



KARATE REGULATIONS

Last Update 01.04.2022

1. Organization

- a. The Karate Committee of the 21st Maccabiah will be responsible for the Karate competitions of the 21st Maccabiah.
- b. The Karate competitions (Kumite + Kata) will be conducted according to the Basic Rules of the W.K.F. (World Karate Federation).
- c. Participation in the competition is open to any athlete who is in possession of a Participant Card, issued by the Organizing Committee of the 21st Maccabiah and registered in the Karate competitions.
- d. Competitions will be held as follows: -
 - 1) Individuals – Open, Masters & U18:
 - Male – Kumite/Kata
 - Female – Kumite/Kata
 - 2) Teams – Open only:
 - Male – Kumite/Kata
 - Female – Kumite/Kata
- e. Minimum age for the Open Kumite competition is 18.
Minimum age for the Open Kata competition is 16.
- f. In Open and Masters' Individual Kumite events each competitor may take part in only one weight category listed. In each category there must be a minimum of 3 countries entered. Each country may enter a maximum of 3 competitors in each category. There must be a minimum number of 3 competitors in each weight category.
- g. In U18 (in their separate categories) Individual Kumite events, each competitor may take part in only one weight category listed. In each category there must be a minimum of 3 countries entered. Each country may enter a maximum of 3 competitors. There must be a minimum number of 3 competitors in each weight category.
- h. The individual Kumite Competitions will be conducted according to the following weight categories:

Open Male	Open Female	U18 Boys	U18 Girls	Masters (35+) Male	Masters (35+) Female
Up to 60kgs.	Up to 50kgs.	Up to 55kg.	Up to 47kg.	Up to 67 Kg.	Up to 55 Kg.
-67kg.	-56kg.	- 61kg.	-53kg.	-75kg.	-61kg.
-75kg.	-61kg.	-68kg.	-59kg.	Over 75 Kg.	Over 61 Kg.
-84kg.	-68kg.	76kg.	Over 59kg.		
Over 84kg.	Over 68kg.	Over 76kg.			

- i. Each country may enter maximum 3 competitors for each of the above-mentioned individual categories of the Kumite competitions and maximum 2 competitors for the Kata individual competitions (apply to all Kata Categories).
- j. Each country may enter a maximum 1 team for the Open male's Kumite team competition. Each team will consist of a maximum of 5 (+2 substitutes), a minimum of 3 competitors.
- k. Each country may enter a maximum 1 team for the Open Female's Kumite team competition. Each team will consist of a maximum of 3 (+1 substitute), a minimum of 2 competitors.
- l. Each country may enter 1 team for the Open males Kata team competition and 1 team for the senior females Kata team competition. A team will consist of three competitors.
- m. The 2 Kata teams reaching the finals must also demonstrate BUNKAI Kata.
- n. No team competition will be held for Juniors/Cadets categories
- o. Masters, Open, Juniors and Cadets contestants shall wear protectors recognized by the W.K.F (in Kumite competitions)

2. Venues and Times

- a. The Sport department of the 21st Maccabiah will determine the venues and times of the Karate competitions and teams will be notified accordingly.
- b. The competitions will be held on official mats.

3. System and Rules of W.K.F. Competition

It is recommended to ask for the complete updated set of rules of W.K.F competitions from the national Karate Federation a year before the Maccabiah commences.

- a. Duration of each match for Male and Female Open Individual Kumite will be 3 minutes.
- b. Duration of each match for the rest of the Individual Kumite categories will be 2 minutes.
- c. Duration of each match for all the Team Kumite categories will be 3 minutes.
- d. The size of the competition area (TATAMME) will be 8x8 meters.
- e. The competitions will include the repechage.
- f. The judgement of each Kumite match will be by one referee and four judges, match supervisor, tatami manager and a scorekeeper.
- g. Referees and judges shall judge the match in accordance with the updated rules of W.K.F at the day of the competition.
- h. The Chief Referee will organize a panel of referees and decide the allocation of the referees in advance of the match.
- i. VR will be used in Kumite matches according to W.K.F rules.



- j. Kata competitions will be held according to the W.K.F points system.
- k. Please ask for updated W.K.F rules at your National Karate Federation; this can usually be found also at: <http://www.wkf.net/html/rules.html> under "RULES OF KARATE COMPETITION".

4. General

- a. These regulations are but one part of the complete 21st Maccabiah regulations and must be read along with the instructions found in the Maccabiah Basic Regulations.
- b. In the event of a discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations written here will prevail, apply and be binding.

