

# ABRIDGED RULES-KARATE 2022 - Page 1

## GUIDING BODIES

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**World Karate Federation (WKF) Rules and Regulations introduced after January** of the year of a World Police and Fire Games competition **may** not be recognised by the Host and the World Police and Fire Games Federation, for the conduct of the Karate competition, in that year

## EVENTS

### KUMITE:

**Men & Women's Individual Kumite** events will be offered for both **Kyu Belt** and **Black Belt** in the following weight and age categories:

**Men;** 18+, 30+, 40+, 50 & 60+: (Age categories only, see WPFG General Rules under "Age Rules").

65 kg & under  
70 kg & under  
75 kg & under  
80 kg & under  
85 kg & under  
Over 85 kg

**Women;** 18+, 30+ & 50+: (Age categories only, see WPFG General Rules under "Age Rules").

55 kg & under  
60 kg & under  
Over 60 kg

**Men's & Women's Kumite Team events;** 18+ only.

Men: 5 competitors + 2 reserves; minimum of 3 to start

Women: 3 competitors + 1 reserve; minimum of 2 to start

**KATAS:**

NOTE: The WKF recognizes the four (4) main styles of Karate

All categories for **Men's & Women's Individual Katas** will be offered from 3<sup>rd</sup> **Kyu Belt** and upwards, including **Black Belt** in the following age categories:

**Men;** 18+ & 35+

**Women;** 18+ & 35+

**Men's & Women's Kata Team** events 18+ & 35+ years: 3 competitors in a team

**COMPETITORS' MEDICAL REQUIREMENTS:** Prior to or during Host Registration all competitors must submit a Medical Release, signed by a licensed physician and based on a physical exam conducted within six months of competition. This release may take the form of a doctor's note stating the entrant's fitness to compete in a contact sport.

**UNIFORMS**

1a. Contestants must wear a white unmarked Karate Gi without stripes or piping. Only the national emblem or flag of the country may be worn. This must be on the left breast of the jacket and may not exceed an overall size of 10 sq.cm. Only the original manufacturer labels may be displayed on the Gi and in the normally accepted locations (i.e. bottom right corner of the Gi jacket and waist position on the trousers). In addition, an identifying number issued by the Organizing Committee may be worn on the back. One must wear a red belt and the other a white belt. The white and red belts must be around 5 centimeters wide and of a length sufficient to allow 15 centimeters free on each side of the knot.

1b. Notwithstanding paragraph 1a. above, the Directing Committee may authorize the display of special labels or trademarks, of approved sponsors.

2. The jacket, when tightened around the waist with the belt, must be of minimum length that covers the hips, but no longer than mid thigh. In the case of women, a plain white T-shirt may be worn beneath the Karate jacket.

3. The maximum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. Jacket sleeves may not be rolled up.

4. The trousers must be long enough to cover at least two thirds of the shin and may not be rolled up.

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5. Each contestant must keep his/her hair clean and cut to a length that does not obstruct smooth bout conduct.

Hachimaki (headband) will not be allowed. Should the Referee consider any contestant's hair too long and/or unclean, he/she may, with the Referee Council's approval, disbar the contestant from the bout. In Kumite matches hair slides are prohibited, as are metal hair grips. In Kata a discreet hair clip is permitted.

6. Contestants must have short fingernails and must not wear metallic or other objects, which might injure their opponents.

### **EQUIPMENT**

#### **Competitor's Equipment and Safety Requirements:**

1. Mitts and gum shields are compulsory. Boxes and soft shin pads are allowed. Shin/instep protectors are forbidden. Glasses are forbidden (soft contact lenses can be worn at the contestant's own responsibility). The wearing of unauthorized clothing or equipment is forbidden. Women may wear the authorized additional protective equipment.

2. The protective equipment must meet standard specifications.

3. The use of bandages or braces because of injury must be approved by the Referee Council, on the advice of the official doctor.

### **SCHEDULING**

A minimum of two days should be scheduled for Karate.

### **WEIGH-IN PROCEDURES**

Weigh ins shall not take place more than 24 hours prior to competition for the specific weight category.

