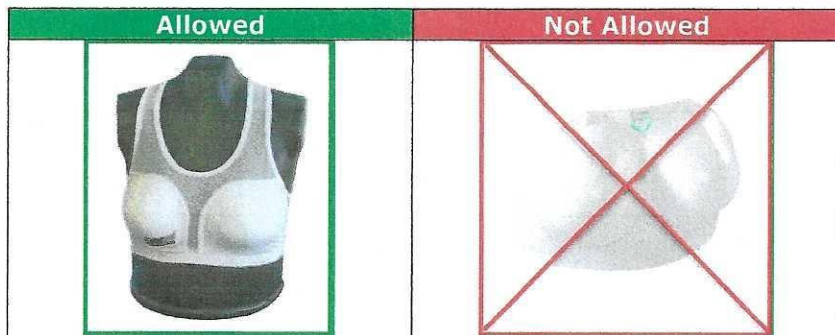


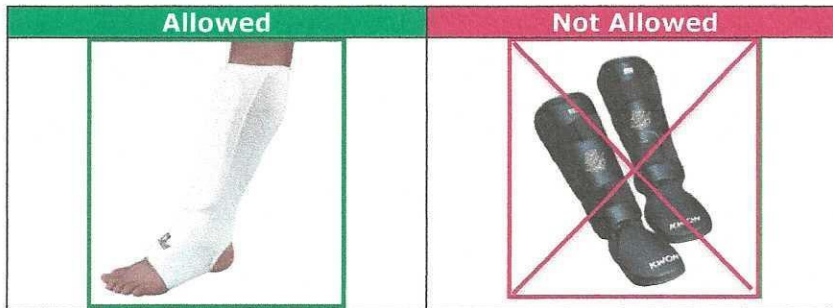
Equipment \ Category	Sex	Shin pads	Groin guard	Chest protector (Cup)	Body armour (body vest)	Hand protector	Head gear	Gum shield
Juniors 8 to 13 Year	Boys	Compulsory	Optional	Not Applicable	Compulsory	Compulsory	Compulsory	Optional
	Girls	Compulsory	Optional	Optional	Compulsory	Compulsory	Compulsory	Optional
Juniors 14 to 15 Year	Boys	Compulsory	Compulsory	Not Applicable	Not Applicable	Compulsory	Compulsory	Optional
	Girls	Compulsory	Optional	Compulsory	Not Applicable	Compulsory	Compulsory	Optional
Cadets 16 and 17 Year	Male	Compulsory	Compulsory	Not Applicable	Not Applicable	Not Applicable	Optional	Optional
	Female	Compulsory	Optional	Compulsory	Not Applicable	Not Applicable	Optional	Optional
Seniors 18 Year and above	Male	Optional	Compulsory	Not Applicable	Not Applicable	Not Applicable	Not Applicable	Optional
	Female	Compulsory	Optional	Compulsory	Not Applicable	Not Applicable	Not Applicable	Optional
Veterans 45-55 years	Male	Compulsory	Compulsory	Not Applicable	Not Applicable	Not Applicable	Optional	Optional
	Female	Compulsory	Optional	Compulsory	Not Applicable	Not Applicable	Optional	Optional

Please note age limits: In order to qualify for a category the competitor must be with the ages specified e.g. for Cadets the competitors must be at least 16 years old on the day of the event and no more than 17 years and 364 days (i.e. they cannot be 18)

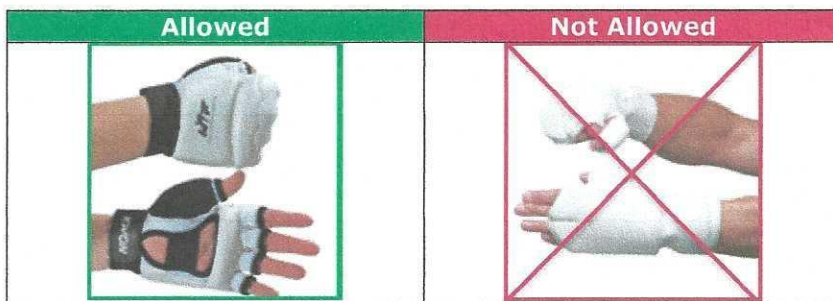
11. For male athletes— groin guards (groin guards must be worn under the KARATE GI trousers);
12. For female athletes – chest protector of approved IFK type; (it must not cover the upper part of the chest or any part of the abdomen).



