



2026 FNB CHAMPIONSHIP PREPARATION RUN

COMPETITION ARRANGEMENTS AND ADAPTED RULES

COMPETITION ARRANGEMENTS

COMPETITION APPOINTMENTS

Tournament Director = Willem Burger
Chief Referees = Willem Burger
Referee Commission = Willem Burger (Chairperson), Georg Schurz, Bernd Grahl and Hendré Beukes.

REGISTRATION DEADLINE

Monday 3 August 2026 11.59 pm SAST.

FEES

N\$ 300 for all categories

PAYMENT DEADLINE

Friday 07 August 2026 11.59pm SAST. **Note:** A “TEAM ENTRY WAIVER, INDEMNITY AND RELEASE OF LIABILITY” to accompany each proof of payment forwarded to willemburger30@gmail.com.

SCHEDULE OF EVENTS

Friday – 14 August 2026

- Hall set-up – all junior and senior karateka 17:00 at the competition venue.

Saturday – 15 August 2026

- Opening Ceremony – Official march-on
- All individual and team Kata events
- All individual and team Kumite events
- All Kobudo events

CATEGORIES

- Novice : 10th to 7th Kyu (white, yellow and orange belts).
- Intermediate : 6th to 4th Kyu (green, blue and purple belts).
- Elite : 3rd Kyu+ to Dan (red, brown and black belts).

COMPETITION ADAPTED RULES

Important: *These adapted rules apply only where expressly stated.*

The 2026 FNB Championship Preparation Run is conducted under the principles and spirit of the World Union of Karate-Do Federations (WUKF). However, certain competition divisions may be conducted under

modified rules approved by the Organising Committee and Referee Commission. These adaptations are necessary to accommodate the unique developmental, socio-economic and logistical circumstances within Southern Africa. In particular:

- The cost of certain mandatory equipment may be prohibitive for some participants, especially young karateka and those from developing communities.
- The availability of qualified referees, judges and officials may differ from that of larger international championships, requiring practical adjustments to ensure efficient and safe management.
- The championship seeks to provide meaningful participation opportunities for beginners and developing karateka who have not yet attained the technical proficiency, experience or competition readiness required to fully comply with standard WUKF competition rules.
- Modified divisions create a safe and progressive pathway through which novice competitors can gain confidence, experience and skills before transitioning to full WUKF competition formats.

All adaptations are designed to preserve the fundamental values of karate, including safety, fairness, respect, sportsmanship, and technical development, while promoting the WUKF principle of **“Karate for All”**.

SPECIAL DEVELOPMENTAL COMPETITION CATEGORIES

Every karate champion started somewhere. These exciting developmental divisions allow young karateka to experience the thrill of competition, build confidence, and take their first steps on the path to future championship success. To encourage participation, build confidence, and provide an enjoyable introduction to competitive karate, the 2026 FNB Championship Preparation Run is proud to again offer the developmental kumite categories introduced last year.

These events are specifically designed to allow young and beginner karateka to experience the excitement of competition in a safe, positive, and age-appropriate environment.

KARATE-KIDS NIHON KUMITE:

Who May Compete?

Karate Kids Nihon Kumite is intended for:

- Children aged 4 to 8 years;
- Karate Kids, Tiny Tigers, and similar beginner programmes;
- Karateka graded 10th Kyu or equivalent beginner level;
- Children who have recently started karate and are not yet following a formal grading syllabus;
- Karateka who are not yet familiar with kata competition or traditional kumite formats.

Competition Format

Karate Kids Nihon Kumite is a modified form of kumite in which competitors use shortened pool noodles instead of gloves. A standard pool noodle is cut into approximately 30 cm sections, consisting of:

- Two Red (Aka) noodle pieces; and
- Two White (Shiro) noodle pieces.

Competitors hold the noodle pieces while competing against one another. Matches are conducted according to Shobu Nihon Kumite Rules, with competitors scoring Ippon and Waza-ari in the normal manner.

Match Duration

- **1 minute and 30 seconds**

Purpose

Karate Kids Nihon Kumite provides a fun and exciting first competition experience for young karateka. The objectives are to:

- Introduce children to karate competition in a safe and supportive environment;

- Develop confidence, coordination, timing, distancing, and basic fighting skills;
- Encourage participation and enjoyment from the earliest stages of karate training;
- Create positive and memorable championship experiences;
- Inspire young karateka to continue their karate journey and progress into regular kata and kumite divisions.

This division celebrates courage, participation, enthusiasm, and the joy of karate.

NOVICE NIHON KUMITE

Who May Compete?

