

INTERNATIONAL

ARBITRATION

REGULATION KUMITE





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World Kyokushin Budokai

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1. **COMPETITION GENERAL RULES**

- The minimum age to participate will be 18 years. The maximum age to participate will be decided by the responsible of the championship and by the doctor of the championship after examine the competitors and before the championship starts.
- The competitors will present, before the championship starts, a signed document where the organization is exempt of responsibility in case of injury. The competitors must be assured by themselves in their Dojos and relevant organizations.
- The competitors will wear a white and clean Dogui, with the Kyokushin Kanji in the chest.
- During the fight, a competitor will wear a red identification tape (Aka), tied on the back of his/her singular, the other one will wear only his/her singular belt (shiro).
- Hands and feet nails must be cut, and metallic or similar objects may not be carried (earrings, piercings, etc...), also no protective clothing, bandages or protections may be used if they are not included on the championship regulation.
- In case of injury, the use of protecting bandages will be under the absolute discretion of the Supreme Referee of the championship who will authorize it or not after consultation with the doctor.
- At first, the use of these protecting bandages is not allowed at least until after having performed minimum one fight.
- In case a competitor has suffered a K.O., the continuation in the competition will be under the approval of the doctor of that competition.

REFEREES AND OFFICERS

- The Referees and Officers of the championship must wear navy blue pants, white t-shirt with the WKB logo and navy-blue tie with the WKB logo, for the parade they must wear navy blue American jacket.
- No watches, bracelets or other accessories will be allowed during the competition.



- The officers' tables will be located in front of the presidential table.
- The organization will provide paper copies of the different regulations, which will be deposited on the officials' tables to facilitate and speed up the matches.

COACH

- Coaches must wear suits (optional tracksuit), and they will be seated in a chair 1.5 m from the tatami.
- The Coach will be showing at all times, a correct attitude and behaviour, the Referee, or Tatami Judge will watch to make it so, otherwise, he will be given a warning, and if he recurs he will be expelled from his position in the tatami.
- In the case of being ejected again in another match, you will not be allowed to enter the competition zone.
- There can only be one coach for tatami.
- No Referee or Judge can act as Coach, if he decides to change, he cannot arbitrate again.

REGARDS

- The official salute for all, Referees, Judges, Coach and Competitors will be the same, to the voice of ¡OSU!, the body will be tilted at a 45° angle.



2. OFFICERS TEAM

The Officers team that form the championship is composed by the following:

SUPREME JUDGE (Saiko Shinpan-Chō)

The Supreme Judge has the authority of make the final decision in all the fights, he/she decides the championship lines and makes the final decision on claims, being able to delegate his/her functions to the Referees Chief of the championship.

REFEREES CHIEF (Shinpan-Chō)

The Referees Chief is one of the members of the reviewing panel, he/she selects the Officers Team of the championship and attends to Supreme Judge. He/she will act as second and will assume all responsibilities in the absence of the Supreme Judge.

REFEREE (Shushin)

The referee takes control on the Tatami and supervises the Team of the four corner judges. His/her responsibilities are the following:

- Make the Referees Team going in and going out correctly from the Tatami, as well as competitors.
- Start and finish the fight.
- Maintain the composure of the fight and protect the competitors' safety.
- Heed judges' calls, their decisions and show the decisions to the viewers.
- Call the judges if necessary, in order to consult or make decisions.
- Support and respect the decision made by the Supreme Judge, above his/her own.
- In final decisions, the Referee will have one vote.
- All indications will be made with energy and strong voice.
- If there is any doubt, consult with the Tatami Judge and if it is not yet clear, with the arbitration director.



TATAMI JUDGE (Shushin)

The Tatami Judge may be chosen from the most experienced referees, to direct the judges and referee, making sure that the regulations are followed; He will change them so that everyone can arbitrate, It will record the decisions of the referee and assist him and, In case of doubt, consult with the head of arbitrators. By last, will give the appropriate explanations to the coach if there is any claim.

