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# Inclusive Karate Rules

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WGKF Competition Document 6 of 6  
*Effective from June 2026 Version 01*

*These regulations supersede all previous editions and remain in effect for the current competition cycle.*

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# **Inclusive Karate Principles and Philosophy**

*Inclusive Karate represents the universal spirit and accessibility of Karate-Do, ensuring that the values, discipline, and benefits of the martial art remain open to all individuals regardless of physical, sensory, intellectual, or other abilities; it is not a modified expression of lesser standards, nor a departure from the fundamental principles of Karate. Consequently, Athletes have an obligation to preserve the integrity and dignity of the art by demonstrating their techniques in accordance with traditional values of respect, perseverance, self-development, and mutual understanding. This requires each athlete to maximise their individual potential through determination, technical ability, and adaptation while maintaining the essence and intent of Karate-Do. Thus, athletes are expected to constantly demonstrate courage, discipline, inclusion, safety, and the true martial spirit in full accordance with WGKF rules.*

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## **Chapter 1. Athlete Registration**

### **1.1 Registration Process**

**1.1.1** All Athletes must register under the correct category through the official app registration system.

**1.1.2** Examples:

- Athletes who use a wheelchair or walking aid, including crutches, must be registered under Physical Disabilities.
- Athletes with Autism, Intellectual Disabilities, Down Syndrome, ADHD, or related conditions must be registered under Cognitive Disabilities.

### **1.2 Mandatory Supporting Information**

All Athletes entering Inclusive Kata divisions must upload the following during registration:

#### **1.2.1 Kata Video Submission**

- A short video of the Athlete performing a kata of their choice.
  - The video submission is essential to ensure the Athlete is assessed and classified accurately.
  - Failure to upload a video may disadvantage the Athlete, as the Gemstone Adjustment Score (GAS) may automatically default to 0.1.
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## Chapter 2. Inclusive Kata Divisions

### 2.1 Competition Categories

2.1.1 WGKF Inclusive Karate offers:

- Inclusive Individual Kata which shall be split into categories (Appendix #1)

### 2.2 Entry Restrictions

2.2.1 Athletes may only participate in Inclusive Karate Categories or other Karate Categories

2.2.2 Athletes may only participate in one Inclusive Karate Kata Category

- If an Athlete has multiple disabilities, they must choose one.

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## Chapter 3. Inclusive Individual Kata Categories

### 3.1 Recognised Categories

*WGKF Inclusive Individual Kata consists of the following recognised categories:*

#### 3.1.1 Physical Disabilities

- Wheelchair
- Walking aids, including crutches

#### 3.1.2 Ambulatory

- Athletes with a physical disability who are able to walk independently.

#### 3.1.3 Sensory Disabilities

- Visual impairment (monocular or binocular)
- Profound hearing loss

#### 3.1.4 Cognitive Disabilities

- Autism
- Intellectual Disabilities
- ADHD
- Down Syndrome
- Related conditions

#### 3.1.5 Neurological Disorders, including but not limited to:

- Epilepsy
- Tourette Syndrome
- Multiple Sclerosis
- Stroke
- Cerebral Palsy
- Parkinson's Disease
- Dyspraxia

- Other neurological conditions

## 3.2 Age and Classification Divisions

Categories may be divided according to age and classification level.

| <b>Division</b> | <b>Age Range</b>  |
|-----------------|-------------------|
| Children        | 6–12 Years        |
| Cadets          | 13–17 Years       |
| Seniors         | 18–35 Years       |
| Veterans        | 36 Years and Over |

3.2.1 Depending on Athlete numbers, divisions may also be separated into:

- Development Pool
- Performance Pool
- Elite Pool

## 3.3 Competition Structure

The WGKF Inclusive Commission reserves the right to amalgamate or divide categories where necessary to enhance fairness and competition standards.

# Chapter 4. Category Rounds

## 4.1 Competition Format

4.1.1 The Individual Kata competition may consist of two rounds.

### 4.1.2 Round 1

- The six highest-scoring Athletes shall progress to Round 2.

### 4.1.3 Round 2 – Final

- The three highest-scoring Athletes shall receive medals.
- Where fewer than twelve Athletes are entered, the competition may be reduced to one round.

## 4.2 Kata Repetition

- Athletes graded 4th Kyu and below may repeat the same kata.
- Athletes graded 3rd Kyu and above must perform a different kata in each round.

## 4.3 Tie Situations

- In tie situations, Athletes may repeat a previously performed kata.

