



Malta Karate Federation

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National Karate Championships 2021

Under the auspices of the World Karate Federation

21st November 2021

***National Sport School
Pembroke***





Programme of events

25 th October 2021	<i>Closing date for participants to submit applications using the online form. Copy of vaccination certificate must be included with applications.</i>
31 st October 2021	<i>Closing date for clubs to submit their members' applications to any committee member. Payment must be included with applications.</i>
7 th November 2021	<i>Fixtures to be finalized in a meeting held specifically for this purpose. Following this meeting, MKF will forward finalized fixtures to all dojos. No further adjustments will be entertained after this date.</i>
21 st November 2021 @ 08:00	<i>All athletes aged 12 years and older at venue</i>
21 st November 2021 @ 09:00	<i>Competition for athletes aged 12 years and over commences.</i>

The above dates are provisional and depend on the actual turnout for this competition. The Malta Karate Federation reserves the right to modify the above program.





CATEGORIES for INDIVIDUAL KATA **COMPETITION**

WHITE TO BROWN BELTS

CATEGORY	AGE / years	Gender	Belt
U14 White Male	12 - 13	Male	Ungraded and White
U14 Yellow Male	12 - 13	Male	Yellow
U14 Orange Male	12 - 13	Male	Orange
U14 Green Male	12 - 13	Male	Green
U14 Blue Male	12 - 13	Male	Blue
U14 Brown Male	12 - 13	Male	Brown
U14 White Female	12 - 13	Female	Ungraded and White
U14 Yellow Female	12 - 13	Female	Yellow
U14 Orange Female	12 - 13	Female	Orange
U14 Green Female	12 - 13	Female	Green
U14 Blue Female	12 - 13	Female	Blue
U14 Brown Female	12 - 13	Female	Brown
Cadets White Male	14 – 15	Male	Ungraded and White
Cadets Yellow Male	14 – 15	Male	Yellow
Cadets Orange Male	14 – 15	Male	Orange
Cadets Green Male	14 – 15	Male	Green
Cadets Blue Male	14 – 15	Male	Blue
Cadets Brown Male	14 – 15	Male	Brown
Cadets White Female	14 – 15	Female	Ungraded and White
Cadets Yellow Female	14 – 15	Female	Yellow
Cadets Orange Female	14 – 15	Female	Orange
Cadets Green Female	14 – 15	Female	Green
Cadets Blue Female	14 – 15	Female	Blue
Cadets Brown Female	14 – 15	Female	Brown
Junior White Male	16 – 17	Male	Ungraded and White
Junior Yellow Male	16 – 17	Male	Yellow
Junior Orange Male	16 - 17	Male	Orange
Junior Green Male	16 – 17	Male	Green
Junior Blue Male	16 – 17	Male	Blue
Junior Brown Male	16 – 17	Male	Brown
Junior White Female	16 – 17	Female	Ungraded and White
Junior Yellow Female	16 – 17	Female	Yellow
Junior Orange Female	16 - 17	Female	Orange
Junior Green Female	16 – 17	Female	Green
Junior Blue Female	16 – 17	Female	Blue
Junior Brown Female	16 – 17	Female	Brown





CATEGORY	AGE / years	Gender	Belts
Senior White Male	18 +	Male	Ungraded and White
Senior Yellow Male	18 +	Male	Yellow
Senior Orange Male	18 +	Male	Orange
Senior Green Male	18 +	Male	Green
Senior Blue Male	18 +	Male	Blue
Senior Brown Male	18 +	Male	Brown
Senior White Female	18 +	Female	Ungraded and White
Senior Yellow Female	18 +	Female	Yellow
Senior Orange Female	18 +	Female	Orange
Senior Green Female	18 +	Female	Green
Senior Blue Female	18 +	Female	Blue
Senior Brown Female	18 +	Female	Brown

BLACK

CATEGORY	AGE / years	Gender
U14 Male	12 – 13	Male
U14 Female	12 – 13	Female
Cadets Male	14 – 15	Male
Cadets Female	14 – 15	Female
Junior Male	16 – 17	Male
Junior Female	16 – 17	Female
Senior Male	18+	Male
Senior Female	18+	Female

CATEGORIES for OPEN KATA COMPETITION

CATEGORY	AGE / years	Gender
U14 Open Male	12 – 13	Male
U14 Open Female	12 – 13	Female
Cadets Open Male	14 – 15	Male
Cadets Open Female	14 – 15	Female
Junior Open Male	16 – 17	Male
Junior Open Female	16 – 17	Female
Senior Open Male	18+	Male
Senior Open Female	18+	Female