The weigh-ins shall be conducted in a private room.

### **BRACKETING**

1. 1 to 5 competitors in a class/division: Round Robin, finals from results.  
6 or more competitors in a class/division: group play with draw; Double Elimination finals

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2. Competitor will be listed by last name per weight class for first Round Robin matches.
3. If two competitors from the same agency are listed together in the first round, they will be matched with another competitor if possible.
4. As a last resort, in the case of an odd number of competitors in a weight division, a bye will be awarded to the top seeded competitor or if none, by the draw of a card.

### **KUMITE**

#### Scoring:

1. In the absence of a SANBON score, or of a defeat caused by KIKEN, HANSOKU, or a SHIKKAKU during the bout a decision is taken on the basis of the following considerations:

- a. Whether there have been any IPPONS or WAZA-ARI awarded.
- b. The attitude, fighting spirit and strength demonstrated by the contestants.
- c. The superiority of tactics and techniques.

2. In individual category where there is no score superiority, then the following procedure will be followed:

- a. If, at the end of a bout, the two contestants have no score, the winning decision shall be given by HANTEI.
- b. If, at the end of a bout, the two contestants have scored equally, the decision for victory shall be given by HANTEI.
- c. If, at the end of a bout, neither contestant has established a superiority, then the decision for that bout shall be a draw ("HIKIWAKE") and ENCHO-SEN should be announced.
- d. A penalty or warning incurred in the bout will be carried forward to the ENCHO-SEN.

3. In team competition the winning team is the one with the most bout victories.

4. If two teams have the same number of victories, the winner is the one whose contestants have scored the most points, taking both winning and losing fights into account.

5. If two teams have the same number of victories and scores, a deciding bout must be held between representatives of the two teams. In the event of a continuing tie, there is an extension ("ENCHO-SEN"). The first contestant to score IPPON or WAZA-ARI is declared the winner.

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6. If there is no decision after a bout of an individual match, an extension ("ENCHO-SEN") will be fought. In the event of a tied ENCHO-SEN, the majority decision of the panel will be announced by the Referee.

### **EXPLANATION:**

When scores are unequal, the contestant who completes the bout satisfactorily a Waza-Ari or Ippon ahead of the opponent shall be given the victory.

Taking the above criteria into account, when a superiority can be established, it is quite in order for one contestant to be given the victory, even when the score situation is equal.

When deciding the outcome of a bout by Hantei, the Referee shall step outside of the ring and call "Hantei" followed by a two-tone blast on his/her whistle. The Judges will indicate their opinions by means of their flags, the Referee should acknowledge the Judges decision by a one-tone blast of his/her whistle, then move forward to his/her original position and announce the majority decision.

The Encho-Sen is an extension of a bout; it is not a separate bout. Penalties awarded in the bout proper will therefore carry over into the Encho-Sen. There must be a decision after an Encho-Sen, taking performance in the whole bout into consideration.

Where a team match has tied bout victories and points, an additional bout is then fought between team selectees. The selectees must be nominated within one minute of the announcement of this bout and the persons making the nomination will be those who signed the original fighting order form for that match. If the extra bout ties, an Encho-Sen will be fought and as in common with all Encho-Sens, a decision must be reached at its conclusion.

### **PROHIBITED BEHAVIOR**

1. The following are forbidden:

- a. Techniques which make contact with the throat.
- b. Techniques which make excessive contact, having regard to the scoring area attacked. All techniques must be controlled. Any technique, which impacts the head, face or neck and results in visible injury, must be penalized, unless caused by the recipient.
- c. Attacks to the groin, joints, or instep.
- d. Attacks to the face with open hand techniques ("TEISHO" or "NUKITE").
- e. Dangerous throws which by their nature preclude or prejudice the opponent's ability to land with safety.

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- f. Techniques which by their nature, cannot be controlled for the safety of the opponent.
- g. Direct attacks to arms or legs.
- h. Repeated exits from the competition area (JOGAI), or movements, which waste too much time. JOGAI relates to a situation where a contestant's body or part thereof touches the floor outside of the competition area. An exception is when the contestant is actually pushed or thrown from the competition area by his/her opponent.
- i. Wrestling, pushing or seizing without an immediate technique.
- j. MUBOBI relates to a situation where one or both contestants display a lack of regard for his/her, or their own safety.
- k. Feigning of injury in order to gain advantage.
- l. Any discourteous behavior from a member of an official delegation can earn the disqualification of the offender or the entire team delegation from the tournament.

### **EXPLANATION:**

Any contact to the throat must be penalized, unless it is the recipient's own fault (Mubobi etc.).

Techniques to the face may "touch" and still score, but touch does not mean a solid impact. When assessing the contact force used, the Referee must take all the circumstances into account. Did the victim exacerbate the impact of an otherwise controlled technique by an injudicious movement? This is the reason most often given for scoring what would otherwise appear to be excessive contact but it must not be used as a justification for a bad assessment. The Referee must consider the effects of a marked disparity in size between contestants - as can occur in a team match, or in open weight bout.

The Referee must constantly observe the injured contestant. The latter's behavior may help the Referee in his/her assessment. A short delay in giving a judgment allows injury symptoms such as a nosebleed to develop. Observation will also reveal any efforts by the contestant to aggravate slight injury for tactical advantage. Examples of this are blowing violently through an injured nose, or rubbing the face roughly with the back of a mitt. Pre-existing injury can produce symptoms out of all proportion to the degree of contact used.

The trained Karate-Ka can absorb strong impact over muscled areas such as the abdomen, but the breastbone and ribs are vulnerable to injury. For this reason, reasonable control over body contact must be exercised.

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The accidental kick in the groin can reduce the opponent's potential for winning as surely as a deliberate one. Therefore the Referee should award a penalty in either case. Foot sweeps that land high on the leg can cause knee injury. The Referee must assess the validity of any sweep-attack to the leg; ineffectual but painful attacks of this sort should be immediately penalized.

The face is defined as covering an area which begins one centimeter above the eyebrows, extending down and including the temples, narrowing from the cheekbones and finishing just under the chin.

The two open hand techniques referred to are merely examples of the class of prohibited techniques.

Different Karate-Ka have different abilities at controlling techniques and for this reason, there is no actual classification of "dangerous techniques". The contestant must perform all techniques with control and good form. If he/she cannot, then regardless of the technique misused, a warning or penalty must be imposed.

The point at which "Yamei" is called is helpful in determining if Jogai has occurred. If Aka delivers a successful technique and then exits immediately afterwards, "Yamei" should occur at the instant of score and the exit therefore occurs outside of bout time and may not be penalized. If Aka's attempt to score is unsuccessful, "Yamei" will not be called and the exit will be recorded. If Shiro exits just after Aka scores with a successful attack, then "Yamei" will occur immediately on the score and Shiro's exit will not be recorded. If Shiro exits, or has exited as Aka's score is made (with Aka remaining within the area), then both Aka's score will be awarded and Shiro's Jogai penalty will be imposed.

Movements, which waste time, include pointless circling, where one or both contestants do not engage in combat. It is expected that they will initially test each other but within a short time, deliberate and effective attacks and counters should occur. If for any reason this does not happen after a reasonable interval, the Referee must stop the bout and caution the offender(s). The contestant who constantly retreats without effective counter, rather than allow the opponent an opportunity to score must be penalized. This often occurs during the closing seconds of a bout.

An example of Mubobi is the instance in which the contestant launches a committed attack without regard for personal safety. Some contestants throw themselves into a long reverse-punch, and are unable to block a counter. Such open attacks constitute an act of Mubobi and cannot score. For the contestant's own safety, he/she must be warned at an early stage.

As a tactical theatrical move, some fighters turn away immediately in a mock display of dominance to demonstrate a scored point. They drop their guard and lapse awareness of the opponent. The purpose of the turn-away is to draw the Referee's attention to their technique. This is a clear act of Mubobi. In order to score, Zanshin must be preserved.