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## Chapter 5. Gemstone Adjustment System (GAS)

### 5.1 Classification Process

*Following submission of all required documentation and kata video, Athletes shall be assessed and classified by the WGKF Inclusive Commission prior to the event.*

5.1.1 The Commission reserves the right to:

- Verify Athlete classifications.
- Amend incorrect entries.
- Reclassify Athletes where necessary to ensure fairness and equality.

5.1.2 Athletes shall be assessed according to functional ability rather than disability.

### 5.2 Assessment Criteria

Athletes may be assessed in the following areas:

- 1) Agility
- 2) Coordination
- 3) Understanding of movement and techniques
- 4) Direction
- 5) Flexibility
- 6) Rhythm
- 7) Balance
- 8) Technical Ability
- 9) Focus
- 10) Power
- 11) Concentration
- 12) Spirit
- 13) Kime

### 5.3 Gemstone Classification Scale

| Gemstone Classification Classification Level Adjustment Score |         |     |
|---|---------|-----|
| Topaz   | Level 1 | 0.1 |
| Amber   | Level 2 | 0.2 |
| Sapphire  | Level 3 | 0.3 |
| Ruby  | Level 4 | 0.4 |
| Diamond   | Level 5 | 0.5 |

### 5.4 Score Adjustment Procedure

5.4.1 The Gemstone Adjustment Score (GAS) shall be applied after the highest and lowest judges' scores have been removed and the remaining three scores totalled.

### 5.4.2 Example

Athlete classified as Sapphire (Level 3):

| Round 1:  | Round 2:  | Final Score:       |
|---|---|--------------------|
| 7.1, 6.8, 7.0, 6.7, 7.1<br>= 20.9 + 0.3 GAS<br>= 21.2 | 8.0, 7.9, 7.9, 8.2, 8.1<br>= 24.0 + 0.3 GAS<br>= 24.3 | 21.2 + 24.3 = 45.5 |

## 5.5 Judging Panel

Judging panel shall consist of:

- One Central Referee.
- Four Corner Judges.

## 5.6 Score Calculation

- The highest and lowest scores shall be removed.
- The remaining three scores shall be totalled.
- The GAS adjustment shall then be applied.

## 5.7 Competition Format Amendments

The WGKF Inclusive Commission reserves the right to:

- Reduce competitions to one round.
- Change from a points system to a flag system.
- Review or reclassify Athletes during an event.

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# Chapter 6. Athletes' Uniform

## 6.1 Karate-Gi Requirements

Athletes must wear a clean white Karate-Gi.

## 6.2 Permitted Logos and Identification

The following are permitted:

- National badge
- WGKF logo
- Federation logo
- One approved sponsor logo

**6.3 Gi Jacket Length:** The jacket must cover the hips but not extend to the knees.

**6.4 Belt Length:** Belts must leave approximately 15–30 cm on each side after tying.

**6.5 Sleeve Length:** Sleeves must reach halfway down the forearm and must not extend beyond the wrist bend.

**6.6 Trousers Length:** Trousers must cover two-thirds of the shin but not reach the ankle bone.

**6.7 Religious Attire:** Athletes may wear a white headscarf in accordance with their religious beliefs.

**6.8 Undergarments:** A plain white T-shirt may be worn beneath the Karate-Gi.

**6.9 Grade Belt:** Athletes must wear the belt corresponding to their grade.

**6.10 AKA / SHIRO Identification:** Where flags are used, Athletes shall wear Red (AKA) or White (SHIRO) belts.

**6.11 Competition Numbers:** Competition numbers may be worn on the back of the Gi jacket.

**6.12 Identification Badges:** Athlete identification badges must be presented at check-in.

**6.13 Hair Accessories:** Discreet non-metallic hair accessories are permitted.

**6.14 Hair Standards:** Hair must be clean, secure, and not obstruct performance.

**6.15 Prohibited Items:** Jewellery and unauthorised accessories are prohibited unless approved in advance by the WGKF Inclusive Commission.

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## Chapter 7. Coach's Uniform and Responsibilities

### 7.1 Official Dress Code

Coaches must wear:

- National tracksuit; or
- Trousers with official national polo shirt.
- Official identification must be visible.

**7.2 Karate-Gi Restrictions:** Coaches are prohibited from wearing Karate-Gi while coaching unless prior approval has been granted.

**7.3 Personal Items:** Large bags and unnecessary items are prohibited in the coaching area.

**7.4 Non-Compliance:** Improperly dressed coaches shall be given two minutes to comply. Failure to comply may result in removal from the competition area.

**7.5 Authority of Officials:** WGKF Officials and the Competition Director may disqualify or remove individuals who fail to comply with these regulations.

