



Kumite Examination Questions

For

WKF Coaches' Licenses

Effective from 1st Of January **2024**

Date: 1st of January 2024



KUMITE EXAMINATION QUESTIONS FOR COACHES' LICENSES

TRUE OR FALSE

1. The minimum certification required to perform as coach in all Karate 1 events (Premier League, Series A and Youth League) is Accredited Coach certification.
2. The minimum certification required to perform as coach in Premier League events, and World Championships, is the Kumite or Kata Coach certification.
3. During the elimination rounds, the coach does not have to wear a tracksuit.
4. The coach must know and understand the Anti-Doping rules.
5. It is permitted for the coach to take pictures while coaching.
6. The competitor's fair play manners are not the responsibility of the coach.
7. During medal bouts, male coaches must wear a dark suit, shirt and tie.
8. Any discourteous behavior from a coach can cause the disqualification of a competitor, the entire team or delegation from the tournament.
9. During the match, the coach does not have to be seated in the box provided.
10. It is Okay to sit as coach wearing a Karate-Gi.
11. The coach must know and understand the rules of competition.
12. It is acceptable for the coach to do video recording while coaching.
13. It is permitted for the coach to wear a hat or sunglasses while coaching.
14. During medal bouts female coaches can wear a tracksuit.
15. It is not acceptable for the coach to have a note pad and a pencil while coaching.
16. Coaches must show respect for other coaches, competitors, and officials.
17. Coaches can interfere in the match at any time.
18. The competitor must wear tracksuit or karate-Gi at the prize ceremony.
19. Jackets without ties may be used.
20. According to the Olympic Charter all kind of political, religious or racial propaganda are not permitted in any Olympic sites, venues or other areas.
21. The competitor can wear jeans and t-shirt at the prize ceremony.



- 22.** The only religiously mandated attire that can be used by competitors is the WKF homologated black headscarf.
- 23.** The red and blue belts must be without any personal embroideries or markings.
- 24.** Female competitors do not have to have chest protector if they have body protector.
- 25.** The WKF adheres to the principles of the Olympic Charter.
- 26.** If a competitor arrives at the Tatami with unregulated equipment or Karate-Gi, he/she is given five (5) minutes to correct matters.
- 27.** The childrens' chest protector and the protective helmet are compulsory in the Under 14 categories.
- 28.** The chest protector and the protective helmet are compulsory in all the Under 21 categories.
- 29.** Athletes' behavior are very important, and part of the values and spirit of the sport of Karate, and the reputation of their National Federation and the WKF.
- 30.** The use of bandages, padding or supports because of injury must be approved by the referee and done or approved by the tournament doctor.
- 31.** Ribbons, beads and other decorations are permitted.
- 32.** CTE (Chronic Traumatic Encephalopathy) is a progressive degenerative disease of the brain found in athletes with a history of repetitive brain trauma and other hard impacts to the head. Generally, its effects appear in patients in their 70's and 80's.
- 33.** WKF follows the WADA Anti-Doping program and regulations.
- 34.** WADA has an Anti-Doping e-learning site that provides education and resources in multiple languages targeted at different audiences called ADel.
- 35.** Coaches should cooperate with athlete testing programs only if it is convenient for them.
- 36.** The list of prohibited substances only mentions substances that are prohibited out of competition.
- 37.** TUEs (Therapeutic Use Exemptions) ensure that you can obtain treatment for a legitimate medical condition— even if that treatment requires a prohibited substance or method.
- 38.** A TUE (Therapeutic Use Exemption) application must be made at least 30 days before taking part in an event.



39. If an emergency or urgent treatment of a medical condition was necessary, a TUE (Therapeutic Use Exemption) may be approved retroactively.
40. You can report Safe Sport incidents and suspicions via 2 methods: the official WKF complaint form, or at WKF competitions, you can speak directly to the event safeguarding officer.
41. In Safe Sport Policy, the 5 categories of any non-accidental violence that will be tolerated are psychological, physical, sexual abuse, sexual harassment and neglect.
42. Humiliating initiation routines are okay if they bring the team together.
43. Coaches have a duty of care to create the safest possible sport environment. This means understanding both their own and their athletes' responsibilities in the Safe Sport framework.
44. WKF Safe Sport Policy protects its members from harassment, abuse, and false allegations both in and out of competition while maintaining strict confidentiality.
45. The main factors involved in injury prevention are the level of the competitors, the technique used, the permissiveness of the referees in relation to contact, and the level of aggression promoted by coaches.
46. A concussion is not serious because you cannot see it on a clinical imaging tool like an MRI.
47. If an athlete suffers a concussion, he/she needs to be identified and leave the competition as repeated concussion can occur even with less severe blows and the potential of suffering from second impact syndrome, which has a death rate of 50%.
48. If the athlete does not lose consciousness, it is not a concussion.
49. After a concussion, it is recommended to apply a gradual return to play (RTP) protocol where the athlete will progressively go through different stages while remaining asymptomatic.
50. The resting time for competitors in case they have to change equipment & color is five (5) minutes.
51. The resting time for competitors between matches is equal to the duration time of the match.



