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KARATE

KATA AND KUMITE
RULES



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KATA RULES

ARTICLE 1: competition area

1. The surface area of the race must measure 8m x 8m
2. The competition area must have tatami maximum 2 cm height

ARTICLE 2: official uniform

The Arbitration Committee may remove them anyone who does not respect this Regulation.

REFEREES

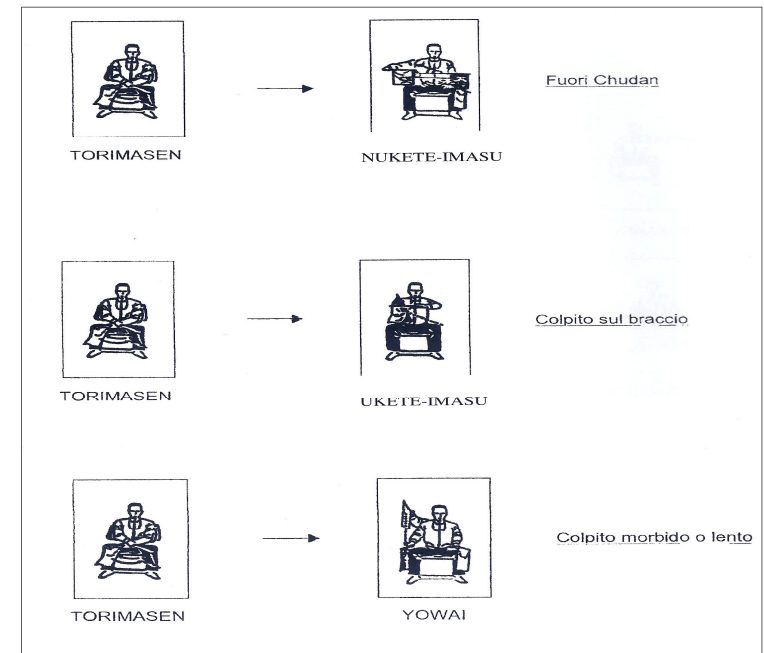
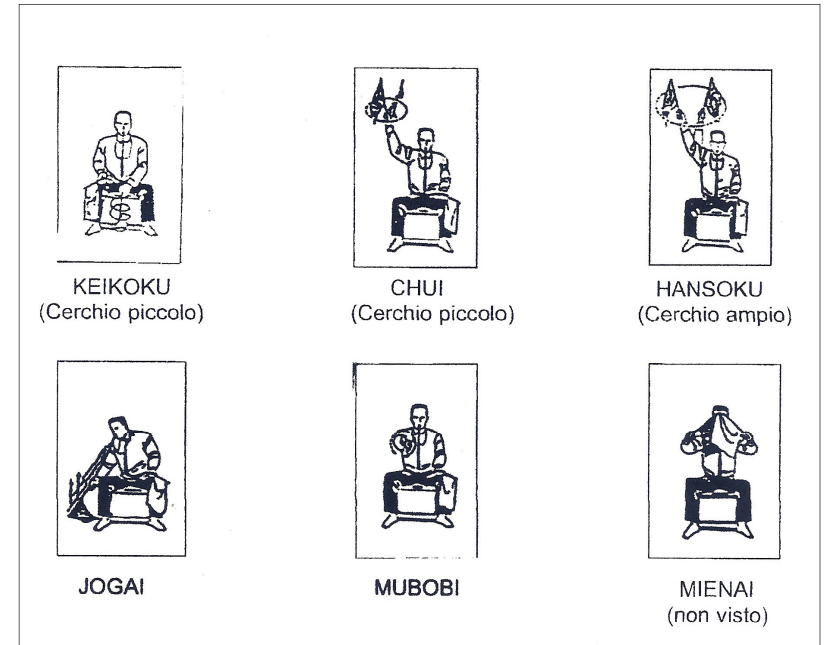
1. Referees and judges must wear the official uniform designated by the Federation

The official uniform must consist of:

- Blue jacket
- White shirt.
- Official tie, worn without tie pin.
- Pants gray
- black shoes

ATHLETES

1. Athletes must wear a white Karate-gi. The emblem or national flag of the respective country can be worn on the front of the jacket
2. Female athletes and children can wear a white T-shirt beneath the Karate racket
3. The sleeves of the jacket must be long enough to cover more the middle of the forearm, Rolling up the sleeves of the jacket is not permitted.
4. The pants must be long enough to cover at least two thirds of the tibia, but not they must be longer than the ankle, and they can not be rolled up.
5. It is not allowed. In the execution of Kata are allowed hair tyles very simple. It is forbidden to wear tapes and other ornaments..



COACH

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ARTICLE 3: Competition types

Kata Individual
Kata a Team
Kata dual Team
Kata team + Bunkai

Kata individual, Kata Dual Team , Kata Team

Children - Boy - Cadet

They will be judged by the following system: Flags without recovery

Junior - Senior - Master

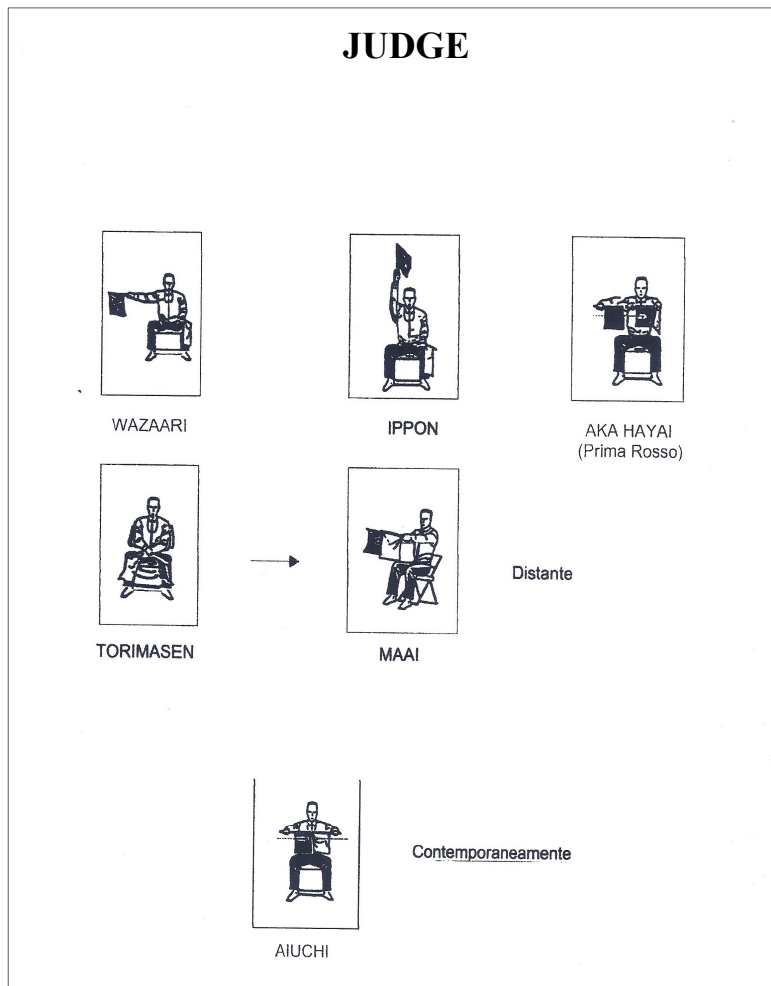
They will be judged by the scoring system

ARTICLE 4: Referees and Judges

The race will be conducted by 1 Referee and 4 Corner Judges. with flags or scores according to age categories

ARTICLE 5: Start and finish of the races

1. The race begins with a greeting
2. In the scoring system the athlete or team will be called on the tatami
3. shows up in front of the referee then goes to the starting point will announce the name of the chosen Kata, and will be free to begin its execution.
4. finished the Kata, the athlete or the team will await the verdict of the Judges
5. The Referee will order Hantei to get the scores from Corner Judges with a long whistle followed by a short one. The Judges will have to raise the score tables simultaneously.
6. the Announcer will read all the scores in a high voice, clockwise starting from the Referee



- The appointed Jury President eliminates the lowest score and the highest score, the sum of the remaining scores will be the score obtained.
- the Referee will order the Judges to lower the score tables with a short whistle blow.

