

- a. Individual kata and kumite (M/F) by category: €13
- b. Team kata and kumite (M/F) by category: €15
- c. Coach registration (18 years or older): €5

Bank Transfer Details (NIB):

PT50.0045.5472.40212976028.65 - C.C. Agrícola

REGULATIONS BY CATEGORY

(Refer to Annex 1 – Kata Groups)

CHILDREN – UP 9 Years Old

INDIVIDUAL KATA

Only Katas from Group 1 are allowed.

They may perform the same kata repeatedly.

THE 8 FINALISTS may perform any kata from Group 1 of their choice.

The evaluation is conducted using a points system.

In the event of a tie, the highest and lowest scores are added to the total score.

If the tie persists, the same kata or another kata from Group 1 may be performed.

CHILDREN – 10 and 11 years old

INDIVIDUAL KATA

Only Katas from Group 1 are allowed.

Eliminations:

Competitors perform a kata of their choice from Group 1 simultaneously at the command “Hajime.”

Evaluation is conducted using the flag system.

Finals:

The 8 finalists may perform any kata of their choice from Group 1.

Evaluation is conducted using the points system.

In the event of a tie, the highest and lowest scores are added to the total score.

If the tie persists, the same kata or another kata from Group 1 may be performed.

TEAM KATA

In the eliminations, katas cannot be repeated.

Evaluation is conducted using the points system.

The final kata must be different from the last one performed during the eliminations.

Evaluation in the finals is conducted using the points system.

KUMITE

Shobu Ippon with a duration of 1:30 minutes.



BEGINNERS – 12 and 13 years old

INDIVIDUAL KATA

Only Katas from Group 1 or 2 are allowed.

Eliminations:

Competitors perform simultaneously, at the command “Hajime,” a kata from Group 1, randomly selected by the central referee.

Evaluation is conducted using the flag system.

Finals:

The 8 finalists may perform any kata of their choice from Group 1 or 2.

Evaluation is conducted using the points system.

In the event of a tie, the highest and lowest scores are added to the total score.

If the tie persists, the same kata or another kata from the same group may be performed.

TEAM KATA

In the eliminations, katas cannot be repeated.

Evaluation is conducted using the points system.

The 8 best teams are selected based on points and may perform katas of their choice from Group 1 or 2.

The 4 finalists may perform any kata of their choice from Group 1 or 2, as long as it is different from the one performed in the previous elimination.

The final kata must be different from the last one performed in the eliminations, and evaluation is conducted using the points system.

KUMITE

Shobu Ippon – 1:30 minutes duration.

JUVENILES – 14 and 15 years old | CADETS – 16 and 17 years old | JUNIORS – 18 to 20 years old SENIORS – 21 to 34 years old | VETERANS – 35 years and older

All competitors in these categories may also participate in the category immediately above.

KATA (INDIVIDUAL OR TEAM)

Permitted Katas: Groups 1, 2, 3, or 4

Eliminations:

The top 16 are selected using the flag system (points for teams), performing Katas from Group 1 chosen by the referee.

The top 8 are selected using the flag system (points for teams), performing Katas from Group 2 chosen by the referee.

The top 4 are selected using the points system, with competitors performing any Kata of their choice from Group 2.

Finals:

The 4 finalists may perform any Kata of their choice from Groups 3 or 4, as long as it is different from the one performed in the previous elimination.

In the event of a tie, the lowest and highest scores are added to the total.

If the tie persists, the same Kata or another from the same group may be performed.

KUMITE

Shobu Ippon – 2:00 minutes duration.

Seniors Final – Shobu Sambon with a duration of 3:00 minutes.



General Rules for Kata or Kumite (Individual and Team)

A minimum of 2 competitors and 2 teams is required for any event.
On the day of the competition, all karatekas must have valid insurance.

Gaps in Regulations

Any gaps in the regulations will be resolved by the Arbitration Council and the Competition Director, Paulo Almeida.

Medical Support

The Shotokan Cup Almeirim will have appropriate medical support for the competition.

Rules for Remaining Inside the Sports Venue

Only properly identified individuals are allowed inside the venue, including:

- Identified coaches.
- Referees.
- Medical team.
- Competitors currently competing

ANEXO 1

Katas Group 1	Katas Group 2	Katas Group 3
Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki shodan	Bassai Dai Kanku Dai Jion Empi	Bassai Dai Kanku Dai Jion Empi Hangetsu

Katas Grup 4		
Bassai Sho Chinte Gankaku Gojushihô dai Gojushihô sho	Jitte Kanku Sho Meikyo Nijushiho Jiin	Sochin Tekki Nidan Tekki Sandan Unsu Wankan



Organization Contacts

Paulo Almeida

+351 963341573

Mail pauloalmeida.karate@gmail.com

Registrations through the platform: karate-hub.com

Here's the translated location information:

Location: Almeirim, Portugal

Venue: Pavilhão Municipal de Almeirim

Address: Rua Condessa da Junqueira

Example of Authorized White Gloves

