



# Karate competition in Sweden

- instructions, exceptions and requirements for international participants

**Dear international guests - welcome to compete in Sweden!**

This information is translated into English to assist foreign participants in understanding and to clarify national rules and guidelines for competing in Swedish WKF Karate tournaments. Please pay attention to the codes of conduct and the regulations in this manual and as conveyed by the Referee Commission, Technical Commission and the local Organizer, as non-compliance can forfeit the right to participation or coach attendance.

A warm welcome and best of luck,  
*Swedish Karate Federation*

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More information to be found at [www.karatesweden.se](http://www.karatesweden.se).

## **EQUIPMENT** - Requirements in Sweden

### Children 7–11 yrs

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.

### Others

Body protection and/or chest protectors may be used but are not mandatory.

Groin guard may be used but is not mandatory.

No helmet can be used.

### Children 12–13 yrs

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.
- Groin guard for male competitors.
- WKF Chest protector for female competitors.
- No helmet can be used.

### Cadets, Juniors, U-21 and Seniors

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.
- Groin guard for male competitors.
- WKF Chest protector for female competitors.

### Others in all kumite

Body protection is not mandatory.

Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.

# COACHING RULES

## Introduction

It is always the coach's responsibility to remain informed about changes in rules or other information regarding karate competitions in Sweden. The coach bears the ultimate responsibility to ensure that competitors have sufficient information before, during and after a karate competition.

**The karate competitions sanctioned by the Swedish Karate Federation are based on the licence issued by the Martial Arts Delegation and these regulations are in accordance with the decisions of the Martial Arts Delegation and the Martial Arts Act (2006:1006).** As a coach it is essential to understand that exceptions to these regulations or competition rules are therefore not possible. The coach must provide competitors with the best possible conditions when preparing for and participating in competitions.

## Requirements for serving as a coach

Coaches shall adhere to WKF rules and any exceptions or additions to these rules as stipulated in SKF's approved Appendix to Coaching Rules for children's competitions. All rules and regulations are available at [www.karatesweden.se](http://www.karatesweden.se).

If a coach does not adhere to the specified rules, this coach may be disbarred from the competition. The minimum age for serving as a coach is 16 years for coaching children and 18 years to coach cadet to seniors.

## The coach

Competitors cannot serve as coaches and coach other competitors in the same category. Competitions for adults and children which take place on the same day are to be considered as two separate competitions. The coach shall ensure that competitors always have the appropriate equipment for a competition and shall inform competitors of their respective competition times and locations.

During the entire competition, a coach must wear training overalls with an identification mark and suitable shoes for this, but not outdoor shoes. A suitable t-shirt must be worn under the tracksuit. The clothing must be clean. Coaches may also wear headgear for religious reasons, which is approved by the WKF.

## Tasks of the coach during competitions:

- Ensure that the competitor is entered into drawing in the correct class/division.
- Ensure that the competitor wears the correct attire.
- Ensure that the competitor has the correct equipment.
- Ensure that the competitor is prepared when competition is to begin for his or her class/division.
- Ensure that the competitor is aware of when finals/requalification shall begin.
- Ensure that the competitor arrives properly dressed for requalification, finals and awards ceremonies.

## Competition license **(only mandatory for Swedish residents)**

The coach and competitors are responsible for ensuring that competitors can present a valid competition license at competitions in Sweden for both kata and kumite (from 14 years). If the original of the valid license cannot be presented, the competitor shall not be allowed to compete under any circumstances. Temporary competition licenses or copies shall not be accepted. The competition license, which also serves as an identification card, is part of the system and regulations established to ensure safety, self-reporting and self-management, and is also required according to

the conditions by which the Swedish Karate Federation may initiate competitions in accordance with the Martial Arts Act.

**The competition license is mandatory for participation in all sanctioned competitions whose regulations are licensed in accordance with the decisions of the Martial Arts Delegation and the**

**Martial Arts Act (2006:1006). Competitors shall bring their licenses to each competition and present them for inspection by the referees.**

Competitors shall always produce their licenses at the start of competition. Referees shall inspect licenses to ensure their validity. For kumite, referees shall collect licenses. The licenses shall be placed on the Secretariat table prior to the start of the match. When the class/division has completed competition, each competitor is responsible for retrieving his or her license. Should a competitor fail to present his or her license prior to the start of competition, the competitor has 1 minute to retrieve the license; otherwise, the competitor shall be removed from the class/division.

**Number of coaches**

The maximum number of coaches allowed in karate competitions in Sweden is 1 coach per match area.

