

**2021 Hollenbeck Invitational Karate Championship
TOURNAMENT RULES**

- KATA:**
1. Beginners and Novice must perform a basic kata. Beginner and Novice may repeat the same kata.
 2. Intermediate and Advanced divisions are open kata but must perform a different kata in medal rounds. Adult Black belts compete first.

- KUMITE:**
- WKF rules with the following modifications:
1. All juniors.....1.5 minutes stop time, 8 points maximum
 2. Juniors 17 and underHead contact must be penalized
 3. Juniors 15-17 Advanced.....Hand contact to the head will not score
 4. WKF Rules

<u>Junior Categories</u>	<u>Level</u>	<u>Kata</u>	<u>Kumite</u>
Juniors Ages 6 & under	Beg	1	2
	Nov	3	4
Juniors Ages 7-8	Beg	5	6
	Nov	7	8
	Int/Adv	9	10
Juniors Ages 9-10	Beg	11	12
	Nov	13	14
	Int/Adv	15	16
Girls Ages 11-12	Beg	17	18
	Nov	19	20
	Int	21	22
	Adv	23	24
Boys Ages 11-12	Beg	25	26
	Nov	27	28
	Int	29	30
	Adv	31	32
Girls Ages 13-14	Beg	33	34
	Nov	35	36
	Int	37	38
	Adv	39	40
Boys Ages 13-14	Beg	41	42
	Nov	43	44
	Int	45	46
	Adv	47	48
Girls Ages 15-17	Elite	49	50
Boys Ages 15-17	Elite	51	52

Kata and Kumite Skill Level Categories

Beginner (Beg)	Under 1 year of training
Novice (Nov)	1-2 years of training
Intermediate (Int)	2-3 years of training (or brown belts with less than 3 years)
Advanced (Adv)	3 or more years of training or Black Belts