



EUROPEAN KARATE FEDERATION

EUROPEAN CHAMPIONSHIPS (updated June 2010)

EUROPEAN CADET, JUNIOR & UNDER 21 CHAMPIONSHIPS				EUROPEAN SENIOR CHAMPIONSHIPS		
GENERAL	CATEGORIES			GENERAL	CATEGORIES	
<ul style="list-style-type: none"> ❖ The competition will last for 3 days. ❖ Each National Federation can register one (1) competitor per category. ❖ At the draw, the four finalists of the previous championships will be split as much as possible. (The competitors in the case of individual events and the National Federations in the case of the team events). ❖ The Championships will be displayed in five (5) or six (6) competition areas, depending on the stadium's features. ❖ Kumite bouts duration will be in all cases 2 minutes for cadet and junior and for female under 21 and 3 minutes for male under 21. ❖ Bunkai in Kata team (male & female) to be performed in the final and bouts when the round is to determine the winner of a medal. 	UNDER 21	CADET	JUNIOR	<ul style="list-style-type: none"> ❖ The competition will last for 3 days. ❖ Team Kumite events will be held after the individual events. ❖ Each National Federation can register one (1) competitor per category. ❖ At the draw, the four finalists of the previous Championships will be split as much as possible. (The competitors in the case of individual events and the National Federations in the case of team events). ❖ The Championships will be displayed preferably in four (4) competition areas in line. ❖ There will be no breaks. For catering service of referees and officials, specific areas and timetables must be provided. ❖ Kumite bouts duration will be 3 minutes for male and 2 minutes for female categories, except for individual finals and individual bouts when the round is to determine the winner of a medal, whose duration will be 4 minutes for male and 3 minutes for female categories. ❖ Bunkai in Kata team (male & female) to be performed in the final and bouts when the round is to determine the winner of a medal. 	Individual Kata (age +16)	
	<i>Individual Kata (age 18, 19, 20)</i>	<i>Individual Kata (age 14/15)</i>	<i>Individual Kata (age 16/17)</i>		Male Female	Male Female
	Male Female	Male Female	Male Female		Male individual Kumite (age +18)	-60 Kg. -67 Kg. -75 Kg. -84 Kg. +84 Kg.
	Male Individual Kumite (age 18, 19, 20)	Male Individual Kumite (age 14/15)	Male Individual Kumite (age 16/17)		-68 Kg. -78 Kg. +78 Kg.	Female individual Kumite (age +18)
	-52 Kg. -57 Kg. -63 Kg. -70 Kg. +70 Kg.	-55 Kg. -61 Kg. -68 Kg. -76 Kg. +76 Kg.	Female Individual Kumite (age 14/15)			-50 Kg. -55 Kg. -61 Kg. -68 Kg. +68 Kg.
	Female Individual Kumite (age 18, 19, 20)	Female Individual Kumite (age 14/15)	Female Individual Kumite (age 16/17)			Team Kata (age +16)
	-53 Kg. -60 Kg. +60 Kg.	-47 Kg. -54 Kg. +54 Kg.	-48 Kg. -53 Kg. -59 Kg. +59 Kg.		/	Male Female
	/	/	Team Kata (age 14/17)		/	Team Kumite (age +18)
	/	/	Male Female		/	Male Female
	Total	8	10		13	16