



HALL MOSIR  
RUMIA - POLAND

International  
Pomerania CUP  
Karate WKF rules

**23 APRIL  
2016**

SEE YOU AT  
TOURNAMENT



VII EDITION

# POMERANIA CUP



ORGANIZER  
Karate Sport Club  
**SAKURA-Rumia**



MIASTO  
RUMIA



URZĄD MARSZAŁKOWSKI  
WOJEWÓDZTWA POMORSKIEGO



STAROSTWO  
WEJHEROWSKIE

# VII POMERANIA CUP

INTERNATIONAL POMERANIA CUP - KARATE WKF RULES



## INVITATION

In name of the organizers I have the honor to invite karate clubs and competitors to participate in competitions **POMERANIA CUP 2016**.

The competition will be held on April **23 2016** in the hall **MOSiR in Rumia Mickiewicza St. 49 POLAND**, tel: 600 281 829.

Categories in competitions: kata, kumite, kata team and kumite team.  
Age of contestants: from less then 6 years to competition for seniors.

These event is included in the score ranking of Pomerania Karate WKF Association / Shotokan.

I wish all competitors the results meeting their expectations, trainers the satisfactions from their pupils performance, and guests - many sports emotions.

**ANDRZEJ KOSTUN**

President KSK SAKURA-Rumia



# Regulamin Grand Prix KARATE WKF

## DATE AND LOCATION OF THE EVENT:



23.04.2016 – SATURDAY,  
Hall Municipal Sports and Recreation  
Mickiewicza St. 49,  
RUMIA POLAND

[Kliknij tutaj](#)



## AIM OF THE COMPETITION:

Selection of the best riders in the individual events and the popularization of WKF karate as a sport qualified. Promoting Rumia city and its surroundings.

## ORGANIZERS:

Klub Sportowy Karate  
SAKURA-Rumia,  
Urząd Miasta Rumia,  
Urząd Marszałkowski  
Województwa  
Pomorskiego,  
Starostwo  
Wejherowskie



# Event will be held in accordance with the regulations WKF in force with the following changes :

## a) kata individual :

- 9 years – any kata can be repeated, kata are performed in parallel .
- 10-11 years – two kata performed alternately in parallel.
- 11-12 years at least 3 kata performed in each round, alternately executed in parallel
- cadets, juniors and seniors – WKF rules.

## b) kata team:

- 10 years and younger – any kata, in the finals bunkai is not required
- 11-13 years – two kata alternately, bunkai is not required
- cadets – in every round a different kata, bunkai is not required
- juniors, seniors – in every round a different kata, bunkai is not required

## c) kumite individual:

- 9 years and younger – fight time 60 sec.
- 10-11 years and 12-13 fight time 90 sec.
- cadets, juniors and seniors fight time 120 sec.
- In terms of cadets, juniors and seniors female (all fight) fight time 120 sec.
- In terms of seniors male (all fight) fight time 180 sec.

## d) kumite team:

- contest time for all is 60 seconds.
- team can be supplemented with one competitor from the younger category
- Protective equipment in accordance with the provisions of PZK /WKF/

## CONDITIONS OF PARTICIPATION:

Registration of contestants up to date 21.04.2016 to 12:00 on the official site by the online system (Registration online – Register tab).

## REQUIREMENTS:

- Current medical examination
- Payment of a fee
- School ID or other identity document
- Insurance documents NNW

Registration of contestants from day: 01-03-2016 00:00:00  
to day: 21-04-2016 12:00:00

## ENTRY FEES:

- 10 € – for each competition 11 and less years
- 15 € – for each competition 12 years and more
- 20 € – for a team competition.

## AGE OF COMPETITORS:

The day of birth decides of the age category.

In terms of ranking Pomeranian Karate League decides the year of birth.



