

2022 SKGB

INTERNATIONAL GRAND PRIX

CHAMPIONSHIPS

SUNDAY 5TH JUNE

**RAVENS CRAIG REGIONAL SPORTS FACILITY
O'DONNELL WAY, MOTHERWELL**

Scottish Karate Governing Body Ltd
Supporting Sport and Traditional Karate In Scotland





Rules of the day

The event will start at 9.00am prompt with staggered start times throughout the day. A full event schedule confirming start times will be published on Sportdata prior to the event.

Competitors in the first categories of the day should be ready to start at 9.00am prompt. **For all other categories competitors should be in the arena a minimum of 1 hour prior to category scheduled start time.** Should the event run ahead of schedule category start times may be brought forward.

The following WKF approved equipment is compulsory for all WKF kumite categories and recommended for all other kumite categories:

Mitts **red** for **AKA** and **blue** for **AO**

Shin pads and foot protectors **red** for **AKA** and **blue** for **AO**

Gum Shield

Body protector [compulsory for 14 years and above]

Female chest protector (compulsory for 14 years and above, this is worn as well as the body protector.)

Kata

Scoring will be by flag system.

U14 years Novice - 9th Kyu – 5th Kyu	Heian/Pinan kata only	Can repeat
U14 years Advanced - 4th Kyu & Above	Free choice of kata	Alternate between a minimum of two kata
Para Kata	Free choice of kata	Can repeat
WKF categories 14 years+	WKF rules	

Kumite

U14 years and Veteran Bout duration: 1.30 minutes

WKF scoring rules but no contact will be allowed to the head, face or neck with either the hands or feet. Any contact however slight, will be penalised.

WKF rules for all WKF Kumite categories

Weight/Height check in & Licence check

We will operate weight/height & licence checks. Any competitor found registered in the incorrect category will not be allowed to compete. We cannot move competitors to another category if they fail the weight/height checks.

All competitors must produce a valid licence on the day of the competition. If licence is not valid or not presented you will not be allowed to compete.

Chief Referee: Mr Robert McQueen
REFEREES BRIEFING: 8.30am
COACHES BRIEFING: 8.45am