

5a edizione

HEART CUP 2020

Goodwill International Karate Championship



heart cup

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HEART CUP 2020

Goodwill International Karate Championship

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

28/29 MARCH 2020

PALAZZETTO "PALACICOGNA"

- Via dei Dogi, 1 -

Paderno di Ponzano Veneto

(behind the athletic field located between Via del Bellato and Via XXV Aprile)

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KATA

KUMITE

INDIVIDUAL

TEAM

INDIVIDUAL

TEAM

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

BY AGE
AND BELT
COLOR

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HEART CUP SCHEDULE

SATURDAY 28TH MARCH	08.30–9.30	REFEREES BRIEFING
	9.30–16.30	INDIVIDUAL KATA AND KUMITE
	17.00	OPENING CERIMONY INDIVIDUAL KATA AND KUMITE FINAL CADETS JUNIORS AND SENIORS BLACK BELT

SUNDAY 29TH MARCH	09.00-12.00	CLUB TEAM KATA AND KUMITE
	12.30 - 14.00	REPRESENTATIVES TEAM KATA AND KUMITE

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INDIVIDUAL KATA COMPETITION

28 MARCH 2020

CATEGORY	AGE	BIRTH YEAR
KIDS	12/13	2008/2007
YOUTH	14/15	2006/2005
CADETS	16/17	2004/2003
JUNIORS	18/19/20	2002/2001/2000
SENIORS	21/35	from 1999 to 1985
OVER	36/50	from 1984 to 1970
OVER A	51/60	From 1969 to 1960

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

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.

RULES FOR BLACK BELTS INDIVIDUAL KATA

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 Flag system.

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

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.

N.B. Repechage is not foreseen.

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 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

28 MARCH 2020

CATEGORY	AGE	BIRTH YEAR	MALE WEIGHT KG.	FEMALE WEIGHT KG.
KIDS	12/13	2008/2007	-45,-50,+50	-40,-45,-50
YOUTH	14/15	2006/2005	-55, -60,+60	+45,-55,+55
CADETS	16/17	2004/2003	-60, -70, +70,OPEN	-55, +55, OPEN
JUNIORS	18/19/20/21	2002/2001/2000	-65, -75, +75,OPEN	-55, -60, +60, OPEN
SENIORS	21/35	from 1999 to 1985	-65, -75, +75,OPEN	-55, -60, +60, OPEN
OVER	36/50	from 1984 to 1970	-65, -75, +75,OPEN	-55, -60, +60, OPEN

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RULES FOR INDIVIDUAL KUMITE

Competition open to brown and black belts.
SHOBU IPPON competition (2 wazari, 1 ippon)

Duration of the match: actual time 2 minutes. For the final of juniors and seniors categories, it will be 3 minutes.

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) and for kids and youth categories white vest is compulsory.

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TEAM KATA COMPETITION FOR CLUBS

29 MARCH 2020

TEAMS

1 MALE TEAM WITH COMPETITORS FROM ANY CATEGORY 2004/1960

1 FEMALE TEAM WITH COMPETITORS FROM ANY CATEGORY 2004/1960

MIXED FEMALE AND MALE TEAM WITH COMPETITORS FROM ANY CATEGORY 2004/1960

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

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

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TEAM KATA COMPETITION FOR REPRESENTATIVES

29 MARCH 2020

MALE TEAMS	TEAMS COMPOSITION
1 MALE TEAM OF ANY CATEGORY 2004/1985	3 competitors
FEMALE TEAMS	TEAMS COMPOSITION
1 FEMALE TEAM OF ANY CATEGORY 2004/1985	3 competitors

NB: REPRESENTATIVES teams can be made of competitors from:

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

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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

extended ESKA RULES <http://www.heartcupkarate.com>

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TEAM KUMITE COMPETITION FOR CLUBS

29 MARCH 2020

MALE TEAMS	TEAMS COMPOSITIONS	ORDER OF ENTERING THE CONTEST
1 TEAM KUMITE CADETS (2003/2004) 1 TEAM KUMITE JUNIORS(2000/2001/2002) (also cadets can compete- birth year 2003) 1 TEAM KUMITE SENIORS(1985-1999) (also juniors can compete - birth year 2000)	3competitors (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 (2003/2004) 1 TEAM KUMITE JUNIORS(2000/2001/2002) (also cadets can compete - birth year 2003) 1 TEAM KUMITE SENIORS(1985-1999) (also juniors can compete - birth year 2000)	3competitors (plus 2 reserves)	the team competitors must enter in ascending weight order (from the lightest to the heaviest)

N.B. Repechage is not foreseen

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TEAM KUMITE FOR REPRESENTATIVE

29 MARCH 2020

MIXED TEAMS	TEAMS COMPOSITIONS	ORDER OF ENTERING THE CONTEST
TEAM KUMITE FOR JUNIORS AND SENIORS CATEGORIES	5 COMPETITORS 3 MALES + 2 FEMALES (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

N.B. Each representative can bring max 2 teams

REPRESENTATIVES teams can be made of competitors from:

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

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REGISTRATION FEES

REGISTRATION

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

DEADLINE : **Friday 13th March 2020.**

FEES FOR KIDS /YOUTH

SPECIALTY	15 €/athlete after the first specialty 10€
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FEES FOR CADETS/ JUNIORS / SENIORS /OVER

SPECIALTY	20 €/athlete after the first specialty a15€
TEAM	30€

PAYMENT:

WIRE TRANSFER TO : A.S.D. REN BU KANPONZANO
IBAN: IT39 K 03111 12000000000013704
SWIFT CODE: BLOPIT22
TRANSFER FOR: HEARTCUP REGISTRATION
INFOTEL. / FAX: +390422-260-833

EMAIL: organization@heartcupkarate.com

WEB: www.heartcupkarate.com; www.sportdata.org 5aedizione

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WITH PATRONAGE OF



REGIONE DEL VENETO



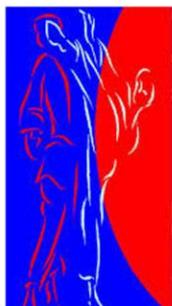
PROVINCIA
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