**Rules of Competition**

**Competition Organisation**

Karate Competitions are categorized as follows:-

1. Individual Kumite Competitions
2. Individual Kata Competitions
3. Team Kata Competitions
4. Team Kumite Competitions

* Competitions are separated with male and female categories in individual and team competitions.
* Individual competitions are separated to weight divisions.

The Referee Panel

1) One match Super visor (Kansa)

2) One referee (Shushin)

3) Four Judges (Fukushin)

**SCORING**

* 1. Scores are as follows:  
     a) IPPON — Three points  
     b) WAZA-ARI — Two points  
     c) YUKO — One point

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* 1. A score is awarded when a technique is performed according to the following criteria to a scoring area:  
     a) Good form  
     b) Sporting attitude  
     c) Vigorous application  
     d) Awareness (ZANSHIN)  
     e) Good timing  
     f) Correct distance

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3. IPPON is awarded for:  
a) Jodan kicks.  
b) Any scoring technique delivered on a thrown or fallen opponent.

4. WAZA-ARI is awarded for:  
a) Chudan kicks.

5. YUKO is awarded for:  
a) Chudan or Jodan Tsuki.  
b) Jodan or Chudan Uchi.

6. Attacks are limited to the following areas:  
a) Head  
b) Face  
c) Neck  
d) Abdomen  
e) Chest  
f) Back  
g) Side

**PROHIBITED BEHAVIOUR**

There are two categories of prohibited behaviour, Category 1 and Category 2.

CATEGORY 1

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 to the face with open hand techniques.

4. Dangerous or forbidden throwing techniques.

CATEGORY 2

1. Feigning, or exaggerating injury.

2. Exit from the competition area (JOGAI) not caused by the opponent.

3. Self-endangerment by indulging in behaviour, which exposes the Competitor to injury by the opponent, or failing to take adequate measures for self-protection, (MUBOBI).

4. Avoiding combat as a means of preventing the opponent having the opportunity to score.

5. Passivity – not attempting to engage in combat. (Cannot be given after there is less than 15 seconds left of the bout.)

6. Clinching, wrestling, pushing, or standing chest to chest without attempting a scoring technique or takedown

7. Grabbing the opponent with both hands for any other reasons than executing a takedown upon catching the opponents kicking leg.

8. Grabbing the opponents arm or karategi with one hand without immediately attempting a scoring technique or takedown.

9. Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.

10. Simulated attacks with the head, knees, or elbows.

11. Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behaviour towards the Refereeing officials, or other breaches of etiquette.

**Criteria of Kata Decision**

Kata Performance

1. Technical performance

a. Stances

b. Techniques

c. Transitional movements

d. Timing e. correct breathing

f. Focus (KIME)

g. Conformance: Consistence in the performance of the KIHON of the style (Ryu-ha) in the kata.

2. Athletic performance

a. Strength

b. Speed

c. Balance

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**Disqualification**

A Competitor or a team of Competitors may be disqualified for any of the following reasons:

1. Performing the wrong kata or announcing the wrong kata.

2. Failing to bow at the beginning and completion of the kata performance.

3. A distinct pause or stop in the performance.

4. Interference with the function of the Judges (such as the Judge having to move for safety reasons or making physical contact with a Judge).

5. Belt falling off during the performance.

6. Exceeding the total time limit of 5 minutes duration for Kata and Bunkai.

7. Performing a scissor takedown technique to the neck area in Bunkai (Jodan Kani Basami)

8. Failure to follow the instructions of the Chief Judge or other misconduct.

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