FLAG SYSTEM

only for Children - Boys and Cadets

the race will be similar to kumite (direct elimination)

- the athletes called will be 2, (aka) and (Ao) they will appear in the competition area on the right and left of the jury table,
- will perform the kata one at a time first (AKA) after (AO) they will go up again on the mat and wait the judgment of the judges through the raising of the flags.

NO consultation is permitted among the Judges on the evaluation of the Kata performed

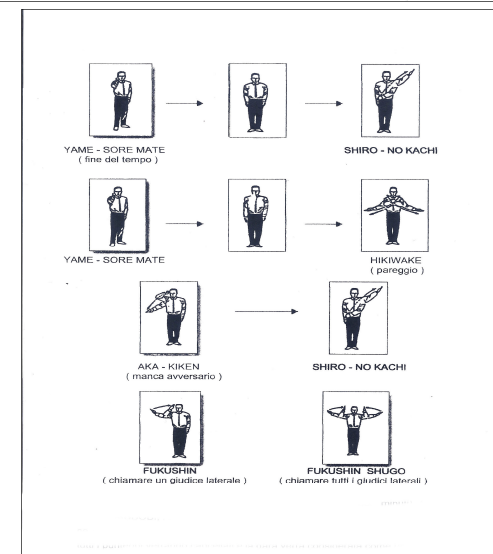
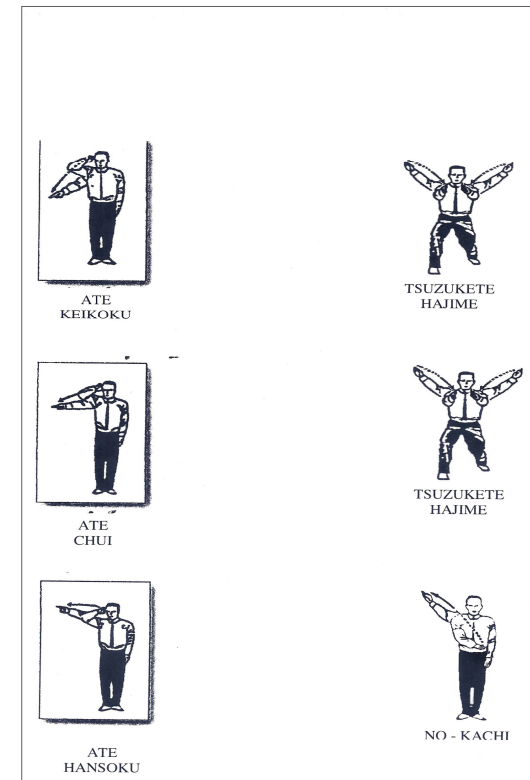
ARTICLE 6: Types of race, rounds and finals