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Feigning of an injury, which does not exist, is a serious infraction of the rules. Exaggerating an injury which does exist is less serious. Shikkaku can be imposed on the contestant feigning injury i.e., when such things as collapse and rolling about on the floor are not supported by evidence of commensurate injury as reported by a neutral doctor. A warning or penalty can be imposed for exaggerating injury.

The Coach will be assigned a specific place by the Referee Council in conjunction with the tournament organizing officials. This area will be close to the competition area and the Coach allowed a free and uninterrupted access to contestants between bouts. To assist the contestants, a visible scoreboard must be employed which can be clearly viewed by Coaches and contestants.

### **PENALTIES**

1. The following scale of penalties shall operate:

**ATENAI YONI:** (Warning) May be imposed for attended minor infractions or for the first instance of a minor infraction

**KEIKOKU:** This is a penalty in which WAZA-ARI is added to the opponent's score. KEIKOKU is imposed for minor infractions for which a warning has previously been given in that bout, or for infractions not sufficiently serious to merit HANSOKU-CHUI.

**HANSOKU-CHUI:** This is a penalty in which IPPON is added to the opponent's score. HANSOKU-CHUI is usually imposed for infractions for which a KEIKOKU has previously been given in that bout.

**HANSOKU:** This is imposed following a very serious infraction. It results in the opponent's score being raised to SANBON. HANSOKU is also invoked when the number of HANSOKU-CHUIS and KEIKOKUS imposed raise the opponent's score to SANBON.

**SHIKKAKU:** This is a disqualification from the actual tournament, competition, or match. The opponent's score is raised to SANBON. In order to define the limit of SHIKKAKU, the Referee Council must be consulted. SHIKKAKU may be invoked. When a contestant commits an act which harms the prestige and honor of Karate-do and when other actions are considered to violate the rules of the tournament.

### **EXPLANATION:**

A penalty can be directly imposed for a rules infraction but once given; repeats of that particular infraction must be accompanied by an increase in severity of penalty imposed. It is not, for example, possible to give a Keikoku for excessive contact then give a warning for a second instance of excessive contact.

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Penalties do not cross-accumulate. This is to say that a warning for the first instance of Mubobi will not be followed by an automatic Keikoku for the first instance of Jogai. The general penalties imposed are those of Keikoku, Hansoku-Chu, Hansoku and Shikkaku. The infraction should be indicated by prefacing the Hansoku-Chui or Keikoku with an explanation such as "Jogai (or Mubobi) Hansoku-Chui/Keikoku". When the penalties incurred in any one bout through various infractions total Sanbon, then the offender will be declared the loser and the winner announced as "Aka/Shiro no Kachi".

Warnings are given where there has clearly been a minor infraction of the rules, but the contestant's potential for winning is not diminished (in the opinion of the Referee Panel) by the opponent's foul.

A Keikoku may be imposed directly, without first giving a warning. Keikoku is normally imposed where the contestant's potential for winning is slightly diminished (in the opinion of the Referee Panel) by the opponent's foul.

A Hansoku-Chui may be imposed directly, or following a warning or Keikoku and is used where the contestant's potential for winning has been seriously reduced by the opponent's foul.

A Hansoku is imposed for cumulative penalties but can also be imposed directly for serious rules infractions. It is used when, in the opinion of the Referee Panel for the bout, the contestant's potential to win has been reduced virtually to zero by the opponent's foul.

A Shikkaku can be directly imposed, without warnings of any kind. The contestant need have done nothing to merit it - it is sufficient if the Coach or non-combatant members of the contestants' delegation behave in such a way as to harm the prestige and honor of Karate-Do.

If the Referee believe that a contestant has acted maliciously, regardless of whether or not actual physical injury has been caused, Shikkaku and not Hansoku is the correct penalty.

A public announcement of Shikkaku must be made

### **Match Duration:**

1. All matches will be three (3) minutes for men, two (2) minutes for women, in duration. The clock is stopped during the award of a point or three points.
  - a) Time will be stopped when a competitor is injured.
  - b) Time will be stopped when the Chief Official, says "Yame."
2. The time starts when the referee gives the signal to start.
3. If at the end of a match or in the event of a tie score competitors shall have a 30-second rest period and then shall continue fighting for an indefinite time until the first point is scored and that will denote the winner of the match.

