



## IKO Dutch Open Karate Championships 2024 - Shihan Gosse Meerstra Memorial Cup

### Categories IKO Dutch Open 2024 – Shihan Gosse Meerstra Memorial Cup

#### Kumite 8-17 y.o. (Age as of July 6th, 2024)

##### 8-9 boys 60 sec

-25 kg  
-30 kg  
+30 kg

##### 8-9 girls 60 sec

-25 kg  
-30 kg  
+30 kg

##### 10-11 boys 60 sec

-30 kg  
-35 kg  
-40 kg  
+40 kg

##### 10-11 girls 60 sec

-35 kg  
-40 kg  
+40 kg

Elimination, Semifinal, Final

##### 12-13 boys 90 sec. > 90 sec.

-45 kg  
-50 kg  
+50 kg

##### 12-13 girls 90 sec. > 90 sec.

-40 kg  
-45 kg  
-50 kg  
+50 kg



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### 14-15 boys

120 sec. > 120 sec.

-60 kg

-65 kg

-70 kg

+70 kg

### 14-15 girls

120 sec. > 120 sec.

-50 kg

-55 kg

+55 kg

### 16-17 boys

120 sec. > 120 sec.

-60 kg

-65 kg

-70 kg

+70 kg

### 16-17 girls

120 sec. > 120 sec.

-55

-60

+60

### +18 -34 years men

Elimination

Semifinal and Final

2 min.

3 min. 2 min. 2 min. weight (3kg.) > 2 min.

-60

-70

-80

-90

+90

### +18 – 34 years women

2 min.

3 min. 2 min. 2 min. weight (3kg.) > 2 min.

-55

-65

+65



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Elimination, Semifinal, Final

120 sec. > 120 sec.

### +35 men

-85

+85

### First step +18 men ( up to 3<sup>rd</sup> kyu)

Elimination, Semifinal, Final

90 sec. > 90 sec.

-60

-70

-80

+80

### First step +18 women ( up to 3<sup>rd</sup> kyu)

90 sec. > 90 sec.

-65

+65

### Kata competition –16 y.o.

Prizes for places: 1st, 2nd, 3<sup>rd</sup>

Qualification to the final for the 6 best competitors of the first round

#### Junior Boys

1st round Taikyoku sono ichi

Final round Taikyoku sono san

#### Junior Girls

1st round Taikyoku sono ichi

Final round Taikyoku sono san



## **IKO Dutch Open Karate Championships 2024 - Shihan Gosse Meerstra Memorial Cup**

### **Kata competition +16 y.o.**

Prizes for places: 1st, 2nd, 3rd

Qualification to the final for the 6 best competitors of the first round

Men

1st round Pinan sono ichi

Final round Tsukino kata

**Protective gear: ( all protective gears has to be white, ladies has to wear a white t-shirt under their dogi)**

### **Mandatory protective gear for Juniors**

- head gear (face cover 8-11 y.o.)
- head gear (no face cover 12-17 y.o.)
- mouth guard 12-17 y.o.
- body protectors
- fist guards (IKO standard fist guards)
- shin pads (IKO standard shin pads)
- boys groin cup
- girls groin guard
- girls breast pads (IKO standard girls breast pads)

### **Mandatory protective gear for Senior +35 years old**

- head gear
- fist guards (IKO standard fist guards)
- shin pads (IKO standard shin pads)
- groin guard

### **Registration of Judge/referees**