

## *European Junior Championship in Warsaw, Poland - 17<sup>th</sup> December, 2011*

### **KUMITE Rules**

<b>Age</b>	14 - 15 yr	16 -17 yr
<b>Elimination rounds</b>		
<b>Match Duration</b>	90sec → 90sec (judges must decide the winner)	120sec →120sec (judges must decide the winner)
<b>Semi-finals Finals</b>		
<b>Match Duration</b>	120 sec → 90sec → Weight→ 90sec → Weight	120sec →120sec → Weight→ 120sec → Weight
<b>Weight Difference</b>	3 kg	5 kg

\*If the semi-final /final match goes to 2<sup>nd</sup> weight difference, a fighter with smaller weight will be declared as a winner.

### **PROTECTIVE Gear requirement**

<b>Age</b>	14 - 15 yr	16 -17 yr
<b>Head Gear</b>	Head gear with NO face cover – supplied by organizer	Head gear with NO face cover – supplied by organizer
<b>Mouth Guard</b>	Required	Required
<b>Knee Pads</b>	IKO standard Knee Pads Or similar	IKO standard Knee Pads Or similar
<b>Fist Guards</b>	IKO standard Ichigeki Open Finger Glove or similar	IKO standard Ichigeki Open Finger Glove or similar
<b>Shin - Instep Pads</b>	IKO standard or similar – white, elastic, “sock” type, with not crushed foam inside	
<b>Boys Groin Cup</b>	Required	
<b>Girls Groin Guard</b>	Optional (for own responsibility)	Optional (for own responsibility)
<b>Girls Breast pads</b>	IKO standard Girls Breast Pads or similar – lady’s top with two separate bowls	IKO standard Girls Breast Pads or similar – lady’s top with two separate bowls