### **7.6 Coaches Must Ensure that:**

- 5.6.1 Athletes are supervised throughout the event.
- 5.6.2 Medication is accessible where required.
- 5.6.3 All uploaded information is accurate.
- 5.6.4 A request for Inclusive companion passes is acquired where necessary.
- 5.6.5 The upload of a recent Athlete photograph is successful.
- 5.6.6 The completion of all registration requirements is successful.
- 5.6.7 The Athlete reports to the correct Tatami.
- 5.6.8 The Athlete is supported throughout the competition.
- 5.6.9 A signed medical document from a registered healthcare practitioner is available during the event when requested.

### **7.7 The document must:**

- 5.7.1 Be written in English.
- 5.7.2 Identify the type of disability.
- 5.7.3 Be signed by a registered health professional.
- 5.7.4 Failure to provide this documentation when requested may result in withdrawal from the event.

## **Chapter 8. Judging Criteria and Guidelines**

### **8.1 Kata Adaptation**

Any kata performed may be adapted provided it is selected from the current WGKF Approved Kata List.

### **8.2 Authenticity**

The kata must retain recognisable characteristics and technical essence of the original kata.

### **8.3 Performance Standards**

- a) The following principles shall apply:
- b) The kata must adhere to the essence of the original form.
- c) The original directional pattern must be maintained.
- d) Excessive pauses should be avoided.
- e) Vocal or physical prompts may be permitted in appropriate circumstances.

### **8.4 Athlete Assistance**

Athletes may be escorted onto and off the tatami by a guide or coach.

## 8.5 Independent Performance Requirement

In all cases, the kata must be performed independently by the Athlete.

## 8.6 Physical Disabilities

Consideration should be given to the dexterity, control, and manoeuvrability of wheelchairs and walking aids.

## 8.7 Adapted Kicking Techniques

Wheelchair Athletes may raise the front wheels to indicate where a kick would ordinarily be performed.

## 8.8 Tie Situations

### 8.8.1 Round 1 Tie Procedure

- The minimum score from the remaining three scores shall be added.
- If still tied, the maximum score from the remaining three scores shall be added.
- If still tied, an additional kata shall be performed.
- If unresolved, Hantei shall determine the winner.

### 8.8.2 Final Round Tie Procedure

- An additional kata shall be performed.
- A previously performed kata may be repeated.
- Hantei may be used to determine the outright winner.

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# Chapter 9. Protest Procedure

**9.1 Right to Protest:** Athletes may not personally protest decisions made by the Referee Panel.

**9.2 Coach Responsibility:** Only the coach may submit a protest.

**9.3 Administration Matters:** Coaches must not interfere with Jury Table operations.

**9.4 Administrative Errors:** Coaches may notify the Tatami Manager regarding administrative errors.

**9.5 Written Protest:** Formal protests must be submitted in writing after the match.

**9.6 Final Decisions:** Once medals have been awarded, decisions are final.

**9.7 Protest Fee:** An official protest fee must be paid. The fee shall be refunded if the protest is upheld.

**9.8 Protest Submission:** The official protest form must be submitted to the Tatami Manager.

**9.9 Review Procedure:** The WGKF Inclusive Commission shall review the complaint and supporting evidence.

**9.10 Decision Authority:** Where a decision is deemed clearly unreasonable, the Referee Panel may be instructed to revise the decision.

**9.11 Burden of Evidence:** The coach is responsible for providing supporting evidence.

### **9.12 Communication of Outcome**

The WGKF Inclusive Commission shall communicate the final decision through the Tatami Manager.

### **9.13 Video Evidence**

Video evidence is acceptable only where the incident is clearly visible.

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## **Chapter 10. Other Matters**

**10.1.** This rule document is Document 6 of 6. Links to all related documents can be found in Appendix #4.

**10.2.** Any matter not covered within this document should be referred to in the General Competition Document (Document 1) Please read it and understand it for completion.

## Appendix #1. Competition Area and Equipment

### 9.14 Competition Area

The competition area shall be flat, safe and accessible. Additionally, it must be the sufficient space required for Kata performance.

### 9.15 Tatami Equipment

Each Tatami shall have

- Five Red flags
- Five White flags
- Five scoreboards
- Recording equipment
- Red and White belts

## Appendix #2 Inclusive Karate Categories

Can be found on the WGKF website

## Appendix #3 Official WGKF Kata List

Refer to the official WGKF website and in Kata Rules (Document 2)

## Appendix #4 Documents completing WGKF Competition Rule Set:

- 1) General Competition Rules – Document 1 – Link
- 2) Kata Rules – Document 3 – This document 2 – Link
- 3) Kumite Nihon/ Sanbon - Document 3 - Link
- 4) Kumite Ippon – Document 4- Link
- 5) Kobudo – Document 5 - Link
- 6) Inclusive Karate – Document 6 – Link