OCTOBER 4th
09:00 a.m



9th CHILDREN AND YOUTH KARATE CHAMPIONSHIP

RULES

ORGANIZER:





Aim:

To give a chance to younger athletes (beginners) to prove themselves; to introduce them to the procedure and atmosphere of competitions.

Organizer:

NGO "Vidzemes karate klubs" Reg. No. 40008221553

in cooperation with "Latvian Karate Federation" Reg. No. 40008024026.

The person in charge: Kaspars Riekstins, phone.+37126478649, e-mail: kaspars@vkk.lv

Time and adress:

October 4, 2025,

Sigulda sports Centre,
ATA Kronvalda Street 7A, Sigulda,
Sigulda county, LV-2150, Latvia
8:30 a.m. referee meeting,

09:00 a.m. opening of the championship

Referees:

LKF panel of referees.

Chief referee: Santa Drozdova

Participation:

Participation is **NOT ALLOWED** for the athletes who have won medals at national or international championships, for example, Latvian Championship, Baltic States championships, Jūrmala GRAND PRIX, Latvian OPEN, Polish Open or other higher ranking championships.

Except in case:

- The athlete participated in age group 6-7 years;
- The athlete in 2024/2025 changed to a new age group where they have not won 1-3 place.
- The medal was one in a group with 4 or less participants;
- The participation of a particular athlete has been agreed upon with the organizer.

Athletes are responsible for their own medical condition during the championship and for health insurance!

The organizers do not provide the necessary equipment! Athletes, as well as their coaches and parents, are solely responsible for any injuries that occur from not using the required equipment!

Privacy and personal data protection:

Photography and video recording will take place at the competition venue. The organizers have the right to use the captured material for self-promotion purposes without consent from the individuals appearing in it.

Participation fee:

KATA and KUMITE **30,00** EUR FANTOM KUMITE **25,00** EUR

Rules:

- **Kata** and **Kumite** disciplines follow WKF and/or LKF children's rules, as approved by the Latvian Karate Federation board, with modifications made by the organizer.
- KIMONO is mandatory for all participants in all categories!
- The competition area size is **6m x 6m** (+1m protective zone).
- Categories are conducted in a round-robin system. Each subgroup consists of 3-5 athletes, and after the subgroup fights, the top two athletes from each group continue to compete for medals in an Olympic-style system.
- Flag system is used in all categories.
- Kata, Kumite, and Phantom Kumite categories are judged by 3 referees.
- The allowable weight exceedance in Kumite categories is **0.2 kg** for boys and **0.5 kg** for girls.

KATA:

- Athletes are only allowed to perform the following katas: **Taikioku**, **Heian 1-5**, **Pinan 1-5**, **Ten-no-kata** 1-3, **Geksadai 1-2**, **Saifa**, **Zenshin-kotai**.
- In categories up to 7 kyu, the athlete performs two katas, but up to 9 kyu, they perform one.
- Athletes can participate in Kata categories with their certification belts.
- Athletes perform the kata simultaneously.
- An athlete may participate in only one kyu category.
- In U16 categories, kata is performed individually with red or blue belts (AKA or AO).

KATA OPEN

- Kata OPEN uses the Olympic system, not the round-robin system.
- U8, U10 can perform one kata.
- U12, U14, U16 must perform at least two katas.
- Katas are performed from the official **WKF list**.
- Katas are performed simultaneously up to U14.
- In U16, kata is performed individually.

KUMITE:

- U8, U10 match duration is 1 minute or until an 8-point difference.
- U12, U14, U16 match duration is 1.5 minutes or until an 8-point difference.
- Athletes must have all equipment in accordance with WKF rules or LKF children's rules, but the
 equipment does not need to have a "WKF approved" mark.
- The color of gloves and belts must match the athlete's color in the match (AKA or AO).
- The color of foot protectors does not matter.
- Body protection vests are mandatory for athletes in all categories.
- In U14 U16 age groups, groin protection is mandatory.
- Chest protection for girls in U14 is optional; from U16, it is mandatory.
- Athletes may participate in only one weight and age category.

PHANTOM KUMITE:

- In the **Phantom** discipline, athletes must wear gloves of any color.
- Foot protectors are not mandatory.
- Athletes can participate with their certification belts.
- Each athlete is given **five attacks** during a Phantom Kumite match. The time allowed for preparing and executing an attack is up to **4 seconds**.
- The Phantom fight begins when the chief referee invites the athletes to approach the mannequins.
 Athletes start imitating Kumite movements (without strikes). On the command "Aka hajime," the first
 athlete executes one attack. An attack can consist of one or several strikes (up to 3), but if multiple
 strikes are made, they must be logically connected and constitute a "single attack" rather than
 "separate attacks."
- After completing one attack, the first athlete continues to imitate Kumite movements, while the second athlete, after the chief referee's command "Ao," begins their attack (the command "hajime" is given before the first strike, after that the referee only calls the athlete's color for further attacks).
- After both athletes have completed five attacks, the referee gives the command "Yame," and the athletes assume the "Haji Dachi" stance. The referee, using "Hantei," determines the winner.

Judging criteria:

- 1. The scoring criterion: For 1 attack, an athlete can score only one point, regardless of the type and number of strikes (whether it was a punch or kick does not matter).
- 2. **Technique**, variety of techniques, and use of strike combinations.
- 3. **Zanshin** and movement before the attack.

Contact (uncontrolled strike) follows junior rules. A touch on the mannequin is allowed in all age categories, but an uncontrolled strike (if the mannequin sways significantly or falls) is considered contact (the point is not awarded).

Categories.

KATA

Boys	KYU	Girls	KYU
U8	- 9kyu, OPEN	U8	- 9kyu, OPEN
U10	- 9kyu,-7kyu, OPEN	U10	- 9kyu,-7kyu, OPEN
U12	- 9kyu,-7kyu, OPEN	U12	- 9kyu,-7kyu, OPEN
U14	- 9kyu,-7kyu, OPEN	U14	- 9kyu,-7kyu, OPEN
U16	- 7kyu, OPEN	U16	- 7kyu, OPEN

KUMITE

Boys	Weight	Girls	Weight
U8	Open	U8	Open
U10	-27/-35/+35kg	U10	-30/+30kg
U12	-30/-36/-43/+43kg	U12	-30/-40/+40kg
U14	-40/-45/-50/+50kg	U14	-42/-47/+47kg
U16	-57/+57kg	U16	-47/+47kg

FANTOM KUMITE

Boys	Girls
U8	U8
U9	U10
U10	U12
U11	U14
U12	
U14	

The organizer has the right to change categories in all disciplines.

Dispute resolution and protest procedure:

All questions regarding the competition that are not covered in the regulations will be resolved with the involvement of the organizer's representative and the referee committee. Video evidence must be provided by the protester. The cost of filing a protest is **100 EUR**.

Awards:

In all categories, 1st place, 2nd place, and two 3rd places will be awarded with diplomas and medals.

Applications:

Submit electronically at www.karateregistration.lv by 30.09.2025 at 24:00.

Chief Secretary: Viktorija Agafonova, phone +371 29118019, e-mail: viktorija.agafonova@karate.lv

Any changes will be communicated to coaches and clubs