



Kata Rules

Version 6 – November 2025

INCLUSIVE KARATE KATA

WUKF Inclusive Karate enables opportunities for karateka with disabilities to compete, at the highest level, together we can do the best Karate in the world.

Art. 1 REGISTRATION OF COMPETITOR

Register your athletes using the UVENTEX system.

Example:

- If your competitor uses a Wheelchair or Walking Aid, including Crutches, select Physical Disabilities.
- If your competitor has Autism, Intellectual, Downs Syndrome etc. select Cognitive Disabilities.

In addition to this, it is **mandatory** for a person competing within the Inclusive Kata, that the following information will need to be uploaded when prompted, during completion of the entry form.

- 1.1 A short video of the competitor performing a kata of their choice. *(It is important to upload the file, to ensure your competitor will have the best opportunity to be categorised correctly).*

Failure to do this will disadvantage your athlete, as the Rainbow Adjustment Score may automatically be set to 0.1 the adjustment score for a slight disability.

ART. 2 INCLUSIVE KATA SECTIONS:

- 2.1 WUKF offers Inclusive **Individual Kata** and Inclusive **Pairs Kata** and a competitor may compete in both sections.
- 2.2 Competitors can **ONLY** be entered into **ONE** Inclusive Individual and **ONE** Inclusive Pairs Kata category, irrespective of whether they have multiple disabilities.

ART. 3 INCLUSIVE KATA INDIVIDUAL CATEGORIES:

- 3.1.1 Within WUKF Inclusive **Individual** Kata there are five recognised categories, within these categories there are sub-sections (see below)

3.1.2 PHYSICAL DISABILITIES:

- a) Wheelchair
- b) Walking Aids, including crutches

3.1.3 AMBULATORY:

Physical disability but able to walk unaided

3.1.4 SENSORY

- a) Visual both monocular and binocular
- b) Profound hearing loss






3.1.5 COGNITIVE DISABILITIES:

- a) Autism, Intellectual, ADHD & other
- b) Downs Syndrome

3.1.6 NEUROLOGICAL DISORDERS:

- a) Epilepsy
- b) Tourette's
- c) Multiple Sclerosis
- d) Stroke
- e) Cerebral Palsy
- f) Parkinson's
- g) Dyspraxia
- h) Other

3.2 The above categories are further divided into age and grade categories. Depending on the number of competitors, all categories **may** be split into three pools: **Emerald, Diamond and Sapphire**.

SECTION 	GRADE 	EMERALD  0.1	DIAMOND  0.2 – 0.3	SAPPHIRE  0.4 – 0.5
Children aged 6-12 years	All Grades	Slight	Minor - Moderate	Severe - Profound
Cadets aged 13-17 years	All Grades	Slight	Minor - Moderate	Severe - Profound
Seniors aged 18-35 years	All Grades	Slight	Minor - Moderate	Severe - Profound
Veterans aged 36 and over	All Grades	Slight	Minor - Moderate	Severe - Profound

3.3 The WUKF Inclusive Commission may amalgamate or divide divisions, to enhance the competition.

Art.4 INCLUSIVE PAIRS KATA SECTION

4.1 Within WUKF Inclusive **Pairs** Kata there are two recognised categories, within these categories there are sub-sections (see below)

OTHER DISABILITIES

4.2 AMBULATORY:

Physical disability but able to walk unaided

SENSORY IMPAIRED:

- a) Visual both monocular and binocular
- b) Profound hearing loss

COGNITIVE DISABILITIES:

- a) Autism, Intellectual, ADHD, Other.
- b) Downs Syndrome

NEUROLOGICAL DISORDERS:

- a) Epilepsy
- b) Tourette's
- c) Multiple Sclerosis
- d) Stroke
- e) Cerebral Palsy
- f) Parkinson's
- g) Dyspraxia
- h) Other.

4.3 The above categories are further divided into age and grade categories. Depending on the number of competitors, all categories **may** be split into three pools: **Emerald, Diamond and Sapphire.**

PHYSICAL DISABILITIES

PHYSICAL DISABILITIES

- a) Wheelchair
- b) Walking Aids including crutches

- 4.4 A pair may be composed of an inclusive athlete and a general athlete, or two inclusive athletes.
- 4.5 The age of the **named** Inclusive athlete will determine which age section; the pair will compete in.