# LIST OF COMPETITION:

## **KATA INDYWIDUAL do 9.3 kyu - Female / Male**

KATA INDYWIDUAL to 9.3 kyu Female / Male 7 years old -  
KATA INDYWIDUAL to 9.3 kyu Female / Male 8 years old  
KATA INDYWIDUAL to 9.3 kyu Female / Male 9 years old  
KATA INDYWIDUAL to 9.3 kyu Female / Male 10 years old  
KATA INDYWIDUAL to 9.3 kyu Female / Male 11 years old +

## **KUMITE INDYWIDUAL do 9.3 kyu - Female / Male**

KUMITE INDYWIDUAL to 9.3 kyu Female / Male 9 years old - [open]  
KUMITE INDYWIDUAL to 9.3 kyu Female / Male 10-11 years old [open]  
KUMITE INDYWIDUAL to 9.3 kyu Female / Male U14 [open]

## **KATA INDYWIDUAL OPEN - Female / Male**

KATA INDYWIDUAL OPEN Female / Male 7 years old -  
KATA INDYWIDUAL OPEN Female / Male 8 years old  
KATA INDYWIDUAL OPEN Female / Male 9 years old  
KATA INDYWIDUAL OPEN Female / Male 10 years old  
KATA INDYWIDUAL OPEN Female / Male 11 years old  
KATA INDYWIDUAL OPEN Female / Male U14  
KATA INDYWIDUAL OPEN Female / Male Cadets  
KATA INDYWIDUAL OPEN Female / Male Juniors  
KATA INDYWIDUAL OPEN Female / Male Seniors +  
KATA INDYWIDUAL OPEN Female / Male 14 + - ranking Pomeranian Karate League

## **KATA TEAM - Female / Male**

KATA TEAM Female / Male 10-11 years old  
KATA TEAM Female / Male U14  
KATA TEAM Female / Male Cadets  
KATA TEAM Female / Male Juniors  
KATA TEAM Female / Male Seniors +

## **KUMITE TEAM - Female / Male**

KUMITE TEAM Female / Male 10-11 years old  
KUMITE TEAM Female / Male U14 years old  
KUMITE TEAM Female / Male Cadets  
KUMITE TEAM Female / Male Juniors  
KUMITE TEAM Female / Male Seniors+

# LIST OF COMPETITION - continue

## KUMITE INDYWIDUAL - Female

KUMITE INDYWIDUAL Female 7 years old and less [open]

KUMITE INDYWIDUAL Female 8-9 years old [-30 kg] [+30 kg]

KUMITE INDYWIDUAL Female 10-11 years old [-34 kg] [-40 kg] [+40 kg]

KUMITE INDYWIDUAL U14 [-40kg] [-50 kg] [+50 kg]

KUMITE INDYWIDUAL U14 [open] - ranking Pomeranian Karate League

KUMITE INDYWIDUAL Female Cadets [-47 kg] [-54 kg] [+54kg]

KUMITE INDYWIDUAL Female Cadets [open] - ranking Pomeranian Karate League

KUMITE INDYWIDUAL Female Juniors [-53 kg] [-59 kg] [+59 kg]

KUMITE INDYWIDUAL Female Juniors [open] - ranking Pomeranian Karate League

KUMITE INDYWIDUAL Female Seniors + [-55 kg] [-61 kg] [-68 kg] [+68 kg]

KUMITE INDYWIDUAL Female Seniors + [open] - ranking Pomeranian Karate League

KUMITE INDYWIDUALU21 [open] - ranking Pomeranian Karate League

## KUMITE INDYWIDUAL - Male

KUMITE INDYWIDUAL Male 7 years old and less [open]

KUMITE INDYWIDUAL Male 8-9 years old [-30 kg] [-35 kg] [+35 kg]

KUMITE INDYWIDUAL Male 10-11 years old [-35 kg] [-40 kg] [+40 kg]

KUMITE INDYWIDUAL Male U14 [-40 kg] [-50 kg] [+50 kg]

KUMITE INDYWIDUAL U14 [open] - ranking Pomeranian Karate League

KUMITE INDYWIDUAL Male Cadets [-57 kg] [-63 kg] [-70 kg] [+70 kg]