**Ring Courtesy:**

1. All competitors are expected to exhibit appropriate courtesy to officials, fellow competitors and spectators.
2. Competitors will bow into and out of the ring prior to and after competition.
3. Competitors will bow to ring official and fellow competitor at direction of ring official prior to and after competition.

**INJURIES**

1. KIKEN or forfeiture is the decision given when a contestant or contestants are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not ascribable to the opponent's actions.
2. If two contestants injure each other at the same time or are suffering from the effects of previously incurred injury and are declared by the tournament doctor to be unable to continue, the bout is awarded to the contestant who has amassed the most points at that time. If the points score is equal, then a decision (HANTEI) will decide the outcome of the bout.
3. An injured contestant who has been declared unfit to fight by the tournament doctor cannot fight again in that competition.
4. An injured contestant who wins a bout through disqualification due to injury is not allowed to fight again in the competition without permission from the doctor. If he/she is injured, he/she may win a second bout by disqualification but is immediately withdrawn from further Kumite competition in that tournament.
5. When a contestant is injured, the Referee shall at once halt the bout and call the doctor. The doctor is authorized to diagnose and treat injury only.
6. Any competitor who falls, is thrown, or knocked down, and does not fully regain his or her feet within ten seconds, is considered unfit to continue fighting and will be automatically withdrawn from the tournament.

**EXPLANATION:**

Self inflicted injury and those injuries caused by the athlete are easy to deal with but when assessing an injury caused by the opponent's technique, the Panel must consider whether the technique was valid. Was it properly applied to the proper area at the correct time and with the correct degree of control? Consideration of this will assist the Referee Panel in deciding whether

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the injured contestant should be declared the loser by Kiken, or whether the opponent should be penalized for a foul.

When the doctor declares the contestant unfit, the appropriate entry must be made on the contestant's monitoring card. The extent of unfitness must be made clear to other Refereeing Panels.

A contestant may win through disqualification of the opponent for accumulated minor infractions. Perhaps the winner has sustained no significant injury. A second win on the same grounds must lead to the winner's withdrawal, though he/she may be physically able to continue.

The doctor is obliged to make safety recommendations only as they relate to the proper medical management of that particular injured contestant.

When applying the "Ten Second Rule" the time will be kept by a timekeeper appointed for this specific purpose. A warning bell will be sounded at seven seconds followed by the final bell at ten seconds.

The Referee Panel will decide on KIKEN, HANSOKU or SHIKKAKU, as the case may be.

In order that the credibility of the sport be maintained, competitors who feign injury will be subject to the strongest penalties, up to, and including, suspension for life for repeated offenses.

Competitors, who receive SHIKKAKU for feigning injury, will be taken from the competition area and put directly into the hands of the W.K.F. Medical Commission, who will carry out an immediate examination of the competitor. The Medical Commission will submit its report before the end of the Championship, for the consideration of the Referee Council.

### **Qualifications:**

1. All competitors in Karate shall possess an identification card, certificate or diploma authorized by a credentialed school or instructor.
2. All competitors, whether amateur or professional, will be allowed to compete.

### **DISPUTES:**

Disputes will be handled by judges and Karate Coordinator. If the dispute cannot be resolved, competitors may protest the disputed decision to WPFGE who will make the final decision.

### **DISCIPLINARY ACTION / INTERVENTION**

*The WPFGE may impose Disciplinary Action on any person or persons under the auspices of the WPFGE and may take immediate action known as Intervention, for violations of WPFGE*

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*Rules, for reasons of safety or security or for inappropriate or unprofessional conduct not in the best interest of the WPFGE.*

Allegations of Misconduct/Incidents that do not require immediate Intervention will follow the “APPEALS AND PROTESTS” section of the GENERAL RULE Book or may be independently brought by the WPFGE.