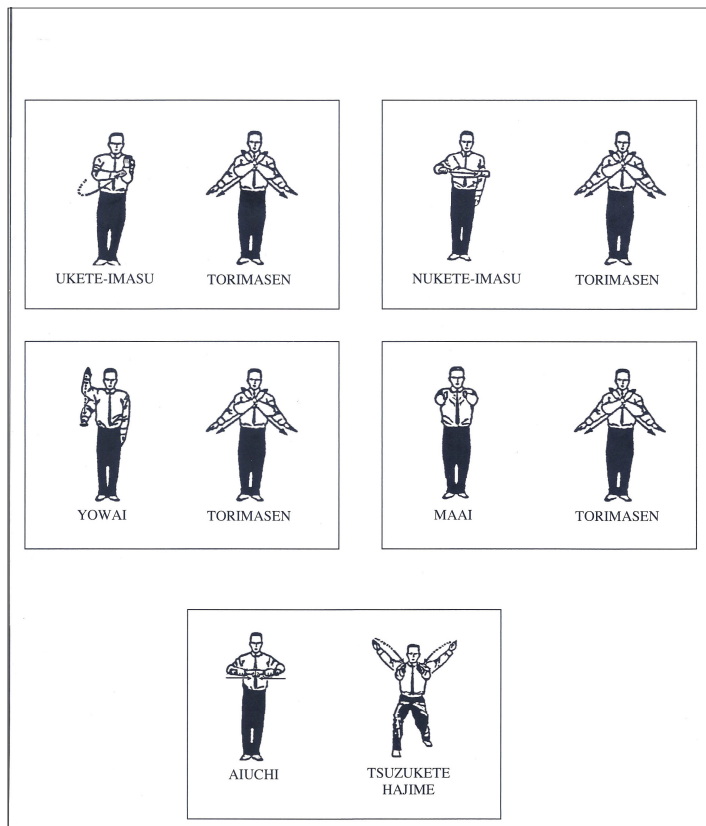
- in the points system, the scores of each round will never be added together to those of the previous round
- In the event of a playoff, the lowest score among those left
(Thus excluding the previously deleted scores)
 It will be added to the total to determine the ranking.
 In case the situation was still a tie, It will be the highest score among those remaining to be added to the total.
 In the event that parity persists, the two contenders will have to make a playoff.
- For each round the athletes cannot carry the kata performed in the previous round, except in the blue until belt category

ARTICLE 7: Decision criteria, Hantei

Basic execution. The following points of judgment will have to be taken into account:

- correct sequence of techniques;
- power control;





contraction and de-control control;
 speed and rhythm control;
 correct direction of movements;
 understanding of the expressed techniques;
 embusen (only for styles that require it)
 movement of the head and eyes.
 positions;
 coordination of movements;
 equilibrium;
 Kiai:

The aforementioned points will have to be evaluated with great attention: the Judges they will have to avoid getting emotionally involved in simple athletic gymnastic performances if they are lacking regarding the martial form and the mental attitude expressed by the competitor.

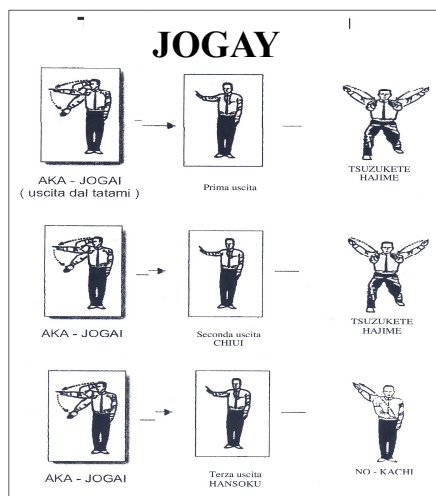
the kata must be performed competently and must demonstrate a clear understanding of the principles that inspired it. In evaluating the performance of an athlete or a team the Judges must take this into account. In team performance, synchronization is an additional factor

