



DRAGON WORLD CUP



RULES:

IRON HORSE STANCE

(Endurance in stance of MABU / Kiba-dachi)

- Contest for the longest endurance in the prescribed position of horse stance with a stick placed on the thighs, hands extended in front in the height of shoulders, opened palms.
- 90 ° angle of thigh-shin, thigh-chest, tolerance is about 20° in the judge's competence, the fall of the competitor or the stick eliminates the competitor!

Age category:

- -12 y.o. (juniors)
- 13-17 y.o. (kadets)
- 18+ y.o. (seniors)
- No division for men/women, boys/girls – they are together in one category

Technician division:

- No division by belt colours, years of training

Description:

- Každý závodník má dlouhou hůl, kterou si na povel „Start“ po zaujmutí pozice jezdce ihned položí na stehna tak, aby oděvem nebo jiným způsobem (předklon a stlačení břichem, nízký postoj do dřepu) nebyla tyč zafixována. V případě většího počtu závodníků je v kompetenci komise upustit od použití tyče, nebo rozdělení na týmy po 5 lidech a přidělení ke každému soutěžícímu rozhodčího s časomírou.
- Competitors will enter the competition area and the referees will place them in such a way that there is no contact between them.
- Every competitor has a long stick that is placed on the thigh immediately after taking the position of the horse stance so that the stick is not fixed by clothing or any other way (inclination and compression of the abdomen, low stance in the squat – not allowed!). In the case of many competitors, it is within the competence of the Referees to cancel stick condition for competitors or they will split competitors into teams of 5 people. Referee controls the whole discipline with timekeepers.
- The winner is the longest-enduring competitor in the prescribed horse stance.

Head Manager:

Head Referee:

