

KKA CHAMPS COMPETITION RULES

Based on WKF 2020 competition rules, the below may differ from WFK rules for competition for ease of organisation/timing and fairness to young competitors. These may change at the discretion of Head Sensei Allan on the day.

WKF full document can be found [here](#) and will be referred to should the need arise.

KUMITE RULES

- Any contact to the jodan (head/face/neck) area, however slight, is forbidden and in principle will be penalized.
- A correctly performed technique to any scoring area in principle will be considered a score at a distance up to 5cm.
- Scoring criteria: Points can be 1/2 point (Wazari – most strikes) or full point (Ippon – a superior strike that would have ended the fight if contact was allowed).
- All strikes/defence must have kime (focus), kiai (spirit shout) and Zanshin (continual state of awareness).
- No sweeping, or other takedown techniques, are allowed.
- The bout duration is 2 minutes (12yrs and under 90 seconds).
- Protective equipment required - mouth guard and hand protectors; *also recommend shin/instep and groin guards (male) and chest protectors (female). All styles/brands allowed (e.g. white padded, WKF red/blue), subject to safety inspection.*

REFEREE PANEL

The Refereeing Panel for each bout shall consist of one Referee (SHUSHIN), one Judge (FUKUSHIN), and one score/timekeeper.

1. Competitors and Referees to bow in before the start of each division

DURATION OF BOUT

1. Duration of the Kumite bout is defined as 2 minutes. (12yrs and under 90 seconds).
2. The timing of the bout starts when the Referee gives the signal to start, and stops each time the Referee calls “YAME”.
3. The timekeeper shall give signals by a clearly audible bell, or buzzer, indicating “30 seconds to go” and “time up”. The “time up” signal marks the end of the bout.
4. Competitors are entitled to a rest period between bouts, equal to the standard duration time of the bout.

SCORING

1. Scores are as follows:
 - a. IPPON One point
 - b. WAZA-ARI half point

Score	TECHNICAL CRITERIA
Ippon (1 points) is awarded for:	1. Jodan kicks. Jodan being defined as the face, head and neck. 2. Any scoring technique which is delivered on an opponents back
Waza-Ari (1/2 points) is awarded for:	1. Chudan kicks. Chudan being defined as the abdomen, chest, back and side. 2. Any punch (Tsuki) delivered to any of the seven scoring areas. 3. Any strike (Uchi) delivered to any of the seven scoring areas.

2. A score is awarded when a technique is performed according to the following criteria to a scoring area:

Good form	A technique with "Good Form" is said to have characteristics conferring probable effectiveness within the framework of traditional Karate concepts.
Sporting attitude	A component of good form and refers to a non-malicious attitude of great concentration, obvious during delivery of the scoring technique.
Vigorous application	Defines the power and speed of the technique and the palpable will for it to succeed.
Awareness (ZANSHIN)	The state of continued commitment in which the Competitor maintains awareness of the opponent's potentiality to counter-attack. I.e.: He/she does not turn his/her face away during delivery of the technique, and remains facing the opponent afterwards.
Good timing	Delivering a technique when it will have the greatest potential effect.
Correct distance	Means delivering a technique at the precise distance where it will have the greatest potential effect. Thus, if the technique is delivered on an opponent who is rapidly moving away, the potential effect of that blow is reduced. (see more below)

Distancing also relates to the point at which the completed technique comes to rest on or near the target. A punch or kick that comes 5 centimetres from the face, head, or neck may be said to have the correct distance. However, Jodan techniques, which come within 5 centimetres distance of the target and which the opponent makes no attempt to block or avoid will be scored, provided the technique meets the other criteria. Any contact to the jodan head/face/neck) area, however slight, in principle will be penalized.

3. Attacks are limited to the following areas:
 - a. Head 5cm distance
 - b. Face 5cm distance
 - c. Neck 5cm distance
 - d. Abdomen
 - e. Chest
 - f. Back
 - g. Side

PROHIBITED BEHAVIOUR

1. Techniques which make excessive contact, having regard to the scoring area attacked, and techniques which make contact with the throat.
2. Attacks to the arms or legs, groin, joints, or instep.
3. Attacks with open hand techniques.
4. Forbidden sweep and throwing techniques.
5. Clinching, wrestling, pushing, grabbing the opponent with both hands for any other reasons than executing a takedown upon catching the opponent's kicking leg.
6. Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
7. Simulated attacks with the head, knees, or elbows.