Example:

- A named eight year old Inclusive athlete, competing alongside a twenty year old general athlete, will compete in the 6-12 years section.
 - An eight year old Inclusive athlete, competing alongside a twenty year old Inclusive athlete, will compete in the 6-12 years section, if the eight year old is the named athlete. However if the twenty year old is the named athlete in the pair, they will compete in the 18-35 years section. (There is no age restriction to the accompanying athlete)
- 4.6 The general athlete may only accompany one inclusive athlete. Exception: unless previously agreed by the WUKF Inclusive Commission, prior to the event.
- 4.7 The competition will be held over one round.
- 4.8 The pair must perform a kata from the WUKF authorised Kata list.
- 4.9 The pair must perform the kata together, keeping the synchronisation as close as possible.
- 4.10 Sequence and movements may be modified by the inclusive athlete to adapt to their ability.
- 4.11 The pairs kata will use the scoring system (however the WUKF Inclusive Commission reserve the right to change to a flag system)
- 4.12 The WUKF Inclusive Commission may amalgamate or divide divisions, to enhance the competition.
- 4.13 In the case of a tie, the minimum score from the remaining three scores will be added, (The deleted scores will not be taken into account)

If after this, the tie persists the maximum score from the remaining three scores will be added.

If after this, the tie persists, a further kata must be performed, the original kata may be repeated.

In the event of a continuing tie, Hantei will be called and flags will be used to determine the winner, AKA red, SHIRO White.

Please Note: If there are more than 12 competitors, the category format may be amended to two rounds. The kata may be repeated.

ART.5 SELECTION OF KATA:

5.1 The **Individual** Kata competition may consist of two rounds. The competitors can perform any Kata listed, from the current official WUKF Kata list.

1st Round: The **6 highest scoring** competitors will go through to the 2nd round.

2nd Round: Final; The three highest scoring competitors will receive medals.

Please Note: If there are less than 12 competitors, the category format may be amended to one round.

5.2 Competitors **4th Kyu** and below may repeat the same kata if they so wish.

Competitors **3rd Kyu** and above **must select a different kata in each round, they CANNOT repeat.**

5.3 In the event of a tie, all competitors will be able to repeat a kata previously performed.

Art.6 TIE SITUATION:

Round 1

6.1 In the case of a tie, the minimum score from the remaining three scores will be added, (The deleted scores will not be taken into account)

6.2 If after this the tie persists the maximum score from the remaining three scores will be added.

6.3 If after this, the tie persists, a further kata must be performed. A kata may be repeated.

6.4 In the event of a continuing tie, Hantei will be called and flags will be used to determine the winner, AKA red, SHIRO White.

Round 2 Final

6.5 In the case of a tie, a further kata must be performed. A kata may be repeated. Hantei may be called and flags used to determine the outright winner.

Art.7 RAINBOW ADJUSTMENT SYSTEM AND SCORING

7.1 Once the coach has submitted the documentation and video to the Inclusive Commission all competitors, with the information provided will be assessed and categorised by the panel prior to the event. The WUKF Inclusive Commission will ensure that the competitor is entered into the correct recognised category, according to their disability. If a competitor is incorrectly entered into a category the commission has the right to move them to the correct category.

After reviewing the competitor's kata video, the WUKF Inclusive Karate commission will assess each competitor on their ability, not their disability and award the RAS using the criteria below:

- | | |
|--|----------------------|
| 1. Agility | 8. Technical Ability |
| 2. Co-ordination | 9. Focus |
| 3. Understanding of the movement and moves | 10. Power |
| 4. Direction | 11. Concentration |
| 5. Flexibility | 12. Spirit |
| 6. Rhythm | 13. Klme |
| 7. Balance | |

RAINBOW ADJUSTMENT SYSTEM:

Colour Code	Severity of disability	Adjustment Score Awarded
Yellow	Slight	0.1
Orange	Minor	0.2
Pink	Moderate	0.3
Blue	Severe	0.4
Purple	Profound	0.5

7.2 The adjustment will be made once the highest and lowest scores have been removed and the remaining scores added together in each round.

