



With the Patronage of the Mediterranean Karate Federations Union

"12° OPEN D'ITALIA"

MARCH 18-19-20th, 2011 - SESTO SAN GIOVANNI (MI) - Palasesto - Piazza 1° Maggio

Classes, Age and Weight

The date for own category WKF is the first day of contest (18st March 2011).

INDIVIDUAL KUMITE and KATA - MALE and FEMALE

1. **BEGINNERS "A"** (12/13 years old) **Born between January 1st, 1998 to December 31st, 1999**
Fijlkam Beginners Grand Prix rules* - Kata W.F.K. Rules

Kumite weight classes: Male kg from 35 to 40, -45, -50, -55, -61, -68, -75, -83
Female kg from 32 to 37, -42, -47, -53, -60, -68
2. **BEGINNERS "B"** (14/15 years old) **Born between January 1st, 1996 to December 31st, 1997**
Kumite Fijlkam rules - Kata W.F.K. Rules

Kumite weight classes: Male kg from 45 to 50, -56, -63, -70, -77, -84, -92
Female kg from 40 to 45, -50, -56, -62, -70
3. **WKF CADETS** (14/15 years old) **Born between March 19th 1995 to March 18th, 1997**
W.K.F. Rules

Kumite weight classes: Male kg -52, -57, -63, -70, +70
Female kg -47, -54, +54
4. **WKF JUNIORES** (16/17 years old) **Born between March 19th 1993 to March 18th, 1995**
W.K.F. Rules

Kumite weight classes: Male kg -55, -61, -68, -76, +76
Female kg -48, -53, -59, +59
5. **WKF UNDER 21** (18-20 years old) (Kumite and Kata) **Born between March 19th, 1990 to March 18th, 1993**
W.K.F. Rules

Kumite weight classes: Male kg -68, -78, +78
Female kg -53, -60, +60
6. **WKF SENIORES** (18/40 years old Kumite) **Kumite born between 19th March 1971 to 18th March 1993**
(16/40 years old Kata) **Kata born between 19th March 1971 to 18th March 1995**
W.K.F. Rules

Kumite weight classes: Male kg -60, -67, -75, -84, +84
Female kg -50, -55, -61, -68, +68

TEAM KATA - MALE and FEMALE

- 6a. **WKF SENIORES** (16/40 years old) **Born between 19th March 1971 to 18th March 1995**
W.K.F. Rules

1. Athletes of both Kumite and Kata, eligible in both classes **BEGINNERS "B"** AND **WKF CADETS** can take part in only one class.
2. Athletes of both Kumite and Kata, eligible in both classes **WKF UNDER 21** and **WKF SENIORES** can take part in only one class.



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PROVISIONAL COMPETITIONS' SCHEDULE

FRIDAY MARCH 18th, 2011:

KATA "WKF SENIORES" - MALE/FEMALE - INDIVIDUAL/TEAM

W.K.F. Rules

KUMITE "WKF SENIORES" - FEMALE

Weight classes: -50 kg, -55, -61, -68, +68

From 14.00 to 15.00: REGISTRATION and WEIGHT at **Palasesto**
ALL athletes must show up in the weight in room for the controls, regardless their nationality

16.00: START OF COMPETITION INDIVIDUAL KATA M/F, to follow

TEAM KATA M/F and KUMITE FEMALE

At the end of the heats Finals and Prize giving ceremony

During the competitions it will be possible to check in for the athletes of next days' categories

SATURDAY 19th MARCH 2011:

REGISTRATION and WEIGHT at **Palasesto** All classes as follows:

KATA WKF CADETS MALE/FEMALE

From 07.00 to 08.00 - Start of competition at 09.30 - Finals and P.G. ceremony following
W.K.F. Rules

KATA WKF JUNIORES MALE/FEMALE

From 07.00 to 08.00 - Start of competition at 09.30 - Finals and P.G. ceremony following
W.K.F. rules

KUMITE WKF JUNIORES MALE/FEMALE

From 09.30 to 10.30 - Start of competition at 11.30 - Finals and P.G. ceremony following

Weight classes: Female -48 kg, -53, -59, +59
Male -55 kg, -61, -68, -76, +76

KUMITE and KATA WKF UNDER 21 MALE/FEMALE:

From 12.00 to 13.00 - Start of competition at 13.30 - Finals and P.G. ceremony following

Weight Kumite classes: Male 68 kg, -78, +78
Female 53 kg, -60, +60

KUMITE WKF SENIORES MALE

From 15.00 to 16.00 - Start of competition at 16.30 - Finals and P.G. ceremony following

Weight classes: -60kg, -67, -75, -84, +84

All athletes are kindly requested to be at **Palasesto** at least 60 minutes before the start of their division, even if they have already checked in the day/s before their competition

At 20.30 Finals Kumite Male Senior: cat. -60 -67 -75 -84 +84



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SUNDAY 20th MARCH 2011:

REGISTRATION and WEIGHT at Palasesto All classes as follows:

ALL athletes must show up in the weight in room for the controls, regardless their nationality