JUDGES (Fukushin)

Each arbitration team will be formed by four judges. They will judge the fight from the four corners of the Tatami. Their responsibilities are:

- Take clear decisions for the competitors, viewers and shushin.
- To fulfil with absolute authority the decision of the Supreme Judge if necessary.

In decisions each judge has a vote.

The judges can only comment their doubts with the Referee of their tatami, and while they are refereeing, no one can address them, only the Referee, Tatami Judge or Chief Arbitrator.

The referees and judges will be seated in the place indicated for them, in order to be accessible for any change. In case of being absent from their spot, for any reason, they must inform the Tatami Judge about the reason for the absence and their new location so that he can count on them if necessary.

At the end of the championship, referees and judges will form a line next to the trophies, collaborating in the award of prizes to the competitors or any other function that the Supreme Judge deems necessary, until the championship is finished.



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3. COMPETITION AREA

The competition area will be 8 meters from the side, plus 1 more for each side as safety zone.

You can add an area of two meters more to avoid accidents and that the referees sit on the chairs.

The chairs of the referees will always be outside the competition area, except that the area has another meter. In that case, the referees' chairs will be inside the tatami.

4. WEIGHT CATEGORIES

The weight categories will be as follows:

		Weight (kg)						
Men	18+years	-65	-70	-75	-80	-85	-90	+90
	40+years				-80	+80		

		Weight (kg)			
Women	18+years	-55	-60	-65	+65
	40+years			-65	+65

The weight tolerance to weigh them by Hikiwake, is limited in 1 kg above or below the weight required in each category, likewise it is prohibited the participation of a competitor in a category other than the one that corresponds, for that are the competitions with OPEN category.

In weighing each one will be placed in its corresponding weight.

If, for various reasons, three (3) competitors must be placed in a group, the first and the second will face each other; the loser of this match will face the third competitor.

If this second competitor is the winner, the result shall be settled in the established order (first competitor, second and third).



If this second competitor loses, the two winning competitors will face each other to establish the first place.

5. PROTECTIONS

The approved protections, authorized by the WKB, being in all cases obligatory the kerchief in men's category and chest protector in women's category will be:



In no case may the men's chest protector or the women's chest protector be placed on the outside of the karate-gi.

The mouthguard and the female coquille will be of voluntary use in both categories.

In over 40 years category the mandatory protections will be:

- Shin pads
- Gloves





6. FIGHTS DURATION

Fights duration **SENIOR +18 y.o.** will be as follows.

- *Qualifying matches:*

2'00" + 2'00" – Weight – 2'00" (Mandatory final decision ENCHOSEN)

- *Semi-final and Final:*

3'00" + 2'00" – Weight – 2'00" (Mandatory final decision ENCHOSEN)

Fights duration **SENIOR +40 y.o.** will be as follows.

- *All rounds:*

2'00" + 2'00" – Weight – 2'00" (Mandatory final decision ENCHOSEN)

In the event that there is still no final decision by Judges and Referee, the weight of both competitors will be checked, declaring the winner to the lightest of them provided there is a difference of more than 3 kg, (in the categories that go of 5 kg in 5 kg, in which they go of 10 kg in 10 kg they will be of 5 kg) except in the categories of super-heavy or Open championships that will be of 10 kg.

In case there is no weight difference to declare a winner, another fight of 2 minutes will take place with mandatory final decision (ENCHOSEN) from the Judges and the Referee.

6.1. **CALCULATION OF TIME**

The duration of the fight will be calculated since the Referee says HAJIME and the chrono will be stopped only when the Referee says so, with the hands in a clear and direct way, when the stop time of the fight is very high.

A red bag will be used to indicate the end of the fight time, sounding a horn or similar at the same time the bag is thrown, ensuring the bag falls in a visible place both for competitors and



Referee.

7. FIGHTS DECISION CRITERIA

A competitor will be declared winner before the end of the fight when he/she gets an Ippon, or two Waza-aris, which will constitute an Ippon or if the retirement of the adversary occurs.