### THE TERMINOLOGY

SHOBU SANBON HAJIME	Start the Bout	Referee stands on his/her line.
SHOBU HAJIME	Start the extended bout	Referee stands on his/her line.
ATOSHI BARAKU	A little more time left.	An audible signal will be given by the time keeper 30 seconds before the actual end of the bout.
YAME	Stop	Interruption or end of the bout. The Referee chops downwards with his/her hand. The time-keeper stops the clock.
MOTO NO ICHI	Original position	Contestants, Referee and Judge return to their respective standing lines.
TSUZUKETE	Fight on.	Resumption of fighting ordered when unauthorized interruptions occur.
TSUZUKETE HAJIME	Resume fighting - Begin!	Referee standing upon his/her line, steps back into Zenkutsu - Dachi and brings the palms of his/her hands towards each other.
SHUGO	Judges called	The Referee beckons with his/her arms to the Judges.
HANTEI	Judgment	Referee calls for judgment by blowing his/her whistle and the Judges render their decision by flag signal.
HIKIWAKE	Draw	Referee crosses arms over chest, then uncrosses and holds arms out from the body with the palms showing upwards.
TORIMASEN	Unacceptable as scoring techniques	As Hikiwake, but culminating with the palms facing downwards towards body.
ENCHO-SEN	Extension	Referee reopens match with command "Shobu Hajime!"
AIUCHI	Simultaneous Scoring Technique	No point awarded to either contestant. Referee brings fists together in front of the chest.

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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 Ippon	As above.
AKA (SHIRO) WAZA-ARI	Red (White) Scores Waza-Ari Penalty.	The Referee extends downward 45 degrees with his/her arm on the side of the scorer.
ATENAI YONI	Warning without penalty.	The Referee raises one hand in a fist with the other hand covering it at chest level and shows it to the offender.
KEIKOKU	Warning with Waza-Ari penalty in Sanbon Shobu.	Referee points with his/her index finger to the feet of the offender at an angle of 45 degrees.
HANSOKU-CHUI	Warning with an Ippon Penalty.	The Referee points with his/her index finger to the abdomen of the offender parallel to the floor.
HANSOKU	Foul	The Referee points with his/her index finger to the face of the offender at a 45 degree angle and announces a victory for the opponent.
JOGAI	Exit from fighting Area.	The Referee points with his/her index finger at a 45 degree angle to the area boundary on the side of the offender.
JOGAI-KEIKOKU	Second exit from fighting area.	Waza-Ari penalty is given to the opponent.
JOGAI HANSOKU CHUI	Third exit from fighting area.	Referee uses two hand signals with announcement "Aka (or Shiro) Jogai Hansoku Chui. He/she first points with his/her index finger to the match boundary on the side of the offender, then to the offender's abdomen.
JOGAI-HANSOKU	Fourth and final exit from the fighting area.	Fourth exit from the fighting area. Referee announces victory to the opponent. Aka (Shiro) Nokachi.
SHIKKAKU	Disqualification	Referee uses two hand signals with the announcement "Aka (Shiro) - Shikkaku". He/she first points with his/her index finger to the offender's face then obliquely above and behind him/her. The Referee will announce with the appropriate gesture as previously given "Shiro (Aka) No Kachi!"

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KIKEN	Renunciation	The Referee points with his/her index finger towards the contestant.
MUBOBI	Warning for lack of regard for ones own safety	Referee points one index finger in the air at a 60 degree angle on the side of the offender.
MUBOBI-KEIKOKU	Warning with Waza-Ari penalty.	Referee uses two hand signals with announcement Aka (or Shiro) - Mubobi-Keikoku. He/she first points with his/her index finger 60 degree angle on the side of the offender, then to the offender's feet.

