

FSKL Rules & Regulations

Divisions

Levels: Beginners (0 - 1 years) Intermediate (2 - 3 years)
 Novice (1 - 2 years) Advanced (3 years and over)

*Black belts must register as Advanced

*Brown belts must register as Intermediate or Advanced

*Competitors must register for one level higher than previous year regardless of belt level.

Divisions:

5 & Under	10 - 11 years	16 - 17 years
6 - 7 years	12 - 13 years	18 - 34 years
8 - 9 years	14 - 15 years	35 and over

*The tournament director reserves the right to change or combine divisions if there is less than five competitors per division.

Kata Eliminations

Uniform:

- All white karate uniform with one small patch allowed on left chest.
- Competitors will wear red belt for Aka or blue belt for Ao
- Belts will be provided for those that do not have their own.

Performance:

- A random pair of competitors will perform next to one another. Advanced adults will perform their katas individually.
- Katas must be traditional. Moves that do not conform to traditional standards (i.e. flips, excessive breathing and yelling) will disqualify the competitor
- Male and female divisions will be combined except for Advanced 14-34.
- Single Elimination will determine top three places for Beginners, Novice, Intermediate, 13 & under Advanced, and all 35 and over
- Repechage Elimination for Advanced 14 - 34
- All competitors may repeat the same kata in each round or choose to a new one.

Kumite Rules

WKF Rules Modified: applies to Beginners, Novice, Intermediate, 13 & under Advanced, and all 35 and over

- 1 Minute 30 Second Rounds (Stop time)
- Single Elimination
- Winner is first to reach 8 points or lead at time expiration
- Light contact with head kick is allowed for all competitors
- No head contact with punch is allowed for all 17 and under divisions.

WKF Rules: Advanced Divisions 14 - 34

- 2 Minute Rounds (Stop Time) for 14 - 17 PKF and WKF women
- 3 Minute Rounds (Stop Time) for WKF men
- Repechage Elimination
- Winner is first to have lead of 8 points or lead at time expiration
- WKF rules for contact

FSKL Rules & Regulations

Kumite Uniform & Equipment:

- All white uniform with one small patch on left chest
- Mouth guard and groin protectors (males only). This will be checked in staging. Those are missing this equipment will not be allowed to compete.
- WKF style red and blue sparring gloves. Gloves will be provided for those that do not have their own.
- Red and blue belts. Belts will be provided for those that do not have their own.
- White foam helmets are mandatory for competitors 9 and under
- Red & Blue WKF or White USANKF approved shin guards and foot protectors are optional, however only these types will be allowed. You can't wear blue shin pads on the red side or red shin pads on the blue side. You can wear the white USANKF shin pads on both sides.

Staging Times

*All athletes are responsible to be at the commencement of the tournament and remain until their divisions are called. Athletes that do not show up to staging when called will be disqualified.