



**KARATE MANITOBA  
COMPETITION MINIMUM SAFETY STANDARDS**

**APPENDIX #2 – MULTI STYLE EVENTS**

**Competition Area**

- Multi Style Events will require 8x8 metre rings with mats.
- Competition area must be clearly marked off and unobstructed by competitors, judges/referees and coaches.

**Body Protector/Chest Protector**

- The use of WKF style body protectors and chest protector is recommended

**Face Masks**

- The use of facemasks is prohibited unless otherwise noted in the competition rules for that competition

**Glasses**

- To ensure the safety of the competitors, glasses are not allowed during kumite bouts. Regular glasses may be worn during kata competition.
- Soft contact lenses can be worn at the competitor's own risk

**Medical Personnel**

- All competitions require a qualified emergency medical personnel/first aid present for the entirety of the competition.

**Other**

- Groin protection is strongly recommended for all male competitors 14 years of age and older
- Gum shield is compulsory for competitors
- Gloves/fist protectors must be foam filled and vinyl covered WKF style. Cloth or leather gloves are not permitted.
- The use of WKF style shin/instep pads is strongly recommended for all competitors 12 years of age and older
- Competitors may wear religious head coverings if approved by the Chief Official. The head coverings can only cover the hair/head but cannot cover the throat area.