Example: Competitor with Moderate disability

Round 1 scores **7.1**, 6.8, 7.0, **6.7**, 7.1 = 20.9 + **0.3** Rainbow Adjustment Score = 21.2

Round 2 scores 8.0, **7.9**, 7.9, **8.2**, 8.1 = 24.0 + **0.3** Rainbow Adjustment Score = 24.3

Highest and Lowest Scores (in Red) removed.

The 1st and 2nd round scores will be added together for the final score.


21.2 + 24.3 = 45.5 Final Score

At WUKF European and World events this will be automatically calculated and shown on the screen.

The WUKF Inclusive commission have the right to reduce the competition to one round.

7.3 During WUKF competitions the Inclusive Commission may check or re-classify the competitors, to maintain a fair and equal platform for all the participants.

7.4 The panel of judges (1 Central Referee and 4 Corner Judges) will adjudicate each kata match.

7.5 The highest and lowest scores will be removed and the three remaining scores will be added together and the  Rainbow Adjustment Score will then be added.

7.6 The total scores from round 1 and 2 will be added together, to find the overall winner.

7.7 The WUKF Inclusive Commission may change from "a point system" to a "flag system"

Please Note: If there are less than 12 competitors, the category format may be amended to one round.

Art.8 JUDGING CRITERIA AND GUIDELINES:

8.1 Any kata performed may be an adaption of the kata selected, so long as it is taken from the current WUKF approved Kata list.

8.2 The Kata must have recognisable content and characteristics of the original kata.

8.3 Whilst some deviation may be accepted, in accordance with the competitor's disability the criteria set out below must be fulfilled.

a) The performance of the kata must adhere to the essence of the original kata

b) Any kata performed must adhere to the original directional pattern of the kata

c) Excessive use of pauses during the kata. The kata should be performed with minimal interruption and with a natural flow throughout.

d) Vocal or physical prompts in certain circumstances will be accepted.

8.4 Competitors may be escorted on and off the tatami by a guide or coach.

8.5 IN ALL CASES THE KATA MUST BE PERFORMED BY THE COMPETITOR INDEPENDENTLY.

PHYSICAL DISABILITIES:

8.6 Further consideration should be given to the dexterity, control and manoeuvrability of the wheelchair and walking aids, to execute the techniques within the kata.

8.7 The competitor may flick the front wheels up in the air to indicate where a kick would ordinarily be performed at that point in the kata.

Art.9 COMPETITORS UNIFORM

9.1 All competitors must wear a clean, white Karate-Gi (jackets and pants) which can include the manufacturer's brand/logo.

9.2 A competitor is allowed to have only the following advertising items on their Karate Gi jacket: a national country badge is permitted (maximum 10 square centimetres), the WUKF logo which will be put on the lower righthand side of the Gi jacket, the federation logo on the left side of the chest and only one sponsorship advertising logo panel on the back of the competitors Gi top. It must be at shoulder height and measure a maximum of 30x15 cm.

9.3 The Karate Gi jacket, when tightened around the waist with the belt, must be of an overall length that it covers the hips, but does not reach the knees.

9.4 The belt must be of an overall length that leaves around 15-30 cm of extra length on both ends after it has been properly tied around the waist, but it must not reach the knees.

9.5 The sleeves of the jacket must reach halfway down the forearm and must not be longer than the bend of the wrist. The sleeves must not be rolled up.

9.6 The trousers must be long enough to cover two-thirds of the shin and must not reach the ankle bone. The trousers must not be rolled up.

9.7 Muslim women may wear a white scarf or Chador.

9.8 A plain white tshirt may be worn beneath the Karate Gi. This is **compulsory for females** and **allowed for male** competitors.

9.9 The competitor must wear a belt of their own Karate grade.

9.10 For identification purposes, when flags are being used, each of the competitors shall wear a Red (AKA)/White (SHIRO) belt, replacing the belt of their grade.

9.11 The competition number may be worn on the back of the Gi jacket.

9.12 Competitors identification badge (to be handed to a Tatami official, on check in to your event).

9.13 Competitors can wear discreet hair clips (not metallic)

- 9.14 Each competitor must keep their hair clean and cut or tied up to such a length that it does not obstruct their performance or put them at risk in a match.
- 9.15 Competitors are not allowed to wear Hachimaki, amulets or wristbands, earrings, or any other jewellery, unless prearranged with the WUKF Inclusive Commission.

