

Karate

Created November 2019

Refer to the 55+ BC Games 'General Rules Book' for additional general rules that apply to all sports.

1. Age Categories

Men 55-62, 63-69, 70+

Women 55-62, 63-69, 70+

Divisions – Novice, Advanced, Elite

2. Events

a) Individual Kata

b) Team Kata

c) Individual Kumite - 70kg (-154 lbs), 80kg (-176 lbs), 90kg (-198 lbs), +90kg (+198 lbs)

d) Team Kumite – 70kg (-154 lbs), 80kg (-176 lbs), 90kg (-198 lbs), +90kg (+198 lbs)

3. Participation

a) Each zone may send an unlimited number of participants in each age category and event.

b) Novice division is for participants with under two years of training

c) Advanced division is for participants with three to seven years of training

d) Elite division is for participants with over 8 years of training

e) Men's Kumite teams are comprised of seven members with five competing in a round

f) Women's Kumite teams are comprised of four members with three competing in a round

4. Competition

a) World Karate Federation rules will apply with 55+ BC Games exceptions.

b) The Host Society Sport Chair will post schedules, draws and results at the venue throughout the competition.

c) Competition will take place Wednesday and Thursday (Friday if required).

d) Each participant will be assigned an entry number.

e) Tournament format will be determined by Host Society Sport Chair based on participant registration.

5. Medals

Gold, Silver and Bronze medals will be awarded to top three participants in each age category in each event.