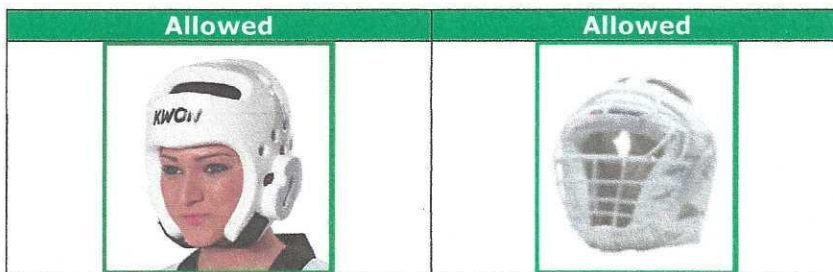
13. Shin pads of approved IFK type; (Some international events may designate them as optional)



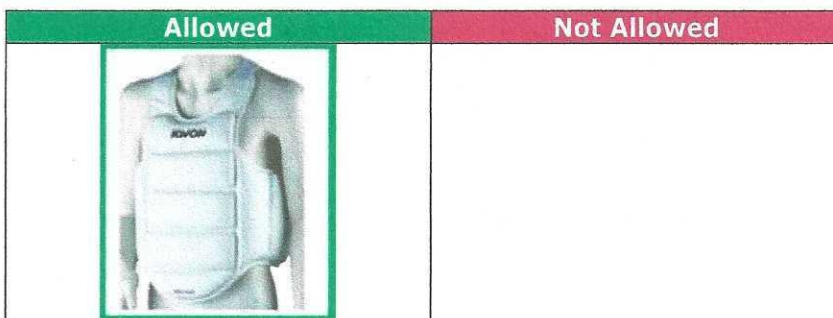
14. Hand Protectors of approved IFK type.



15. Headgear of approved IFK type.



16. Body Armour of approved IFK type.



It is advised for championships of European level and above that the organiser supplies standard armour for the event

6 ARTICLE 6: SEQUENCE & DURATION OF BOUT

1. In Tournaments with weight categories in elimination bouts the base time of the KUMITE bout is 2 minutes (however tournaments may use 3 minute bouts or a combination of 2 & 3minutes.). In case of a tie the extra time (SAI-SHAI) shall be assigned. In case of a repeated tie and insufficient weight difference, Tameshiwari may be called for, (Male Senior Categories only) if the result of that is also equal, the second extra time (ENCHO-SEN), where a decision must be made, (no tie possible).
2. For Juniors and Cadets if necessary a Round Robin system can be used. In these events one point is given to each fighter for a draw. For a win two points are awarded to the winner. In a round robin system there will be one round and Sai Shai only. At the end of the tournament the competitor with the most points wins. In the event of a tie the (Younger/lighter/countback decision) will win.
3. The tournament organisers / referee committee may choose to use alternative timings as needed
4. Duration of bouts

Category	Sex	Sequence and duration of the fight			
		Elimination to Semi-Finals		Finals	
*Juniors 8 Year	Boys	1st Round	1.0 min.	1st Round	1.0 min.
	Girls	Sai-Shai	1.0 min.	Sai-Shai	1.0min.
*Juniors 9 Year	Boys	Weight		Weight	
	Girls	Encho-Sen	1.0min.	Encho-Sen	1.0min.
*Juniors 10 Year	Boys	1st Round	1.5min.	1st Round	1.5min.
	Girls	Sai-Shai	1.5min.	Sai-Shai	1.5min.
*Juniors 11 Year	Boys	Weight		Weight	
	Girls	Encho-Sen	1.0min.	Encho-Sen	1.0min.
Juniors 12 + 13 Year	Boys	1st Round	1.5min.	1st Round	1.5min.
	Girls	Sai-Shai	1.5min.	Sai-Shai	1.5min.
Juniors 14 + 15 Year	Boys	Weight		Weight	
	Girls	Encho-Sen	1.5min.	Encho-Sen	1.5min.
Cadets 16+17 Year	Men	1st Round	2.0min.	1st Round	2.0min.
	Women	Sai-Shai	2.0min.		
Seniors 18+ Years	Men	Weight		Encho-Sen	2.0min.
	Women	<i>Tameshiwari Adult Men</i>	2.0min.		
Veterans +45 Years	Men	1st Round	1.5min.	1st Round	1.5min.
	Women	Sai-Shai	1.5min.	Sai-Shai	1.5min.
		Weight		Weight	
		Encho-Sen	1.5min.	Encho-Sen	1.5min.