**The following protective equipment is compulsory in kumite competitions for children aged 7–13 years:**

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- Gum shield.
- Soft shin pads and foot protection, one contestant wearing red and the other wearing blue. Body protection and/or chest protectors may be used but are not mandatory. Groin guard may be used but is not mandatory. Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.

**The following protective equipment is compulsory in kumite competitions for cadets, juniors and seniors:**

- Mitts, one contestant wearing red and the other wearing blue.
  - Gum shield.
  - Chest protector for female competitors.
  - Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
  - Groin guard for male competitors.
- Body protection is not mandatory.  
Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.

**Invitations to competitions**

It is always the coach's responsibility to ensure that his or her competitors are given correct information about competition registration, weighing, opening ceremonies, match start times and any exceptions to these. The invitation to a competition shall contain specific information for that competition. In case of doubt the coach shall contact the competition organiser.

**Registration**

All competitors shall be registered within the specified period. This period shall be clearly stated in the invitation.

Registration shall be made by one person and association/club responsible.

If registration arrives after the registration period has ended, the competition organiser has the right to refuse participation.

If the competition organiser finds that the maximum number of participants has been reached, and does not wish to jeopardize the schedule, the organiser may refuse participation of additional competitors.

It is the responsibility of the coach to ensure that participants are registered in the correct age and weight classes.

For participants to be registered for the competition, the competition organiser shall send a confirmation of registration to participants.

If participants have not received confirmation, the coach shall contact the organiser prior to the competition.

**Registration fee**

It is the responsibility of the coach to ensure that registration fees are paid according to the invitation. If the registration fee is paid too late, the competition organiser has the right to

refuse participation. If for any reason a participant fails to arrive for the start of competition, the registration fee shall not be repaid.

### **Registration/weighing**

If for any reason a participant or club misses the specified occasion for registration or weighing, the competition organiser has the right to refuse participation.

### **Competitor injuries**

It is incumbent upon all coaches to ensure that their competitors are trained in and are able to use break- fall/safe landing techniques.

If the competitor is injured and needs some form of tape or bandages to compete, this must be approved by the Tatami Manager on the advice of the Tournament Doctor. An injured contestant who has been declared unfit to fight by the tournament doctor cannot fight again in that competition.

Should the tournament doctor determine that a serious injury has occurred, the injured contestant is not allowed to compete in kata or kumite. When the doctor declares the contestant unfit to compete for some time, the contestant's monitoring card shall be sent to SKF.

The tournament doctor has the final say as to competitor injury and waiting period to return to competition. Another doctor may not alter this decision. When the waiting period has ended the monitoring card shall be returned to the competitor.

### **Award ceremonies**

At award ceremonies, competitors receiving awards shall wear a karate gi or karate gi with a club track jacket.

### **Disqualification**

If a competitor fails to arrive at the specified place and time for competition (also when the organiser has clearly announced any changes via loudspeaker or similar in the competition locale), the competitor shall be removed from the competition. Competition cannot be halted because a competitor is not present. In this matter, the coach carries full responsibility.

### **Penalties**

If a competitor or team behaves in such a way as to harm the prestige and honour of Karate, SHIKKAKU (disqualification) is the penalty for the individual competitor or team. Monitoring card/s shall be collected from the penalised persons and sent to SKF. The matter shall be reported to the Federation Board of Trustees, which shall refer the matter to the Legal Affairs Board for advisement. The Federation Board of Trustees always makes the final decision in the matter.

### **Safe sport**

In addition, the following is required of both competitors and coaches:

- You must show respect for other competitors, coaches, judges and officials.
- You must have a good sporting attitude.
- You must be a role model for younger practitioners.
- You must follow the guidelines for a safe sports environment. All events under the auspices of the Swedish Karate Federation must be safe for all members and participants and completely free from all forms of psychological and physical abuse, verbal harassment and abuse of power. Any type of discrimination that has to do with, for example, origin, skin colour, gender, sexual orientation, language, religion and politics is unacceptable.
- You must be aware of and follow the rules against doping.
- This applies before, during and after competition, in physical and digital arenas.

# APPENDIX TO RULES FOR CHILDREN'S COMPETITIONS

Children's competition is a part of play and shall always take place on the child's own terms.

