



**KARATE REGULATIONS**  
**Last Update 13.7.2021**

**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 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 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 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 WKF competitions from the national Karate Federation a year before the Maccabiah commences.
- a. Duration of each match for Male Open Individual Kumite will be 3 minutes. No extra time, and finals need to be 4 min, for female 2min and final 3 min
  - b. Duration of each match for the rest of the Individual Kumite categories will be 2 minutes. No extra time
  - c. Duration of each match for all the Team Kumite categories will be 2 minutes.
  - d. The size of the competition area (TATAMME) will be 8x8 meters.
  - e. The competitions will include the repechage.
  - f. The judgment 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. 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.