KUMITE INDYWIDUAL Male Cadets [open] - ranking Pomeranian Karate League

KUMITE INDYWIDUAL Male Juniors [-61 kg] [-68 kg] [-76 kg] [+76 kg]

KUMITE INDYWIDUAL Male Juniors [open] - ranking Pomeranian Karate League

KUMITE INDYWIDUAL Male Seniors + [-67 kg] [-75 kg] [-84 kg] [+84 kg]

KUMITE INDYWIDUAL Female Seniors + [open] - ranking Pomeranian Karate League

KUMITE INDYWIDUALU21 [open] - ranking Pomeranian Karate League



## AWARDS

- All competitors will receive diplomas of participation in the competition.
- All medalists will receive **medals** and **diplomas**.
- Winners of the first places in addition will receive **trophies**.
- Best club in the medal classification will receive the **Rumia Mayor Cup**.
- Best male and female competitors will receive the **Wejherowo Governor Cup**.
- In competitions of ranking Pomeranian Karate League - **financial awards**





## SCHEDULE:

### 22 April (Friday)

19.00 do 21.00 verification of documents and fee payments

### 23.04.2016 (Saturday)

8.30-9.30 verification of documents and fee payments

9.00 judges briefing

9.15 team manager briefing

9.30 official opening of the competition

9.40 start of team and individual competition

19.00 end of the competition

## FINAL PROVISIONS:

- Main referee in consultation with the organizer resolve all disputes
- Protest of the referees decision - after paying the 50 € deposit
- The organizer is not responsible for lost things
- For all the damage caused by the participant responsible is his Club
- Exposition and sale of goods - only with the approval of the organizer

## REFEREES

List of referees will be settled by Organizers in agreement with the Chairman of the Referee Commission. Foreign referees are very welcome.

Referees will be provided with accommodation (including breakfast) for free. In addition referees will be paid for their work. Referees with national qualification receive 50 €. Referees with international qualification (EKF, WKF) receive 100 €.



# Pomeranian Karate League - ranking

## **POMERANIA CUP is one of the four ranking tournaments belonging to the total score within the Pomeranian Karate League 2016**

### **AIM and ORGANIZER**

The purpose of the ranking is to increase interest in the WKF Karate among children, youth and adults, to raise the skill level of the competitors and increasing motivation for sports rivalry.

The organizer of the PKL is Pomorski WKF Karate / Shotokan.

### **Age categories "Pomeranian Karate League " (PKL) in the category kumite men and women:**

- U14 female / male birth year 2004-2003, open
- Cadets female / male birth year 2002-2001, the open
- Juniors female / male birth year 2000-1999, the open
- U21 birth year from 1998 to 1996, the open
- Seniors female / male (18+) birth year 1998 and earlier open  
in the category kata men and women:
- Cadets female / male + born before 2002 (14 +)

The year of birth decides about the age category in PKL.

It is not possible take part in the older age competition (does not apply to U21).

**For competitors who will take the first four places in the ranking competition are financial rewards.**

### **The tournament list ranking**

The best players will be selected from the conducted year-round open scoring in competitions for kumite and kata separately. For each competitor to the final league classification will be counted the results of the following events:

VII POMERANIA CUP	- 23 April 2016 r	- RUMIA
GRAND PRIX TCZEW	- 14-15 May 2016 r	- TCZEW
GOKKEN CUP	- 4-5 June 2016	- ZUKOWO
GRAND PRIX III LĘBORK	- 12 November 2016	- LĘBORK

# HOTELS AND ACCOMMODATION

## HOTEL ADRIA



Adria is a place, where you can get a comfortable and peacefull rest with breakfast, in a very friendly and warm atmosphere.

Adria is placed in city of Rumia, near Gdynia. In the near area there is also a bus stop and train station (2 min. on foot). To the Airport Gdańsk-Rębiechowo there is only 25 km.



