

SPORTS KARATE RULES & REGULATION



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INDEX

Rules and Regulations of World Sports Karate Federation



• Chapter One	WSKE Rules & Regulation
• Chapter Two	Safety equipment, Bout Structure and Uniforms
• Chapter Three	Kumite Rules
• Chapter Four	Kata Rules
• Chapter Five	WSKE – Certification
• Chapter Six	General

RESPECT FOR THE RULES OR EQUAL TREATMENT FOR ALL:

Rules are for the fighters. They are designed and written in order to give both fighters an equal and fair chance to win. Officials should keep in mind that they are in the ring to serve the competitors.

TO THE COMPETITORS:

- 1)** Take care of yourself, don't train or fight if you are feeling ill or if you have a serious injury. Listen to your body. If in doubt consult a doctor.
- 2)** Don't use drugs or any form of doping material
- 3)** Use your normal body weight and don't risk your health by reducing your weight significantly over a short period of time
- 4)** Respect yourself, your body and other competitors and officials

CHANGES:

Rule changes are only valid if brought up, discussed and decided upon by the WSKE Executive Board and to be read in the minutes of the meeting. All changes must be communicated to members properly, both by mail/letter and on the web.