

Martial Arts – Karate

Register online at CornhuskerStateGames.com

GENERAL INFORMATION

DATE: Saturday, July 25, 2020

TIMES:

Referee meeting: 9:30 a.m.

Competition begins: 10 a.m.

SITE: Southeast Community College, 8800 O St, Lincoln

AWARDS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each division.

SPONSORED BY:



EVENTS

Event Name	Event Code	Event Name	Event Code
<u>KUMITE (Sparring)</u>		<u>KATA (Forms)</u>	
Boys 5-7 Years	1	5-7 Years (Novice)	40
Girls 5-7 Years	2	5-7 Years (Advanced)	41
Boys 8-9 Years (Novice)	3	8-9 Years (Novice)	42
Boys 8-9 Years (Advanced)	4	8-9 Years (Advanced)	43
Girls 8-9 Years (Novice)	5	10-11 Years (Novice)	44
Girls 8-9 Years (Advanced)	6	10-11 Years (Advanced)	45
Girls 10-11 Years (Novice)	7	12-13 Years (Novice)	46
Girls 10-11 Years (Advanced)	8	12-13 Years (Advanced)	47
Boys 10-11 Years (Novice)	9	14-16 Years (Novice)	48
Boys 10-11 Years (Advanced)	10	14-16 Years (Advanced)	49
Boys 12-13 Years (Novice)	11	Adult White/Yellow/Orange Belt	50
Boys 12-13 Years (Advanced)	12	Adult Green/Blue Belt	51
Girls 12-13 Years (Novice)	13	Adult Brown/Red Belt	52
Girls 12-13 Years (Advanced)	14	Adult Black Belt (1 st Degree)	53
Boys 14-16 Years (Novice)	15	Adult Black Belt (2 nd Degree)	54
Boys 14-16 Years (Advanced)	16	Adult Black Belt (3 rd Degree & Above)	55
Girls 14-16 Years (Novice)	17	Senior 35-44 Years (Novice)	56
Girls 14-16 Years (Advanced)	18	Senior 35-44 Years (Brown/Black Belt)	57
Girls 17-18 Years (Novice)	19	Masters 45 & Over (Novice)	58
Girls 17-18 Years (Advanced)	20	Masters 45 & Over (Brown/Black Belt)	59
Boys 17-18 Years (Novice)	21		
Boys 17-18 Years (Advanced)	22	<u>KATA (Weapons)</u>	
Men White/Yellow/Orange Belt	23	6-9 Years (Novice)	60
Men Green/Blue Belt	24	6-9 Years (Advanced)	61
Men Brown/Red Belt	25	10-12 Years (Novice)	62
Men Black Belt (1 st Degree)	26	10-12 Years (Advanced)	63
Men Black Belt (2 nd Degree)	27	13-15 Years (Novice)	64
Men Black Belt (3 rd Degree)	28	13-15 Years (Advanced)	65

Men Black Belt (4 th Degree & Above)	29	16-18 Years (Novice)	66
Senior Men 35-44 Years (Novice)	30	16-18 Years (Advanced)	67
Senior Men 35-44 Years (Brown Belt)	31	Adult Novice	68
Senior Men 35-44 Years (Black Belt)	32	Adult Brown Belt	69
Masters Men 45 & Over (Novice)	33	Adult Black Belt	70
Masters Men 45 & Over (Brown/Black Belt)	34		
Women Novice	35		
Women Red/Brown Belt	36		
Women Black Belt	37		
Senior Women 35 & Over (Novice)	38		
Senior Women 35 & Over (Brown/Black Belt)	39		

RULES

FULL UNIFORM (CLEAN, WITH SLEEVES AND IN GOOD CONDITION) MUST BE WORN BY ALL COMPETITORS FOR SPARRING, KATA AND WEAPONS.

Sparring will be light contact. All techniques must be focused and controlled. One point will be awarded for all legal techniques. Controlled closed and open hand techniques are allowed. Grabbing must be followed immediately by a legal technique. Kicks must score with the foot, no knees or shins. Low kicks and leg kicks are not allowed. Throwing is not allowed, but sweeping with the bottom of the foot is allowed. Contestants may score with a legal technique from the ground or on a down opponent if done immediately. Legal target area is headgear and face (no neck or throat) and the mass of the body above the belt including the kidney area, but not the spine or upper back/shoulders. Foam head gear, foam hand gear, foam footgear, protective cups (for males) and mouthpieces are mandatory in Kumite. Leather covered or leather-like covered hand gear and foot gear will not be allowed. Sparring Shoes are not allowed. Karate director has the final decision on safety equipment. A limited supply of head, hand and foot gear will be available for use by those not having their own.

Traditional Kata (Forms) will be judged on a 10-point scale. No musical Kata, unless performed as a demonstration Kata. Contact Karate director Brian Gorman to arrange demonstration programs.

Weapons Kata (Forms) will also be judged on a 10-point scale. Weapons need to be of a traditional style. NO FOAM, NO GLITTER, NO DESIGNER TAPE. Blades need to be covered or dull. No sharpened edges allowed.

Center judges will be assigned based on experience. Coaches cannot call time out. Excessive contact or unsportsmanlike conduct will not be tolerated. Any issues that any competitor may have that cannot be addressed by the sport director or assistant directors will be referred to the CSG staff. All competitors will remain with their respective event group until the event is over. Any competitor who departs without permission will forfeit any medal won for that particular event.

COMPETITION FORMAT

Age determined as of July 25, 2020.

Maximum of 3 events per participant.

Advanced divisions include brown and black belts. Novice divisions are for those below the brown belt level.

Kumite (Sparring) matches will be two-minute three point matches for below black belt. Black belts will be three-minute or five points.

Divisions will be double-elimination.

Weight divisions will be based on the number of athletes in each division. The director reserves the right to combine or add divisions/weight classes based on the number of entries.

ATHLETE PACKETS & TEAM BOXES

Choose the Shipping Option and get a Free Arby's Sandwich!

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 17!

Make plans to join us on Friday, July 17 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

SportFest | 4:30 – 7 p.m. | Lincoln East High School

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

Opening Ceremonies | 8 p.m. | Seacrest Field

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

REGISTRATION FEES & DEADLINES

For pricing and dates, please check the Martial Arts Karate web page.

MULTI-EVENT DISCOUNT NOTE: If registering for multiple events, all entries must occur in the same transaction to receive the multi-event discount.

ENTRY FEE INCLUDES: Competition in the 2020 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

PAPER ENTRY FORMS: Paper entry forms will be accepted with a \$5 processing fee. Registering online at CornhuskerStateGames.com saves time, money and trees.

FURTHER INFORMATION

Sport Specific Questions: Contact Karate Director Brian Gorman at brianwg70@hotmail.com.

Online Registration/Website Questions: Contact the Cornhusker State Games office at 402-471-2544 or info@nebraskasportscouncil.com.