

Children 7–11 yrs

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Helmet and external body protector are mandatory for all ages 7 – 13 years.
- Gum shield.

Others

Groin guard may be used, but is not mandatory for boys age 7 – 11 years.

Chest protector may be used, but is not mandatory for girls age 7 – 11 years.

Chest protector (under the Gi-jacket) is **mandatory** for girls age 12 – 13 years and U14.

Groin guard are **mandatory** for boys age 12 – 13 years and U14.

Children 12–13 years and U14 (12+13 yrs), according to WKF rules

- WKF approved mitts, one contestant wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Helmet and external body protector are mandatory for all ages 7 – 13 years and U14
- Gum shield.
- Groin guard for male competitors.
- WKF chest protector for female competitors (inside the Gi-jacket).
- It is optional to wear red/blue stripe's or no stripes at all on the Gi-jacket

Cadets, Juniors, U-21 and Seniors, according to WKF rules

- WKF approved mitts, one athlete wearing red and the other wearing blue.
- WKF Soft shin pads and foot protection, one contestant wearing red and the other wearing blue.
- Gum shield.
- Groin guard for male athletes.
- WKF Chest protector (or integrated chest & body protector) for female competitors.
- WKF Body protector is mandatory for all athletes.

Others in all kumite

Glasses are forbidden.

Soft contact lenses can be worn at the contestant's own risk.

Body protector (inside the Gi-jacket) is mandatory.

Others in all kata

It is allowed to wear hearing aids in individual kata-competition.

Clarification about Gi-jacket

For Swedish competitors it is allowed to have color embroidered shoulders on Gi, or white shoulders. For those who wear embroidered shoulders the color must comply with AKA/AO protective equipment.