



WKC – TRADITIONAL KARATE/KUMITE RULES OF COMPETITION

Equipment:

All competitors MUST wear a traditional white uniform. Turn-ups on Sleeves and trousers **are not permitted**.

WKF type Kumite Mitts and Boots MUST be worn. Groin Guards MUST also be worn by male competitors.

Head Guards are compulsory to ensure the safety of all competitors

1 x Red Belt & 1 x Blue Belt – Supplied by event organiser

It is **Highly Recommended** that competitors wear a suitable body guard.

Please see pictures below for examples of equipment type



Scoring:

The match will be judged by the use of a Senior Referee and a Shadow Referee and one Arbitrator.

The referees will award points for clean traditional techniques that are delivered with accuracy and under control.

1 point will be awarded for a clean strike to the body or face area

2 points will be awarded for a clean combination technique using two or more techniques simultaneously including clean controlled takedowns. Clean attacks to the back area.

3 points will be awarded for clean controlled kicks to the head

The competitor with 8 clear points or the highest score at the end of the match will be the winner

Matches will be 1.5 mins for eliminations and 2 mins for finals

Winners of each round MUST give their name to the score keeper to ensure correct fighter is placed through to next round.

Sweeping Techniques: (Ashi)

Sweeping is permitted only foot to foot (Boot to Boot). All sweeps must be immediately followed by a legitimate striking technique to be awarded as a combination.

Throwing:

All throws must be carried out in a safe manner and under control. All sweeps must be immediately followed by a legitimate striking technique to be awarded as a combination.

Penalties:

Excessive contact leaving mark or minor injury (winding) – warning

Leaving the area – warning

Unsportsmanlike conduct – warning

3 x warnings equal 1 point deduction

Failure to attend area after name called 3 times – **Disqualification**

Intentional Drawing Blood or Causing Injury – **Disqualification**

Interference from Coaches or Spectators – 1 x Warning then **Disqualification**

Banned techniques:

The following techniques are banned and will lead to warnings and disqualification

Attacks to the back of the head, legs or arms

Spinning Back Fist

Spinning Kicks of any type

Elbow and Knee Strikes

Upper Cuts and Swinging Type Punches

Axe Kicks

Head Butts

Biting

Scratching or Gouging

