



THE 34th EUROPEAN WEIGHT CATEGORY KARATE CHAMPIONSHIP

MAY 22 at 25, 2020– LYON, FRANCE



Club Lyon Kyokushin – France Kyokushin

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1 - KUMITE

Two 3rd places for Juniors (boys and girls) and Seniors (men and women)

- Boys: 10-11 years old – (age as of May 22, 2020):
 - **-35kg; -40kg; -45kg; +45kg;**
- Boys: 12-13 years old – (age as of May 22, 2020):
 - **-40kg; -45kg; -50kg; +50kg;**
- Boys: 14-15 years old – (age as of May 22, 2020):
 - **-50kg; -55kg; -60kg; -65kg; -70kg; +70kg;**
- Boys: 16-17 years old – (age as of May 22, 2020):
 - **-55kg; -60kg; -65kg; -70kg; -75kg; +75kg;**
- Girls: 10-11 years old – (age as of May 22, 2020):
 - **-35kg; -40kg; +40kg;**
- Girls: 12-13 years old – (age as of May 22, 2020):
 - **-40kg; -45kg; +45kg;**
- Girls: 14-15 years old – (age as of May 22, 2020):
 - **-50kg; -55kg; +55kg;**
- Girls: 16-17 years old – (age as of May 22, 2020):
 - **-55kg; -60kg; +60kg;**

- Seniors: Man: 35-39 years old – (age as of May 22, 2020):
 - **-85kg; +85kg;**
- Seniors: Man: +40 years old – (age as of May 22, 2020):
 - **-85kg; +85kg;**
- Seniors: Women: +35 years old – (age as of May 22, 2020):
 - **-65kg; +65kg;**

Mandatory protective gear:

- Head gear (no face cover 10-17 y.o. and seniors)
- Body protectors (10-15 y.o., 14-15 y.o. semi finals and finals without body protectors)
- Fist guards (IKO standard, 10-17 y.o. and seniors)
- Shin pads (IKO standard, 10-17 y.o. and seniors)
- Boys groin cup
- Girls breast pads

Organizer will provide body protectors and head gear.

All guards should be shown at registration on May 22, 2020.

Match duration for Juniors 10-11 years old:

- **Elimination:**
 - Round: **1 minute and 30 seconds**
 - Extension (mandatory decision): **1 minute and 30 seconds**
- **Semi finals and finals**
 - Round: **1 minute and 30 seconds**
 - Extension: **1 minute and 30 seconds**
 - Weight: (difference of at least 3kg)
 - 2nd extension (mandatory decision): **1 minute and 30 seconds**

Match duration for Juniors 12-13 years old:

- **Elimination:**
 - Round: **1 minute and 30 seconds**
 - Extension (mandatory decision): **1 minute and 30 seconds**
- **Semi finals and finals**
 - Round: **1 minute and 30 seconds**
 - Extension: **1 minute and 30 seconds**
 - Weight: (difference of at least 3kg)
 - 2nd extension (mandatory decision): **1 minute and 30 seconds**

Match duration for Juniors 14-17 years old:

- **Elimination:**
 - Round: **2 minutes**
 - Extension (mandatory decision): **2 minutes**
- **Semi finals and finals**
 - Round: **2 minutes**
 - Extension: **2 minutes**
 - Weight: (difference of at least 3kg)
 - 2nd extension (mandatory decision): **2 minutes**

Match duration for Seniors:

- **Elimination:**
 - Round: **1 minute and 30 seconds**
 - Extension (mandatory decision): **1 minute and 30 seconds**
- **Semi finals and finals**
 - Round: **1 minute and 30 seconds**
 - Extension: **1 minute and 30 seconds**
 - Weight: (difference of at least 3kg)
 - 2nd extension (mandatory decision): **1 minute and 30 seconds**

2 – KATA – 18 years old

3rd and 4th place for kata

- Boys and Girls: 12-13 years old
- Boys: 14-17 years old
- Girls: 14 -17 years old

Juniors 12-13 years old (boys and girls)

- Elimination: **Pinan Sono San**
- Final (for top 4 only): **Tsuki No Kata**

Juniors 14-17 years old (boys and girls)

- Elimination: **Pinan Sono Yon**
- Final (for top 4 only): **Gekisai Sho**

3 - KUMITE +18 years old (age as of May 22, 2020)

- **Men:** -70kg; -80kg; -90kg; +90kg;
- **Women:** -55kg; -65kg; +65kg;

Fight for 3rd and 4th place for Men and Women

Match duration:

- **Elimination**
 - Round: **2 minutes**
 - Extension (mandatory decision): **2 minutes**
- **From 2nd rounds to quarter finals**
 - Round: **2 minutes**
 - Extension: **2 minutes**
 - 2nd extension (mandatory decision): **2 minutes**
- **Semi finals and finals**
 - Round: **3 minutes**
 - Extension: **2 minutes**
 - 2nd Extension: **2 minutes**
 - Weight: (difference of at least 3kg)
 - 3rd Extension (mandatory decision): **2 minutes**

4 - KATA+18 years old

- Men
- Women
- Team (3 people, duration 6 min)

3rd and 4th place for kata

Men and Women

- Elimination: **Pinan Sono Go**
- Final (for top 4 only): **Saifa**

Team

- They can choose kata