## KUMITE

1. Rules for children apply to children aged **7–13 years**.
3. Requalification is allowed and at the discretion of the organiser. Requalification shall be specified in the competition invitation.
4. Glasses are not allowed in kumite competitions. Gum shields are mandatory.
5. The use of metallic teeth braces must be approved by the Referee (Shushin) and the Official Doctor, on the condition that the contestant accepts full responsibility for any injury.
6. Attacks to the Chudan, i.e. the abdomen, chest, back and side, shall be performed with maximum restraint. All exaggerated body contact is prohibited. The concept of a *very light touch* (previously known as a "skin touch") shall be used in attacks to the Chudan. Techniques used in attacks to these areas shall preferably be performed without contact.
7. When awarding points or issuing warnings, penalties etc. the referees shall state the Japanese terms and the corresponding Swedish expressions. The children must be able to understand the referee's instructions.
8. Existing WKF regulations for cadets and juniors shall be applied in Swedish competitions for all ages in children's kumite, with the following exceptions:  
*Contact with Jodan, i.e. the face, head and throat/neck is prohibited. Upon the slightest contact with Jodan, the competitor initiating the contact shall be warned, penalised or disqualified. If a mitt or foot protector touches its target with even a so-called "very light" or "skin" touch, the penalty scale specified in Article 9 shall be applied. Referees shall ensure strict application of the penalty scale for even the lightest contact.*

### **MATCH AREA, MATCH TIME AND PROTECTIVE EQUIPMENT FOR GIRLS/BOYS 7 TO 13 YEARS:**

*Match area* - Minimum: 6 x 6 m. / Maximum: 8 x 8 m.

*Match time* - 1 1/2 min. match.

#### *Protective equipment*

One contestant shall wear red mitts and a red belt (Aka), and the other shall wear blue mitts and a blue belt (Ao). Body protection/chest protectors may be used.

Red/blue foot and shin protectors are mandatory. Gum shields are mandatory.

## KATA

1. Kata rules for children apply to children aged 7–13 years.
2. Existing WKF regulations for Swedish competitions shall be applied for all ages in children's kata, with the following exceptions:

- a. Contestants are allowed to wear glasses during kata competitions.
- b. Contestants shall be able to perform the kata of their choice in all rounds.
- c. A previously performed kata may be repeated.
- d. No Bunkai in team kata.
- e. Mixed kata teams are allowed.
- f. If a contestant performs a different kata than the one specified, or interrupts the kata, the contestant will receive a chance to start again. Referees and judges shall ignore the unsuccessful kata. The judgment of the new kata shall be carried out as if the kata were the first one performed. The unsuccessful kata shall not be taken into account. If the contestant does not succeed the second time when performing the kata, he or she shall not be disqualified. However, it is not possible for the contestant to win the match.
- g. Two competitors are allowed to enter the tatami at the same time. This is at the discretion of the organiser but must be stated in the competition invitation.

## **OTHER RULES**

- Prior to the start of a class/division competition, referees shall gather all competitors. In the most child-friendly way possible, the referees shall explain the rules of competition and shall also make themselves available to answer questions from competitors, leaders and/or parents.
- Coaches, competitors and referees shall adhere to WKF rules for Swedish competitions and any exceptions or additions to these rules as stipulated in SKF's approved Appendix to Coaching Rules for children's competitions.
- Organisers for children's competitions are allowed to mark loan belts with the competition name or logo. No other exceptions to belt marking are permitted.
- All participants in the competition are obligated to know and understand the applicable SKF rules for competition.
- In kumite, competitors are classified according to age and height. Each class shall be divided into two groups based on average height. Each competitor's height shall be stated for the organiser on the registration form.
- Girls and boys may not be mixed (i.e. compete against each other) in kata or kumite (does not apply to mixed-team kata).
- All competitors must receive proof of participation, e.g. a certificate, T-shirt or similar. It is very important to create an atmosphere of friendship and camaraderie for the competition. Awards ceremonies shall take place after the completion of each class/division. The competition periods must not be excessively long with an uncertain waiting time for ceremonies.

### **Age requirements, Kata and Kumite:**

One the day of competition, at least 7 years of age and not more than 13 years of age.

### **Classes, Kata, girls/boys:**

7 years, 8 years, 9 years, 10 years, 11 years, 12 years and 13 years.

### **Classes, Kumite, girls/boys:**

7 years, 8 years, 9 years, 10 years, 11 years, 12 years and 13 years.

### **Mixed-team Kata:**

7 to 13 years (classification at the discretion of the organiser).

**Team Kumite:** 7 years, 8 years, 9 years, 10 years, 11 years, 12 years and 13 years.

**Note!** Kumite teams may not consist of mixed ages or mixed girls and boys.

# Instructions for coaching children

Appendix to Coaching Rules with respect to children under 14 years of age

**It is the absolute responsibility of the club to ensure that any individual representing the club as a coach in a children's competition is fully familiar with SKF's rules and competition regulations.**

**KATA:** The coach must sit in a chair at the side of the tatami and in complete silence, until the child leaves the tatami after the match.