From 08.00 to 09.00

KUMITE WKF CADETS:

At 10.00 - START OF COMPETITION - Finals and P.G. ceremony following

From 09.00 to 10.00

KATA BEGINNERS "B" and KUMITE BEGINNERS "A":

At 11.00 - START OF COMPETITION - Finals and P.G. ceremony following

From 10.00 to 11.00

KATA BEGINNERS "A" and KUMITE BEGINNERS "B":

At 12.00 - START OF COMPETITION - Finals and P.G. ceremony following

All athletes are kindly requested to be at **Palasesto at least 60 minutes** before **the start** of their division, even if they have already checked in the day/s before their competition

FOR INFORMATION call +39 02 26145255

Sarnico (Bg), 19 gennaio 2011

Sabrina e Claudio Scattini



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BEGINNER "A" CLASS RULES - KUMITE

The match will be carried out following the elimination system with a repechage on 10x10 m. canvas, made by rubber mats. The athletes who won the 1st, 2nd and 3rd place the previous year, if competing in the same weight class, must be divided in different Groups, two in the odd one ("A") (the 1st and the 3rd of a Group different from his own), respectively with the number 5 and 7, two in the even one ("B") (the 2nd and the 3rd of a Group different from his own), respectively with the number 6 and 8. The goal of the proof is to show the completeness of the individual technical background through a tactical behaviour adequately learned in regard to his age.

In Kumite the aggressive dynamism must be symbolized by attacks and defences perfectly controlled and by a behaviour that has to be moderate (therefore intimidating shouts are strictly forbidden) and free from any further ostentation of aggressiveness.

The athletes have to give a demonstration of the following technical and tactical abilities:

- symmetry mastery (bilaterality of the main technical actions);
- method (organization, rationality creativity in the tactical behaviour during the attacks and the defences);
- control of the attacks and management of the energetic resources;
- time and space structuring (correct use of the distance and correct timing).

Therefore in Kumite the effectiveness and the degree of technical abilities, that is the capacity to elaborate creative, effective and controlled answers, are checked.

The heat last 80", at 60" a signal a word is given to communicate the fighting is coming to an end (Atoshi-Baraku).

The Central Referee gives the signal of the start (Shobu Hajime) and the end (Yame) of the fight and takes a part to stop the competition if the action gets sterile and confused or if it is necessary to prevent potentially dangerous situations.

Moreover, he takes a part to inflict sanctions in the case of violations of the Regulation (exits, dangerous actions, intentional lack or loss of control during the attacks, etc.).

ALLOWED ACTIONS:

It is allowed to strike to the head, to the face and to the neck (Jodan) without contact:

- back fist strike on the traverse plane (Uraken);
- round frontal kick on the traverse plane (Mawashigeri)
- round frontal reversed kick on the traverse plane (Uramawashigeri).

It is allowed to strike to the chest (Chudan, zone protected by the body armour) with control :

- Reverse hand punch (Gyakutsuki);
- round frontal kick on the traverse plane (Mawashigeri).

The techniques in the brackets are the only allowed.

FORBIDDEN BEHAVIOURS AND ACTIONS:

- assume an aggressive attitude;
- emit intimidating shouts;
- throw not allowed techniques or allowed techniques in forbidden zones of the body;
- carry out uncontrolled leg or arm techniques;
- carry out protection techniques.

Evaluations will be expressed by Judges according to the following parameters:

Legs Techniques (execution, symmetry)	Attack Tactics <small>(organization, rationality and creativity in the behaviour during the attack)</small>		Defence Tactics <small>(organization, rationality and creativity in the behaviour during the defence)</small>		Attacks Control		Arm Techniques (execution - symmetry)		Energetic Resources Management	
	9	5	5	5	3	3	3	3		
Optimum	9	5	5	5	3	3	3	3		
Good	8	4	4	4	2	2	2	2		
Discreet	7	3	3	3	1	1	1	1		
Sufficient	6	2	2	2						
Mediocre	5	1	1	1						
Insufficient	4									
Modest	3									
Scarce	2									
Shoddy	1									

The totality of the points goes, therefore, from a minimum of 6 to a maximum of 30.



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PENALTIES:

For exiting from game area, for lacking or defect in techniques, for performing forbidden actions:

- Admonition - Chukoku (1 st exit - warning)	Minus 1 point;	- Sanction - Keikoku - (2nd exit, control, dangerous and/or forbidden actions, mubobi)	Minus 2 points;
- Sanction - Hansoku Chui (3rd exit, control, exit, control, dangerous and/or forbidden actions, mubobi)+	Minus 3 points;	- Sanction - Hansoku (4th exit, control, dangerous and/or forbidden actions, mubobi)	Match Interruption

Penalties are applied according to the known modalities:

Category 1 for infractions with contact or potentially dangerous actions;

Category 2 for forbidden actions.

The two categories follows two different paths and cannot be assigned both to the same situation, except the case in which the action would cause harm to the opponent, seriously reducing (hansoku-chui) his winning capacity.

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