

# **1st WUKF Grand Prix Poland**

## **Saturday 23<sup>th</sup> September 2023**

Event Starts: 09:00

Individual Events: €20 Per

Event Team Events: €30 Per

Team Entrance for

spectators: free



### **Welcome**

We are delighted to invite you to our 1st WUKF Grand Prix Poland to be held on Saturday 23th September at the Pruszków 05-800, street: Bohaterów Warszawy 4

The event is Open and will be facilitated using [WUKF rules](#). All Karate practitioners are welcome regardless of affiliation or style.

If you have further queries or would like to discuss more details, then please don't hesitate to contact us on +48 505 874 501, [wukfpoland@gmail.com](mailto:wukfpoland@gmail.com)

### **Event Guidelines:**

Entries will be registered via the WUKF Uventex Competition Management System. Should you require set-up, or login details, contact 'support@wukf.org' – please **do not** try to set-up, or create, your club / federation yourself. Payment of entry fees must be made on the day of competition, payment in cash.

Registration will **close at midnight (Polish time) on Sunday 17<sup>th</sup> September**. After this time, the system is locked and no late entries can be accepted.

As well as your athletes, please also remember to register your coaches and your referees.

All competitors must be fully insured by their Association and should be aware that all events will operate under WUKF rules. Slight amendments by the organisers and Chief Referee may be required to ensure a safe and smooth running of the event. All coaches and officials should contact the organiser before Monday 18th September for update on any rule changes. The minimum number of competitors per event category is at the discretion of the organiser.

Spectators are not to act as coaches or officials or permitted to stand next to the tatami area.

Any spectators/competitors or coaches infringing the above guidelines will be asked to leave the sports hall, with no refund given and the name of the club concerned reported to their Association Executive.

## **Rules of Kata, Kihon and Kumite**

This is a summary of rules for the tournaments and has been created using WUKF guidelines.

### **Shobu Sanbon:**

The match is won by six Waza-ari or three Ippon. Mitts and shin pads must be worn by all competitors. Age 13 Years & above only.

### **Shobu Ippon:**

The match is won by two Waza-ari or one Ippon. Thin karate gloves must be worn by all competitors. Competitors aged 12 Years and below must wear head and body pads.

### **Shobu Nihon:**

The match can be won by four Waza-ari or two Ippon. Mitts and shin pads must be worn by all competitors. Head guard and body pads must be worn.

### **Additional Information:**

In all events, the highest maximum individual score that can be given at any one time is Ippon. The lowest score that can be given is a Waza-ari.

All Kumite events will be run with a Referee, Mirror Judge & Arbitrator. The arbitrator can assist in the decision-making process.

Competitors must wear a Red belt (AKA) or White Belt (SHIRO) to identify themselves during the Kumite events and must match the color of mitts. In every event the competitor must wear protection in accordance with WUKF ruling. The timing of bouts will be the same as the WUKF rules, but can be subject to change, depending on the smooth running of events.

Gum shield (clear or white) must be worn by all competitors except those aged 12 years and below who will be wearing an approved head guard.

Groin Guards are compulsory for all male Kumite competitors aged 13 Years and above. Chest protector is compulsory for all female Kumite competitors aged 13 Years and above.

Competitors are permitted to enter all Kumite Categories that their age permits and may also enter one category above their age group in Kata and/or Kumite. Seniors may not compete in Veterans categories, but Veterans can compete in Seniors categories.

## **Kihon:**

Kihon category will consist of the competition of two people whose task is to perform kihon techniques in the following order called by the main referee on the mat:

- 5 steps forward in zenkutsu-dachi, oi zuki jodan,
- 5 steps backward in zenkutsu-dachi, age-uke
- 5 steps forward in zenkutsu-dachi with kamae, mae-geri
- 5 steps backward in zenkutsu-dachi, gedan barai

## **Kata:**

Kata events will run using a point-based system. Round 1 will be scored from 5.0 to 7.0 (average 6.0). Round 2 will be scored from 6.0 to 8.0 (average 7.0). Round 3 (final round) will be scored from 7.0 to 9.0 (average 8.0).

All Kata events will be run to WUKF rules, including the level of Kata competitors can perform in each round. Bunkai is not required in Team Kata. Team Kata will be made up of 3 individuals.

The number of rounds will be the same as WUKF rules where possible, but can be subject to change, depending on the smooth running of events.

Competitors 4<sup>th</sup> Kyu & Below as well as those aged 8 & below may repeat Kata. All competitors 3<sup>rd</sup> Kyu & Above cannot repeat Kata. In Kata events, you are only permitted to wear the belt that you are graded to.

## **Photography Policy:**

Photographers will be present for the duration of the event. If individuals do not wish to be featured in official photography, then the organizers must be notified by the Association or Club Coach prior to the event.

## **Appeals:**

If a problem arises on the day of the competition only the Head Coach can approach the Chief Referee. If the Head Coach is not satisfied with the decision of the Chief Referee there is an appeals process that can be followed - official protest written down and signed by the Head Coach, then handed to the Chief Referee with the protest fee of Euro50. An appeals jury will be selected of the highest-level referees at the competition and from a different association. They will then look at the protest and review all relevant information and make their decision. If the protest is upheld, then the protest fee will be returned. If it is not upheld, then the protest fee will go towards all admin fees for the protest.

**Contact & Payment Details:**

Payment for foreign athletes in cash in euro, for athletes from Poland in zlotys. Payment on the day of the competition.

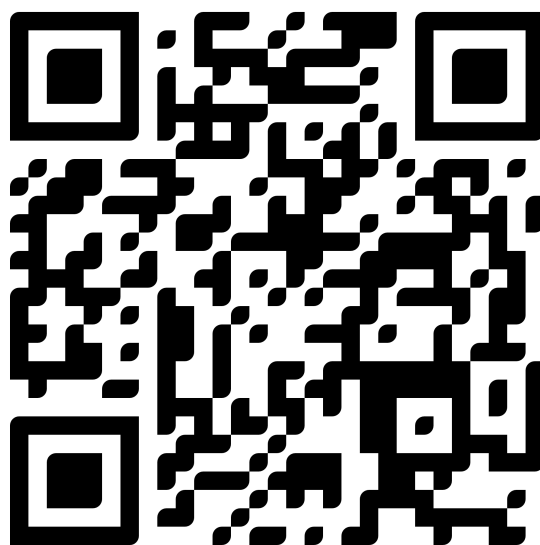
*For further information, please contact:*

*Phone: President Jacek Chalupka +48 505 874 504*

*Email: [wukfpoland@gmail.com](mailto:wukfpoland@gmail.com)*

*Registration Help: [support@wukf.org](mailto:support@wukf.org)*

**YOU CAN FIND ALL THE CATEGORIES WITH THIS QR CODE**



**We look forward to welcoming you  
to our 1st WUKF Grand Prix Poland**