RANGE of APPROVED KATA and CONDITIONS

Ungraded and White Belts (Ungraded and 9th Kyu)	
<i>Taikyoku Shodan</i>	<i>Taikyoku Nidan</i>
<i>Fu Kyu Kata Ichi</i>	<i>Heian Shodan</i>
Yellow Belts (8th Kyu)	
<i>Taikyoku Shodan</i>	<i>Taikyoku Nidan</i>
<i>Fu Kyu Kata Ichi</i>	<i>Heian Shodan</i>
<i>Heian Nidan</i>	
Orange Belts (7th Kyu)	
<i>Taikyoku Shodan</i>	<i>Taikyoku Nidan</i>
<i>Fu Kyu Kata Ichi</i>	<i>Heian Shodan</i>
<i>Heian Nidan</i>	<i>Heian Sandan</i>
Green Belts (6th Kyu)	
<i>Taikyoku Shodan</i>	<i>Taikyoku Nidan</i>
<i>Fu Kyu Kata Ichi</i>	<i>Heian Shodan</i>
<i>Heian Nidan</i>	<i>Heian Sandan</i>
<i>Heian Yondan</i>	
Blue Belts (5th and 4th Kyu)	
<i>Taikyoku Shodan</i>	<i>Taikyoku Nidan</i>
<i>Fu Kyu Kata Ichi</i>	<i>Heian Shodan</i>
<i>Heian Nidan</i>	<i>Heian Sandan</i>
<i>Heian Yondan</i>	<i>Heian Godan</i>
<i>Tekki Shodan</i>	





Brown Belts (3rd, 2nd and 1st Kyu)

<i>Taikyoku Shodan</i>	<i>Taikyoku Nidan</i>
<i>Fu Kyu Kata Ichi</i>	<i>Heian Shodan</i>
<i>Heian Nidan</i>	<i>Heian Sandan</i>
<i>Heian Yondan</i>	<i>Heian Godan</i>
<i>Tekki Shodan</i>	<i>Kanku Dai</i>
<i>Bassai Dai</i>	<i>Enpi</i>
<i>Jion</i>	

- Athletes must perform Katas of their own choice from the lists for their level as shown above.
- Athletes must perform a different Kata in each round. Once performed a Kata may not be repeated.
- The score table will be notified of the choice of Kata prior to each round.

Black Belts (all Yodansha) and Open Kata

Major Shotokan Kata List of the World Karate Federation

<i>Anan</i>	<i>Jiin</i>	<i>Passai</i>
<i>Anan Dai</i>	<i>Jion</i>	<i>Pinan Shodan</i>
<i>Ananko</i>	<i>Jitte</i>	<i>Pinan Nidan</i>
<i>Aoyagi</i>	<i>Juroku</i>	<i>Pinan Sandan</i>
<i>Bassai</i>	<i>Kanchin</i>	<i>Pinan Yondan</i>
<i>Bassai Dai</i>	<i>Kanku Dai</i>	<i>Pinan Godan</i>
<i>Bassai Sho</i>	<i>Kanku Sho</i>	<i>Rohai</i>
<i>Chatanyara Kushanku</i>	<i>Kanshu</i>	<i>Saifa</i>
<i>Chibana No Kushanku</i>	<i>Kishimoto No Kushanku</i>	<i>Sanchin</i>
<i>Chinte</i>	<i>Kousoukun</i>	<i>Sansai</i>
<i>Chinto</i>	<i>Kousoukun Dai</i>	<i>Sanseiru</i>
<i>Enpi</i>	<i>Kousoukun Sho</i>	<i>Sanseru</i>
<i>Fukyugata Ichi</i>	<i>Kururunfa</i>	<i>Seichin</i>