EXPLANATION:

1. Karate competition is a sport, and for that reason some of the most dangerous techniques are banned and all techniques must be controlled. Trained adult Competitors can absorb relatively powerful blows on muscled areas such as the abdomen, but the fact remains that the head, face, neck, groin and joints are particularly susceptible to injury. Therefore, any technique, which results in injury, may be penalised unless caused by the recipient. The Competitors must perform all techniques with control and good form. If they cannot, then regardless of the technique misused, a warning or penalty must be imposed. Particular care must be exercised in Cadet and Junior competition.
2. **FACE CONTACT:** No contact to the head, face, or neck. Where contact is seen by the Referee, but it does not diminish the Competitor's chances of winning, a warning (CHUKOKU) may be given. A second contact under the same circumstances will result in KEIKOKU. A further offence will result in HANSOKU CHUI. Any further contact, although not significant enough to influence the opponent's chances of winning, will still result in HANSOKU.

WARNINGS & PENALTIES

There are three degrees of warning; CHUKOKU, KEIKOKU and HANSOKU CHUI. A warning is a correction given to the Competitor making it clear that the Competitor is in violation of the competition rules, but without imposing an immediate penalty.

CHUKOKU: CHUKOKU is normally imposed for the first instance of an offence that has not reduced a Competitor's chances of winning by the opponent's foul.

KEIKOKU: is imposed for the second instance of a minor infraction, for infractions not sufficiently serious to merit or where the Competitor's potential for winning is slightly diminished (in the opinion of the Judges) by the opponent's foul.

HANSOKU-CHUI: This is a warning of disqualification usually imposed for infractions for which a KEIKOKU: has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit

There are two degrees of penalties: HANSOKU and SHIKKAKU, both causing the Competitor violating the rules to be disqualified from i) the bout (HANSOKU) - or ii) from the bout and the entire tournament (SHIKKAKU). In the case of SHIKKAKU further sanctions may still be imposed by the Legal and Disciplinary Commission based on the outcome of complaints.

HANSOKU: This is the penalty of disqualification following a very serious infraction or when a HANSOKU CHUI: has already been given. In team matches the fouled Competitor's score will be set at eight points and the offender's score will be zeroed.

SHIKKAKU: This is a disqualification from the entire tournament including any subsequent category the offender may have been registered for.

KATA RULES

- Each competitor will compete in at least 2 bouts.
- Double elimination (except teams)
- 8th to 7th kyu competitors may perform any kata and can repeat that kata if they wish.
- 6th kyu and above competitors must do at least 2 different kata over the event (ie: they can repeat a kata once).
- 3rd kyu+ competitors must do a different kata in consecutive rounds.
- Shodan + competitors will perform 2-up versus, one at a time (includes teams)

JUDGING PANEL

The Judging Panel for each bout shall consist of three to five Judges (FUKUSHIN), and one score keeper.

1. At the start of each round/division the Competitors or teams and judges will bow in.
2. When called, each Competitor – or team – will step up to the starting point for the Kata.
3. The starting point for the performance is marked on the competition area for individuals.
4. After the bow the Competitor must announce clearly the name of the Kata that is to be performed and then start the performance.
5. At the end of the performance, which is defined as the final bow in the kata, the Competitor(s) must wait for the announcement of the winner (red or white), bow, and then leave the Tatami.
6. In the end of each group all the Competitors of that group will line up - the results will be announced (if needed) and the Competitors will then bow and leave the mat.

Criteria for evaluation

In assessing the performance of a Competitor or team, the Judges will evaluate the performance based on the two major criteria (technical performance and athletic performance).

The performance is evaluated from the bow starting the kata until the bow ending the kata. The best performed Kata wins.

Kata Performance	
1. Technical performance	
a. Stances	
b. Techniques	
c. Transitional movements	
d. Timing	
e. Correct breathing	
f. Focus (KIME)	
g. Conformance: Consistency in the performance of the KIHON of the style (Ryu-ha) in the kata.	
2. Athletic performance	
a. Strength	
b. Speed	
c. Balance	

KOBUDO GATA RULES

- Each competitor will compete in at least 2 bouts.
- Double Elimination (Lose twice you're out)
- 2 up versus, one at a time
- Choose between Bo or Sai

In assessing the performance of a Competitor or team, the Judges will evaluate the performance based on the two major criteria (technical performance and athletic performance).

The performance is evaluated from the bow starting the kata until the bow ending the kata. The best performed Gata wins.

