

KATA CATEGORIES AND RULES FOR TOURNAMENTS

Name of the Age Category	Age	A Category and Team	Category B Kata is performed at the same time	team
U8 - MALE U8 - FEMALE	5,6,7	Repetition of kata allowed.	Repetition of kata is allowed. Competitors may choose from: Heian/Pinan/Gekisai 1-2 Sanchin, Kanshu (Uechi-Ryu).	3+1
U10 - MALE U10 - FEMALE	8,9	At least 2 different kata must be performed before repeating; no consecutive repetitions of the same kata.		3+1
U12 - MALE U12 - FEMALE	10,11	At least 3 different kata must be performed before repeating; no consecutive repetitions of the same kata.	At least 2 different kata must be performed before repeating. Competitors may choose from: Heian/Pinan 1-5, Gekisai 1-2, Sanchin, Kanshu, Seichin (Uechi-Ryu).	3+1
U14 - MALE U14 - FEMALE	12,13	WKF rules - At least 4 different kata must be performed before repeating; no consecutive repetitions of the same kata.		3+1
CADETS MALE CADETS FEMALE	14,15	WKF rules - At least 5 different kata must be performed before repeating; no consecutive repetitions of the same kata.	NOT AVAILABLE	3+1
JUNIORS MALE JUNIORS FEMALE	16,17			
U21 MALE U21 FEMALE	18-20			3+1
SENIORS MALE SENIORS FEMALE	16+			
VETERANS MALE VETERANS FEMALE	35+			3+1
VETERANS MALE	50+			3+1

Competitors in A Categories and Teams select katas from the WKF Kata List. They are classified into age categories based on their age on the day of the competition. An additional performance in the next older age group is allowed. Example: A competitor or team aged 10 or 11 can participate in the U14 category.

In categories with four or fewer competitors, the organizer, in agreement with the competition supervisor, may merge categories or apply a 'round robin' system. Judges record the number of wins and flags (Hantei). If there is an equal number of wins, the total number of flags across all performances determines the winner. If the tie persists, a decisive performance is conducted. There is one third-place award unless the third and fourth positions are tied, in which case two third-place awards are given without additional performances.

Competitors in B Categories perform kata simultaneously up to the final performance, where katas are performed individually. In the veterans' team category, one team member may be younger, but must be at least 30 years old.

The competition area is 8x8 meters. If possible, a one-meter safety zone should be added. The judging panel consists of 3 or 5 judges.

KUMITE CATEGORIES AND RULES FOR TOURNAMENTS

Name of the Age Category	Age	Weight Categories	Match Duration	Team
U8 - MALE U8 - FEMALE	6,7	-24, -28, -32, -36, +36	1 min	
U10 - MALE U10 - FEMALE	8,9	-27, -31, -35, -39, -43, +43		
U12 - MALE U12 - FEMALE	10,11	-34, -39, -44, -49, -54, +54	1,5 min	3+1
U14 - MALE U14 - FEMALE	12,13	-40, -45, -50, -55, -60, -65, +65 -37, -42, -47, -52, -57, +57		
CADETS MALE CADETS FEMALE	14,15	-52, -57, -63, -70, +70 -47, -54, -61, +61	2 min	3+1
JUNIORS MALE JUNIORS FEMALE	16,17	-55, -61, -68, -76, +76 -48, -53, -59, -66, +66		3+1
U21 MALE U21 FEMALE	18-20	-60, -67, -75, -84, +84 -50, -55, -61, -68, +68	3 min	
SENIORS MALE SENIORS FEMALE	18+			5+2 3+1
VETERANS MALE VETERANS FEMALE	35+	-75, -85, +85 -65, -75, +75	2 min	
VETERANS MALE VETERANS FEMALE	50+	-75, -85, +85 -65, -75, +75	2 min	

Competitors are classified into age categories based on their age on the day of the competition. An additional performance in the next older age group is allowed in all categories except seniors. Example: A competitor aged 10 or 11 can compete in the U14 category. However, a 16-year-old junior cannot compete in U21 or senior categories, while a 17-year-old junior can compete in both U21 and seniors. Competitors aged 5 or younger cannot participate in kumite.

In categories with four or fewer competitors, the organizer, in agreement with the competition supervisor, may merge categories or use a round-robin system. In round robin, judges record the number of wins and points. If wins are tied, the competitor with the higher total points across all matches wins. If still tied, a decisive match or matches are held. There is one third-place award unless the third and fourth positions are tied.

Weigh-ins are not mandatory but may be conducted upon request by the competition supervisor or coach for an individual competitor. Competitors weigh in barefoot, wearing a gi and shirt, with an allowance of up to 700 grams for males and 1000 grams for females. The tolerance applies to both the upper and lower weight limits.

The competition area for all age groups is 8x8 meters. If possible, a one-meter safety zone should be added. Matches are judged by 3 or 5 judges.

PROTECTIVE EQUIPMENT:

U14 and Younger:

- Gi with shoulder markings matching the belt color, or a plain gi without markings.
- Gloves, foot and shin protectors, mouthguard, and body protector (external or internal)
- Only for U10 -> Shin protectors do not need to match the belt color.

For U14: Helmet, groin guard, and chest protector are optional but mandatory for the WKF Youth League.

From Cadets: WKF rules apply.

ELIGIBILITY TO PARTICIPATE:

By registering competitors, Club confirms that all athletes have a valid medical check-up and meet the required age.