<i>Fukyugata Ni</i>	<i>Kusanku</i>	<i>Seienchin (Seiyunchin)</i>
<i>Gankaku</i>	<i>Kyan No Chinto</i>	<i>Seipai</i>
<i>Garyu</i>	<i>Kyan No Wanshu</i>	<i>Seiryu</i>
<i>Gekisai (Geksai) 1</i>	<i>Matsukaze</i>	<i>Seishan</i>
<i>Gekisai (Geksai) 2</i>	<i>Matsumura Bassai</i>	<i>Seisan (Sesan)</i>
<i>Gojushiho</i>	<i>Matusumura Rohai</i>	<i>Shiho Kousoukun</i>
<i>Gojushiho Dai</i>	<i>Meikyo</i>	<i>Shinpa</i>
<i>Gojushiho Sho</i>	<i>Myojo</i>	<i>Shinsei</i>
<i>Hakucho</i>	<i>Naifanchin Shodan</i>	<i>Shisochin</i>
<i>Hangetsu</i>	<i>Naifanchin Nidan</i>	<i>Sochin</i>
<i>Haufa (Haffa)</i>	<i>Naifanchin Sandan</i>	<i>Suparinpei</i>
<i>Heian Shodan</i>	<i>Naihanchi</i>	<i>Tekki Shodan</i>
<i>Heian Nidan</i>	<i>Nijushiho</i>	<i>Tekki Nidan</i>
<i>Heian Sandan</i>	<i>Nipaipo</i>	<i>Tekki Sandan</i>
<i>Heian Yondan</i>	<i>Niseishi</i>	<i>Tensho</i>
<i>Heian Godan</i>	<i>Ohan</i>	<i>Tomari Bassai</i>
<i>Heiku</i>	<i>Ohan Dai</i>	<i>Unshu</i>
<i>Ishimine Bassai</i>	<i>Oyadomari No Passai</i>	<i>Unsu</i>
<i>Itosu Rohai Shodan</i>	<i>Pachu</i>	<i>Useishi</i>
<i>Itosu Rohai Nidan</i>	<i>Paiku</i>	<i>Wankan</i>
<i>Itosu Rohai Sandan</i>	<i>Papuren</i>	<i>Wanshu</i>
<ul style="list-style-type: none"> • Athletes must perform Katas of their own choice from the list above. • Athletes must perform a different Kata in each round. Once performed a Kata may not be repeated. • The score table will be notified of the choice of Kata prior to each round. 		





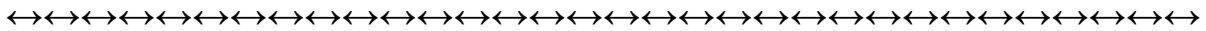
KATA RULES

- The elimination system will be used. The competitors are divided into groups of eight. Each competitor in the group will perform his/her kata and the judges will rank the performance. The 4 highest ranking athletes from each group pass to the next round until only two groups of competitors remain, whereupon the Competitors with the highest score in each of the two respective groups are pitted against each other competing for 1st place (the loser taking 2nd place) and the Competitors having the second highest score in each of the two groups are pitted against the third highest score in the other group to compete for the two 3rd places (bronze finals).
- In the event that there are 3 competitors in a category, a single kata is preformed to determine the 1st through 3rd place.
- With 4 competitors, two groups of two are formed for the first round and the two winners compete for 1st place in the second round. The losers are both placed 3rd.
- With 5-10 competitors, two groups are formed. The three highest scoring athletes from each group will move to the next round as follows. The two first ranked athletes from each group compete against each other for 1st place. The second ranking from group A meets the third ranking from group B for 3rd place and vice versa. If the category has only 5 athletes, then athlete who placed 3rd in the larger group automatically wins the 3rd place on bye.
- If the number of competitors is 11-24, two groups are formed. After the first kata is performed by all the athletes in each group, the 4 top competitors form two groups of four after which the second kata will determine the ranking for the 6 competitors (3 from each group) that will proceed to compete in the third round for the medals in the normal manner.
- All Kata judges are prohibited from participating in the competition on the same day.
- A competitor shall compete **ONLY** in the category that is considered in his/her level (age and grade).
- A minimum number of THREE (3) athletes are required to form a category. If only ONE or TWO (1 or 2) athletes are available for a category, then the category will be removed and the athletes will be transferred to a higher category (first by age then by belt).





- If an athlete is transferred to a category with participants of a different belt, the kata performed must be changed accordingly.
- Only kata from the official kata list may be performed.
- In the case of the Open Kata categories, athletes of different grades can enter the same category, as determined by age.
- A competitor can compete in both his/her belt category and an appropriate open category.





KUMITE REGULATIONS: CLASSES and WEIGHT CATEGORIES

Pre-Athletes children: 12 to 13 years			
Males		Females	
Category	Weight in Kg	Category	Weight in Kg
U14 -40kg Male	< 40	U14 -42kg Female	< 42
U14 -45kg Male	40 - 45	U14 -47kg Female	42 - 47
U14 -50kg Male	45 - 50	U14 47+kg Female	> 47
U14 -55kg Male	50 - 55		
U14 55+kg Male	> 55		

Cadets: 14 to 15 years			
Males		Females	
Category	Weight in Kg	Category	Weight in Kg
Cadet -52kg Male	< 52	Cadet -47kg Female	< 47
Cadet -57kg Male	52 - 57	Cadet -54kg Female	47 - 54
Cadet -63kg Male	57 - 63	Cadet 54+kg Female	> 54
Cadet -70kg Male	63 - 70		
Cadet 70+kg Male	> 70		

