

Kata Rules

- Under 7 years open and Novice to 5th Kyu categories – Lower Grade kata's only. Please see kata list (page 8). Can Repeat Kata.
- 8-9 years and 10-11 years 4th kyu and above section can perform any kata's and can alternate (2 Kata's needed)
- 12-13 years old and 30 years+ can alternate Katas. (2 Kata's needed)
- Under 14s two competitors at a time.
- 14+ WKF Rules apply.
- Para Kata – Can Repeat Kata's
- No reperchage for any age
- **Under no circumstance can competitors move up in categories except for Kata competitors 16/17 years who can compete in the 16+ section.**

Kata List for 7 and under, and 5th kyu and below categories			
Goju Ryu	Wado Ryu	Shotokan	Shito Ryu
Taikyoku Jodan	Basic Khion Kata	Basic Khion Kata	Junino (Basic)
Taikyoku Chudan	Pinan Nidan	Heian Shodan	Pinan Nidan
Taikyoku Gedan	Pinan Shodan	Heian Nidan	Pinan Shodan
Taikyoku Kakie Uke	Pinan Sandan	Heian Sandan	Pinan Sandan
Taikyoku Mawashi Uke	Pinan Yodan	Heian Yondan	Pinan Yodan
Gekisai Dai Ichi	Pinan Godan	Heian Godan	Pinan Godan
Gekisai Dai Ni			



Kumite Rules

Under 14

- WKF style Red and Blue Hand Pads, Belts and Gum shields are COMPULSORY.
- No head contact allowed – enforcing the 10cm ruling.
- No Reperchage.
- WKF style shin and instep is advised for under 12, compulsory for 12 plus.
- 8 Points Clear.
- **Under no circumstance can competitors move up in individual categories**

14 Plus

- WKF Rules apply.
- No Reperchage.
- **Under no circumstance can competitors move up in individual categories.**

Team Kumite

- 3 competitor team event, teams can compete with 2 karateka
- Order – 1) Male, 2) Female, 3) Male
- The winner is the team with most wins. If wins are the same, then most points scored. If points scored is the same then it will be taken to a final match **where the 1st fighters fight again**, in the case of a draw the referee shall decide on Hanti.
- **Spot 1 must be filled**

5.4

Bout Times

9 years and under

- 1 Minute

10 – 15 years and 30+

- 1 Minute 30 Seconds

16 Years Plus

- 2 Minutes