7.1. VICTORY BY IPPON

With the exception of the techniques considered as faults, to the competitor that executes any technique in an allowable area of the body and accuse the opponent or cease to continue the fight for the technique cited before for a time of **3 seconds or more** it will be considered Ippon.

Achieving two Waza-aris in the same fight, will result an Ippon.

7.2. VICTORY BY WAZA-ARI

With the exception of the techniques considered as faults, to the competitor that executes any technique in an allowable area of the body and accuse the opponent or cease to continue the fight for the technique cited before for a time **less than 3 seconds** it will be considered Waza-ari.

Also the knocked down competitor will be allowed to continue the championship if the Referee sees he/she is in a position to do so, being able to consult the championship's doctor if necessary, and writing it down in the table list (Normally the competitor who has received a strong blow and lost consciousness, will be 3 months without competing).

7.3. VICTORY BY RESIGNATION OF THE ADVERSARY (KIKEN)

When one of the competitors voluntarily renounces to continue the fight, the other competitor will be grant victory.

In this case, the Referee shall mention the colour of the opponent who has given up followed by the word KIKEN to indicate that he has resigned, subsequently he shall grant victory to the other competitor indicating the colour (aka or shiro) followed by the expression NO KACHI.



7.4. VICTORY BY DECISION (HANTEI-KACHI)

The criteria that has to be followed by the arbitration teams when taking final decisions are the following:

- Damage caused
- Effectiveness in techniques
- Number of techniques used
- Fight tactics and strategy (distance, focus, etc.)
- Fighting spirit and sacrifice during the fight.

The decision will be valid in all cases either Ippon, Waza-ari or final decision when a **minimum of three of the five members** of the arbitration team make the same decision.

The tatami judge will be responsible for pointing the penalties as well as the Waza-aris to avoid confusion.

The referee will point out the judges before making the final decision, the absences and if there is a winner for penalties, indicating: nothing if there is no difference, Waza-ari if there is a difference.

Once all these factors have been evaluated, it must be differentiated, in order to grant victory to one of the two competitors by decision of the arbitration team, whether or not one of the competitors has scored.

7.4.1. NONE OF THE TWO COMPETITORS HAS SCORED

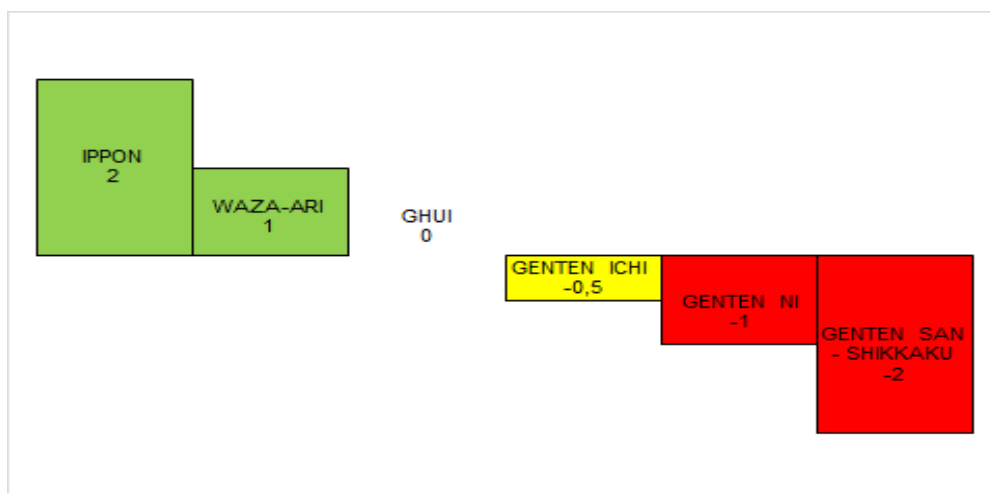
When none of the competitors finish the fight with Ippon, Waza-ari or the necessary reprimands, a winner will be given by decision.

To grant victory to one of the competitors based on the accumulation of penalties from the opponent, there must be a difference of at least two penalties.