Juniors: 16 to 17 years			
Males		Females	
Category	Weight in Kg	Category	Weight in Kg
Junior -55kg Male	< 55	Junior -48kg Female	< 48
Junior -61kg Male	55 - 61	Junior -53kg Female	48 - 53
Junior -68kg Male	61 - 68	Junior -59kg Female	53 - 59
Junior -76kg Male	68 - 76	Junior 59+kg Female	> 59
Junior 76+kg Male	> 76		





Athletes Under 21: 18 to 20 years			
Males		Females	
Category	Weight in Kg	Category	Weight in Kg
U21 -60kg Male	< 60	U21 -50kg Female	< 50
U21 -67kg Male	60 - 67	U21 -55kg Female	50 - 55
U21 -75kg Male	67 - 75	U21 -61kg Female	55 - 61
U21 -84kg Male	75 - 84	U21 -68kg Female	61 - 68
U21 84+kg Male	> 84	U21 68+kg Female	> 68

Athletes Seniors: 21+ years			
Males		Females	
Category	Weight in Kg	Category	Weight in Kg
Senior -60kg Male	< 60	Senior -50kg Female	< 50
Senior -67kg Male	60 - 67	Senior -55kg Female	50 - 55
Senior -75kg Male	67 - 75	Senior -61kg Female	55 - 61
Senior -84kg Male	75 - 84	Senior -68kg Female	61 - 68
Senior 84+kg Male	> 84	Senior 68+kg Female	> 68

Open Categories			
Males		Females	
Category Number	Age	Category Number	Age
U17 Male	13 – 16 years	U17 Female	13 – 16 years
U22 Male	17 – 21 years	U22 Female	17 – 21 years





KUMITE TEAM EVENTS

Category U14:	<i>12 – 13 years</i>
Category Cadets:	<i>14 - 15 years</i>
Category Junior:	<i>16 – 17 years</i>
Category Senior:	<i>18 years and above</i>

KUMITE RULES

- Individual and Team KUMITE Rules that will be applied during this competition will be in accordance with those published and as amended from time to time by the World Karate Federation.
- A competitor can compete in both his/her weight category and an appropriate open category.
- A competitor can join **ONLY** one team for team kumite.
- **Weighing in:** Athletes that are found over or under the designated weight category will be disqualified. This also applies for the age category that the athlete should fit in on the day of the championship. Only a discrepancy of **+ or – 500 grams** will be allowed.
- Pre-Athletes rules:
 - No face contact and skin touch for chest and back.
 - Techniques allowed:
 - **Feet** – *Mawashi geri and Uramawashi geri;*
 - **Hands** – *Uraken Jodan and Gyakuzuki Chudan;*
 - *No ashi barai allowed.*
 - Failure to observe the above regulations will be penalized.
- **Obligatory** protection equipment:
 - Mitts (red or blue)
 - Gum shields
 - Chest protectors
 - Shin protectors (red or blue) (WKF equivalent)
 - Foot protectors (red or blue) (WKF equivalent)





- **Optional** protection equipment:
 - **Males:** Groin protectors (not the removable plastic cup type)
- Duration of bouts:

Category	Age group	Duration
Male Seniors	21+ years	3 minutes
Female Seniors	21+ years	2 minutes
Juniors and Cadets	14-20 years	2 minutes
Pre-Athletes	8-13 years	1½ minutes
Team events	All	2 minutes

- A minimum number of THREE (3) athletes are required to form a category. If fewer athletes are available for a category, then they will be transferred to a higher category (first by weight and then by age). This process continues by alternatively attempting a higher category, first by age then by weight, until the athlete can be fitted into a category.
- A competitor shall not compete in a category that is considered below his/her level of age and weight, unless by consent from competitor's dojo cho or competitor him/herself.
- The competition will use the elimination system with repechage. In each round, half of the contestants in the category are eliminated (counting byes as contestants), while the other half proceed to the next round. Those contestants eliminated by losing to one of the two finalists will compete in the repechage with a chance to gain 3rd place in the category.
- If a category has only 3 contestants the category will be in the form of a league, where each competitor will compete against all competitors within his/her category. For **ALL league categories**, the point system will be applied with 2 points for a win and 0 for a loss.
- Each team can be composed of between TWO (2) and FOUR (4) athletes, of either gender. If a team has only two athletes, then that team will start each match with a loss in the first round. The fourth athlete will be a reserve for the team.





