

## RULES AND REGULATIONS ON THE DAY OF THE COMPETITION

### ◆ KATA

All kata categories will be judged by points in accordance with the rules of the World Union of Karate-Do Federations, with slight modifications where deemed necessary by the organisers. All individual kata events will be judged over 2 rounds. The Chief Referee on each area will inform the competitors.

#### ***For ages up to 12 years:***

Competitors MUST perform a Shitei kata (e.g. Heian, Pinan or equivalent) in the first round. In the second round, they may perform any Open (free choice) kata.

#### ***Special rule for 12-year-old Blue to Black belt category:***

Competitors may perform either a Shitei or Sentei kata in the first round, followed by an Open kata (Tokui) in the second round

#### ***Children aged 5–6 years (Open category):***

Competitors may repeat the same kata, including Taikyoku Shodan.  
Children aged 7–8 years (White to Orange belts):

The same rule applies (repetition allowed), including Taikyoku Shodan and Heian Shodan.  
For Mini Cadets (13–14 years and above):  
Competitors may perform 2 katas of their choice and must not repeat the same kata.

Competitors may compete wearing belts of their own grade.

Categories may be merged if there are insufficient entries, in accordance with WUKF rules.

Team kata will consist of only 1 round, with free choice of kata.  
Kata from any recognised style are permitted for all grades.

Medals will be awarded for 1st, 2nd, and 3rd place.

### ◆ KUMITE

Rules are based on World Union of Karate-Do Federations regulations.  
The Chief Referee on the day will be Romanian and will brief all coaches and referees before the competition regarding any rule updates.  
Red and white mitts are compulsory and must match the competitor's belt colour.

! Blue mitts are not allowed.

Gum shields are compulsory unless a helmet is worn (for children up to 12 years old).  
All equipment must comply with WUKF regulations.

Clean white gis are compulsory.  
Each competitor must provide their own equipment.

Medals will be awarded for 1st, 2nd, and two 3rd places