



Shotokan Karate Club Lustenau

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Member of Karate Austria and Karate Vorarlberg

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V ghörig | nachhaltig
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INVITATION

Intern. Lions Cup 2025

- Date:** Saturday, March 1, 2025
- Time:** Start at 08:00 am
- Location:** Sporthalle Bundesgymnasium
6890 Lustenau, Mühlefeldstraße 20, Austria
- End of registration:** February 10, 2025 online via www.sportdata.org
- Registration fee:** Individual category € 28,--
Team category € 35,--
- Payment:** Volksbank Lustenau
IBAN: AT464571000170321002 **BIC:** VBOEATWWVBG
no bank fees until February 10, 2025
ACHTUNG: payment is mandatory for each registration!
- Organizer:** Shotokan Karate Club Lustenau
- Administration:** Stefan Huber / Emanuel Riedmann / Serafettin Sisman
- Referees:** Referee meeting at 07:45 am in the competition hall!

Draws and detailed timetable available online on February 27, 2025!

480 registrations will be accepted!
NO registrations will be accepted after February 10!

Bewerbe

U10	KATA	Individual male & female	
		US	until 7 th Kyu
		MS	6 th & 5 th Kyu
		OS	4 th Kyu & above
		Team male & female	
		KUMITE Individual male & female	
		7 th Kyu & above two similarly sized weight classes (please indicate weight of competitors in sportdata)	
U12	KATA	Individual male & female	
		US	until 6 th Kyu
		OS	5 th Kyu & above
			Team male & female
	KUMITE Individ. female	US until 6 th Kyu (-30kg, -36kg, +36kg) OS 5 th Kyu & above (-30kg, -36kg, +36kg)	
	KUMITE Individ. male	US until 6 th Kyu (-32kg, -38kg, +38kg) OS 5 th Kyu & above (-32kg, -38kg, +38kg)	
U14	KATA	Individual male & female	
		US	until 6 th Kyu
		OS	5 th Kyu & above
			Team male & female
	KUMITE Individ. female	US until 6 th Kyu (-42kg, -47kg, -52kg, +52kg) OS 5 th Kyu & above (-42kg, -47kg, -52kg, +52kg)	
	KUMITE Individ. male	US until 6 th Kyu (-45kg, -50kg, -55kg, +55kg) OS 5 th Kyu & above (-45kg, -50kg, -55kg, +55kg)	
U16	KATA	Individual male & female	
		US	until 6 th Kyu
		OS	5 th Kyu & above
			Team male & female
	KUMITE Individ. female	US until 6 th Kyu (-47kg, -54kg, -61kg, +61kg) OS 5 th Kyu & above (-47kg, -54kg, -61kg, +61kg)	
	KUMITE Individ. male	US until 6 th Kyu (-52kg, -57kg, -63kg, -70kg, +70kg) OS 5 th Kyu & above (-52kg, -57kg, -63kg, -70kg, +70kg)	

U18	KATA	Individual male & female	
		US	until 6 th Kyu
		OS	5 th Kyu & above
		Team male & female	
		KUMITE Individ. female	
		US until 6 th Kyu (-48kg, -53kg, -59kg, -66kg, +66kg)	
		OS 5 th Kyu & above (-48kg, -53kg, -59kg, -66kg, +66kg)	
		KUMITE Individ. male	
		US until 6 th Kyu (-55kg, -61kg, -68kg, -76kg, +76kg)	
		OS 5 th Kyu & above (-55kg, -61kg, -68kg, -76kg, +76kg)	
U21	KATA	Individual male & female	
		US	until 6 th Kyu
		OS	5 th Kyu & above
		Team male & female	
		KUMITE Individ. female	
		US until 6 th Kyu (-50kg, -55kg, -61kg, -68kg, +68kg)	
		OS 5 th Kyu & above (-50kg, -55kg, -61kg, -68kg, +68kg)	
		KUMITE Individ. male	
		US until 6 th Kyu (-60kg, -67kg, -75kg, -84kg, +84kg)	
		OS 5 th Kyu & above (-60kg, -67kg, -75kg, -84kg, +84kg)	

Age category: Categorization according to age on competition day.

After registration, categories may be merged depending on amount of registrations.

US = Unterstufe (lower belt grades), MS = Mittelstufe (medium belt grades),

OS = Oberstufe (higher belt grades)

Terms of participation

- Competitors have to show a karate pass with a valid stamp for 2025 (depending on national federation) and a medical certificate (for Austrians). Minors must also show parental consent.
- Age categories according to the athlete's age on the competition day (**March 1, 2025**)
- Competitors of individual categories can only compete in their own category (i.e. no second start in a higher age or belt category).
- In the Kata team disciplines, competitors may start in the higher age category that immediately follows their own age category (i.e. U14 athletes may compete in U16, but not in U18) – however, each competitor is only allowed to participate in one kata team. The age category is determined by the team's oldest competitor.
- Weigh-in will be carried out by random sampling. **Competitors 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, as well as all individual lower belt ("US" – "until 6th Kyu") categories, katas are to be shown simultaneously by both competitors (Exception: gold medal bout).

If age categories happen to be merged due to the amount of registrations, the lower requirements to the kata selection are to be applied. Starting with U16, Team Kata requires a show of Bunkai in the finals. All traditional katas are allowed (see WKF list).

Kata U10, U12, U14, and U16

In the U10 and 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 – here, in addition to the WKF list, Taikyoku Shodan is allowed).

Kata U18 & U21

At least 4 different kata have to be shown.

Rules for KUMITE

Für **all categories**: The new WKF helmet is voluntary!

Kumite U10

WKF rules with the following modification: Duration of bout is **60 seconds**.

Mandatory protective equipment: mouth guard, fist and foot protectors (red/blue), shin protectors, body protector (may be worn above gi)

Kumite U12

WKF rules with the following modification: Duration of bout is **75 seconds**.

Mandatory protective equipment: mouth guard, fist and foot protectors (red/blue), shin protectors, body protector (may be worn above gi)

Kumite U14 & U16

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

Mandatory protective equipment: mouth guard, fist and foot protectors (red/blue), shin protectors, body protector (may be worn above gi in U14 categories), chest protector for women (U16) / groin guard for men (U16).

Kumite U18 & U21

WKF rules with the following modification: Duration of bout is **2 minutes**.

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

A category will take place if the number of registered participants is at least 3. Some categories may be merged after registration in case of low numbers of participants. If there are 4 competitors in a category, there is no third place bout.

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 adjacent parking spaces belong to the town of Lustenau and are subject to a parking fee.
The hall may only be entered with sport shoes.
Medal ceremony is to be attended in karate-gi or tracksuit!
Medal ceremonies will be carried out in blocks throughout the day!

Hotels etc: www.gasthof-meindl.at
www.kroenele.com
www.olympiazentrum-vorarlberg.at
www.sinohaus.at (formerly Gasthof Linde)
www.booking.com

Public transport:
- www.vmobil.at
- Bus stop Lustenau Sportpark or Lustenau Staldenstraße



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