



COUPE QUÉBEC 2022 - Competition Rules and regulations



The rules and regulations of the WKF for kata and kumite as of January 1st 2022 will be applied during the Coupe Québec.

TAKE NOTE that only one registration in kata and only one registration in kumite per participant is permitted.

For KATA events (Beginner, Intermediate, Advanced and Elite) at the Coupe Quebec, it is important to take note of the followings and advise your athletes accordingly.

All kata athletes must have:

- i. Gi complying with the WKF regulations in article 2 of the kata regulations
- ii. All athletes require a red belt **AND** a blue belt

A. THE KATA EVENTS WILL BE JUDGES AS FOLLOWS:

Beginner, Intermediate and Advance

- Kata judged by flags
- Beginner and intermediate 17 years old and under, katas will be executed simultaneously
- Beginner and intermediate 18 years old and over, katas will be executed individually
- Advanced 15 years old and under, katas will be executed simultaneously
- Advanced 16 years old and over, katas will be executed individually
- A double elimination modified system with flags will be used

Elite

- Katas will be executed and judged according to the WKF rules using the electronic points judging system for all

B. KATA REPETITION RULES

According to the WKF regulations, athletes can wear an approved plain black scarf or similarly approved type of gear to cover their hair but not covering their neck.

Beginner, Intermediate and Advance

- Beginner: The athlete can repeat the same kata
- Intermediate: The athlete must alternate between at least 2 different kata or more. The same kata cannot be performed in 2 consecutive rounds.
- Combined Beginner and Intermediate: The athlete can repeat the same kata
- Advanced: the athlete must alternate between at least 3 katas (must demonstrate at least 3 different katas before being able to repeat the kata alternately and cannot repeat the same kata consecutively in 2 rounds)
- Combined Intermediate and Advanced: The athlete must alternate between at least 2 different kata or more. The same kata cannot be performed in 2 consecutive rounds.
- Please refer to the kata list for allowed katas for Beginner, Intermediate and Advanced divisions (page 3)

Elite

- Athletes must present a different kata in each round



C. KUMITE EVENTS:

Beginner, Intermediate and Advanced

Uniform and equipment

- i. hand protectors (1 red pair **OR** 1 blue pair) - it is strongly recommended to have both colors of hand protectors
- ii. shin and foot protectors (1 red pair **OR** 1 blue pair) – it is strongly recommended to have both colors of shin and foot protectors
- iii. a mouth guard
- iv. a body protector (recommended)
- v. a protective shell for male athletes (jockstrap)
- vi. a chest protector for female athletes (recommended for ages 12-13 and over)
- vii. a red belt **AND** a blue belt
- viii. karate-gi complying with the WKF regulations in article 2 of the kumite regulations
- ix. According to the WKF regulations, athletes can wear an approved plain black scarf or similarly approved type of gear to cover their hair but not covering their neck.
- x. A modified double elimination or round robin format will be used

All protective equipment must either be accredited by the WKF or PKF, or be comparable to WKF approved equipment.

No sweeping is allowed for athletes 11 years old and under.

Categories	6-7 years old	8-9 years old	10-11 years old	12-13 years old	14-15 years old	16-17 years old	18 years old and over
Fights Duration	1 min.	1 min.	1 min. 30	1 min. 30	2 min.	2 min.	2 min.

Elite

A simple elimination system with repechage will be use.

Uniform and equipment

- i. hand protectors (1 red pair **AND** 1 blue pair)
- ii. shin and foot protectors (1 red pair **AND** 1 blue pair)
- iii. a mouth guard
- iv. a body protector (**notice 1**)
- v. a protective shell for male athletes (jockstrap)
- vi. a chest protector for female athletes (**notice 2**)
- vii. karate-gi complying with the WKF regulations
- viii. a red belt **AND** a blue belt

NOTICE 1: In order to comply with the WKF competition rules, wearing a chest gear is mandatory for all male and female athletes (including Youth athletes).

NOTE 2: Although the chest protector is not mandatory for Youth athletes (12-13 years old), it is very strongly recommended. This piece of equipment is mandatory for other age categories.

Categories	Youth	Cadet	Junior	Senior
Fights duration	1 min. 30	2 min.	2 min.	3 min.



Karate Quebec competitions 2022-2023

Kata list by level

The list of katas by level represents the eligible katas that can be performed by athletes during Karate Quebec competitions for the 2022-2023 season in the Beginner, Intermediate and Advanced divisions.

Beginner division

The **Beginner** division includes athletes with a white, yellow and orange belt. No kata from the official WKF list may be performed except those listed below. In addition, any other kata of different style, not mentioned in the official WKF list, can be performed in this division.

- | | |
|------------------------|-----------------|
| . Fukygata 1-2 | . Pinan 1-3 |
| . Gekisai (Geksai) 1-2 | . Seisan |
| . Heian 1-3 | . Shiohai |
| . Kion 1-5 | . Zenshin Gotai |

Intermediate division

The **Intermediate** division includes athletes with an orange, green and blue belt. An athlete registered in the Intermediate division can perform a kata according to the list appearing below. In addition, the participant can also perform the Beginner division kata listed above, at his convenience.

- | | | |
|-----------------|--------------------|------------------------|
| . Bassai | . Jitte | . Niseishi (Nijushiho) |
| . Bassai Dai | . Jyuroku | . Pinan 4-5 |
| . Bassai Sho | . Meiko | . Saifa (Saiha) |
| . Enpi (Wanshu) | . Matsumura Rohai | . Sienchin |
| . Heian 4-5 | . Naifanchin | . Tekki 1-3 |
| . Jion | . (Naihanshin) 1-3 | |

Advance division

In the **Advanced** division, the athlete can choose and perform any kata from the official WKF list, without exception. This division includes athletes with a blue, purple, brown and black belt.

An athlete performing a kata that does not meet the above rules for the *Beginner*, *Intermediate* and *Advanced* divisions will automatically be disqualified.