



# Shotokan Karate Club Lustenau

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[www.karateclublustenau.at](http://www.karateclublustenau.at)

Member of Karate Austria and Karate Vorarlberg

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## INVITATION

### Intern. Lions Cup 2023



**Date:** Saturday, February 25, 2023

**Time:** Start at 08:00 am

**Location:** Sporthalle Bundesgymnasium  
6890 Lustenau, Mühlefeldstraße 20  
Austria

## Categories:

**U10** Kata Individual male and female (until 7th Kyu, until 5th Kyu, & 4. Kyu + above)

Kata Team male and female

Kumite Individual male and female (7th Kyu + above)

in two similarly sized weight classes (please indicate weight of competitors in sportdata)

**U12** Kata Individual male and female (until 6th Kyu, & 5. Kyu + above)

Kata Team male and female

Kumite Individual female (-30 kg, -36 kg, +36 kg) until 6th Kyu, & 5th Kyu + above

Kumite Individual male (-32 kg, -38 kg, +38 kg) until 6.Kyu & 5th Kyu + above

**U14** Kata Individual male and female (until 6.Kyu, & 5th Kyu + above)

Kata Team male and female

Kumite Individual female (-42 kg, -47 kg, -52 kg, +52 kg) until 6th Kyu, & 5th Kyu + above

Kumite Individual male (-50 kg,-55 kg, +55 kg) until 6th Kyu, & 5th Kyu + above

**U16** Kata Individual male and female until 6th Kyu, & 5th Kyu + above

Kata Team male and female

Kumite Individual female (-47 kg, -54 kg, +54 kg) until 6th Kyu, & 5th Kyu + above

Kumite Individual Male (-60 kg, -70 kg, +70 kg) until 6th Kyu, & 5th Kyu + above

**U18** Kata Individual male and female until 6th Kyu, & 5th Kyu + above

Kata Team male and female

Kumite Individual female (-59 kg, +59 kg) until 6th Kyu, & 5th Kyu + above

Kumite Individual male (-68 kg, +68kg) until 6th Kyu, & 5th Kyu + above

**U21** Kata Individual male and female until 6th Kyu, & 5th Kyu + above

Kata Team male and female

Kumite Individual female (-61kg, +61kg) until 6th Kyu, & 5th Kyu + above

Kumite Individual male (-68kg, -78 kg, +78 kg) until 6th Kyu, & 5th Kyu + above

**Age category:** categorization according to age on competition day.

## **Organisation / organizing club**

Shotokan Karate Club Lustenau / Emanuel Riedmann / Serafettin Sisman

## **Terms of participation**

- Competitors have to show a karate pass with a valid stamp for 2023 (depending on national federation) and a medical certificate. Minors must also show parent's consent.
- Age categories according to the athlete's age on the competition day (**February 25, 2023**).
- Competitors of kumite can only compete in their category (i.e. no second start in a higher category).
- In the Kata / Kata team disciplines, competitors may start in higher categories, however, each competitor is only allowed one kata team. The age category is determined by the team's oldest competitor.
- Weigh-in and height controls will be carried out by random sampling. **Competitors who are registered in the wrong category will be disqualified!**
- Competitors have to bring their own belts (red/blue) and protective equipment.

## **Rules for KATA**

Katas are chosen by the competitor and have to be announced at the referee table.

In the U10 to U14 categories and all individual lower belt ("until 6th Kyu") categories, katas are to be shown simultaneously by both competitors.

Starting with U16, Team Kata requires a show of Bunkai in the finals. All traditional katas are allowed.

### **Kata U10, U12, U14, and U16**

In the U10 und U12 categories 2 different kata have to be shown (exception: in the lower belt categories, just one has to be shown). In U14 and U16, at least 3 different kata have to be shown (2 in lower belt categories).

### **Kata U18 + U 21**

**At least 4** different kata have to be shown.

## **Rules for KUMITE**

### **Kumite U10**

WKF rules

Duration of bout is **60 seconds**.

Mandatory protective equipment: mouth guard, fist- and foot protectors (red/blue), shin protectors, body protector

### **Kumite U12 & U14**

WKF rules with the following modifications: Duration of bout is **90 seconds**.

Mandatory protective equipment: mouth guard, fist- and foot protectors (red/blue), shin protectors, body protector

### **Kumite U16, U18 + U 21**

WKF rules with the following modifications: Duration of bout is **2 minutes** (including male and medal bouts)!

Mandatory protective equipment: mouth guard, fist- and foot protectors (red/blue), shin protectors, body protector, chest protector for women / groin guard for men

Min. participants: 3 competitors or 3 teams.  
Some categories may be merged after registration in case of low numbers of participants.  
If there are less than 5 competitors in a category, there is a third place bout.

Registration: until **February 12, 2023** online via [www.sportdata.org](http://www.sportdata.org)

Registration fee: Individual category € 22,--  
Team category € 30,--

Account info: Volksbank Lustenau  
**IBAN**: AT464571000170321002 **BIC**: VOVBAT2B  
no bank fees until February 13, 2023  
**ATTENTION: payment is mandatory for every registration!**

**List of competitors in categories as well as timetable available online on February 23!**

# **3 Tatami - 444 registrations will be accepted!**

## **NO registrations after February 13 will be accepted!**

Referees:

**Referee meeting at 07:45am in the competition hall!**

Liability:

The organizing club and the persons involved in organization will not accept liability for any damages or injuries occurring in this event. All competitors, via knowledge of this invitation, accept to obey instructions by the organizing committee and the referees .

Miscellaneous:

The hall may only be entered with sport shoes. Medal ceremony in karate-gi or tracksuit! Medal ceremonies will be carried out in blocks!

Hotels etc:

[www.kroenele.com](http://www.kroenele.com)

[www.olympiazentrum-vorarlberg.at](http://www.olympiazentrum-vorarlberg.at)

[www.jugendherberge-hard.at](http://www.jugendherberge-hard.at)

[www.sinohaus.at](http://www.sinohaus.at) (formerly Gasthof Linde)

[www.bodensee-vorarlberg.at](http://www.bodensee-vorarlberg.at)

[www.booking.com](http://www.booking.com)

Public transport:

- [www.vmobil.at](http://www.vmobil.at)

- Bus station Lustenau Sportpark or Lustenau Staldenstraße



## **WE WISH ALL COMPETITORS THE BEST OF SUCCESS!**