



COACHING RULES

Laid down by the Federation Board of Trustees 22 February 2012,

Revised august 2019

Introduction

It is always the coach's responsibility to remain informed about changes in rules or other information regarding karate competitions in Sweden. The coach bears the ultimate responsibility to ensure that competitors have sufficient information before, during and after a karate competition.

The karate competitions sanctioned by the Swedish Karate Federation are based on the licence issued by the Martial Arts Delegation and these regulations are in accordance with the decisions of the Martial Arts Delegation and the Martial Arts Act (2006:1006). As a coach it is essential to understand that exceptions to these regulations or competition rules are therefore not possible. The coach must provide competitors with the best possible conditions when preparing for and participating in competitions.

Requirements for serving as a coach

Coaches shall adhere to WKF rules and any exceptions or additions to these rules as stipulated in SKF's approved Appendix to Coaching Rules for children's competitions. All rules and regulations are available at www.swekarate.se.

If a coach does not adhere to the specified rules, this coach may be disbarred from the competition. The minimum age for serving as a coach is 16 years for coaching children and 18 years to coach cadet to seniors.

The coach

Competitors cannot serve as coaches and coach other competitors. Competitions for adults and children which take place on the same day are to be considered as two separate competitions.

The coach shall ensure that competitors always have the appropriate equipment for a competition and shall inform competitors of their respective competition times and locations.

The following applies for coaching of children

[Consequences of misconduct in coaching children >>](#)

[Appendix; rules for childrens competitions >>](#)

Tasks of the coach during competitions:

- Ensure that the competitor is entered into drawing in the correct class/division.
- Ensure that the competitor wears the correct attire.
- Ensure that the competitor has the correct equipment.

- Ensure that the competitor is prepared when competition is to begin for his or her class/division.
- Ensure that the competitor is aware of when finals/requalification shall begin.
- Ensure that the competitor arrives properly dressed for requalification, finals and awards ceremonies.

Competition licence (only mandatory for Swedish residents)

The coach and competitors are responsible for ensuring that competitors can present a valid competition licence at competitions in Sweden for both kata and kumite (from 14 years). If the original of the valid licence cannot be presented, the competitor shall not be allowed to compete under any circumstances. Temporary competition licences or copies shall not be accepted. The competition licence, which also serves as an identification card, is part of the system and regulations established to ensure safety, self-reporting and self-management, and is also required according to the conditions by which the Swedish Karate Federation may initiate competitions in accordance with the Martial Arts Act.

The competition licence is mandatory for participation in all sanctioned competitions whose regulations are licenced in accordance with the decisions of the Martial Arts Delegation and the Martial Arts Act (2006:1006). Competitors shall bring their licences to each competition and present them for inspection by the referees.

Competitors shall always produce their licences at the start of competition. Referees shall inspect licences to ensure their validity. For kumite, referees shall collect licences. The licences shall be placed on the Secretariat table prior to the start of the match. When the class/division has completed competition, each competitor is responsible for retrieving his or her licence. Should a competitor fail to present his or her licence prior to the start of competition, the competitor has 1 minute to retrieve the licence; otherwise, the competitor shall be removed from the class/division.

Number of coaches

The maximum number of coaches allowed in karate competitions in Sweden is 1 coach per match area.

Coaches' dress code

Coaches shall, at all times during the tournament, wear a tracksuit and display their official identification. Coaches shall also wear appropriate footwear, excluding outdoor shoes. Coaches shall wear an appropriate T-shirt under the tracksuit. All clothing and footwear shall be clean.

Coach's chair

When sitting in the coach's chair, the coach shall engage only in coaching. Any bag or backpack carried by the coach shall be placed underneath the chair. The coach shall not, in word or deed, disrupt the smooth running of the match. During kata competitions a coach's chair shall be placed beside the tatami, for the coach's use during match activity. During match activity the coach shall sit in silence.

Competitors' responsibility

It is the responsibility of the coach and the competitor to ensure that the kata type is the same as that which has been reported to the Secretariat. For cadets, juniors, seniors or teams, katas must be different from previously performed kata in that competition category.

Competitors' dress code

Competitors must wear a white, unmarked karate gi without stripes, piping or personal embroidery. A club/style emblem, national emblem or flag of the country may be worn. The emblem shall be displayed on the left breast of the jacket and may not exceed an overall size of 12 cm by 8 cm. Only the original manufacturer's labels may be displayed on the gi. Competitors may wear competition identification as issued by the Organising Committee. This identification shall be worn on the back.

One contestant must wear a red belt and the other a blue belt. The belts are to be of plain red and blue colour, without any personal embroideries or advertising or markings other than the customary label from the manufacturer. The red and blue belts must be around 5 cm wide. The red and blue belts must be around five centimetres wide and of a length sufficient to allow fifteen centimetres free on each side of the knot but not longer than three-quarters thigh length.

The jacket, when tightened around the waist with the belt, must be of a minimum length that covers the hips, but must not be more than three-quarters thigh length. Female competitors (and only female competitors) may wear a plain white T-shirt beneath the Karate jacket. The maximum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. Jacket sleeves may not be rolled up. Jacket ties must be tied. Jackets without ties may not be used. The trousers must be long enough to cover at least two thirds of the shin and must not reach below the anklebone. Trouser legs may not be rolled up.

Contestants must keep their hair clean and cut to a length that does not obstruct smooth bout conduct. HACHIMAKI (headband) will not be allowed. Should the Referee consider any contestant's hair too long and/or unclean, he or she may disbar the contestant from the bout. Hair slides are prohibited, as are metal hairgrips. Ribbons, beads and other decorations are prohibited. One or two discreet rubber bands on a single pony tail is permitted. Female competitors may use head-wear of a type approved by the WKF. Contestants must have short fingernails and must not wear metallic or other objects, which might injure their opponents.

