



## **OPEN INTERNATIONAL DE MONTRÉAL 2023**

### **Rules for kata repetition**

**The WKF competition rules in kata and kumite in force on January 1, 2024 will be applied during the Montreal International Open**

For the KATA (Beginner, Intermediate, Advanced and Elite) events of the Montreal International Open, it is important to take note of the elements below and to notify your students accordingly.

### **Beginner, Intermediate and Advanced**

- Athletes must perform the katas according to the list of katas allowed according to the level of competition (intermediate or advanced) – see section “Downloads”
- Beginner: the athlete can repeat the same Kata in all rounds
- Intermediate: the athlete must alternate at least 2 different katas or more from the list of katas allowed for the intermediate level according to the list of katas allowed available on Sportdata
- Advanced: the athlete must alternate at least 3 katas (must do at least 3 different katas before being able to repeat the katas alternately) and there is no restriction for the katas that are allowed
- Combined intermediate and advanced category: the athlete must alternate at least 2 katas and there is no restriction for the katas that are allowed

### **Elite**

- WKF regulations
- All athletes must show different kata each round

## **RULES FOR KUMITE**

### **Beginner, Intermediate and Advanced, Elite**

Equipment (Karate Quebec safety regulations)

- Hand protectors (1 red pair OR 1 blue pair)
- Shin and foot protectors (1 red pair OR 1 blue pair)
- A mouth guard
- A chest protector (recommended)
- A protective shell for male athletes
- A chest protector for female athletes (recommended for the 12-13 years and over category)
- A karate-gi respecting WKF regulations
- Wearing an exterior protector and helmet is authorized for athletes in the 12-13 year old category but not obligatory

All protective equipment must be either WKF or PKF approved, or be of a WKF approved style.

No scanning is permitted for categories 6 to 11 years old.