



TOURNAMENT RULES & EQUIPMENT



TOURNAMENT RULES

USA-NKF / WKF Modified Rules

The Tournament Director has the right to combine or split categories.

The Tournament Chief Referee has the right to use 3 or 5 judges.

Repechage will be used ONLY in 16+ Elite divisions.

EQUIPMENT

Advanced / Elite divisions will follow WKF rules.

White Karate-Gi (red, blue, white, gold or other lettering is allowed)

School, dojo, or country national patch is allowed

Leather fist-guard is mandatory (red, blue, and white allowed)

Shin guard and foot pads are mandatory (red, blue, and white allowed)

Mouth guard is mandatory • Groin protector is mandatory

Headgear is mandatory for under 14

Body protector is mandatory for under 14

Chest protector is mandatory for 14 and older

KUMITE REGULATIONS

USA-NKF / WKF modified rules. All techniques to the face, head and neck must have absolute control. Skin touch will be allowed in all official categories.

KUMITE MATCH DURATION

Under 14 — 1.5 min effective time • 8 ceiling points

14+ except 18–34 Advanced/Elite — 2 min effective time • 8 spread points

18–34 Advanced/Elite and OPEN — 3 min effective time • 8 spread points

8 points ceiling except Advanced/Elite and OPEN — 8 points spread