Gata Performance	
1. Technical performance	<ul style="list-style-type: none"> Stances Techniques Transitional movements Timing Correct breathing Focus (KIME) Conformance: Consistency in the performance of the KIHON of the style (Ryu-ha) in the kata. Weapon Handling
2. Athletic performance	<ul style="list-style-type: none"> Strength Balance

NOODLE KENDO RULES

- Noodle kendo is a fun Kumite battle
- No head strikes
- We encourage focus (Kime), kiai and awareness (Zanshin)

Score	TECHNICAL CRITERIA
Ippon (1 points) is awarded for:	1. Any scoring technique which is delivered on an opponent's back
Waza-Ari (1/2 points) is awarded for:	1. Any strike delivered to shoulders, legs, abdomen, chest and side

HELPFUL INFO FOR COMPETITORS

APPENDIX 1: THE TERMINOLOGY

SHOBU HAJIME	Start the Match or Bout	After the announcement, the Referee takes a step back.
ATO SHIBARAKU	A little more time left	An audible signal will be given by the timekeeper 15 seconds before the actual end of the bout and the Referee will announce "Ato Shibaraku".
YAME	Stop	Interruption, or end of the bout. As he/she makes the announcement, the Referee makes a downward chopping motion with his hand.
MOTO NO ICHI	Original position	Competitors and Referee return to their starting positions.
TSUZUKETE	Fight on	Resumption of fighting ordered when an unauthorised interruption occurs or when the Referee gives an informal order to commence fighting due to lack of activity
TSUZUKETE HAJIME	Resume fighting– Begin	The Referee stands in a forward stance. As he/she says "Tsuzukete" he/she extends his/her arms, palms outwards towards the Competitors. As he/she says "Hajime" he/she turns the palms and brings them rapidly towards one another, at the same time stepping back.
SHUGO	Judges called	The Referee calls the Judges at the end

		of the match or bout, or to recommend SHIKKAKU.
HANTEI	Decision	Referee calls for a decision at the end of an inconclusive bout. After a short blast of the whistle, the Judges render their vote by flag signal and the Referee indicates his own vote by raising his arm.
HIKIWAKE	Draw	In case of a tied bout, the Referee crosses his arms, then extends them with the palms showing to the front.
AKA (SHIRO) NO KACHI	Red (White) wins	The Referee obliquely raises his/her arm on the side of the winner.
AKA (SHIRO) IPPON	Red (White) scores one point	The Referee raises his/her arm up at 45 degrees on the side of the scorer.
AKA (SHIRO) WAZA-ARI	Red (White) scores half point	The Referee extends his/her arm at shoulder level on the side of the scorer.
CHUKOKU	Warning	The Referee indicates a Category 1 or 2 offence.
KEIKOKU	Warning	The Referee indicates a Category 1 or 2 offence then points with his/her index finger downwards at 45 degrees in the direction of the offender.
HANSOKU-CHUI	Warning of disqualification	The Referee indicates a Category 1 or 2 offence then points with his/her index finger horizontally in the direction of the offender
HANSOKU	Disqualification	The Referee indicates a Category 1 or 2 offence then points with his/her index finger upwards at 45 degrees in the direction of the offender, and announces a win for the opponent.

SENSHU	First unopposed point advantage	After awarding the point in the regular fashion, the Referee calls “Aka (Ao) Senshu” while holding lifting his/her bent arm with the palm facing the Referee’ s own face.
SHIKKAKU	Disqualification “Leave the Area”	The Referee points first upwards at 45 degrees in the direction of the offender then motions out and behind with the announcement “AKA (SHIRO) SHIKKAKU!” he/she then announces a win for the opponent.
TORIMASEN	Annulment	The point or decision is annulled. The Kumite Referee or Kata Chief Judge crosses his/her hands in a downward movement.
KIKEN	Renunciation	The Referee points downwards at 45 degrees in the direction of the Competitor’s or team’s side of the mat.
WAKARETE	“Separate”	The Referee motions for the competitors to separate from a clinch, or standing chest to chest, by separating his hands with a motion with the palms outward while giving the verbal order.

APPENDIX 2: GESTURES AND FLAG SIGNALS

ANNOUNCEMENTS AND GESTURES OF THE REFEREE

<p>SHOMEN-NI-REI The Referee extends his/her arms palms to the front.</p>	
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OTAGAI-NI-REI

The Referee motions to the Competitors to bow to the others.

**SHOBU HAJIME**

“Start the Bout”

After the announcement, the Referee takes a step back.

**YAME**

“Stop”

Interruption or end of a match or bout. As he/she makes the announcement, the Referee makes a downward chopping motion with his hand.

