



THE 31th EUROPEAN WEIGHT CATEGORY KARATE
CHAMPIONSHIPS

EUROPEAN JUNIORS KARATE CHAMPIONSHIPS

EUROPEAN SENIORS KARATE CHAMPIONSHIPS

MAY 20, 21 – LYON, FRANCE

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All competitors must be registered online before April 9, 2017.

Catégories

1. Juniors

Two 3rd places (for Boys and Girls).

- **Boys : 12 – 13 years old** (age as of May 20 2017)
 - **-40 kg, -50 kg, +50 kg**
- **Boys : 14 – 15 years old** (age as of May 20 2017)
 - **-50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg**
- **Boys : 16 – 17 years old** (age as of May 20 2017)
 - **-55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, +80 kg**

- **Girls : 12 – 13 years old** (age as of May 20 2017)
 - **-40 kg, -45 kg, +45 kg**
- **Girls : 14 – 15 years old** (age as of May 20 2017)
 - **-50 kg, -55 kg, -60 kg, +60 kg**
- **Girls : 16 – 17 years old** (age as of May 20 2017)
 - **-50 kg, -55 kg, -60 kg, -65 kg, +65 kg**

2. Seniors

Fight for 3rd and 4th place (for Men and Women).

- **Men : +18 years old** (age as of May 20 2017)
 - **-70 kg, -80 kg, -90 kg, +90 kg**
- **Men : 35 – 39 years old** (age as of May 20 2017)
 - **-85 kg, +85 kg**
- **Men : +40 years old** (age as of May 20 2017)
 - **-85 kg, +85 kg**
- **Women : +18 years old** (age as of May 20 2017)
 - **-55 kg, -65 kg, +65 kg**

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- **Women : +35 years old** (age as of May 20 2017)
 - **-65 kg, +65 kg**

Protection

1. Juniors

- Fist guards (IKO standard fist guards)
- Shin pads (IKO standard shin pads)
- Boys groin cup
- Chest protection

Organizer will provide head gear.

2. Seniors +35 years old

- Fist guards (IKO standard fist guards)
- Shin pads (IKO standard shin pads)
- Boys groin cup
- Girls breast pads

3. Seniors

- Boys groin cup
- Girls breast pads

Duration

1. Juniors (12 – 13 years old)

- Elimination round : **90 seconds => 90 seconds.**
- Semi-final and final : **90 seconds => 90 seconds => Weight (difference 3 kg) => 90 seconds.**

2. Juniors (14 – 17 years old)

- Elimination round : **2 minutes => 2 minutes.**
- Semi-final and final : **2 minutes => 2 minutes => Weight (difference 3 kg) => 2 minutes.**

3. Seniors +35 years old

- Elimination round : **90 seconds => 90 seconds.**
- Semi-final and final : **90 seconds => 90 seconds => Weight (difference 3 kg) => 90 seconds.**

4. Seniors -35 years old

- Elimination round : **2 minutes => 2 minutes.**
- From 2nd round to quarter final : **2 minutes => 2 minutes => 2 minutes.**
- Semi-final and final : **3 minutes => 2 minutes => 2 minutes => Weight**
(difference 3 kg) => **2 minutes.**

3rd and 4th place for kata.

Categories

1. Juniors
 - Boys and Girls : **12 – 13 years old.**
 - Boys : **14 – 17 years old.**
 - Girls : **14 – 17 years old.**

2. Seniors (+18 years old)
 - Men
 - Women

List of Kata

1. Juniors 12 -13 years old (Boys and Girls)
 - Elimination round : **Pinan-Sono-Ni**
 - Final for top 4 only : **Gekisai Sho**

2. Juniors 14 – 17 years old (Boys and Girls)
 - Elimination round : **Gekisai Sho**
 - Final for top 4 only : **They can choose kata. The same as IKO standard kata rules**

3. Seniors
 - Elimination round : **Gekisai Sho**
 - Final for top 4 only : **They can choose kata. The same as IKO standard kata rules**

Juniors

- Kunité : **50€**
- Kata : **40€**
- Kunité & Kata : **70€**

Seniors

- Kunité : **60€**
- Kata : **50€**
- Kunité & Kata : **90€**

Sayonara

- **35€** (Limited to the first 250 persons)

Entrance

- **5€**

Info

- You can pay by Bank Transfert (for check-in fast)
- You can pay by CB, VISA (on check-in or by web)
- You can pay by cash (on check-in)