NOTE: kata of free interpretation are not allowed

ARTICLE 8: kata team + bunkai

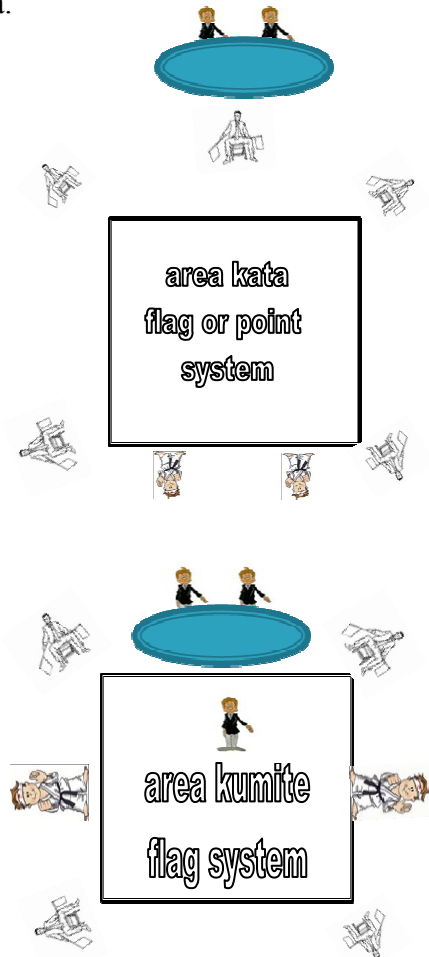
Apply the same methods of Regulation kata team (3 athletes), with the second part the application (bunkai) of the executed kata.

1. Bunkai: maximum duration 4 minutes (after this time the team will be declared disqualified)
2. At the time of application start The timekeeper will make starting time of 4 m and with two whistle blows he will announce 10 seconds at the end