7.4.2. SOME OF THE TWO COMPETITORS HAVE SCORED

When one of the competitors has scored, the following equivalence between warnings, penalties, Waza-aris and IPPONES will be taken into account:



The victory will be granted to the competitor in which the sum of scores and penalties is higher, taking into account that Chui is not a penalty but a warning and, as such, has no value for this purpose.

EXAMPLES

SCORE	SHIRO	AKA	RESULT
NO	-	Chui	Shiro – Aka – Hikiwake
NO	-	Genten-Ichi	Shiro – Aka – Hikiwake
NO	Chui	Genten-Ichi	Shiro – Aka – Hikiwake
NO	Chui	Genten-Ni	Shiro
NO	Genten-Ichi	Genten-Ni	Shiro – Aka – Hikiwake
SI	- 0,0	Genten-Ichi – Waza-ari $-0,5 + 1 = 0,5$	Aka <i>0,0 es menor que 0,5</i>
SI	- 0,0	Genten-Ni – Waza-ari $-1 + 1 = 0,0$	Shiro – Aka – Hikiwake <i>0,0 es igual que 0,0</i>
SI	Chui 0,0	Genten-Ni – Waza-ari $-1 + 1 = 0,0$	Shiro – Aka – Hikiwake <i>0,0 es igual que 0,0</i>
SI	Genten-Ichi -0,5	Genten-Ni – Waza-ari $-1 + 1 = 0,0$	Aka <i>-0,5 es menor que 0,0</i>
SI	Waza-ari 1,0	Waza-ari – Chui 1,0	Shiro – Aka – Hikiwake <i>1,0 es igual que 1,0</i>
SI	Waza-ari 1,0	Waza-ari – Genten-Ichi $1,0 - 0,5 = 0,5$	Shiro <i>1,0 es mayor que 0,5</i>



8. PROHIBITED ACTS AND TECHNIQUES

The following techniques or actions are considered forbidden:

- Any attack to the head, face or neck of the opponent with open hand, fist or any other part of the arm, except in special circumstances, will deserve an automatic disqualification
- Hits to the testicles.
- Hits with the head.
- Attack the opponent when is on the floor.
- Any type of hit to the spine.
- Grabbing or holding an opponent by the neck or body.
- Grabbing or holding an opponent by the Dogui, arms or legs.
- Pushing with the hands or closed fists.
- To perform an attack technique from the floor.
- Direct and front attacks to the knee joints.
- Stop obeying Referee's instructions.
- Frequent exits from the competition area (Jogai)
- Any other technique or behaviour that the arbitration team deems as unfair or incorrect.



8.1. DISQUALIFICATION (SHIKKAKU)

The following issues may deserve disqualification with the complete and absolute discretion of the championship Referee, however, the disqualified competitor can show his dissatisfaction through his coach to the Tatami Judge who will review it and give the appropriate explanations and in case of doubt will be reviewed by the Supreme Arbitrator of the competition, who after consulting with the Judges and Referee may reinstate the disqualified competitor or confirm and approve the decision made; the Supreme Referee decision of the championship will be final and permanent.

The following situations will constitute disqualification:

- Three faults (Genten-San = Shikkaku)
- Not obey Referee's instructions during the fight.
- Actions considered as violent or incorrect attitudes such as celebrating the victory when the referee gives it to the competitor, in this case he will be disqualified and will not have a trophy.
- Being the competitors facing each other without the desire to compete, both competitors will be disqualified leaving the places they will opt.
- Pretend defeat by one of the competitors.
- The competitors who refuse being part of the kumite after three calls from the Referee. In this case, each call shall be 2'30" between calls and must be properly communicated over the public address system of the facility where the championship is taking place.

The physical disability that arises during the championship, will allow the competitor to retire after examination and validation of the injury by the doctor. This decision will be final.

If a competitor is expelled in the semi-finals or finals by Shikaku, he will be without a trophy, except if for some reason the Supreme Judge after consultation decides otherwise.

