

WKF Rules 2025 shall apply with the following Regulations (for insurance purposes)

Ages	Children 6/7-8/9 Years	Children 10/11-12/13 Years	Cadets 14-15 Years	Junior 16-17 Years	U21 & Senior	Masters	Shihan	
Score Method	Flags 2 perform at same time	Flags 2 perform at same time	Flags perform 1 at a time	Flags perform 1 at a time	Flags perform 1 at a time	Flags perform 1at a time	Flags perform 1 at a time	
Kata	2 Kata needed Highest - Seienchin	2 Kata needed Highest - Sanseru	3 Kata needed Highest - Seipai	3 Kata needed Highest - Kururunfa	3 Kata needed Highest - Suparimpei	3 Kata needed Highest - Suparimpei	3 Kata needed including Genkaku & Chikaku	
Other	Must perform ABAB	Must perform ABAB	Must perform ABCA	Must perform ABCA	Must perform ABCA	Must perform ABCA	Must perform ABCA	
Duration	1:30 min	1:30 min	2:00 min	2:00 min	3:00 min	3:00 min		
Scores	6 points spread	6 points spread	8 points spread	8 points spread	8 points spread	8 points spread		
Ring Size	8x8 Metres							
Contact	Any face touch with fist or foot Warning	Any face touch with fist or foot Warning	WKF Rules applied	WKF Rules applied	WKF Rules applied	WKF Rule applied		
Mandatory Protective Gear	Gum shield Mitts (red & blue) Red & Blue Belts, Shin & Instep (red & blue)	Gum shield Mitts (red & blue) Red & Blue Belts, Shin & Instep (red & blue)	WKF Rule applied	WKF Rulle applied	WKF Rules applied	WKF Rule Applied		
Optional Protective Gear	Body Protector, Groin Guards, Chest Protector	Body Protector, Gropin Guard, Chest Protector						