Novice Nihon Kumite is intended for:

- Children aged 9 to 13 years;
- Karateka graded 9th Kyu or lower;
- Karateka who may not yet have the confidence, experience, or desire to participate in traditional Nihon Kumite divisions;
- Young karateka who wish to gain competition experience before progressing to standard kumite events.

Competition Format

Novice Nihon Kumite is a modified form of kumite in which competitors use shortened pool noodles instead of gloves.

A standard pool noodle is cut into approximately 30 cm sections, consisting of:

- Two Red (Aka) noodle pieces; and
- Two White (Shiro) noodle pieces.

Competitors hold the noodle pieces while competing against one another.

Matches are conducted according to Shobu Nihon Kumite Rules, with competitors scoring Ippon and Waza-ari in the normal manner.

Match Duration

- 1 minute and 30 seconds.

Purpose

Novice Nihon Kumite serves as an exciting bridge between beginner karate and traditional kumite competition.

The objectives are to:

- Provide a welcoming competition platform for developing karateka;
- Build confidence through meaningful competitive experience;
- Develop timing, distancing, movement, awareness, and tactical decision-making;
- Encourage karateka to overcome hesitation and gain confidence in kumite participation;
- Prepare competitors for future participation in traditional Nihon Kumite and Sanbon Kumite divisions;
- Promote enjoyment, sportsmanship, discipline, and respect.

This division rewards effort, determination, and personal growth while preserving the spirit and values of karate competition.

SUMMARY OF ADAPTED RULES

Important: These adapted rules apply only where expressly stated.

This document contains the final changes and information. To maintain consistency on all the tatamis, rules should not change during the tournament. When there is an exception or change, the Referee Commission will approve, and everyone will be informed.

The following summary highlights the most important rules and adaptations applicable to this Championship.

Compulsory equipment for WUKF SA Championships

- Mitts for all Kumite categories. Competitors must use bubble mitts, with or without thumb protector. WUKF approved Ippon or bubble mitts for Shobu Ippon.
- All Elite categories (Children, Mini-Cadet, Cadet, Junior, Senior, Veteran) and all Team Kumite: competitors must have the correct colour mitts, depending on being Aka (red) or Shiro (white). The rest will only be required to have one pair of mitts (red/white).
- Gum shields must be worn for all Kumite. Except when a child wears a helmet.
- Gum shields: any colour except red, although preferably white or clear.
- Groin protectors for male cadets, juniors, seniors, and veterans.
- White or red belts for Kumite, according to side. A limited number of belts will be provided, do not remove them from the floor. Correct length would not be guaranteed. Bring your own, if possible. Team Kumite must wear red/white belts. Coaches to assist by bringing white/red belts.
- Competitors in Elite categories must wear the correct Karate-Gi (Uniform), belt colour (white/red for Kumite) and belt length, to set an example. See Art 4.4 to 4.14.2. Other competitors are encouraged to dress as close to the rules as possible.
- Only White Karate-Gi is allowed. Black is permitted for some Kobudo.
- Equipment and uniform checks will be done during lineup and during participation.

Optional

- Body protectors (Children Nihon Kumite). May be worn inside or over karate-gi jacket.
- Helmets (Children Nihon Kumite). If a helmet is worn note Art 48.1 – Forbidden contact – excessive contact to the Face or Helmet and Art 48.1.1 – ***“Light” touches by the hand or foot to the helmet are allowed.*** However, the technique must not push or move back the head of the opponent. If this happens then a warning or penalty must be given.
- Groin protectors for children, boys. We will be flexible on this as not all competitors are likely to have a groin protector. It is highly recommended to wear it. Injuries incurred due to a competitor not wearing a groin protector will not necessarily result in a penalty for the opponent.
- Chest protectors for females from age 13 years (from Mini-cadets), must be white. It is a ***breast protector*** and not a body protector. It is highly recommended to wear it. Also wear a white t-shirt.

Allowed Equipment

- Nihon and Sanbon Kumite: White or Red shin protectors (when only wearing shin protectors). White instep protectors (feet). Red instep allowed for AKA.
- Sport glasses, spectacles (only for Kata), contact lenses or medical devices are worn at own risk during Kata and Kumite. Indemnity forms must be signed and must be approved by the medical attendants at the competition for all devices and medication (sport glasses, medical devices, braces, diabetic conditions, etc.). Fill in the “Medical report” form and hand it to the table once the division starts. Asthma pump and diabetic medicine must be kept by the Coach nearby after the Officials on the floor where the contestant is participating have been informed.
- Kalava/Mauli (sacred thread used in Hindu religious traditions) is allowed but only cotton, material.

