

Regulation of

Opawskie Mountains Cup



Prudnik 9 October 2011

1. Organizer

- Ludowy Klub Sportowy „Zarzewie” in Prudnik.
- Wojewódzkie Zrzeszenie Ludowe Zespoły Sportowe in Opole.

2. Purpose

- Promote karate
- Showing the best competitor in individual competition

3. Date and place

- **DATE:**
„Góry Opawskie” Cup - 09.10.2011
– start : 10⁰⁰
- **PLACE:**
Sports Hall OSiR in Prudnik ul. Łącznicza 1.
- Payments, competitors checking - 09.10.2011 - 8³⁰ - 9³⁰
Sports Hall OSiR in Prudnik ul. Łącznicza 1.

4. Entry fee

- entry fee – cash only – 09.10.2011 - 8³⁰ - 9³⁰ - Sports Hall OSiR in Prudnik ul. Łącznicza 1.
- Individual : 10 euro
- Team : 15 euro

5. Competition rules

- Championship will be carried according to current regulations of Polish Karate Federation (WKF)
- Date of birth decide about aged category.

COMPETITION :

KATA INDIVIDUAL :

Category 1, 2, 8, 9 - optional kata in each round
Category 3, 10 - other kata (alternately 2 kata) in each round
Category 4, 11 - other kata from H 1 in each round
Category 5, 12 - other from H 2 in each round
Category 6, 7, 13, 14, - WKF rules

1. girls	- 8 years	8. boys	- 8 years
2. girls	9 years	9. boys	9 years
3. girls	10 - 11 years	10. boys	10 - 11 years
4. girls	12 - 13 years	11. boys	12 - 13 years
5. girls	14 - 15 years	12. boys	14 - 15 years
6. girls	16 - 17 years	13. boys	16 - 17 years
7. girls	+ 18 years	14. boys	+ 18 years

KATA TEAM

15. girls	- 9 years	19. boys	- 9 years
16. girls	10 - 12 years	20. boys	10 - 12 years
17. girls	13 - 15 years	21. boys	13 - 15 years
18. girls	+ 16 years	22. boys	+ 16 years

KUMITE INDIVIDUAL :

At application ask serve current weight sportsman !!!!

23. girls	- 8 years - phantom	37. boys	- 8 years - phantom
24. girls	9 years - phantom	38. boys	9 years - phantom
25. girls	10 - 11 years - phantom	39. boys	10 - 11 years - phantom
26. girls	10 - 11 years - open	40. boys	10 - 11 years - 40 kg
27. girls	12 -13 years - 50 kg	41. boys	10 -11 years + 40 kg
28. girls	12 -13 years +50 kg	42. boys	12 -13 years - 50 kg
29. girls	14 -15 years - 47 kg	43. boys	12 -13 years +50 kg
30. girls	14 -15 years - 54 kg	44. boys	14 -15 years - 57 kg
31. girls	14 -15 years +54 kg	45. boys	14 -15 years - 63 kg
32. girls	16 -17 years - 53 kg	46. boys	14 -15 years +63 kg
33. girls	16 -17 years - 59 kg	47. boys	16 -17 years - 61 kg
34. girls	16 -17 years +59 kg	48. boys	16 -17 years - 76 kg
35. girls	+18 years - 61 kg	49. boys	16 -17 years +76 kg
36. girls	+18 years + 61 kg	50. boys	+18 years - 75 kg
		51. boys	+18 years + 75 kg

For competition case of application less than connection will follow 4 sportsmen .

Time of battle: phantom – 20 seconds, 10–11 years - 60 seconds, 12-13 years – 1,5 minutes.

6. Rules

- Kata and kumite phantom - minimum 9.1 kyu,
Kumite - minimum 7.1 kyu.
Application correspondence address and fax:

ŁUDOWY KLUB SPORTOWY „ZARZEWIE”

48 – 200 Prudnik ul. Parkowa 4 tel. 0048774364505 lub fax. 0048774362563

deadline - 30.09.2011 r.

address e-mail: zarzewie@poczta.onet.pl

- Sportsmen should own:
 - Supplied documentary evidence for degree karate
 - Proof of identity with photo
 - Current medical research

7. Lodging and board

- Organizer of profession has indemnified dormitory places and for crews feed, which will report order in deadline for 30.09.2011.

Capabilities of lodging and feed:

- Hotel „Oaza” in Prudnik Zwycięstwa 2 - places from person 22 – price 110,00 zł.
(Supper in (to) 08.10.2011 it and breakfast 09.10.2011)
- Hotel „Sudety” in Pokrzywna (From 10 km Prudnik) – places from person 100 - price 80,00 zł
(Supper in (to) 08.10.2011 it and breakfast 09.10.2011.)
- Capability of redemption of dinner will be at organizer in day of profession in restaurant of hotel „Olympus” in Prudnik in at sports hall in price 09.10.2011 22,00 zł.
Disbursement collects (take) for ordered places organizer – cash or on account of club
Bank Spółdzielczy in Prudnik nr account: 76 8905 0000 2000 0000 0097 0001
deadline for day 06.10.2011 r.

8. Awards

- First three places will be in individual competition - medals and diplomas.
- Cup for scoring the first win in individual competition with commemorative printed inscription.



LIST OF APPLICATION

NAME OF CLUB

„GÓRY OPAWSKIE” CUP IN KARATE WKF – PRUDNIK 2011

Lp.	Name	Date of birth	Degree	Number of competition			Weight
1							
2							
3							
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25							

VII Międzynarodowy Turniej Karate „Puchar Gór Opawskich”

Prudnik, 09-10-2011

Hala sportowa OSiR w Prudniku ul. Łucznicza 1

10:00 - rozpoczęcie - otwarcie zawodów

18:00 - zakończenie zawodów



serdecznie zapraszamy



organizator
LKS "Zarzewie" Prudnik
48-200 Prudnik ul. Parkowa 4
tel. 77 436 45 05
e-mail: zarzewie@poczta.onet.pl



EVROPSKÁ UNIE / UNIA EUROPEJSKA
EVROPSKÝ FOND PRO REGIONÁLNÍ ROZVOJ / EUROPEJSKI FUNDUSZ ROZWOJU REGIONALNEGO
PŘEKRAČUJEME HRANICE / PRZEKRACZAMY GRANICE



wstęp wolny

I invite all fans of martial arts.



Remigiusz Powroźnik

*Head of Polish Judges WKF
Polish Karate Federation*