



COUPE QUÉBEC 2019 (2019-2020)



Competition rules

Good day everyone,

The WKF kata and kumite competition rules in force as of January 1, 2019 will be applied at the Coupe Quebec.

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

NOTE that only one kata registration and one kumite registration per participant is allowed. However, there will be a double elimination system for all categories and divisions, except where a round robin will be held.

A. KATA'S EVENTS WILL BE JUDGED AS FOLLOWS:

Beginner, Intermediate and Advanced

- For the 3 divisions, the duels will be judged with flags
- Beginner and Intermediate - Under 18: simultaneous kata
- Beginner and Intermediate - 18 years and over: individual kata
- Advanced - under 16: simultaneous kata
- Advanced - 16 years and over: individual kata
- Athletes 8 years and older must have a red belt AND a blue belt for kata
- For athletes 6-7 years old, there will be red and blue belts available around the tatami, if needed.

Elite

- **The new WKF individual kata rules will apply for all age categories in the Elite division.**
- Depending on the number of athletes in each category, the athletes are divided into subgroups (see table in Appendix 1). In turn, the athletes of each group perform a kata and receive a numerical score out of 10 from each referee, for each of the technical and athletic elements of their performance. The technical score is 70% weighted and the athletic rating is 30%.
- For a group of 5 referees, the highest and lowest scores are removed and the total of the remaining three scores determine the athlete's score. In case there are 7 referees, the 2 highest notes and 2 lower notes will be removed.
- Subsequently, the top 4 of each subgroup move to the next round (see Appendix 2) and so on until the medal round.
- Athletes must have a red belt AND a blue belt

A. RULES FOR KATA REPETITION

Beginner, Intermediate and Advance

- Beginner: the athlete can repeat the same kata over and over
- Intermediate: the athlete must at least alternate 2 different kata or more
- Advanced: the athlete must at least alternate 3 katas (must make at least 3 different katas before being able to repeat the kata alternately). The same kata can not be presented in two consecutive rounds.
- Intermediate-Advanced Combined: the athlete must at least alternate 2 different katas or more
- 6-7 years old: the athlete can repeat the same kata over and over

Elite

- All athletes must present a different kata in each round.

T	F
5	5
1	1
4	4
2	2
5	5
2	2
3	3
1	0
6	3
1	6



B. KUMITE EVENTS :

Beginner, Intermediate and Advance

Uniform and equipment

- Hand protectors (1 red pair **OR** 1 blue pair)
 - Shin and foot protectors (1 red pair **OR** 1 blue pair)
 - An oral protector
 - Plastron (recommended)
 - A protective shell for male athletes
 - A bust protector for female athletes (recommended for ages 12-13 and over)
 - A karate-gi respecting the rules of the WKF in article 2 of the kumite regulations
 - A red belt **AND** a blue belt
 - According to Article 2.6 of the WKF's kumite regulations, female athletes will be able to wear an approved, or approved, approved black scarf covering their hair but not covering the neck.
- All protective gear must be either homologated by the WKF or the PKF, or be of WKF homologated style

No sweeping is allowed for 8 to 11 year old athletes.

Categories	8-9 ans	10-11 ans	12-13 ans	14-15 ans	16-17 ans	18-34 ans	35-49 ans	50 ans et plus
Bouts duration	1 min.	1 min. 30	1 min. 30	2 min.	2 min.	2 min.	2 min.	2 min.

Elite

No repechage

Uniform and equipment

- Hand protectors (1 red pair **AND** 1 blue pair)
- Shin and foot protectors (1 red pair **AND** 1 blue pair)
- An oral protector
- A plastron (note 1)
- A protective shell for male athletes
- A bust protector for female athletes (note 2)
- A karategi respecting the regulations of the WKF
- A red belt **AND** a blue belt

NOTE 1: In order to comply with the WKF competition rules, wearing the plastron is mandatory for all male and female athletes (including Youth category athletes).

NOTE 2: Although the bust protector is not mandatory for Youth athletes (12-13 years old), it is however strongly recommended. For other age groups, this piece of equipment is mandatory.

Categories	Youth	Cadet	Junior	Senior
Bouts duration	2 min.	2 min.	2 min.	3 min.