52. The minimum warning for running away, avoiding combat or/and wasting time during Atoshi Baraku is Hansoku Chui.
53. Ippon is awarded for Jodan Geri or any techniques against an opponent whose any part of the body other than the feet is in contact with the mat, with the exception of being scored upon when attacking from Hiza Gamae (Kneeling on one knee).
54. Hansoku Chui is normally imposed where the contestant's potential for winning is seriously diminished by the opponent's foul.
55. Simulated attacks with the head, knees or elbows are not an offense.
56. If a contestant scores with more than one consecutive technique before Yame, the judges must show the higher point regardless of which sequence the techniques scored.
57. Ippon is awarded for Chudan Kicks.
58. In order to give points, the referee must have a minimum of two judges showing the same signal.
59. If AKA scores just as AO steps outside of the match area, both the score and a warning or penalty can be given.
60. Waza-Ari means one point.
61. Jogai occurs when a contestant exits from the competition area and it is not caused by the opponent.
62. A contestant may be penalized for exaggeration even if there is an actual injury.
63. If a competitor makes a good Chudan kick and the opponent catches the leg a score cannot be given.
64. A Kumite competitor who receives Kiken in a category cannot compete again in any other categories in that tournament.
65. A male team can compete with only two competitors.
66. An extra bout is used only for team matches.
67. In team matches should a competitor receive Hansoku their score, if any, will be zeroed and the opponent's score will be set at eight points.
68. A warning or penalty for Mubobi is given when a competitor is hit or injured through his own fault or negligence or he has forgotten to use the groin guard.



69. When referee announces WAKARATE and one of the competitors has exit the competition area a JOGAI warning will be imposed.
70. Under 21 years Male bouts are always three minutes and two minutes for females.
71. Chui-1, Chui-2, Chui-3 and Hansoku-Chui are warnings.
72. If one judge signals score for AO the referee must stop the match.
73. Round robin in groups followed by Elimination is used for Senior Kumite World Championships for both individuals and Teams.
74. In case of a protest, the coach should ask a referee for help.
75. The referees cannot explain the outcome of a bout to a coach or competitor.
76. The Tatami Manager can recommend the coach to write a protest.
77. If there is an administrative malfunction, the coach can notify the Tatami Manager directly.
78. The referees can explain the outcome of a bout to a coach or competitor.
79. Coaches request Video Review only for acquiring missed possible points from judges.
80. The coach should always have an official protest kit available.
81. The competitor can discreetly signal the coach that he wants Video Review.
82. When an injured contestant has been given medical treatment and the official doctor says that the contestant can continue fighting, the referee cannot overrule the doctor's decision.
83. One of the duties of the referee is to issue warnings and impose penalties.
84. The competitors have to follow the instructions of the controllers regarding the Karate-Gi and the homologated protections.
85. The decision of the Video Review Supervisors can be overruled by the referee.
86. For a draw in a Round-robin bout, one victory point is assigned to each competitor if the bout result is not 0-0.
87. Physiotherapists and doctors are not allowed access to the warm-up area.
88. A Kata coach may direct a Kumite competitor from the box.
89. The accreditation of a Kumite athlete can be collected without showing the passport.
90. It is not the responsibility of the coach if the athlete's Karate-Gi is not according to the rules.



91. A Karate-Gi is considered "WKF approved" if its brand is published in the WKF official website.
92. An athlete can wear different brands of protection equipment as long as the used brands are WKF homologated.
93. The use of karate-Gi with embroidery brands on the shoulders in white is allowed in all the WKF Official competitions.
94. The use of karate-Gi with embroidery brands on the shoulders in red and blue is mandatory in all the WKF Official competitions.
95. It is permitted for the coach to have electronic communication devices while coaching.
96. It is permitted for the coach to wear Sandals, or any other open-toe shoe while coaching medal bouts.
97. A coach may be subjected to have his/her coaching license suspended for a period of 6 months if his Competitor appears at the competition area with unauthorized equipment or irregular Karate-Gi.
98. For WKF World Individual Championships - Phase 2, and Karate 1 - Premier League, the eight highest ranked Competitors present at the competition are seeded.
99. It is allowed in Round-robin phase for teams to compete with less than 5 Athletes in male teams senior World championship.
100. Coaches can ask for video review if they believe their athletes make a correct technique at the same time as the WAKARATE is called.
101. During the medal final bouts in case of disqualification by SHIKAKU, the competitor will lose the bout and be awarded the silver medal.
102. It is the duty of the Coach to ask for his Video Review card whenever he has the right to have it, and it is not returned by the Tatami Manager.
103. WKF approved groin guard for male Competitors is mandatory only in the finals.
104. During Round-robin competition, the Team may not complete all the individual bouts.
105. For Competitors under 14 years skin touch is allowed with Jodan techniques.
106. Any registered member of the delegation attending the Championships are allowed to coach and guide the Competitor during the bout.
107. The Coach may freely speak to the Competitor at all times during the bouts.



- 108. Coach can ask for a higher score using the video review Card.
- 109. In World Championships, Kumite coaches need to be part of a National Federation delegation and have the required Coach Certification level when acting during the bout of his Competitor.
- 110. Kumite Team members must all wear the same colour and same brand mark on the shoulders.

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