Forbidden Equipment

- Other sports organisations’ logos (Art 4.14.2) will NOT be allowed at all.
- Other world karate bodies’ logos on any equipment (mitts, Karate-Gi, protectors) must be removed or coloured over with a marker pen to ensure that it is not visible.
- Blue mitts, blue instep and blue shin protectors will NOT be allowed at all.
- Spectacles (glass or hard plastic) for Kumite.
- Instep and shin protectors for **Ippon** Kumite.

- The old type of material mitts are not allowed.
- The instep and shin protector must be separate, in two pieces, not one piece, can be attached together with Velcro.
- Body protectors (except for Children **Nihon** Kumite).
- T-shirts may not be worn (except for Females & Inclusive categories: white only. The Combat attacker must wear a black shirt).

Coaches

One coach for every 10 athletes per Federation will be allowed. Only one coach per floor per contestant is allowed. Only coaches who attend the official course/s will be accredited to coach at the Championship. Coaches must wear a tracksuit. A tracksuit top may however be substituted with a golf or t-shirt. Coaches must have an identification card, to be handed to the officials before each kumite match. The match will **not** be postponed to give the Coach 2 minutes to change into the correct uniform, (Art 4.16), but s/he must still change before being allowed to coach.

Draw Sheets

- The Repechage Drawsheet System will be implemented for all Kumite categories.
- The points system will be used for all Kata and Kobudo categories.
- Only the Chief Table Official or Tournament Director may make changes to the Drawsheets.

Number of rounds in Kata categories

- 13 competitors or more: 3 rounds: Elimination, Semifinals & Finals.
- 12 competitors or fewer: Two rounds only will be conducted (Semifinal and Final). Depending on the Kihapp system configuration, these may be displayed as Round 1 and Round 2.
- There will be a maximum of 6 Competitors in round 3 (finals).
- The table officials will inform everyone at the start of each category as to the number of rounds and Katas allowed. Do not rely on the number of entries per category as they appear at present, as it might change. Elite categories should prepare another Kata in the event of a TIE.

Kata procedures

- The jury table judges will inform all competitors at the start of each category as to the number of rounds taking place. Do not rely on the number of entries per category as they appear at present, as it might change.
- Prepare TIE Katas for Elite categories, others may repeat katas in the event of a TIE.
- The Competitor must **clearly** announce the Kata name. Coaches to ensure that competitors are aware that screaming the name of the kata in an unintelligible manner slows down the process as the Centre Referee will demand the name of the kata being announced and pronounced in a recognisable manner.
- The Centre Referee repeats the Kata name to the TO (Table Official) who needs to make sure that the kata is on the WUKF kata list and that it may be performed in that specific kata round. The table must also ensure that it is a valid kata for the registered style (Art. 1.4.6) of the participant.
- If the Kata may not be performed, (or the Kata name is not pronounced clearly) call and assist the competitor to choose the correct Kata (Art. 66.4) and prevent Art. 77.2 f) to happen. Make sure the competitor has a clear understanding of which Kata to perform. No extra points will be deducted at this stage. If the competitor starts the Kata before the next step, a Judge must stop him/her. The Table Official must change the Kata name written down on the drawsheet. The Centre Referee repeats the Kata name and only then may the competitor start.
- We will not follow rule 69.7: *If all the competitors who compete in a tie situation are disqualified, each competitor must perform an imposed kata from the Shitei list of their Kata style.* If there is a TIE

(to determine who goes through to the next round or after a grand total TIE), another Kata must be done, one competitor at a time. Points must be given. If there is another TIE or both have been disqualified, flags will be used based on the last Kata.

The TOs will need to break the tie on Kihapp manually if resolved with flags. TOs will award the winner the highest score in the range and the loser the lowest score in the range (so, Elimination: (5.0 and 6.9) Semifinal (6.0 and 7.9) Final (7.0 and 8.9). This will break the tie on Kihapp and move Kihapp on to the next screen. **The original score will be used for the grand total.**

- When a Kata is announced and verified by the Table Official as the correct Kata for the style and round, and the competitor then performs a different Kata, the following steps will be followed instead of applying Art. 77.2 b) to disqualify, but also to be in line with Art. 76:
 - Do not stop the competitor while performing the Kata. The Judges call a meeting afterwards to confirm that another and/or incorrect Kata was performed. Then:
 - Novice (white, yellow, orange) and Intermediate (green, blue, purple) and All Children, including Children in Elite category: **Each Judge deduct 0.2 points.**
 - From Mini-Cadets up to Veterans in Elite (red, brown, black) category: **Disqualify (minimum point for the round).**

Kumite rule change

- No contact allowed to the head, neck or throat for Children Nihon Kumite when a helmet is not worn and an Atenai will be imposed.
- Art 28.1.2 e) will be replaced by the following: An Atenai will be given for dangerous leg sweeps. For example, for a sweep or kick that land on the knee or high on the leg. However, when an Ashi Barai is not followed up by a technique, and the Ashi Barai is done correctly and safely, an Atenai will not be given anymore.

