



Linz, 21 November 2024
Reg.65/2024

LZ LEAGUE 2024 - FINAL

Saturday, 07.12.2024 Linz

Place: Olympiazentrum Oberösterreich
Auf der Gugl 30
4020 Linz

Date: Saturday 07.12.2024

Categories: Kata round robin

BASIC u10, u12, u14, u16 Female and Male

STARTED u12, u14, u16 Female and Male

ADVANCED u14, u16 Female and Male

Kumite round robin

BASIC u10, u12 Female and Male

STARTED u14, u16 Female and Male

ADVANCED u12, u14, u16, u18 Female and Male

Specific rules Kumite:

- Bout time running on with 6x6 m tatami.
- No penalties.
- Maximum score of 8 points.
- Bout time LZ League OÖ 1 min.
- Bout time LZ League Elite u12, u14 1 min; u16, u18 1min 30 seconds.
- Protections – WKF protections - Optional helmet and body protector.

Specific rules Kata:

- Heian Kata.
- Tekki Shodan.

Rank points: Bout won with 8 points **4** ranking points.

Bout won **3** ranking points.

Bout tied **2** ranking points.

Bout lost **1** ranking point.



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TOKYO 2020

Olympic Medal
Bronze -55kg
Bettina **PLANK**



EUROPEAN
OLYMPIC
COMMITTEES

Gold Medal
2019 - 2023
Bettina **PLANK**



Registration: Fill out the attached list.
Name//Gender//Category//Modality//Level

Deadline: **Deadline registration 28/november/2024** by email j.benitez@karateupperaustria.at
Registrations will not be accepted after the deadline.

Draft program:
The schedule is included in the Karate Oberösterreich Tag 2024

- 14:00** LZ League 2024 Kumite FINAL • Hall 1
- 15:00** LZ League 2024 Kata FINAL • Hall 1
- 17:15** Medal Ceremony • Olympia Forum



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