

11th Annual Invitational

Michigan Karate Tournament



Sunday, March 24th, 2019

Garden City Middle School
1851 Radcliff St. Garden City, MI 48135



Hosted by: **Shotokan Karate Federation of Michigan**

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JUDGES

Dress Code:

Judges and officials are required to wear gray or dark pants, white shirt, a blue tie and blue or dark colored sport coat. Soft or rubber soled shoes (preferably black) are recommended to protect the floor. Black belts helping out with the tournament can wear their Karate uniform.

COMPETITORS

Awards:

1st, 2nd and 3rd place medals will be awarded in each division. A spirit medal will be awarded for competitors ages 11 and younger for all events, except Team Kata.

Equipment General:

- All Competitors: No eyeglasses will be allowed unless they are high impact sport glasses approved by the Tournament Director or Doctor.
- All Competitors ages 18 & older: Wrapped bandages (unless for obvious injury) are **NOT** allowed.

Equipment Kumite:

- All Competitors: Head protector (white preferred) is optional (but highly recommended).
- All Competitors: Fist pads are mandatory. USANKF or WKF style pads (one red pair and one blue pair) is preferred. Other colors will be accepted but are not recommended. One (1) inch thick, fabric-type fist pads, will be allowed.
- Red and blue belts will be provided for sparring (kumite).
- All Competitors: Foot, shin/instep pads are optional.
- All Competitors: Mouth guard is **mandatory**.
- Females: Chest protector is optional (must have your own).
- Males: Groin cup is **mandatory**.

Equipment Flag Sparring:

- All flag sparring competitors (ages 5-11): Only head protector is **mandatory**.

Uniform:

- All Competitors must wear a clean white Karate uniform with their Karate belt.
- All Competitors are allowed only one club patch, five inches in diameter, on the left side of the uniform jacket.
- Hachimaki (head band), jewelry or metal hair clips of any kind will **NOT** be permitted. Rubber band or pony tail retainer is permitted.
- Please use locker rooms, not restrooms, to change into uniforms.