If in the final the injured competitor cannot continue the fight and does not have any Waza-ari he will receive the second trophy, if he had a Waza-ari he would receive the first place, since he would have won.

The competitor who has not won any combat will not have a trophy.



8.2. ORDER OF NOTICES IN FAULTS

In the committed faults by prohibited actions, the first warning will be for a mild fault and it will be announced in private to the competitor:

- 1 faultCHUI - admonition
- 2 faultGENTEN-ICHI - penalty
- 3 faultGENTEN-NI - penalty
- 4 faultGENTEN-SAN – SHIKKAKU

In the committed faults by exit the Tatami refusing to fight:

- 1 outJOGAI-CHUI - admonition
- 2 outJOGAI-GENTEN-ICHI - penalty
- 3 outJOGAI-GENTEN-NI - penalty
- 4 outJOGAI-GENTEN-SAN – SHIKKAKU

In case of *Hikiwake* in the fight, faults or Waza-aris will not be dragged to the next extension of the fight.



9. ARBITRAL PROCEDURE AND TERMINOLOGY

9.1. ARBITRAL TEAM TATAMI ENTRY AND EXIT PROCEDURE

PROCEDURE TO ENTRY

- The Referee in first place and the four judges will go into the Tatami from the right side of the front (seen the Tatami from the official table)
- When going into the Tatami, each Officer will greet first when going into the Tatami and after to the official table saying "OSU".
- If there is no arbitration team in the Tatami at that moment, the incoming team will go directly to the more distant part of the Tatami, looking to the official table.
- The Referee will be placed in the centre of the Judges and slightly advanced in the line that limits the competition zone.
- The Referee will give the order of greetings in the following way: Shomen ni rei, Mawatte, Shushin ni Rei. The Judges will follow the orders of the Referee by bowing the body at 45° in each order of Rei with "OSU"
- The Judges will occupy the assigned places in the corners.

PROCEDURE TO EXIT

- When the arbitration team has completed its turn, they will go to the more distant part of the Tatami, standing facing the official table and will perform the greetings mentioned above.
- If they are not replaced by another team, they will go out from the Tatami from the left side of the front (seen the Tatami from the official table) will greet first to the official table and after when going out of the Tatami saying "OSU".



ARBITRAL EQUIPMENT REPLACEMENT PROCEDURE

- When the arbitration team go in to replace another team, after performing the greetings when going in, they will be placed on the right side seen from the official table, with the Referee in the centre and inside the competition area, and the Judges in the line that limits the competition area and looking to the left side.
- The outgoing team, after greeting in the more distant part in front of the official table, will be placed on the left side seen from the official table and looking to the right side with the Referee in the centre and with the Judges on the line that limits the competition area, all of them looking to the right side.
- The team Referee of the outgoing team will perform the greetings between arbitration teams saying “Shimpan ni Rei”, answering both teams with “OSU”.
- The outgoing team will go out as described above.
- The incoming team will move to the more distant part of the Tatami, standing facing the official table, and will perform the greeting described above.

9.2. PROCEDURES TO START, DIRECT AND END THE FIGHT

9.2.1. PROCEDURE TO START THE FIGHT

- When the competitors are called, they will enter the Tatami on their respective sides, at the same time Aka and Shiro, always at the order of the Referee “Aka - Shiro, Nakaï”.
- The competitors will take their place looking at each other and wait for the Referee orders in Fudo Dachi.
- The Referee will take place in the centre of the competitors looking to the official table, and he/she will give the following orders:
 - Shomen ni Rei..... Greeting to the official table
 - Shushin ni Rei..... Greeting to the Referee
 - Otagai ni Rei..... Greeting between competitors
 - Kamaete Fighting position (behind the line)
 - Hajime Start the fight



9.2.2. PROCEDURE TO FINISH THE FIGHT

- When the Referee says “Yame”, the competitor will stop fighting and they will come back to their initial position, looking at each other. The Referee will indicate them, if necessary, to put on the Dogui correctly.
- After the Referee asks for the decision, he/she will give the following orders:
 - Shomen ni Rei..... Greeting to the official table
 - Shushin ni Rei..... Greeting to the Referee
 - Otagai ni Rei..... Greeting between competitors
 - Akushu Competitors Shake hands

