

2026 IFT Kumite Rules and Gears

All participants competing in the Kumite category must hand in Doctors OK. (Checked within 3 months of championships)

Youth 5-11yrs KUMITE Rules

| | |
|-------------------|--------------------------------|
| Age | 5~11yrs |
| Belt Requirement | Orange and Up |
| Match Duration | 90sec → 90sec → Weight → 90sec |
| Weight Difference | 3 kg |

Protective Gears

| | | | |
|-------------------|--------------------------------------|---|--------------------------------------|
| Age | 5~11yrs (Boys) | 5~9yrs (Girls) | 10~11yrs. (Girls) |
| Dogi | Official ICHIGEKI Dogi | | |
| Head Gear | IKO Standard Head Gear w/ Face Cover | IKO Standard Head Gear w/ Face Cover | IKO Standard Head Gear w/ Face Cover |
| Mouth Guard | Optional | Optional | |
| Body Protector | No | No | |
| Fist Guards | IKO standard Fist Guards | | IKO standard Fist Guards |
| Knee Pads | IKO standard Knee Pads | | |
| Shin Pads | IKO standard Shin Pads | | |
| Belt Strap | IKO Belt Strap (New) | | |
| Boys Groin Cup | Required | - | |
| Girls Groin Guard | - | IKO standard Girls Groin Guard (Optional) | IKO standard Girls Groin Guard |
| Girls Breast pads | - | IKO standard Girls Breast Pads (Optional) | IKO standard Girls Breast Pads |

Female competitors must wear **White T-shirts under Karate Dogi.**

Youth 12-14 yrs KUMITE Rules

| | |
|-------------------|--------------------------------|
| Age | 12 ~14 yrs. |
| Belt Requirement | Orange and Up |
| Match Duration | 90sec → 90sec → Weight → 90sec |
| Weight Difference | 3 kg |

Protective Gears

| | | |
|-------------------|------------------------------------|------------------------------------|
| Age | 12~14 yrs (Boys) | 12~14yrs (Girls) |
| Dogi | Official ICHIGEKI Dogi | |
| Head Gear | IKO Standard Head Gear w/ No Cover | IKO Standard Head Gear w/ No Cover |
| Mouth Guard | Required | Required |
| Body Protector | IKO Standard Body Guard (New) | IKO Standard Body Guard (New) |
| Fist Guards | IKO Standard Fist Guards | IKO Standard Fist Guards |
| Knee Pads | IKO standard Knee Pads | IKO standard Knee Pads |
| Shin Pads | IKO standard Shin Pads | IKO standard Shin Pads |
| Boys Groin Cup | Required | - |
| Girls Groin Guard | - | IKO standard Girls Groin Guard |
| Girls Breast pads | - | IKO standard Girls Breast Pads |

Female competitors must wear **White T-shirts under Karate Dogi.**

Youth 15-17 yrs KUMITE Rules

| | |
|-------------------|-----------------------------------|
| Age | 15~17 yrs |
| Belt Requirement | Orange and Up |
| Match Duration | 120sec → 120sec → Weight → 120sec |
| Weight Difference | 3 kg |

Protective Gears

| | | |
|-------------------|------------------------------------|------------------------------------|
| Age | 15~17 yrs (Boys) | 15~17yrs (Girls) |
| Dogi | Official ICHIGEKI Dogi | |
| Head Gear | IKO Standard Head Gear w/ No Cover | IKO Standard Head Gear w/ No Cover |
| Mouth Guard | Required | |
| Fist Guards | IKO Ichigeki Open Finger Gloves | IKO Ichigeki Open Finger Gloves |
| Knee Pads | IKO Standard Knee Pads | IKO Standard Knee Pads |
| Shin Pads | IKO Standard Shin Pads | IKO Standard Shin Pads |
| Boys Groin Cup | Required | - |
| Girls Groin Guard | - | IKO standard Girls Groin Guard |
| Girls Breast pads | - | IKO standard Girls Breast Pads |

Female competitors must wear **White T-shirts under Karate Dogi.**

Men & Women 18-34 yrs KUMITE Rules (With Protective Gears)

| | |
|--------------------------|-----------------------------------|
| Age | 18~34 yrs |
| Belt Rank | Orange and up |
| Match Duration | 120sec → 120sec → Weight → 120sec |
| Weight Difference | 3 kg |
| Tameshiwari | No |

Female competitors must wear **White T-shirts under Karate Dogi**.

Protective Gears

| | |
|----------------------------|---------------------------------|
| Dogi | Official ICHIGEKI Dogi |
| Head Gear | IKO standard w/ NO Face Cover |
| Mouth Guard | Required |
| Fist Guards | IKO Ichigeki Open Finger Gloves |
| Knee Pads | IKO Standard Knee Pads |
| Shin Pads | IKO Standard Shin Pads |
| Men's Groin Cup | Required |
| Breast pads | IKO Standard Breast Pads |
| Women's Groin Guard | IKO Standard Girls Groin Guard |

Men & Women Senior +35 yrs KUMITE Rules

| | |
|--------------------------|--------------------------------|
| Age | +35yr old |
| Qualification | Green and up |
| Match Duration | 90sec → 90sec → Weight → 90sec |
| Weight Difference | 3 kg |
| Tameshiwari | No |

Female competitors must wear **White T-shirts under Karate Dogi**.

Protective Gears

| | |
|----------------------------|---------------------------------|
| Dogi | Official ICHIGEKI Dogi |
| Head Gear | IKO Standard w/ NO Face Cover |
| Mouth Guard | Required |
| Fist Guards | IKO Ichigeki Open Finger Gloves |
| Knee Pads | IKO standard Knee Pads |
| Shin Pads | IKO standard Shin Pads |
| Men's Groin Cup | Required |
| Breast pads | IKO Standard Breast Pads |
| Women's Groin Guard | IKO Standard Girls Groin Guard |

Master Class KUMITE Rules

| | |
|---|---|
| Age | +35yr old |
| Qualification | Those who had fought in the past Open Men's/Women's World Tournamnet or equivalent. |
| Match Duration Up to Quarterfinals | 90sec → 90sec → Weight → 90sec |
| Weight Difference | 3 kg |
| Tameshiwari | No |

Female competitors must wear **White T-shirts under Karate Dogi**.

Protective Gears

| | |
|----------------------------|---------------------------------|
| Dogi | Official ICHIGEKI Dogi |
| Head Gear | IKO Standard w/ NO Face Cover |
| Mouth Guard | Required |
| Fist Guards | IKO Ichigeki Open Finger Gloves |
| Knee Pads | IKO standard Knee Pads |
| Shin Pads | IKO standard Shin Pads |
| Men's Groin Cup | Required |
| Breast pads | IKO Standard Breast Pads |
| Women's Groin Guard | IKO Standard Girls Groin Guard |