

# World Karate Federation



## KATA & KUMITE RULES

# U-12 and U-14

# Welcome!

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**Effective from**  
**1<sup>st</sup> January 2018**

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**U12: 10 - 11**

**U14: 12 - 13**

**YEARS OLD**

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## U12 Kumite categories

**Male:** -30 kg, -35 kg, -40 kg, -45 kg, +45 kg.

**Female:** -30 kg, -35 kg, -40 kg, + 40 kg.

## U14 Kumite categories

**Male:** -40 kg, -45 kg, -50 kg, -55 kg, +55 kg.

**Female:** -42 kg, -47 kg, +47 kg.

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## KATA U12 & 14

No specific deviations from the standard rules

Limitation to the list to less advanced kata may be used

**Only U12:** Failing to complete the kata give a second attempt without reduction of score



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## KUMITE U12 and U14

### JODAN contact is forbidden



### Score distance is 10 cm.

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## KUMITE U12 & U14



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**WKF Approved Face Mask  
and External Chest protector  
in white color!**





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**WKF Approved Face Mask and  
External Chest protector in white color!**



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## KUMITE U12

10-11 years of age

### Bout: 1 ½ minute



Very well controlled  
techniques to the body



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## KUMITE U12

10-11 years of age

**No sweeping or other takedown techniques are allowed**



**Tatami: 8x8 or 6x6**



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## KUMITE U14

12-13 years of age

### Tatami: 8x8



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## KUMITE U14

12-13 years of age

**Bout: 1 ½ minute**



**Well controlled techniques  
to the body (chudan area)**



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## WKF KARATE

**WE ARE NOT A NON-CONTACT SPORT!**

**Our first priority is the  
HEALTH and SAFETY  
of our athletes!!**

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## REFEREES!

**DURING THE BOUT,  
THE SAFETY OF THE  
COMPETITORS  
IS YOUR  
RESPONSABILITY!!**



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**THANK YOU VERY MUCH**



**GOOD LUCK!**