

Competition Rules

Section 1. General Rules

Section 1.1 Competitor Attire

- A. All competitors will wear a traditional martial arts uniform for competition, respectful of their style.
- B. All competitors will wear their respective belt of rank (Not required to use AAU Belt Designation).
- C. Jewelry (iwatch, fitbits, earrings, necklaces) **will not** be allowed to be worn during the division.
- D. No metal hair accessories will be allowed during the division.
- E. Glasses will be allowed during Kata. Sport Style glasses will be allowed in Kumite.

Section 1.2 Officials Attire

- A. Officials will wear gray slacks with a blue blazer and white button-up shirt.
 - A. If an official is unable to match this requirement, they must wear their gi with a blue judging vest. This vest **MUST** be returned by the end of the tournaments.

Section 1.3 Tournament Roles

- A. Tournament Director
 - a. Ensure a safe and fun environment for every tournament attendee.
- B. Head Referee – Tatami Manager
 - a. Responsible for officials' instruction.
 - b. May provide feedback to various referees regarding conduct or rule violations.
 - c. May pause a division if the safety of an athlete is at risk.
 - d. May pause a division if there is a clear violation of the rules.
 - e. May step into and take over a ring to ensure the constant flow of competition.
- C. Lead Referee – Assistant Tatami Manager
 - a. Responsible for coach's instruction.
 - b. May provide clarifying feedback on the upholding of rules.
 - c. May be delegated duties of the Head Referee as needed.
- D. Official
 - a. Center Referee
 - i. Responsible for beginning and ending divisions.
 - ii. Prioritize the safety of the athletes participating in their ring.
 - iii. Ensure the correct upholding of the rules in their ring.
 - iv. Ensure the correct athletes are recorded as winners.
 - b. Referee
 - i. Prioritize the safety of the athletes participating in their ring.

Section 1.4 Medal Procedure

- A. Kata and Kobudo
 - a. 1st, 2nd, and 3rd place competitors will receive a medal for their placement.
- B. Kumite
 - a. 1st, 2nd, and both 3rd place competitors will receive a medal for their placement. (Double Thirds)

Section 2. Kata/Forms

Modified AAU kata rules.

Section 2.1 General Rules

- A. Point System
 - a. Beginner: 5.0 - 7.0
 - b. Novice: 5.5 - 7.5
 - c. Intermediate – 6.0 - 8.0
 - d. Advanced – 6.5 – 8.5
- B. Competitors will perform their kata one at a time.
- C. White belt through green belt (Beginner/Novice) competitors are recommended to perform kata equivalent to beginner and novice ranks from their respective style.
- D. Brown belt (Intermediate) & Black Belt (Advanced) competitors may use any traditional kata from their respective style.
- E. There will be multiple styles of kata performed. Officials will not grade based on their own style but on the consistency of the criteria listed in Section 2.2.

Section 2.2 Scoring Criteria for Kata/Kobudo

- A. Believability – power & intensity. Realistic performance with powerful attitude. (Reigi)
- B. Correct and Proper use of breathing
- C. Understanding of basic techniques (Kihon)
- D. Element of difficulty with proper tension in abdomen (Hara) and no bobbing up and down of the hips when moving. Control of tension and contraction.
- E. Correct stances (DACHI) with proper tension in the legs, and feet flat on the floor. Stability and balance.
- F. Presentation – eyes, focus, concentration, balance, kiai, etc
- G. Good timing, rhythm, speed (Kime)
- H. Kata sequence (Embusen) **Athletes cannot be penalized for doing a kata “wrong” unless there is a break of concentration.**

Section 2.3 Team Kata (if applicable for the tournament)

- A. All three team members must start and end the kata facing the same direction and towards the center judge.
- B. Along with kata judging criteria, team kata will also be judged by
 - a. Synchronization
 - b. No external queues
- C. Team Kata will be judged one team at a time and use numeric scorecards

Section 2.4 Tiebreaker Procedure

- A. The following events will happen sequentially until a tie is broken.
 - a. The highest score and lowest score will be removed and never brought back into consideration (5 Officials).
 - b. The lowest remaining scores will be compared against each other.
 - c. The highest remaining scores will be compared against each other.
 - d. Kata must be performed again by both athletes. Advanced competitors **MUST** change kata for a tiebreaker. Non-advanced competitors may repeat their kata.
 - e. If there is still a tie, then there will be a flag decision by the officials based on the most recent Kata performance.

