

Kata Rules

	White – Orange (all ages)	Green – Brown (all ages)	Black Belt (all ages)
Ages 13 & Under	2 athletes at a time	2 athletes at a time	1 athlete at a time
Ages 14 & Up	2 athletes at a time	2 athletes at a time	1 athlete at a time
Scoring system	Flag scoring system With repechage	Flag scoring system With repechage	Flag scoring system With repechage
Kata Progression	A-A-A-A	A-B-A-B	A-B-C-D
Weapons	Traditional KBC Rules	Traditional KBC Rules	Traditional KBC Rules

Kumite WKF Rules

with KBC Modification

	White – Orange (all ages)	Green – Brown (all ages)	Black Belt (all ages)
Time	1 min 30 sec stop time	1 min 30 sec stop time	2 min stop time
Points	First to 6 Senshu rule applied	First to 8 Senshu rule applied	First to 8 Senshu rule applied
No Head Contact	Any touch to Jodan with fist or foot penalty	Any touch to Jodan with fist or foot penalty	Any touch to Jodan with fist or foot penalty
Uniform & Belt	Karate uniform with personal color belt (red & blue belt optional)	Karate uniform with personal color belt (red & blue belts optional)	Karate uniform with red AND blue belts
Mandatory Protective Gear	Mouthguard Fist protector Groin Protector (male) Shin & Instep Head Gear (optional)	Mouthguard Fist protector Groin Protector (male) Shin & Instep Head Gear (optional)	Mouthguard Fist protector Groin Protector (male) Shin & Instep Head Gear (optional)