

KUMITE RULES

Rules for Kumite: WKF rules will apply, (no head guards or face protectors in any categories).

Athletes should wear WKF style safety equipment

12 years to 13 years: Female chest protectors recommended but not compulsory,

12 years to 13 years: Male & Female Body armour compulsory WKF style.

14 years and above Female: chest protector's compulsory, Body armour compulsory WKF style.

14 years and above Male: Body armour compulsory WKF style.

All kumite Athletes the following equipment is compulsory.

WKF style mitts, one contestant wearing red and the other wearing blue.

Gum shield.

Shin pads WKF style, one contestant wearing red and the other wearing blue.

The foot protection WKF style, one contestant wearing red and the other wearing blue.

Individual Categories: In Individual Kumite categories, Repercharge will be applied at the discretion of the Organising Committee.

Team Categories: There will be no Repercharge in any Team Kumite Categories.