Section 3. Kumite/Sparring

Modified AAU/USA kumite Judging

Section 3.1 Judging System (Mirror)

- A. Center Referee
 - a. Responsible for starting and stopping the match.
 - b. Responsible for awarding points based on the decision of the judges.
 - c. Responsible for giving penalties based on the decision of the judges.
- B. Mirror Judge
 - a. Responsible for making calls for points or penalties non-verbally.
- C. Sitting Kanza
 - a. Responsible for recording the match results.
 - b. Acts as a tie breaker in a split decision of the center referee and mirror judge.

Section 3.2 Equipment

- A. Required Equipment
 - a. Mouth Guard
 - b. Helmet with or without a face shield.
 - c. Kumite style gloves (No MMA or boxing style gloves)
 - d. Groin protector (Males)
- B. Optional Equipment
 - a. Foot Protectors made of white cloth or Naugahyde. No hard foot or shin protectors are allowed.
 - b. Chest Protectors

Section 3.2 Scoring Area

- A. Head (No Contact)
 - a. Advanced competitors may have **controlled** touch. No transfer of energy
 - b. Drawing blood may result in an escalated warning or penalty under the direction of the Head Referee.
- B. Face (No Contact)
- C. Neck (including throat, but not touching the throat)

- D. Abdomen
- E. Chest
- F. Side
- G. Back

Section 3.3 Scoring Criteria

- A. **Good form** - a technique with good form is said to have characteristics conferring probable effectiveness within the framework of traditional karate concepts.
- B. **Correct attitude** - a non-malicious attitude of great concentration obvious during delivery of the scoring technique within the framework of traditional Karate concepts.
- C. **Vigorous application** - defines the power, speed and controlled delivery of the technique, with the purpose of succeeding.
- D. **Zanshin** - a continued state of awareness and commitment which endures after the technique has landed. The contestant with Zanshin maintains total concentration and awareness of the opponent's potential to counterattack and the ability to continue with proper form and other continuing techniques.
- E. **Proper timing** - delivering a technique when it will have the greatest potential effect. Proper timing is carrying out a technique at the optimum moment in time to achieve the greatest result.
- F. **Correct distance** - delivering a technique at the precise distance where it will have the greatest potential effect.

Section 3.4 Scoring Levels

- A. **Ippon** (Full Point)
 - a. Controlled kick to the head or face.
 - b. Break of balance/Safe Takedown followed immediately by a scoring technique.
- B. **Wazari** (Half Point)
 - a. All other valid scoring techniques.
- C. A competitor wins if they reach 3 full points in any combination of Wazaris and Ippons.

Section 3.5 Penalties

- A. **Penalty Categories**
 - a. *Chukoku – Contact and non-contact penalties*
 - i. Chukoku (1st Warning)
 - ii. Chukoku Hansoku Chui (2nd Warning)
 - iii. Chukoku Hansoku (Disqualification)
 - b. *Jogai – Out of bounds*
 - i. Jogai Ichi (1st Warning)
 - ii. Jogai Ni (2nd Warning)
 - iii. Jogai Hansoku Chui (3rd Warning)
 - iv. Jogai Hansoku (Disqualification)
 - c. *Mubobi – Defenseless behavior*

- i. Mubobi (1st Warning)
- ii. Mubobi Hansoku Chui (2nd Warning)
- iii. Mubobi Hansoku (Disqualification)

B. Chukoku (2 Warnings then Disqualification)

- a. Face Contact –
 - i. Contact is not allowed and may be penalized.
 - ii. Drawing blood may result in an escalated warning or penalty under the direction of the Head Referee.
 - iii. Advanced competitors may have **controlled** touch. No transfer of energy.
- b. Any excessive contact regarding the target area.
- c. Attacks and contact to the joints, throat, below the pubic bone or groin, and legs.
- d. A sweep of the ankle or foot without an attempt to score to one of the scoring targets.

C. Jogai (3 Warnings then Disqualification)

- a. Any part of the body leaving the match area (not including being pushed).

D. Mubobi (2 Warnings then Disqualification)

- a. Eyes leaving the opponent when attempting to score
- b. Retreating with back to the opponent
- c. Any other technique that endangers the athlete

Section 3.6 Match Duration

- A. 1:30 **Run time** for **under 13 year old** divisions.
- B. 2:00 **Run time** for all **non-advanced 13 year old and up** divisions.
- C. 2:00 **Stop time** for all **advanced 13 year old and up** divisions.

Section 3.7 Tiebreakers

- A. The following will happen sequentially until a tie is broken.
 - A. 1 minute of additional time will be added (Encho-Sen). The first competitor to score wins. (Sudden Death)
 - B. If no competitor has scored inside of Encho-Sen, an officials vote will be called (Hantei). Every official must vote for a winner. The winner of this decision will be declared winner of the match.

