

# WKF Karate competition rules

## Effective from 1.1.2020

### COMPETITORS

1. Competitors must wear a white karategi without stripes, piping or personal embroidery other than specifically allowed by the WKF EC. The national emblem or flag of the country will be worn on the left breast of the jacket and may not exceed an overall size of 12cm by 8cm (see Appendix 7). Only the original manufacturer's labels may be displayed on the gi. In addition, identification issued by the Organising Committee will be worn on the back. One Competitor must wear a red belt and the other a blue belt. The red and blue belts must be around five centimetres wide and of a length sufficient to allow fifteen centimetres free on each side of the knot but not longer than three-quarters thigh length. The belts are to be of plain red and blue colour, without any personal embroideries or advertising or markings other than the customary label from the manufacturer.
2. Notwithstanding paragraph 1 above, the Executive Committee may authorise the display of special labels or trademarks of approved sponsors.
3. The jacket, when tightened around the waist with the belt, must be of a minimum length that covers the hips, but must not be more than three-quarters thigh length. Female Competitors may wear a plain white T-shirt beneath the Karate jacket. Jacket ties must be tied. Jackets without ties may not be used.
4. The maximum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. Jacket sleeves may not be rolled up. The jacket ties holding the jacket in place must be tied at the beginning of the bout. If they are torn off during the match, the Competitor is not required to change the jacket.
5. The trousers must be long enough to cover at least two thirds of the shin and must not reach below the anklebone. Trouser legs may not be rolled up.
6. Competitors must keep their hair clean and cut to a length that does not obstruct smooth bout conduct. Hachimaki (headband) will not be allowed. Should the Referee consider any Competitor's hair too long and/or unclean, he/she may disbar the Competitor from the bout. Hair slides are prohibited, as are metal hairgrips. Ribbons, beads and other decorations are prohibited. One or two discreet rubber bands on a single ponytail is permitted.
7. Competitors may use WKF Approved religiously mandated head-wear: A black plain fabric head scarf covering the hair, but not the throat area.
8. Competitors must have short fingernails and must not wear metallic or other objects, which might injure their opponents. The use of metallic teeth braces must be approved by the Referee and the Tournament Doctor. The Competitor accepts full responsibility for any injury.
9. The following protective equipment is compulsory:
  - 9.1. WKF approved mitts, one Competitor wearing red and the other wearing blue.
  - 9.2. Gum shield.
  - 9.3. WKF approved body protection (for all Competitors) plus chest protector for female Competitors.
  - 9.4. WKF approved shin pads, one Competitor wearing red and the other wearing blue.
  - 9.5. WKF approved foot protection, one Competitor wearing red and the other wearing blue. Groin Guards are not mandatory but if worn must be WKF approved.

10. Glasses are forbidden. Soft contact lenses can be worn at the Competitor's own risk.
11. The wearing of unauthorised apparel, clothing or equipment is forbidden.
12. All protective equipment must be WKF homologated.
13. It is the duty of the Match Supervisor to ensure before each match or bout that the Competitors are wearing the approved equipment. (In the case of Continental Federation, International, or National Federation Championships it should be noted that WKF approved equipment, must be accepted and cannot be refused).
14. The use of bandages, padding, or supports because of injury must be approved by the Referee on the advice of the Tournament Doctor.