The use of metallic teeth braces must be approved by the Referee and the Official Doctor. The contestant accepts full responsibility for any injury. If a contestant comes into the area inappropriately dressed, he or she will not be immediately disqualified; instead they will be given one minute to remedy matters.

The following protective equipment is compulsory in kumite competitions for children aged 7–13 years:

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- Gum shield.
- Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.

Body protection and/or chest protectors may be used but are not mandatory. Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.

The following protective equipment is compulsory in kumite competitions for cadets, juniors and seniors:

- Mitts, one contestant wearing red and the other wearing blue.
- Gum shield.
- Chest protector for female competitors.
- Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.

Body protection are not mandatory. Groin guards are not mandatory.

Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.

Invitations to competitions

It is always the coach's responsibility to ensure that his or her competitors are given correct information about competition registration, weighing, opening ceremonies, match start times and any exceptions to these.

The invitation to a competition shall contain specific information for that competition. In case of doubt the coach shall contact the competition organiser.

Registration

All competitors shall be registered within the specified period. This period shall be clearly stated in the invitation.

Registration shall be made by one person and association/club responsible.

If registration arrives after the registration period has ended, the competition organiser has the right to refuse participation.

If the competition organiser finds that the maximum number of participants has been reached, and does not wish to jeopardize the schedule, the organiser may refuse participation of additional competitors.

It is the responsibility of the coach to ensure that participants are registered in the correct age and weight classes.

For participants to be registered for the competition, the competition organiser shall send a confirmation of registration to participants.

If participants have not received confirmation, the coach shall contact the organiser prior to the competition.

Registration fee

It is the responsibility of the coach to ensure that registration fees are paid according to the invitation.

If registration fee is paid too late, the competition organiser has the right to refuse participation.

If for any reason a participant fails to arrive for the start of competition, the registration fee shall not be repaid.

Registration/weighing

If for any reason a participant or club misses the specified occasion for registration or weighing, the competition organiser has the right to refuse participation. The tolerance admitted for any category is 0,200 kg.

If a competitor has been incorrectly registered (weight/age/category), the competition organiser has the right to refuse participation.

Competitor injuries

It is incumbent upon all coaches to ensure that their competitors are trained in and are able to use break-fall/safe landing techniques.

If the competitor is injured and needs some form of tape or bandages to compete, this must be approved by the Tatami Manager on the advice of the Tournament Doctor. An injured contestant who has been declared unfit to fight by the tournament doctor cannot fight again in that competition.

Should the tournament doctor determine that a serious injury has occurred, the injured contestant is not allowed to compete in kata or kumite. When the doctor declares the contestant unfit to compete for some time, the contestant's monitoring card shall be sent to SKF.

The tournament doctor has the final say as to competitor injury and waiting period to return to competition. Another doctor may not alter this decision. When the waiting period has ended the monitoring card shall be returned to the competitor.

Award ceremonies

At award ceremonies, competitors receiving awards shall wear a karate gi or karate gi with a club track jacket.

Disqualification

If a competitor fails to arrive at the specified place and time for competition (also when the organiser has clearly announced any changes via loudspeaker or similar in the competition locale), the competitor shall be removed from the competition. Competition cannot be halted because a competitor is not present. In this matter, the coach bears full responsibility.

Penalties

If a competitor or team behaves in such a way as to harm the prestige and honour of Karate, SHIKKAKU (disqualification) is the penalty for the individual competitor or team. Monitoring card/s shall be collected from the penalised persons and sent to SKF. The matter shall be reported to the Federation Board of Trustees, which shall refer the matter to the Legal Affairs Board for advisement. The Federation Board of Trustees always makes the final decision in the matter.

Protests (official)

No one may protest about a Judgement directly to the members of the Refereeing Panel (KANSA, SUSHIN or FUKUSHIN).

If a Refereeing procedure appears to contravene the rules, the competitor's coach is allowed to make a protest. The protest will take the form of a written report submitted immediately after the bout in which the protest was generated. The sole exception is when the protest concerns an administrative malfunction. The Tatami Manager shall be notified immediately after the administrative malfunction is detected. Protests submitted too late shall not be considered.

The protest must be submitted to a representative of the Appeals Jury. In due course the Jury will review the circumstances leading to the protested decision. Having considered all the facts available, they will produce a report, and shall be empowered to take such action as may be called for. Any protest signed by the official representative (normally the coach) of the team or contestant(s). The complainant must deposit a Protest Fee of SEK 1,000.

The protest and the fee shall be sent to a representative of the Appeals Jury. The protest must specify the names of the competitors and the referees. Furthermore the protest **must clearly specify the nature of the complaint**. The burden of proof lies with the complainant. The protest shall be investigated by the Appeals Jury along with any evidence provided. The jury shall also view any video footage available and speak to the Tatami Manager in order to complete an objective review of the matter.

If the Appeals Jury determines that the protest is justified, suitable action shall be taken. Additional measures shall also be taken to ensure that the situation is not repeated in future competitions. A representative of the Appeals Jury or the Treasurer shall return the deposited fee to the protestor. If the Appeals Jury finds that the protest is not justified, it shall be declined and the deposited fee shall remain the property of SKF. Subsequent matches shall not be delayed as a result of planned or submitted protests.

More information is available at www.swekarate.se.

SKF Board of Trustees

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