

GKRKARATE

Referee Manual

Section 7: DRESS REQUIREMENTS

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7.1 COMPETITOR'S DRESS CODE

UNIFORMS:

- A minimum of a standard lightweight **GI** (uniform) must be worn by all competitors.
- The **GI** (uniform) must be in good condition with no loose straps or torn areas which could cause injury to the other competitor/s, Referees and Judges or even likewise to themselves.
- The sleeves of the **GI** must not be rolled up past the forearm.
- A club badge **MUST** be attached and on the left hand side of the **GI** on the chest area.

SHIN AND INSTEP PROTECTORS:

- Must be worn by all competitors.
- These must also be worn under the pants and not over the top of the pants.

HAND MITTS/GLOVES:

- Must be worn by all competitors. GKR/IGKF red or blue gloves are compulsory for all age groups.
- Either colour is acceptable except in open divisions where competitors will require both colours.
- **NB:** Boxing type gloves and the larger freestyle type gloves (usually red or black, leather or vinyl) are not permitted to be worn by any competitor.

GROIN GUARDS:

- A groin guard is compulsory and can be worn underneath or over the top of the uniform.

MOUTH GUARDS:

- Are compulsory for all kumite events. An event will not be allowed to continue without one. If a competitor loses their mouthguard during the course of the bout then the clock must be stopped whilst the competitor replaces their mouthguard.
- **NB:** If the above equipment is not worn the competitor will not be permitted to continue.

CHEST GUARDS:

- It is compulsory for all female competitors from the age of 12 to wear chest guards.

NOTES

7.2 OFFICIALS DRESS CODES

REFEREE AND JUDGES:

The standard dress for Male and Female Judges are:

- Black trousers for men.
- Black trousers or knee length skirts for ladies.
- Long sleeve white button up shirt for men.
- Long or short sleeve white button up shirt for ladies.
- GKR tie.
- Black socks.
- Black shoes.

TIME-KEEPERS AND SCORE-KEEPERS:

- Time and Score-keepers may wear the same uniform as Judges and Referees.
- They may if they choose however, wear a GKR Polo Shirt, with black track pants and runners.

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