GENERAL RULES

- All karate athletes may participate in the championship provided that they are enrolled as members of the Malta Karate Federation.
- The competition will be held on two tatamis. Athletes will be allowed in the competition area and the warm-up area only when they are requested to go there by the competition officials.
- All dojo chos having athletes from their club participating in the competition are required to act as judges.
- World Karate Federation (WKF) rules shall apply throughout the entire competition.
- For all categories, the order of play will be determined by fixtures.
- All ages apply as on the day of the competition.
- Contestants must wear a white karate gi without stripes, piping or personal embroidery. The national emblem or flag of the country will be worn on the left breast of the jacket and may not exceed an overall size of 12cm by 8cm. Only the original manufacturer's labels may be displayed on the gi. In addition, identification issued by the Organising Committee may be worn on the back. One contestant must wear a red belt and the other a blue belt. The red and blue belts must be around five centimetres wide and of a length sufficient to allow fifteen centimetres free on each side of the knot. The belts are to be of plain red and blue colour, without any personal embroideries or advertising or markings other than the customary label from the manufacturer.
- The jacket, when tightened around the waist with the belt, must be of a minimum length that covers the hips, but must not be more than three-quarters thigh length. Female competitors may wear a plain white T-shirt beneath the Karate jacket. Jacket ties must be tied. Jackets without ties may not be used.
- The maximum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. Jacket sleeves may not be rolled up.
- The trousers must be long enough to cover at least two thirds of the shin and must not reach below the anklebone. Trousers legs may not be rolled up.





MODIFICATIONS TO COMPETITION RULES FOR THOSE UNDER 14 YEARS OF AGE

Kumite for children between 12 and 14 years of age:

- For techniques to the head and neck (Jodan area) no contact is allowed.
- Any contact to the jodan area, however slight, in principle will be penalized.
- A correctly performed technique to the head or neck in principle will be considered a score at a distance up to 10 cm.
- The bout duration is one and a half minute.
- No use of protective equipment that is not WKF approved.
- WKF Facemask and Chest Protector for Children are used.

Registration Fees

An athlete can compete in ONE category from each modality of the competition. The fees are as follows:

- Individual kata: €15 *
- Open kata: €15 *
- Individual kumite: €15 *
- Open kumite: €15 *
- Team kumite: €5 per team member

* If athlete is registered for more than one individual / open category, the fee for the 2nd, 3rd or 4th category is €10.

COVID-19 Protocol

- **NO SPECTATORS** will be allowed into the competition hall.





- All competitors, officials, coaches and venue staff must be registered to be allowed into the competition hall.
 - <https://forms.gle/e83WNPWr8QJkUxxk8> – competitors registration
 - <https://forms.gle/NxxEWJf8AiDqCh7T8> – officials, coaches and staff registration
- A valid COVID-19 vaccination certificate recognised by the Superintendent of Public Health must be uploaded on registration.
- As a special concession for this competition only, competitors who do not have a valid COVID-19 vaccination certificate will be considered for participation. They must request permission from the organising committee and commit to present a negative PCR test taken after 18th November 2021 at 09:00 (72 hours prior to the competition) or a negative Rapid Antigen Test taken after 19th November 2021 at 09:00 (48 hours prior to the competition). The test results must be sent by email to competitions@maltakarate.com by Saturday 20th November 2021.
- Each individual in the competition hall is responsible to observe the [Number of Persons in Public Spaces Regulations](#) with any of its amendments.
- Athletes may choose to compete and warm-up with or without masks. They are expected to wear masks at all other times.
- Officials must wear masks at all times unless they are required to blow a whistle, and may only gather in groups in accordance with the [Number of Persons in Public Spaces Regulations](#) and any of its amendments.
- Each club will be designated with an area where its competitors are to leave their belongings and where they will stay when they are not warming up or competing.
- The competition schedule will be such that different age groups will be segregated from each other. All categories, kata and kumite, and the award ceremony will be held in succession for one age category before moving to the next.
- During the award ceremony, social distancing will be maintained at all times. Medals will not be placed over athletes' head and there will be no handshakes. In the case of team categories, only one athlete from each team will be allowed on the podium.
- There are to be no handshakes, no team photographs or other unnecessary contact.





- Designated entry attendants will be registering all people entering the competition hall.
- All people entering the competition hall will have their temperature checked, with the entry attendant reserving the right to ask about Health status.
- All athletes will fill in the WKF health questionnaire and send by email to competitions@maltakarate.com on Saturday 20th November 2021.
- All people in the competition hall should have their ID card and COVID-19 vaccination certificate or negative COVID test available at any time.
- Sanitising stations will be available throughout the hall – use them wisely.