**Version effective from 1.1.2020**

## **Tekmovalna pravila Karate zveze Slovenije**

### **Januar 2021**

#### **TEKMOVALCI**

1. Tekmovalci morajo nositi bel karate kimono brez našitkov ali vezenin. Izjema so izredna dovoljenja WKF-a. Na kimonu je dovoljena samo državna ali klubska oznaka na levi prsni strani kimona. Na kimonu je lahko samo izvirna oznaka proizvajalca. Tekmovalna številka, ki jo da organizacijski odbor tekmovanja, se mora nositi na hrbtu. Na rokavih kimona (nadlaket) je prostor za sponzorske oglase. En tekmovalec mora nositi rdeč, drugi moder pas. Pasova morata biti široka okoli 5 cm in dovolj dolga, da so po zatezanju njuna kraka dolga najmanj 15 cm, vendar ne daljša od tri četrtine dolžine stegna. Na pasu ne sme biti nobenih osebnih vezenj, reklam ali oznak razen običajne oznake proizvajalca (glej Dodatek št. 7, kimono).
2. Ne glede na določila prejšnje točke lahko Predsedstvo WKF odobri nošnje dodatnih sponzorskih oznak ali blagovnih znamk na kimonu.
3. Zgornji del kimona mora, ko se zaveže s pasom, prekrivati vsaj boke, vendar ne sme segati preko treh četrtin stegna. Ženske lahko nosijo belo majico pod zgornjim delom kimona. Zgornji del kimona mora imeti stranske trakove, ki so med borbo zavezani.
4. Rokavi kimona ne smejo biti krajši od polovice podlahti in ne smejo segati prek zapestja. Rokavi tudi ne smejo biti zavihani. Kimono mora imeti trakove, zavezane na vsaki strani, pred začetkom borbe. V primeru, da se med borbo utrgajo, ni potrebno tekmovalcu zamenjati oblačila v tej borbi.
5. Spodnji del kimona mora prekrivati vsaj dve tretjini goleni in ne sme segati preko gležnjev. Hlačnice ne smejo biti zavihane.
6. Tekmovalci morajo imeti čiste lase, dolžine, ki ne moti normalnega poteka borbe. Prepovedani so trakovi za glavo (hachimaki), lasnice in razni kovinski okraski. V kolikor glavni sodnik meni, da ima tekmovalec predolge in/ali umazane lase, ga lahko z odobritvijo sodniškega zbora, izloči iz tekmovanja. Lasne sponke, vrvice, trakovi in ostala dekoracija v laseh niso dovoljeni. Dovoljena je uporaba enega ali dveh diskretnih gumijasti trakov na enem lasnem čopu.
7. Tekmovalke smejo nositi črna WKF odobrena verska pokrivala, ki pa ne smejo prekrivati sprednjega dela vratu.

8. Tekmovalci morajo imeti kratke nohte in ne smejo nositi kovinskih ali drugih predmetov, s katerimi bi lahko poškodovali nasprotnika. Nošnjo kovinskih zobnih protez in vstavkov odobrita glavni sodnik in dežurni zdravnik. Tekmovalec prevzame nase vso odgovornost za kakršno koli poškodbo.

9. Obvezna je naslednja zaščitna oprema:

- WKF odobrene zaščitne rokavice. En tekmovalec nosi rdeče, drugi modre rokavice.
- Ščitnik za zobe.
- WKF ščitniki za telo (za vse tekmovalce) ter ščitniki za prsi pri tekmovalkah.
- WKF odobrene ščitnike za golene. En tekmovalec nosi rdeče in drugi modre ščitnike.
- WKF odobrene ščitnike za nart stopala. En tekmovalec nosi rdeče in drugi modre ščitnike.
- Ščitnik za genitalije ni obvezen. V primeru uporabe mora biti WKF odobren.

10. Nošnja očal ni dovoljena. Uporaba mehkih leč je dovoljena na tekmovalčevo lastno odgovornost.

11. Nošnja oblačila ali opreme, ki ni predpisana, ni dovoljena.

12. Vsa zaščitna oprema mora biti z WKF homologacijo.

13. Dolžnost kontrolorja (Kanse) je kontrola tekmovalčeve predpisane opreme pred vsako borbo. (Na tekmah celinskih zvez, mednarodnih in državnih tekmovanjih, se mora uporabljati WKF odobrena oprema in se je ne sme zavrniti).

14. Nošnjo poveze, povoja ali opornice zaradi predhodne poškodbe mora odobriti glavni sodnik po posvetu z dežurnim zdravnikom.

## **Sodniška pravila WKF in KZS Sodniška komisija, 1. Januar 2021**

April, 2021

Informacijo za trenerje in tekmovalce Karate kluba Velenje pripravila sekretarka, Anina Cesar