Combined categories for Kumite

- Where 12- and 13-year-olds are combined (although highly unlikely), they will do Shobu Sanbon.

Dress code for Referees, Judges and Jury Table Judges

- **Referees**
Referees must at all times conduct themselves with dignity, decorum and professionalism. When not officiating, referees should remain seated adjacent to the tatami to which they have been assigned.
 - Navy-blue blazer (optional for younger Judges/Kansa) with two silver buttons.
 - WUKF badge
 - White, short sleeve shirt
 - Red WUKF tie
 - Light grey trousers
 - Black socks covering $\frac{2}{3}$ rd of the shin
 - Black soft sole shoes
 - Whistle

Whilst on the Tatami; Referees, Kansa and Judges are not allowed to wear watches, rings, earrings, bracelets, pens, phones, tiepins, or other objects and may also not use their mobile phones (Art. 4.3).

- **Jury table judges**
 - grey, black or navy and a white blouse or shirt.

Art 9.3 - Coaches, Presidents, Spectators or Competitors are not permitted to loiter around the tatami area, nor the Table Jury area nor are they permitted to speak to or distract or interfere with the work of the Jury Table officials.

The Competitor's Uniform

- Competitors must be dressed exactly as per Article 4.4 to 4.14 and ART 5 in the WUKF rules and with above mentioned allowances. Officials will ask the Coaches to assist the Novice and Intermediate groups to get ready. Coaches must ask the competitor's permission before assisting.
- Referees will be strict with the Elite groups to adhere to the WUKF and tournament rules.
- Art 4.14.2 Removal of other sports organisations' logos must be done immediately.
- Two minutes will be given to correct the Uniform; in Kata: before the competitor enters the tatami and in a Kumite match: before Hajime.

Match time

Individual	Children	1 minute 30 seconds,	effective time
	Mini-cadets	2 minutes,	effective time
	Cadets	2 minutes,	effective time
	Juniors	3 minutes,	effective time
	Seniors	3 minutes,	effective time
	Veterans	2 minutes,	effective time
	Ippon	2 minutes	running time
Rotation Nihon Team Kumite		4 minutes,	running time
Rotation Sanbon Team Kumite		6 minutes,	running time
Rotation Ippon Team Kumite		4 minutes,	running time

Summary of Individual Kata Rounds

Category	Belt	Elimination	Semi-finals	Finals	Observation
All ages	Novice	Shitei	Shitei	Shitei	May repeat
Children 7-12 yrs	Intermediate	Shitei	Shitei	Shitei or Sentei	May only repeat in a TIE
Children 7 yrs	Elite	Shitei	Shitei	Shitei or Sentei	NO repeat
Children 8-11 yrs	Elite	Shitei	Shitei or Sentei	Shitei or Sentei	NO repeat
Children 12 yrs	Elite	Shitei	Shitei or Sentei	Tokui	NO repeat
MiniCadets-Veterans	Intermediate	Shitei	Shitei or Sentei	Shitei or Sentei	May only repeat in a TIE
MiniCadets-Veterans	Elite	Shitei or Sentei	Tokui	Tokui	NO repeat

The term "Tokui" does not restrict to but also allows competitors to select a Kata from the Shitei or Sentei group of Kata on the Official Kata Schedule. The meaning of "Tokui" is a Kata not performed previously. "Sentei" also includes "Shitei".

No Kihon Kata or half of a Kata or Taikyoku allowed.

Only Kata on the "Official WUKF Kata list" and Gorin permitted.

Instructors and Coaches, please make sure that your competitors know which Kata they must perform in the different rounds and in the event of a TIE, which **style** they are entered under and which Federation they represent.

Combined categories for Kata

- Where categories have been combined, for example senior ladies white to purple, all competitors will be given the option to repeat a kata in each round and/or tie.

Team Kata

Any Kata may be done, and a Kata may be repeated in all rounds and repeated even in the event of a TIE.

Kobudo

Kobudo categories are judged in the same way as Kata categories.

- Kihon Kata and free choice Kata will be allowed.
- The Kata may be repeated in each round as well as in a TIE.
- Tapered Bo and variations will **NOT** be allowed.
- Athletes may not roll their sleeves up and must stick to the official dress rules for competitors.
- As per the WUKF Kobudo Rules, the Uniform (Karate-Gi) and rules on how to wear it, is the same as in the general rules, with the exception being that competitors can wear a black dogi jacket with white dogi pants.
- Competitors should be using the correct specified equipment as would be required for grading etc. The weapons should be correct as per the requirements in the Kobudo rules.
- Weapons will be inspected, weighed and approved before the event.