

KARATE FLAG

EVENT DESCRIPTION

KARATE FLAG may be compared to flag football.

- Each match is scheduled for one, 1-minute round
- The goal is to pull all 4 flags from your opponent's belt.
- Use your speed, dexterity, footwork, cunning and strategy to pull your opponent's flags
- No striking, punching, kicking, pushing or grabbing allowed (Only pulling out of the flags!)
- If you pull out all your opponent's flags, you Win! If time elapses, whichever competitor still has the most flags wins.
- Ties are broken by competing to next flag pulled.

GEAR REQUIREMENTS

A martial arts uniform with a belt. Flags are Provided.

EVENT DIVISIONS

5 and Under _ All Ranks

6-7 Beginners/First Timers

6-7 Intermediate/Advanced

8-9 Beginners/First Timers

8-9 Intermediate

8-9 Advanced/Black Belt

10-11 Beginners/ First Timers

10-11 Intermediate

10-11 Advanced/ Black Belt