**KUMITE:** The coach must sit in a chair at the side of the tatami, and is allowed to speak to his/her student during "Yame", using only words of encouragement or simple instructions in a positive, calm tone of voice. Simple instructions may be given with the purpose of improving the student's chances of completing the match using good technique and without the risk of injury. Any coach who is in violation of this will be administrated according to what is stated in the document *Consequenses of misconduct in coaching children*.

A coach's presence shall give the child a sense of safety and security. The coach is NOT there to spur the child to increased performance or victory. Coaching during an ongoing match shall be considered inappropriate coaching. Coaching shall also be deemed inappropriate if, during the time allotted after the referee calls "Yame", the coach is excessively loud or speaks to the child in a way that is considered offensive, aggressive or otherwise negative. Other inappropriate behaviour includes the presence of family members, parents or spectators beside the tatami, or calling or making comments from the spectator areas in a manner inconsistent with the coaching instructions given herein.

Children wish to develop and improve their skills and conditions and make their own decisions during the match. Irrespective of whether they win or lose, children shall have a sense of adequacy.

As adults, we must not forget that competition is a part of play and shall ALWAYS take place on the child's own terms. The coach, parents and others in the environment – such as spectators at a competition – are requested to remember that karate is an opportunity for play, fellowship and enjoyment, as well as physical, social, mental and cultural development. Our common goal is always to provide children with a positive experience that encourages continued training, competition and membership in the association, thus promoting healthy, lifelong participation in sport.

If a coach fails to act according to these instructions, the judges' panel reserves the right to take a decision regarding the consequences of this behaviour, according to the document **Consequenses of misconduct in coaching children**.



# Consequences of misconduct in coaching children

## Regarding children under 14 years of age

**It is the sole responsibility of the association to ensure that any individual representing the club as a coach in a children's competition is fully familiar with SKF's rules and competition regulations.**

Actions to be taken in the case of active/inappropriate coaching:

1. If the Referee finds that the coach or another individual in the vicinity of the tatami is coaching in an inappropriate way or is disrupting the match in any other way, the Referee shall halt the match and signal to the individual to be silent (finger before the mouth).

In this case, J2 and J3 have a responsibility because they are sitting closest to the coaches; J2 and J3 can rotate the flag upwards and then point at the coach, if they have noted this inappropriate behaviour. Such situations do not require a "flag majority". It is sufficient for the Referee to decide on action, or if one or more flag judges signal to the Referee and the Referee considers that the coach's behaviour is inappropriate.

2. If the inappropriate behaviour continues, the Referee shall stop the match, and remove the coach to the spectator or other area away from the tatami. The Referee will then inform the Chief Referee and an incident report will be forwarded to the Referee commission.

Should the coach/individual continue to coach inappropriately, shout or otherwise speak or act disrespectfully from the spectator or other area, the Referee shall stop the match and call the Chief Referee. The Chief Referee shall approach the coach/individual and inform him/her that unless the behaviour stops immediately, the entire club will be disqualified from the competition; all results will be removed from the record and any medals to be awarded to the club's members will be withheld.

If a coach/individual is expelled from the area, expulsion applies for the duration of the competition. The coach/individual is not allowed to proceed to another tatami and continue coaching.

# OFFICIAL PROTEST FORM

The protest must be prepaid

SWISH 123 365 32 01. Ref. protest, show the receipt.

Any potential refunds will be handled by SKF Office, [info@swekarate.se](mailto:info@swekarate.se).

## KUMITE



### 1000 SEK

DATE	COMPETITION	PLACE

COMPETITOR'S COUNTRIES	
AO	AKA

PROTEST DESCRIPTION

To be continued on the other side of this page

NAME OF COACH / NF REP.	COUNTRY	Valid as receipt by the WKF
SIGNATURE:		

FOR OFFICIAL USE ONLY

TATAMI N°			MS/Kansa:		
PANEL	REFEREE	JUDGE 1	JUDGE 2	JUDGE 3	JUDGE 4
NAME					
COUNTRY					

# OFFICIAL PROTEST FORM

The protest must be prepaid

SWISH 123 365 32 01. Ref. protest, show the receipt.

Any potential refunds will be handled by SKF Office, [info@swekarate.se](mailto:info@swekarate.se).

## KATA



### 1000 SEK

DATE	COMPETITION	PLACE

NAME OF THE COMPETITOR	COUNTRY

PROTEST DESCRIPTION

To be continued on the other side of this page

NAME		Valid as receipt by the WKF
SIGNATURE		

FOR OFFICIAL USE ONLY

TATAMI N°	TM Manager:						
PANEL	Judge 1	Judge 2	Judge 3	Judge 4	Judge 5	Judge 6	Judge 7
NAME							
COUNTRY							