9.2.3. PROCEDURE DURING THE FIGHT

During the fight, the terminology used by the Referee shall be as follows:

HAJIME	Start the fight. With the gesture of Tsuki
YAME	Stop the fight immediately. Right arm from top to bottom. Only the Referee, Tatami Judge or Chief Referee can stop the fight.
KAMAETE	Adopt fight position to start
ZOKKO	Restart the fight or urge to competitors to maintain a fighting attitude. With the gesture of joining both palms hands up.
JIKAN WO TOMETE	Stop the chrono to the table officers.
KUDASAI	
ENCHOSEN	Last fight with mandatory decision



9.2.4. PROCEDURE AND TERMINOLOGY FOR PROHIBITED TECHNIQUES

- When prohibited techniques are performed, the Referee will take place between the competitors and will stop the fight, acting based on Judges (flags) decision and his/her own.
- The Referee can warn about prohibited techniques based on the decision of at least three of the five arbitration team with the same decision.
- The terminology used by the Referee to declare prohibited techniques will be as follows:
 - Ganmen Ouda o Ganmen.....Prohibited hits on the face.
 - Tsukami.....Grabbing or holding the opponent.
 - Shotei Oshi o ShoteiPushing with hands/closed fists.
 - Kinteki o KogekiHits to the testicles.
 - Zutsuki.....Hits with the head.
 - KakenigeRepeated throwing action.
- Terms used by the Referee to classify faults:
 - CHUI.....First warning.
 - GENTEN-ICHI.....First fault.
 - GENTEN-NI.....Second fault.
 - GENTEN-SAN.....Third fault (Shikkaku).

The Referee will put the competitors in their places, counting the number of flags indicated by the Judges, starting from the right side, naming the prohibited technique and its classification.



9.2.5. PROCEDURE FOR GRANTING IPPON/WAZA-ARI

- First of all the Referee must check competitor's state, before asking a decision as a consequence of a possible injury or damage produced during the fight.
- Once proven that the competitors do not present damage or injury, the Referee will put the competitors in their places and will ask for decision. The Referee will start counting from the right corner and Judges flags will be counted from right to left, counting always with the right hand, naming the technique and giving the result.

9.2.6. PROCEDURE TO GIVE A DECISION IN CASE OF NO SCOR

When an Ippon or a Waza-ari are not achieved, the victory will be granted by decision:

- The Referee will put the competitors in their places and face his opponent. If the competitor are wearing the Dogui incorrectly, he/she will make them put it correctly before asking decision.
- The Referee will ask decision as follows: "Hantei onegaishimasu" judges ready to decide, lowering their heads to focus on the decision, after a short pause will give the order of "HANTEI" blowing the whistle and lowering the right arm up and down.
- The judges will then give their decision immediately, raising the corresponding flag.
- The Referee will count the flags, starting from the right side, from right to left and with his/her right hand from his/her position.
- In case there is no unanimous final decision, the Referee will count the flags with less votes first, in case of two flags of each colour, the Referee will give his/her decision in last place.
- The Referee will indicate verbally the decision, while at the same time points to the side AKA or SHIRO, with the adequate hand and clearly raised., followed by the expression NOKACHI.



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9.3. JUDGES PROCEDURE

9.3.1. BEHAVIOUR

- During the fight the judges will indicate their decisions using flags and whistles
- They will follow the Referee indications in the Tatami and they will always be attentive to possible meeting calls from him that will be indicated with the expression “FUKUSHIN SHUGO”.
- Judges behaviour:
 - They will adopt good posture while sitting.
 - They will have the whistle on the mouth during the fight.
 - They will have the flags on their hands, each one next to the colour that corresponds to it.
 - Both flags will be above the knees ready to be used quickly, clearly and energetically.
 - They will only pay attention to the tatami referee, to help him in the decisions or call his attention.
 - No one can address the judges except the Referee, Tatami Judge or Chief Arbitrator.