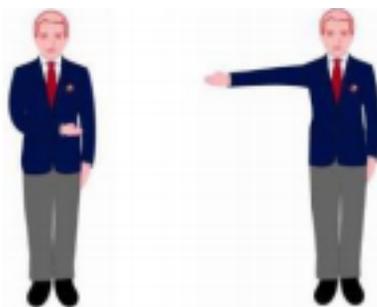
**TSUZUKETE HAJIME**

“Resume fighting—Begin”

As he/she says “Tsuzukete”, and standing in a forward stance, the Referee extends his/her arms outward with his/her palms facing the Competitors. As he/she says “Hajime” he/she turns the palms and brings them rapidly towards one another at the same time stepping back. The order “Tsuzukete” combined with the same motion of the hands is also used to informally urge activity while the Referee is in motion.

**WAZA-ARI (Half Point)**

The Referee extends his/her arm at shoulder level on the side of the scorer.



IPPON (One Points)

The Referee extends his arm upward at 45 degrees on the side of the scorer.

**TORIMASEN / CANCEL DECISION**

When an award or penalty has been given in error the Referee turns towards the Competitor, announces "AKA" or "AO", crosses his/her arms, then makes a cutting motion, palms downward, to indicate that the last decision has been cancelled.

**SENSHU** (First unopposed score)

The Referee holds the hand facing inwards, with the arm bent, towards the Competitor to indicate the first unopposed point scored.

**NO KACHI** (Win)

At the end of the match or bout, announcing "AKA (or AO) No Kachi" the Referee extends his/her arm upward at 45 degrees on the side of the winner.

**KIKEN**

"Renunciation"

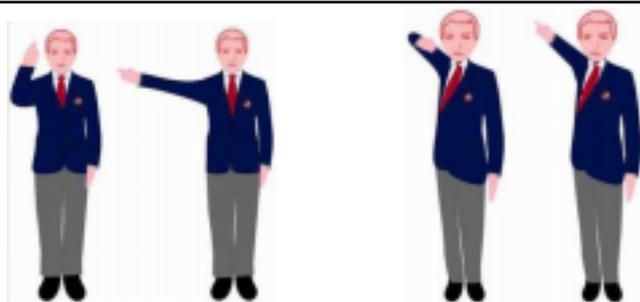
The Referee points with the index finger towards the renouncing Competitor's line and then announces a win fo the opponent.



SHIKKAKU

“Disqualification, Leave the Area”.

The Referee points first upwards at 45 degrees in the direction of the offender then motions out and behind with the announcement “AKA (AO) SHIKKAKU!” he/she then announces a win for the opponent.

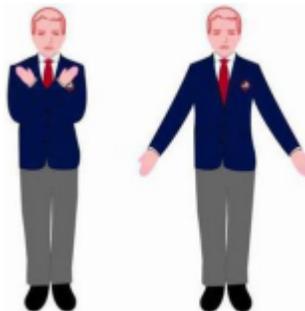


HIKIWAKE

“Draw” (Only applicable to team matches and round robin).

When time is up and scores are equal, or no scores have been awarded.

The Referee crosses his/her arms then extends them with the palms showing to the front.



WAKARETE

The Referee makes a motion for the Competitors to break apart from a clinch or standing chest to chest. (The motion is the same as is used for making the Competitors return to the starting point on the mat.)



KEIKOKU

“Warning”.

The Referee indicates a Category 1 or 2 offence then points with his/her index finger downwards at 45 degrees in the direction of the offender’s feet.



HANSOKU CHUI

“Warning of disqualification”.

The Referee indicates a Category 1 or 2 offence then points with his/her index finger horizontally in the direction of the offender’s abdomen.



HANSOKU

“Disqualification”

The Referee indicates a Category 1 or 2 offence then points with his/her index finger upwards at 45 degrees in the direction of the offender’s face, and awards a win to the opponent.

**DANGEROUS AND UNCONTROLLED ATTACKS**

The Referee brings his/her clenched fist past the side of his/her head to indicate to the Judges a Category 2 offence.

**SIMULATED ATTACKS WITH THE HEAD KNEES OR ELBOWS**

The Referee touches his/her forehead, knee, or elbow with the open hand to indicate to the Judges a Category 2 offence.

**SHUGO**

“Judges Called”

The Referee calls the Judges at the end of the match or bout or to recommend SHIKKAKU.



THE JUDGE'S FLAG SIGNALS

Note that, Judge #1 and #4, will hold the red flag in the right hand and Judge #2 and #3 will hold the flag in the left hand.

For kata Judge #1, 2, and 5 will have the red flag in their right hand – Judge # 3 and 4 in the left.

IPPON



WAZA-ARI



FAULT

Warning of a foul. The appropriate flag is waved in a circle, then a Category 1 or 2 signal is made.



KEIKOKU



HANSOKU CHUI



HANSOKU



SUGGESTED AREA LAYOUTS

KATA and KUMITE - Judges in each corner (May change on the day)

