Timekeeper

**Juniors**

Kata – No time limit

Duo kata– No time limit

Weapon kata – No time limit

Random attacks – No time limit

Ground fighting – max 1 minute

Continuous fighting – 1-minute Sparing (Throw in bean bag) 45 seconds Randori (throw in bean bag) 1-minute ground fighting. (Total 2 minutes 30secs)

The Mat referee has the final say on any contest.

**Adults**

Kata – No time limit

Duo kata– No time limit

Weapon kata – No time limit

Random attacks – No time limit

Ground fighting – max 1 & half minutes max

Continuous fighting – 1-minute Sparing (Throw in bean bag) 45 seconds Randori (throw in bean bag) 1-minute ground fighting. (Total 2 minutes 30secs)

The Mat referee has the final say in any contest.

For any rest period, injury is 5 minutes.