



Proposal modified

Kumite& Kata rules U14

Based on WKF APPENDIX 10: KARATE COMPETITION FOR THOSE UNDER 14 YEARS OF AGE

KATA

Age: 12-13 years old
Minimum degree: Blue belt
Same kata system than WKF cadets

KUMITE

Age: 12-13 years old
Minimum degree: Blue belt
Duration of the bout: 2 minutes

CONTACT

For techniques to the head and neck (Jodan area) no contact is allowed, but if the protector makes an **imperceptible touch*** at jodan area, a point will be awarded.

Any other jodan contact will require a warning or penalty.

The scoring distance is increased up to 10 centimetres.

***Imperceptible touch is defined as one very surface contact and unnoticed by the opponent. Any other contact is NOT included in this definition and should be warned or penalized. In fact, it means that ALL jodan contact will be warned or penalized except those unnoticed by the referee panel.**

All contacts must be controlled, including chudan, specially in merged categories and team matches

PROTECTIONS

Mandatory

- Gum shield
- Mitts red/blue

- Shin/foot protector red/blue
- Outer children chest protector
- Inner chest protector (for female athletes)

Optional

- Male/female groin guard
- Forearm protector
- Head protection

TIMEOUT

Coaches must present their accreditation together with that of their competitor or team to the official table. In that moment the green technic card necessary for the "timeout" will be provided.

The coach must sit in the chair provided and must not interfere with the smooth running of the match by word or deed.

Each coach could to use a 10" timeout to inform the athlete on their performance. The coach will stand up and show the green card to apply for this stop. The timekeeper informs of this situation to the referee by consecutive short beeps if he does not be aware. May not be requested after the beginning of the "Atoshi baraku".

The referee is not required to stop the bout immediately, should evaluate the situation and attend the request of "timeout" without advantage or detriment to any of the competitors.

With the above in mind, the referee will stop the bout and pick up the green technic card of the applicant coach. Competitors will approach their coaches and the referee will signal to the timekeeper to start the ten second timeout by a blast on his whistle when the competitor comes to the applicant coach; waiting between both coaches.

When the timeout is over, the timekeeper will blow his whistle and the referee will request competitors to get their positions immediately.

The coach must do not interfere more than this situation. If do, the referee will show the warning yellow card. A new fault results in a hansoku red card. Two red cards during the tournament will revoke the coach accreditation.

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