9.3.2. PROCEDURE TO USE FLAGS AND WHISTLES

The judges will indicate to the referee the different circumstances that they can appreciate during the fight, following the following operation:

- **IPPON KACHI:** Raising the flag straight up high, blowing the whistle loudly at the same time.
- **WAZA-ARI:** The flag is raised horizontally at shoulder’s height, blowing the whistle loudly at the same time.
- **CHUI/HANSOKU:** Moving the corresponding flag (Aka/Shiro) in small strokes up and down, blowing the whistle repeatedly and short beeps.
- **JOGAI:** Tapping the floor with the flag and blowing the whistle repeatedly and short beeps.
- **MITOMEZU:** Crossing flags horizontally ahead the knees.
- **MIEZU:** Crossing flags in front of the face.
- **HIKIWAKE:** Crossing flags ahead the knees and whistle once.



- **YUSEI HANTEI KACHI:** Victory by decision, rising the flag that corresponds straight up and whistle once.
- The judges when they have any need to speak with the referee, will move the flag in short movements from front to back, in front of the chest blowing the whistle.

Judges must use their flags and whistles with trust, confidence, and clearly, performing the movements energetically with the arms.

The actions showed with the flags will be maintained until the Referee clearly recognizes and declares the decision.

Any matter that may occur during the championship and which is not included in this regulation, will be discussed by the championship Referees and the Supreme Referee of it.

9.4. PROCEDURE FOR MAKING A COMPLAINT.

In the event that a competitor or his coach considers that in any bout the rules have been infringed without the refereeing team having appreciated it, the procedure for making a complaint or claim will be as follows:

- In the first instance, the complaint will be addressed to the tatami judge who, in collegiality with the central judge, will try to resolve the complaint.
- In the event that this is not possible for any reason, both will go to the Chief Referee who will assess the situation and give a solution based on his knowledge of the context.



10. ANNEX FOR KUMITE LOWER CATEGORIES

In the lower categories they will be governed by the same regulation as in the Senior category, in terms of evaluation criteria by the judges and referees, reprimands and scores in the combats except in the following points:

- Fights duration will be:

6 – 7 years:	1'30" + 1'30" – weight – 1'30" (compulsory decision)
8 – 9 years:	1'30" + 1'30" – weight – 1'30" (compulsory decision)
10 – 11 years:	1'30" + 1'30" – weight – 1'30" (compulsory decision)
12 – 13 years:	2'00" + 2'00" – weight – 2'00" (compulsory decision)
14 – 15 years:	2'00" + 2'00" – weight – 2'00" (compulsory decision)
16 – 17 years:	2'00" + 2'00" – weight – 2'00" (compulsory decision)

For weight decisions, the difference will be **3 kg**.

- MANDATORY PROTECTIONS
 - Shin pads
 - Gloves
 - FULL helmet, preferably white (lower categories)
 - Chest protector (Women's category)
 - Mouthguard (optional)
 - Shell (Men's category)





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- ** Chest guard: Only for 8 to 11 years-old in countries where required by law. (One of this countries is Poland).



All Dojos and competitors will bring their own protections, they must be homologated and authorized by the WKB.

The weight categories will be as follows:

		Weight (kg)											
Men	6-7 years	-25	-30	-35	+35								
	8-9 years	-25	-30	-35	+35								
	10-11 years		-30	-35	-40	-45	-50	+50					
	12-13 years				-40	-45	-50	-55	-60	+60			
	14-15 years						-50	-55	-60	-65	-70	+70	
	16-17 years								-60	-65	-70	-75	-80

		Weight (kg)									
Women	6-7 years	-25	-30	-35	+35						
	8-9 years	-25	-30	-35	+35						
	10-11 years			-35	-40	+40					
	12-13 years				-40	-45	-50	+50			
	14-15 years					-45	-50	-55	+55		
	16-17 years						-50	-55	-60	+60	

