



KARATE MANITOBA COMPETITION MINIMUM SAFETY STANDARDS

APPENDIX #2 – MULTI STYLE EVENTS

Competition Area

- Multi Style Events will require 8x8 metre rings with mats.
- Competition area must be clearly marked off and unobstructed by competitors, judges/referees and coaches.

Body Protector/Chest Protector

- The use of WKF style body protectors and chest protector is recommended

Face Masks

- The use of facemasks is prohibited unless otherwise noted in the competition rules for that competition

Glasses

- To ensure the safety of the competitors, glasses are not allowed during kumite bouts. Regular glasses may be worn during kata competition.
- Soft contact lenses can be worn at the competitor's own risk

Medical Personnel

- All competitions require a qualified emergency medical personnel/first aid present for the entirety of the competition.

Other

- Groin protection is strongly recommended for all male competitors 14 years of age and older
- Gum shield is compulsory for competitors
- Gloves/fist protectors must be foam filled and vinyl covered WKF style. Cloth or leather gloves are not permitted.
- The use of WKF style shin/instep pads is strongly recommended for all competitors 12 years of age and older
- Competitors may wear religious head coverings if approved by the Chief Official. The head coverings can only cover the hair/head but cannot cover the throat area.