### KATAS (Forms)

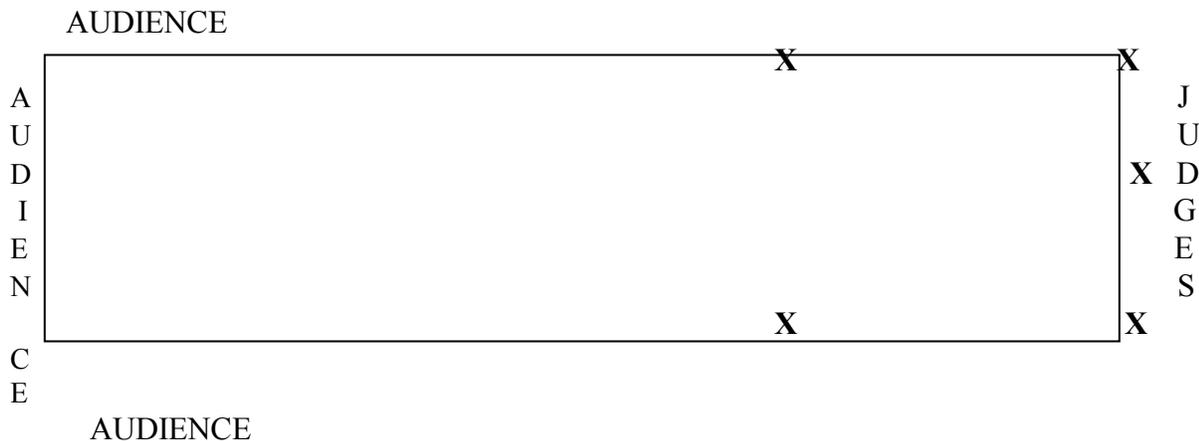
#### Judging & Refereeing:

The panel of five (5) Judges for each match will be designated by the Chief Referee before the match.

#### **EXPLANATION:**

Kata Judges sit on the corners and two sides of the performance area since this gives a better view. The panel should, as far as availability permits, contain a cross-section of both nationalities and styles.

AUDIENCE  
“X” = Judges (five)



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1. Kata competition takes the form of team and individual matches. Team matches consist of competition between 3 person teams. Each team is exclusively male, or exclusively female. The individual Kata match consists of individual performance in separate male and female divisions.
2. The contestants will be expected to perform both compulsory ("SHITEI") and free selection ("TOKUI") Katas during the competition in accordance to the schools of Karate-Do recognized by the WKF based on Goju-Ryu, Shito-Ryu, Shoto-Kan and Wado-Ryu systems. No variations will be permitted. A schedule of the compulsory Katas is given in Appendix 1.

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### **SCORING**

1. The Kata competition is organized into three rounds. The first round selects sixteen contestants, the second round selects eight contestants and the third round selects the winner and final placing.
2. Each Kata Judge displays the score by means of flags.
3. A match decision, by each individual judge is obligatory

### **EXPLANATION:**

If there are less than sixteen entries to the first round, then that round can be omitted, such that the competition becomes a two-round event.

The Chief Referee will decide what precise system will be used for each competition, after consultation with the Organizing Committee.

### **CRITERIA FOR DECISION**

1. In assessing the performance of a contestant or team, the following criteria must be adopted:
  - a. The Kata must be performed with competence and must demonstrate a clear understanding of the principles it contains.
  - b. The Kata performance must have demonstrated correct focus of attention ("CHAKUGAN"), use of power, good balance and proper breathing.
  - c. The performance should also be evaluated with a view to discerning other points.
2. A contestant is disqualified if he/she interrupts or varies the Kata, or he/she performs a Kata different from that drawn or announced. If the performance is brought to a halt, or the Kata is varied, the contestant(s) will be disqualified.
3. In team competition the competitors must perform their Kata with all three team members facing in the same direction toward the Chief Judge in the performance area.
4. In the final of the Team Competition each team must perform bunkai of the kata.

### **EXPLANATION:**

#### **Judges consider the following:**

Momentary hesitations in the smooth performance of the Kata, quickly remedied.

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Momentary but discernible pauses and for a distinct halt, disqualification results.  
Momentary imbalance, with barely a wobble quickly remedied;  
Actual instabilities where there is a distinct but recoverable loss of balance;  
If the contestant loses balance completely and/or falls, a disqualification will result.