Hotel Adria ul. Piaskowa 13 Phone: +(48) 58 671 54 24 <http://www.hotel-adria.pl/>

## BIAŁY DWOREK



We always ensure professional and very kind service that makes You feel at home in our Hotel. We guarantee unforgettable memories, comfortable accommodation, and marvellously spent time. Every room is equipped with: Access to the Internet, full sanitary system.

One of the parts of the Hotel is a wonderful restaurant, which serves meals that tempt the eye and amaze with taste all day long.



Hotel "Biały Dworek" ul. Sobieskiego 16 Phone: +(48) 58 671 08 95  
<http://www.bialy-dworek.pl/hotel.php?lang=pl>

## HOTEL SPA FALTOM



110 double rooms, 3 suites, 2 restaurants, Lobby Bar, Cafe, Night Club, Ballroom and Banquet Hall, Kids Club & gaming classes for children,

accessible kitchen area, ironing room, Cardio Studio TechnoGym Squash Court, 4 lane bowling, billiards. Moreover Swimming pool with water slides, Kids Aqua Zone (33°C), Dry & infrared sauna, steam room, Garden.



Hotel Falton (\*\*\*\*) ul. Grunwaldzka 7, 84-230 Rumia Phone: (+48) 58 78 58 100, (+48) 58 78 58 262 <http://www.hotel-faltom.com.pl/>

## GUEST ROOMS Oliwia & Laura



Sunny, cozy rooms 1-2-3-4-5-6 personal with kitchen, TV LCD 40 – 47 inch with 52 channels of satellite TV and WI-FI technology, wireless internet and stylish guest rooms for couples with double bed and mirror.

Cheap Discount of 35 zł for companies:  
Room for 1 person = 60-70 zł personal / night;  
Room for 2 people (with twin beds) = 40-60 zł personal / day;  
Room for 3, 4, 5, 6 people = 40-50 zł personal / day.



Rooms "Oliwia i Laura" ul. Hetmańska 39 Phone: (+48) 58 671 40 10  
<http://www.pokojegoscinne-oliwialaura.pl/>

# RESTAURANTS AND BARS

## **McDonald's**

Grunwaldzka 2A, Rumia 502 854 726 · [mcdonalds.pl](http://mcdonalds.pl)

## **Restauracja Jaga**

Generała Henryka Dąbrowskiego 42, 84-230 Rumia  
58 781 33 33 · <http://www.restauracja-jaga.pl/>

## **Restauracja Gastrofaza**

Gdańska 9, 84-230 Rumia  
730 994 994 · <http://www.restauracjagastrofazarumia.pl/>

## **Bar Mleczny „PREMIUM”**

Morska 32, 84-230 Rumia  
512 057 812 · <http://www.barmlecznyrumia.pl/>

## **Restauracja Japońska Magia Sushi**

Żwirki i Wigury 18, 84-230 Rumia  
58 765 17 27 <https://pl-pl.facebook.com/MagiaSushi>

## **Hotel „Falko”**

Bolesława Chrobrego 1, Rumia  
58 671 04 54 · <http://www.hotelfalko.pl/>

## **Pizzeria Napoli**

Starowiejska 2, 84-230 Rumia  
58 671 56 15 <http://www.pizzeriarumia.pl/>

## **Felicita**

Jana III Sobieskiego 14, 84-230 Rumia  
604 533 599 · [galeriarumia.eu](http://galeriarumia.eu)

## **Sphinx. Restauracja**

Grunwaldzka 108, Rumia  
58 771 28 88 · [sphinx.pl](http://sphinx.pl)

## **Taxi Pizza**

Sabata 2c, 84-232 Rumia  
500 599 700 · [pizzataxi.pl](http://pizzataxi.pl)

## **Dania Wegetariańskie – Zielony Bar**

Świętojańska 51, Rumia  
889 669 022

Issues related to the accommodation and food Clubs resolve on their own. During the course of the event a buffet will be open.

**For the first three clubs which confirm participation in Pomerania Cup, we offer free help in transportation from the airport in Gdansk to the hotel.**

**See You at**

# **VII Pomerania Cup**

April 23 2016

Rumia POLAND