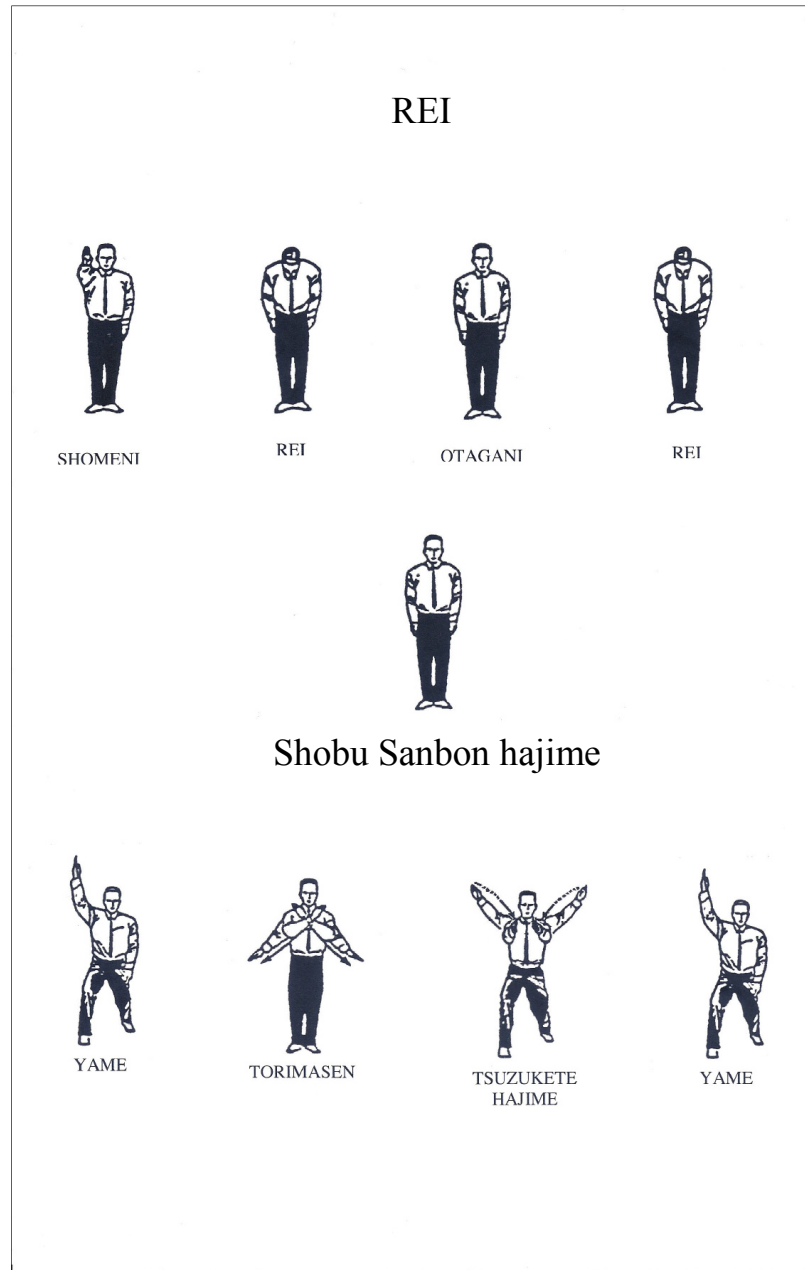


3) The team will have time to finish the performance, waiting for the verdict.

4) The bunkai must be an expression of the kata performed it can also be of free interpretation reflecting, however, the techniques of the kata.



Terminology and gestures



**KATA CATEGORY
INDIVIDUAL OR TEAM**

PRE AGONISTS

CHILDREN.....8 - 12 YEARS

CADET.....13 - 15 YEARS

AGONISTS

JUNIOR.....16 - 18 YEARS

SENIOR.....19 - 35 YEARS

MASTER.....36/45 - 46/55 + 56 YEARS

TEAM Pre Agonist Mixed by Sex

TEAM Agonists Divided by gender

BUNKAI TEAM Agonists Divided by gender

DUAL TEAM Pre Agonist Mixed by Sex

DUAL TEAM Agonists Divided by gender

KUMITE RULES

ARTICLE 1: competition area

1. The surface area of the race must measure 8m x 8m
2. The competition area must have tatami maximum 2 cm height

ARTICLE 2: official uniform

The Arbitration Committee may remove them anyone who does not respect this Regulation.

REFEREES

1. Referees and judges must wear the official uniform designated by the Federation

The official uniform must consist of:

- Blue jacket
- White shirt.
- Official tie, worn without tie pin.
- Pants gray
- black shoes

ATHLETES

1. Athletes must wear a white Karate-gi. The emblem or national flag of the respective country can be worn on the front of the jacket
2. Female athletes and children can wear a white T-shirt beneath the Karate racket
3. The sleeves of the jacket must be long enough to cover more the middle of the forearm, Rolling up the sleeves of the jacket is not permitted.
4. The pants must be long enough to cover at least two thirds of the tibia, but not they must be longer than the ankle, and they can not be rolled up.
5. for women in kumite very simple hairstyles are allowed. It is forbidden to wear metal ornaments
6. A red belt is worn by AKA a blue belt from AO
.The following protections are mandatory:

Guidelines for medical interventions during competitions

- The physician has the function of providing assistance to the injured athlete.
- The assessment of the extent of the accident is the exclusive Responsibility of the Doctor, who takes full responsibility for it.

ARTICLE 9: OFFICIAL PROTESTS (during the tender)

- 1) No one can protest the judgment of the arbitrators
- 2) If you believe a procedure has violated the Rules, the coach or the Official Representative is the only one able to express a protest.
- 3) Therefore, claims for alleged technical assessment errors are not admitted.

The REFEREE has jurisdiction not only on the Tatami assigned to them but also in the area around them

Therefore all the sanctions can also be extended to the coach

EXAMPLE:-

the coach is agitated, and rails at his athlete or to the referees it is verbally admonished, if he insists on his behavior, they will warn you that, from that moment on will penalize his competing athlete based on the lineup of penalties already acquired by the same.

NOTE:

The referees must contact the coach or athletes with the right authority, but with the utmost education without giving in to provocations.

**FOR ALL THE SITUATIONS NOT COVERED
BY THIS REGULATION IT WILL BE A DISCUSSION OBJECT AND RESOLUTION WITH CHIEF REFERRE**

ARTICLE 7: PENALTY

1. ATENAI YONI: A warning can be imposed in the case of minor infringements or in the case of a first minor infringement.
2. KEIKOKU: This is a penalty that does not determine the addition of points to the opponent's score.
3. HANSOKU-CHUI: This is a penalty which determines the addition of an IPPON (one point) to the opponent's score
4. HANSOKU: This penalty is imposed following a serious violation or when a HANSOKU CHUI has already been imposed.
5. SHIKKAKU: It is the disqualification from the Tournament, meeting or fight taking place.

