

**SS Karate Championships
1st Dec 2019**

Rules and Regulations

General

All competitors must be members of the Scottish Karate Governing Body (SKGB) and World Karate Federation (WKF) affiliated. Competitors may not be members of dissident karate associations, i.e. World Union of Karate (WUKF), World Karate Confederation (WKC) etc. Please note that it is the competitor's own responsibility to have adequate insurance.

We are aware that some competitors have differing grades in varying karate styles – competitors should enter as the highest grade obtained. For example, if a competitor has obtained a black belt in Shotokan and currently trains as a red belt in Shukokai, the competitor should enter in the senior category.

Kumite

Kumite matches will be fought according to the current **WKF rules**. Club coaches and captains should draw the attention of all their competing members to these regulations, and should ensure that they are clear as to their meaning. Any amendments to these regulations will be notified to coaches and captains on the day of the event.

For all kumite events the following protective equipment is compulsory and must be of a type approved by the WKF:

- Gum shield
- Red / blue mitts
- Red / blue shin and foot protectors
- Female chest guard

For female kumite events a chest guard is compulsory.

For male kumite events a groin guard is optional but advised.

Novice (10th to 4th kyu) rounds will last for 1 ½ minutes long. Senior (3rd kyu and above) matches will be 2 minutes long.

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Kata

For the Team Kata event mixed gender teams will be allowed, pinan / heian kata will be allowed and kata can be repeated (but not consecutively). **Bunkai will not be required.**

For novice kata (10th to 4th kyu) only Pinan/Heian kata will be permitted. Competitors will be expected to know a minimum of two kata but will not be allowed to repeat a kata consecutively (including in the final). They may alternate between any of the five pinan/heian kata as they wish or between the minimum two. For the finals (including bronze medal final), a competitor may perform any karate kata they wish from the WKF list.

For senior kata (3rd kyu and above) the WKF rules will apply.