



Instructions for coaching children

Appendix to Coaching Rules with respect to children under 14 years of age

It is the absolute responsibility of the club to ensure that any individual representing the club as a coach in a children's competition is fully familiar with SKF's rules and competition regulations.

KATA: The coach must sit in a chair at the side of the tatami and in complete silence, until the child leaves the tatami after the match.

KUMITE: The coach must sit in a chair at the side of the tatami, and is allowed to speak to his/her student during "Yame", using only words of encouragement or simple instructions in a positive, calm tone of voice. Simple instructions may be given with the purpose of improving the student's chances of completing the match using good technique and without the risk of injury. Any coach who is in violation of this will be administrated according to what is stated in the document *Consequences of misconduct in coaching children*.

A coach's presence shall give the child a sense of safety and security. The coach is NOT there to spur the child to increased performance or victory. Coaching during an ongoing match shall be considered inappropriate coaching. Coaching shall also be deemed inappropriate if, during the time allotted after the referee calls "Yame", the coach is excessively loud or speaks to the child in a way that is considered offensive, aggressive or otherwise negative. Other inappropriate behaviour includes the presence of family members, parents or spectators beside the tatami, or calling or making comments from the spectator areas in a manner inconsistent with the coaching instructions given herein.

Children wish to develop and improve their skills and conditions and make their own decisions during the match. Irrespective of whether they win or lose, children shall have a sense of adequacy.

As adults, we must not forget that competition is a part of play and shall ALWAYS take place on the child's own terms. The coach, parents and others in the environment – such as spectators at a competition – are requested to remember that karate is an opportunity for play, fellowship and enjoyment, as well as physical, social, mental and cultural development. Our common goal is always to provide children with a positive experience that encourages continued training, competition and membership in the association, thus promoting healthy, lifelong participation in sport.

If a coach fails to act according to these instructions, the judges' panel reserves the right to take a decision regarding the consequences of this behaviour, according to the document [Consequences of misconduct in coaching children >>](#)

*Approved by the Board 8 December 2015.
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