ART. 10 COACHES UNIFORM:

- 10.1 A National Tracksuit (or trousers and national polo shirt) with their National or Federation name, an official badge on it and the ID card given in the registration room.
- 10.2 It is forbidden for a Coach to wear a Karate Gi whilst coaching, even if they have a Tracksuit Jacket over it. (Unless prearranged with the WUKF Inclusive Commission)
- 10.3 It is forbidden to wear the tracksuit jacket around the hips, to have a ruck sack, camera, other baggage, etc. Coaches are allowed to have a bum bag or moon bag around their waists, when coaching.
- 10.4 Coaches who are improperly dressed will be given 2 minutes to change. If after this period the coach has not been able to change his/her uniform, the Referee will invite him/her to leave the match area.
- 10.5 The WUKF Officers or Competition Director may disbar any official or competitor who does not comply with these regulations.

Art.11 COACHES' RESPONSIBILITIES:

- 11.1 It is the responsibility of each coach to ensure that their competitor/s is/are accompanied throughout the competition and that any medication that may be required, is always easily accessible.
- 11.2 It is the coaches' responsibility to ensure all details uploaded to the form, are legible and correct. Intentional misrepresentation may lead to your athlete being disqualified from the event.
- 11.3 Notify UVENTEX that an Inclusive companion's pass is required for collection, at Registration.
- 11.4 A recent photograph of the competitor is uploaded to the form.
- 11.5 All sections of the registration form are completed to process.
- 11.6 To ensure the competitor is checked in on the correct tatami, prior to the event and support the competitor throughout.
- 11.7 A hard copy of a signed medical document from a registered health practitioner must be brought to the event by the coach and produced if requested by the WUKF Inclusive commission. This must be in writing and in **English** and **must** name the type of disability.

Failure to produce when requested, may lead to the competitor being withdrawn from the event.

ART. 12 PROTEST PROCEDURE

- 12.1 Competitor's cannot personally protest, against the Referee panel's decision.
- 12.2 Only the coach of the person involved may protest to the Tatami Manager against a decision, when the decision given by the Referee Panel is thought to have violated the Rules of the match or the rules of judging.
- 12.3 Coaches must not interrupt the work of the Jury Table by asking to check the participation lists or other documents, or asking for explanations, etc.
- 12.4 The coach can attract the attention of the Tatami Manager if there is an administration error (wrong competitor, wrong display content etc.)
- 12.5 The coach can protest in writing to the WUKF Inclusive Commission, but only after the match is finished.
- 12.6 When the category is finished and the medallists are notified no one can appeal the decision.
- 12.7 Before the coach makes an official protest, she/he must pay a protest fee to the WUKF treasurer. The fee will be returned if the protest is upheld. Coaches can consult the list of fees on the WUKF Webpage.
- 12.8 The coach completes the 'Protest sheet' and gives it to the Tatami Manager who passes it to the WUKF Inclusive Commission.
- 12.9 The WUKF Inclusive Commission shall review the complaint and the evidence that supports it and may ask for an explanation from the Tatami Manager and the Referee Panel on that Tatami.
- 12.10 If they find that the decision is blatantly unreasonable, they may demand that the Refereeing panel revises its' decision and correct the error.
- 12.11 It is the coach who is responsible for providing the evidence for the protest.
- 12.12 The WUKF Inclusive Commission, after approval from the WUKF ExCom, will communicate the final decision to the Tatami Manager, who will inform the coach of the final decision.
- 12.13 Video proof is acceptable as evidence, for administrative errors and only if the incident is clearly visible.

Art.13 INCLUSIVE COMPETITION EQUIPMENT

- 13.1 The competition area must be flat and devoid of hazard, easily accessible and of a suitable size that the kata can be performed safely.
- 13.2 The competition equipment will be prepared by the competition host and the WUKF organiser.
- 13.3 5 Red Flags and 5 White Flags for each Tatami.
- 13.4 5 Kata Score boards for each Tatami.
- 13.5 Recording Equipment: Score sheets and Recording forms, pens, calculators etc.
- 13.6 Red and White belts for each Tatami.
- 13.7 The WUKF computer system is compulsory. The national organisers will ensure that it is transported safely and is used properly.

APPENDIX 1.

OFFICIAL WUKF KATA LIST (See WUKF Website – www.wukf-Karate.org)