In the specific case of JOGAI (exit)

at the first exit from the tatami the athlete is recalled with jogai (first exit)

At the 2nd exit, keikoku is imposed without assigning points to the opponent

At the 3rd exit it is imposed hansoku - chui by determining 1 Ippon to the opponent

At the 4th exit the athlete is disqualified with hansoku determining the victory of the adversary.

ARTICLE 8: INJURIES AND ACCIDENTS

KIKEN or abandonment represents the decision taken when an athlete or athletes do not show up at the time of the call,

The reasons for abandonment may include injuries not attributable to actions due to the Adversary

When an athlete is injured, the referee immediately stop the fight and call the doctor.

The Doctor, with appropriate certificate can decide if the athlete is or is unable to continue the fight.

- A. Gloves, one athlete wears red gloves, the other blue
- B. Mouthguards;
- C. Chest protector;
- D. Seashell
- E. Shin;
- F. Foot protection.

**The Arbitrator (Kansa) is in charge of to make sure before each meeting or shift that the athletes wear approved equipment
The use of bandages or supports after injury must be authorized by the doctor.**

There will be no tolerance for of those who present themselves dressed in a non-compliant manner.

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ARTICLE 3: Competition types

KUMITE Individual
KUMITE a Team
KUMITE a Team Rotation

1. They will be judged by the following system: Flags without recovery
2. Children - Boy - Cadet . 2 minutes nion (2 ippon)
3. Junior - Senior - Master. 3 minutes sanbon (3 ippon)

ARTICLE 4: Referees and Judges

The race will be conducted by 1 Referee and 4 Corner Judges. with flags: AKA (red) AO (blue)

ARTICLE 5: score

- 1) The scores are marked as follows:
 - A. IPPON: One point;
 - B. WAZAARI: Half a point;
- 2) PPON is awarded when a technique is performed on the basis of the following criteria within of an area valid for scoring purposes:

Good Form;
Sporting Attitude;
Vigorous Application (POWER);
Awareness (ZANSHIN);
Proper Time Selection (TIMING);
Correct Distance.

. IPPON is assigned for: gheriJodan; Landing of the Adversary or projection of the same to the stage, through the legs, followed by a technique valid for the purposes of the score; Back strokes, including neck and neck; imbalance of the opponent followed by a technique; encounter technique, or with perfect time when the opponent attacks; valid combination of punch attack combined with a leg attack;

**.WAZAARI is assigned for:
all the techniques described for ippon
performed up to 70%**

The attacks are limited to the following areas:

**Head;
Face;
Neck;
Abdomen;
Chest;
Back;
Flank.**

ARTICLE 6: PROHIBITED ACTIONS

The Prohibited Actions are:

**overly powerful techniques with respect to the point of impact
attacks on the joints of the legs and arms
groin attacks
open hand bindings to the face
push the opponent
dangerous projections without control
movements to gain time.
avoid or refuse combat;
throat attacks
poor sporting behavior such as verbal abuse
provocations, lack of respect for one's own or others' safety
simulations of any kind
acts that can discredit the discipline of Karate,
even if carried out by the Coach, by the official carer or
other person related to the contender.
Repeated exits from the competition area (JOGAI)
Hold, fight, push or block, without performing a projection or
other technique.
Attacks with the head, knees or elbows.
Speak or incite the Adversary, without obeying the orders of
the Referee
The techniques used must be checked, they must not cause
any damage.**

**CONTACT WITH THE FACE - seniore and juniores
light and controlled contact with the face is permitted
(touch skin)**

**CONTACT WITH THE FACE - Children boys and cadets
is no contact allowed.**

Note:

**the referee will punish every transgression according to the
list of penalty**