Section 4. Kobudo/Weapons

Section 4.1 General Rules

- A. Point System
 - a. Beginner: 5.0 - 7.0
 - b. Novice: 5.5 - 7.5
 - c. Intermediate – 6.0 - 8.0
 - d. Advanced – 6.5 – 8.5
- B. Competitors will perform their weapon kata one at a time

- C. All Weapons will be examined by the head judge prior to the division, no sharpened “live” blades are allowed. There are no weapons height or weight requirements. This examination is to ensure the safety of the athletes and officials.
- D. Any loss of control to any weapon will result in a foul (0.1 deduction per incident) but will not be disqualified.
- E. Any technique used in a manner that disrupts, hinders, or endangers the judges will result in a foul or disqualification.
- F. Any drop or break of any weapon will result in the lowest possible score in their respective range. We will not disqualify a competitor. It is encouraged that a competitor, if possible, finish their form and show that they can come back from a setback.
- G. If the weapon is no longer safe to use after it is dropped, then the competitor will then be done and should then be given the lowest score.
- H. In the case of a tie, all competitors are **NOT REQUIRED** to change katas.

Section 4.2 Scoring Criteria

- A. The scoring criteria for kata (Section 2.2) will be used for kobudo.

Section 5 Grand Champion Competition

Section 5.1 General Rules

- A. There will be 6 Grand Champion divisions
 - a. Junior Grand Champion Kata
 - b. Junior Grand Champion Male Kumite
 - c. Junior Grand Champion Female Kumite
 - d. Grand Champion Kata
 - e. Grand Champion Male Kumite
 - f. Grand Champion Female Kumite
- B. Depending on the number athletes available, some Junior and Adult grand champion divisions may be combined at the direction of the tournament director.

Section 5.2 Qualification Criteria

- A. The first-place winners of each advanced kata and kobudo division under 18 will be placed into the **Junior Grand Champion Kata** division.
- B. The male first place winners of each advanced kumite division under 18 will be placed into the **Junior Grand Champion Male Kumite** division.
- C. The female first place winners of each advanced kumite division under 18 will be placed into the **Junior Grand Champion Female Kumite** division.
- D. The first-place winners of each advanced kata and kobudo division over 18 will be placed into the **Grand Champion Kata** division.
- E. The male first place winners of each advanced kumite division over 18 will be placed into the **Grand Champion Male Kumite** division.

- F. The female first place winners of each advanced kumite division over 18 will be placed into the **Grand Champion Female Kumite** division.

Section 5.3 Kata

- A. Scoring range is 6.5 – 8.5.
- B. Athletes may perform a kata from a previous division.
- C. The kata grand champions divisions will be mixed gender divisions.
- D. If an athlete wins both their kata and kobudo divisions, they have free choice selection of performing an empty hand kata or a kobudo kata.
 - a. If an athlete wins only their kobudo division, they must perform a kobudo kata for Grand Champion competition.
 - b. If an athlete wins only their kata division, they must perform an empty hand kata for Grand Champion competition.
- E. For all other rules please refer to the Kata section (Section 2).

Section 5.4 Kumite

- A. All rules listed in Section 3 will be used for the kumite competition.
- B. Male and female competitors will not compete against each other for kumite grand champion.

Quick Reference

Kata and Kobudo

Scoring Ranges

Beginner: 5.0 – 7.0

Novice: 5.5 – 7.5

Intermediate: 6.0 – 8.0

Advanced: 6.5 – 8.5

Black Belts **REQUIRED** to change kata for tie breaker in kata competition.

Under black belts **NOT REQUIRED** to change kata for tie breaker in kata competition.

All athletes are **NOT REQUIRED** to change their kata in kobudo competition.

Kumite

1:30 Run Time for under 13 divisions.

2:00 Run Time for over 13 NON ADVANCED divisions.

2:00 Stop Time for over 13 ADVANCED divisions.

3 Points wins

TIE = Add 1 minute. First point wins

Chukoku – 2 Warnings then DQ

Mubobi – 2 Warnings then DQ

Jogai – 3 Warnings then DQ

AKA – Red

SHIRO – White

WAZARI – Half Point

IPPON – Full Point

CHUKOKU – Contact Penalty

MUBOBI – Defenseless Behavior

JOGAI – Out of Bounds

HAJIME – Begin

YAME - Stop

NO KACHI – Winner