIDUAL KIDS KATA ESKA CLUB TEAM KATA AND KUMITE |
| | 12.30 - 14.00 | ESKA REPRESENTATIVES TEAMKATA AND KUMITE |

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INDIVIDUAL KATA COMPETITION 4 MARCH 2023

NOTE **Kids category** will compete on Sunday morning 5 March

| CATEGORY | AGE | BIRTH YEAR |
|----------|----------|-------------------|
| KIDS | 12/13 | 2011/2010 |
| YOUTH | 14/15 | 2009/2008 |
| CADETS | 16/17 | 2007/2006 |
| JUNIORS | 18/19/20 | 2005/2004/2003 |
| SENIORS | 21/35 | from 2002 to 1988 |
| OVER | 36/50 | from 1987 to 1973 |
| OVER A | 51/62 | From 1972 to 1961 |

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ESKA INDIVIDUAL KATA

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

Each competitor will have to perform two kata at their choice (tokui kata), judgement will be according to the points system and the sum of the two will determine the final ranking. Competitors with two colors belt will compete with the higher belt grade. In case of tie with flag system with kata chosen by the referee

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 #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 Points system. 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.

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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 |

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INDIVIDUAL KUMITE COMPETITION

4th MARCH 2023

| CATEGORY | AGE | BIRTH YEAR | MALE WEIGHT KG. | FEMALE WEIGHT KG. |
|----------|----------|-------------------|-------------------------|---------------------|
| YOUTH | 14/15 | 2009/2008 | -60,-65, -70,+70 | -50,-55,-60,+60 |
| CADETS | 16/17 | 2007/2006 | 60, -65,-70, +70, OPEN | -55,-60,+60, OPEN |
| JUNIORS | 18/19/20 | 2005/2004/2003 | 65, -70, -75,+75, OPEN | -55, -60, +60, OPEN |
| SENIORS | 21/35 | from 2002 to 1988 | -65, -70, -75,+75, OPEN | -55, -60, +60, OPEN |
| OVER | 36/50 | from 1987 to 1973 | -65, -75, +75, OPEN | -55, -60, +60, OPEN |

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RULES FOR INDIVIDUAL KUMITE

SHOBU IPPON COMPETITION (2 wazari, 1 ippon)

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

Duration of the match for CADETS, JUNIORS, SENIORS and OVER category, 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 two points ("Two out of three").

N.B. In case of tie 'Sakidori shobu', the competitor who scores first, wins the match. This method is only applicable for extra matches.

N.B. Each competitor will be able to compete in their own weight category and if desired, they can compete in the OPEN one.

REQUIRED PROTECTIONS

White padded gloves 3cm, Gumshield, Groin guard, Cool guard (chest protectors), white and red belt (each athlete has to have their own).

For YOUTH categories (14/15 years old) white vest is compulsory. It can be worn on top on the karategi jacket.

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TEAM KATA COMPETITION FOR CLUBS

5th MARCH 2023

TEAMS

1 MALE TEAM WITH COMPETITORS OF ANY CATEGORY FROM 2007/1963

1 FEMALE TEAM WITH COMPETITORS OF ANY CATEGORY 2007/1963

MIXED FEMALE AND MALE TEAM WITH COMPETITORS OF ANY CATEGORY FROM 2007/1963

Competitors from the mixed team can be the same ones that compete in the female or male katateam.

N.B. Each club can register only 1 team per category

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TEAM KATA COMPETITION FOR REPRESENTATIVES

5TH MARCH 2023

| MALE TEAMS | TEAMS COMPOSITION |
|--|-------------------|
| 1 MALE TEAM OF ANY CATEGORY 2007/1988 | 3 competitors |
| FEMALE TEAMS | TEAMS COMPOSITION |
| 1 FEMALE TEAM OF ANY CATEGORY 2007/1988 | 3 competitors |

NB: REPRESENTATIVES teams can be made of competitors from:

- the SAME region;

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- the SAME federation and national associations/clubs;
- the SAME Sport promotion entities.

RULES FOR TEAMS KATA

1. Eliminations: to 4 teams.

- Sentei Kata: the team can select which Kata to perform from the predetermined Kata in the list of groups 3 or 4 (see Appendix). Judgment will be executed by the Point system.

2. Final: to 4 teams.

- Sentei Kata: the team can select which Kata to perform from the predetermined Kata in the list of groups 3 or 4 (see Appendix). Judgment will be executed by the Point system.
- The Kata in the final must be different from Kata in the Eliminations.
- Judgment will be executed by the Point system.

Teams ranked in the first, second, third and fourth places will be awarded.

N.B. Repechage is not foreseen

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TEAM KUMITE FOR CLUBS

5th MARCH 2023

| MALE TEAMS | TEAMS COMPOSITIONS | ORDER OF ENTERING THE CONTEST |
|---------------------------------------|------------------------------------|---|
| 1 TEAM KUMITE CADETS (2006/2007) | | |
| 1 TEAM KUMITE JUNIORS(2003/2004/2005) | | |
| 1 TEAM KUMITE SENIORS (1988- 2002) | 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 CONTEST |
|--|------------------------------------|---|
| 1 TEAM KUMITE CADETS (2006/2007) | | |
| 1 TEAM KUMITE JUNIORS (2003/2004/2005) | 3 competitors (plus 2 reserves) | the team competitors must enter in ascending weight order (from the lightest to the heaviest) |
| 1 TEAM KUMITE SENIORS(1988- 2002) | | |

SHOBU IPPON COMPETITIO (2 wazari, 1 ippon). Duration of the sparring: 2 minute **N.B.**
Repechage is not foreseen

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TEAM KUMITE FOR REPRESENTATIVE 5 MARCH 2023

| MIXED TEAMS | TEAMS COMPOSITIONS | ORDER OF ENTERING THE CONTEST |
|---|---|---|
| TEAM KUMITE FOR JUNIORS AND SENIORS CATEGORIES 2005/1988 | 5 COMPETITORS 3 MALES + 2FEMALES (Max 2 reserves) | the team competitors must enter in this following order: lightest weight male lightest weight female medium weight male medium weight female heaviest weight male |

SHOBU IPPON COMPETITION (2 wazari, 1 ippon)

Duration of the match, real time 2 minutes.

REPRESENTATIVES teams can be made of competitors from:

- the SAME region;
- the SAME federation and national associations/clubs;
- the SAME Sport promotion entities.

N.B. Each representative can bring max 2 teams

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REGISTRATION AND FEES

REGISTRATION

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

DEADLINE : **SUNDAY 19th FEBRUARY 2023.**

FEES

| | |
|-----------|---|
| SPECIALTY | 25 €/athlete after the first specialty 20€ |
| TEAM | 30€ |

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 2023

INFO

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