### **Other Criteria Include:**

1. Correct breathing, good demonstration of power, speed, timing, balance and Kime.
2. Consistency and correctness of stances.
  - a. Correct weight distribution according to the Kihon being demonstrated.
  - b. Smooth and even transition (Hara remaining "weighted down") between stances.
  - c. Correct tension in stance.
  - d. Feet edges firmly on floor.
3. Techniques demonstrate:
  - a. Accuracy.
  - b. Correct and consistent Kihon with the style being demonstrated.
  - c. Correct tension, focus, Kime.
  - d. Show proper understanding of the Kata Bunkai.
4. Kata uniformly demonstrates:
  1. Unwavering concentration.
  2. Contrast in tension, breathing and movement.
  3. An understanding of those techniques being demonstrated.
  4. A realistic, rather than "theatrical" demonstration of the Katas meaning.

### **Team Kata:**

All those ingredients inherent in the criteria for Individual Kata apply.

The Kata nevertheless must not alter in rhythm or timing for the sake of synchronization. It must demonstrate the correct dynamics of Kata as if performed by an individual.

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No external cues, (e.g. audible breathing) should be given during the Kata as an aid to synchronization.

A mistake in synchronization of Team Kata requires the same numerical deductions as in a technical mistake in individual Kata. This means for example, the movements must initiate in unison as well as end in unison

### **OPERATION OF MATCHES**

1. The two contestants will respond to the calling of their names by going directly to the competition area. They will stand on a designated line and bow to the panel. They will announce clearly the name of the Kata, which is to be performed and then start it. On completion of the Kata, the contestants will return to the designated lines and await the decision of the panel.

2. The Chief Judge will call for a decision ("HANTEI") and blow a sharp blast on the whistle. The Judges will, in unison, raise their red or blue flag such that they are clearly visible to the scorekeeper.

3. The caller/announcer will announce the decision when registered; the Referee will blow a further sharp blast on the whistle, whereupon the flags will be lowered.

4. In the first round, the contestant must perform a scheduled Kata. The choice must be announced in advance so as to be included in the draw sheet for that round. In the second round a different choice, similarly notified, must be made from the schedule. In the third round, the contestant may perform any Kata not previously performed from the listed Katas by the four major styles of Karate recognized by the WKF, Goju-Ryu, Shito-Ryu, Shoto-Kan and Wado-Ryu. The name of the free Kata must be entered into the draw sheet prior to the commencement of the third round.

### **EXPLANATION:**

The starting line for Kata is within the perimeter line of the performance area.

The Chief Judge must ensure that all Judges are ready before he/she calls for flags to be raised. The Kata Judge must ensure that the flags displayed are readily visible to the Scorekeeper.

The Chief Judge must ensure that the Scorekeeper has recorded all the flag results before lowering the flags.

The contestant must perform a different Kata in each round.

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### OFFICIAL SCHEDULE OF W.K.F. SHITEI KATA

Bassai (Bassai Dai)	Rohai (Meikyo)
Chinto (Gankaku)	Saifa
Gojushiho	Seienchin
Gojushiho-Dai	Seipai
Gojushiho-Sho	Seisan
Jion	Seishan (Hangetsu)
Kosokun-Sho (Kanku Sho)	Shiho Kosokun
Kururunfa	Shisochin
Kushanku (Kosokun-Dai, Kanku Dai)	Superimpei
Niseishi (Niju Shiho)	Unshu (Unsu)
Nipaipo	Wanshu (Enpi)

### EQUIPMENT

Competitor's Equipment and Safety Requirements:

1. All competitors SHALL supply their own safety equipment, to include groin cup, mouth piece, hand/foot gear and chest protector.
2. All women competitors shall provide a chest protector and mouth piece.
3. Additionally All Competitors shall supply two (2) sets of hand, leg and foot protectors (1 blue & 1 red) which are mandatory.

### SCORING

1. Scoring will be mandatory for each judge and referee, using red and blue flags.
2. Judges should have two sets of flags, one red and one blue

### GENERAL RULES for Hyungs Weapons (if conducted)

1. Area to perform should be larger than the dimensions that are used for fighting.
2. Each participant must be properly attired in a traditional uniform.
3. Competitors forgetting their forms during their performances will automatically be disqualified.
4. In the event of a tie score the competitors will be asked to repeat their Kata. In the event of a second tie they must perform another Kata.