



# Scottish Karate Governing Body Ltd

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## The Scottish Karate Governing Body Menstrual Break in Competition Policy

### Purpose

To ensure equitable participation and well-being of athletes, officials and coaches who menstruate by providing access to menstrual-related breaks during competition.

### Scope

This policy applies to all athletes, officials and coaches involved in competitions run by Karate Scotland.

### Policy Statement

In situations where menstrual blood appears on the karate gi during or in-between a kumite or kata bout, the competitor will be given up to 10 minutes to change their gi and return to the competition. This can be instigated by an official or by the athlete informing an official. Whilst under WKF refereeing regulations other forms of blood on the gi can lead to the competitor being given 2 minutes to change their gi, issues of menstrual bleeding are different in nature to bleeding that occurs as part of an injury, and require more time to resolve.

Menstruating officials and coaches can also be entitled to menstrual breaks. Regular breaks in officiating and coaching duties (every 3-4 hours) are recommended to avoid or minimise the need for individuals to request a break.

This rule will apply to all Scottish Karate Governing Body authorised competitions in Scotland as of 14<sup>th</sup> November 2025

Dr Chloe Maclean

Karate Scotland Director of Women and Girls' interests

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