



16th Annual Pacific Northwest Karate-do Classic Rules

Kata Competition

Procedures

The flag judgment system shall be utilized. There shall be three Kata officials seated in the front in a straight line. The Chief Referee will be seated in the center and the other two judges will sit at each corner facing inward.

Competitors will be charted as in kumite in two pools. Every effort shall be made to separate competitors from the same school in the first round. Except for the 19-34 Advanced Division and Team Divisions competitors will perform their kata at the same time.

Contestants first bow prior to entering the competition area, walk to the designated starting line, bow to the panel, announce the name of the kata which is to be performed, then wait for the referee's sharp blast of the whistle to begin.

Criteria for decision

The kata performance must have demonstrated: Correct breathing, good demonstration of power, speed, timing, balance, and kime.

Consistency and correctness of stances: Correct weight distribution, smooth and even transition, correct tension in stances, feet edges firmly on floor.

Techniques of kata should demonstrate: accuracy, correct and consistent kihon, correct tension, focus, kime and show a proper understanding of the kata bunkai.

Kata demonstrates: unwavering concentration, contrast in tension, breathing and movement, and understanding of those techniques being demonstrated, a realistic, demonstration of the kata meaning.

If the performance is brought to a halt, the contestant/team will be disqualified.

Slightly perceived addition, omission, or modification of a move shall not be grounds for penalty, provided that the kata remains true to the standards of traditional karate-do. Unseemly pauses, gestures of frustration, backtracking, failure to finish the kata or other indication of confusion will be penalized.

Kobudo Competition

Kobudo competitions shall be judged using the same criteria as kata, with the additional criteria that the kobudo kata demonstrate the individual and unique characteristics of the weapon being utilized. The flag judgment will be utilized. After each competitor performs their kata separately, both competitors will stand on their respective starting line, the judges will then render their decision.

The following weapons will be allowed:

Bo The Bo shall be made of hardwood, with or without tapered ends. The length shall be within one fist of the top of the competitor's head (one fist above the head or one fist below head). In addition a Bo may not be less than ¾" diameter for competitors 10 years and younger and not less than 1" diameter for ages over 10 years.

Exception: Standard sizes of manufacturer's bo are 4', 5', 6', 6', and 7'. Competitors which are not within these lengths may use the bo nearest their height.

Tonfa Tonfa must be entirely made of hardwood with a minimum length when grasped by the handle to reach the end of the competitor's elbow. Two Tonfa are used.

Ekū Ekū must be made of hardwood and have a length that shall be within one fist of the top of the competitor's head when measured from the floor. In addition the ekū blade shall have a flat side and a rounded side.

Nunchaku One pair of Nunchaku constitutes of two hard-wood handles connected by a cord.

Sai Two Sais must be used. Sai must be made of steel (no aluminum), and when grasped in the normal fashion, the tip shall in principle extend past the competitor's elbow.

Kama Two Kamas are used. Kama handles are made of hardwood and the blades of unsharpened steel and without any holes in the blades. No rope, chord, string etc. are permitted. All wood on weapons must be hardwood (oak, teak, mahogany; no rattan).

Criteria for decision

In the addition to the criteria of Kata the loss of control of a weapon in competition will be grounds for disqualification.

Any weapon or form used may not be such that it can endanger or damage any person or property.

In kobudo it is acceptable for a contestant to demonstrate dynamic movement rather than a stopped, "weighted down" stance between each movement.

Use of theatrical movements in principle is not permitted.

When assessing the performance for the final decision, the following shall also be noted:

If the contestant momentarily loses a grip of the weapon

If the weapon touches the floor at any time during the performance

If the contestant uses a dangerous technique that jeopardizes the safety of the judges or other competitors, disqualification will result

If the contestant drops the weapon disqualification will result

If the contestant due to no malfunction of the weapon, breaks the weapon disqualification will result

Kumite Competition

Shobu Youth & Adult

Athletes must compete in the proper age division. This is determined by their age as of October 23, 2010.

Each bout is three minutes top time for adult male and female 19-34 advanced and two minutes stop time for male and female beginner novice, intermediate and all junior bouts.

The timekeeper is responsible for ensuring that the match continues in its allotted time. They shall stop the clock when the referee signals, “Yame!” and shall restart when the referee signals “Hajime!” The timekeeper shall give one clear audible gong indicating “30 seconds to go”. The time up signal is give by a longer gong or several dings to mark the end of the bout.

Scoring

A technique may score when it is performed according to the following criteria to a scoring target area: Good form, correct attitude, vigorous application, zanshin (perfect finish), proper timing, and correct distance. Techniques can only score if they are delivered perpendicular to the scoring area and directed to the axis of the body.

In the Adult Beginners, Novice, Intermediate and Advanced (19-34 years old) division, the result of a bout is determined by either contestant having an eight-point spread over their opponent, by accumulating the most point at the time-bell, scoring with Ippon (one point) or Nihon (two points) techniques, by a Hansoku, Shikkaku, or Kiken imposed against a contestant, or obtaining a decision.

In the Junior Divisions (18 and Younger) an Senior Divisions (35 and up), the result of a bout is determined by the first contestant to score eight points or by accumulating the most points at the time-up bell, scoring with Ippon (one point) or Nihon (two points) techniques by a Hansoku, Shikkaku, or Kiken imposed against a contestant, or obtaining a decision.

An Ippon is awarded on the basis of the following:

A scoring technique counts as an ippon for any thrust or strike when it is performed in accordance to the aforementioned criteria.

A Nihon is awarded for any technique when it is performed in accordance with the aforementioned criteria and with the following requirements:

1. Jodan mawashi geri, jodan uramwashi geri, jodan yoko geri, jodan tobi geri. Jodan includes the head, neck and face targets.
2. Off-balancing an opponent with a sweeping technique or safely throwing an opponent and scoring with a strong thrust, kick, or strike

If an opponent slips, falls, or is otherwise off their feet and is scored upon by their opponent, the score will be Nihon.

3. Scoring with a counter-attack, precisely at the same time of the opponent's attack
4. Awasete, or scoring with two or more techniques in succession
5. Deflecting an opponent's attack and immediately scoring to the unguarded target

A victory over an opponent, who has been given a Hansoku, or Shikkaku, will set the score at the maximum point spread and the offender's score will be zeroed. When a contestant is absent, withdraws, or is withdrawn, the opponent will be credited with a win by Kiken and will set the score at the maximum point spread and the offender's score will be zeroed.

Attacks are limited to the following areas:

Head, face, neck abdomen, chest back (excluding top of shoulders), and side

An effective technique delivered at the same time that the end of the bout is signaled is considered valid. An attack even if its scores delivered after and order to suspend or stop a bout shall not be scored and may result in a penalty being imposed on the offender.

No technique, even if technically correct, will be scored if it is delivered when the two contestants are outside the competition area. However, if one of the opponent delivers a scoring technique while still inside the competition area and before the referee call "Yame!" the technique will be scored.

No technique will be scored if delivered after a penalty has been issued to the opponent. Example: If Aka makes contact to Ao's face just before Ao scores, and the referee call, "Yame!", and penalized Aka, no score will be awarded to Ao. However, if Ao scores at the same time of Aka's violation, both the score and penalty should be given. In this case, the point will be awarded first before addressing the penalty.

All penalties shall supersede scoring possibilities for that same contestant. Example: Aka scores with a Chudan Geri, the referee call, "Yame!", and then Aka accidentally makes contact to Ao's face. Aka will be penalized with no score for the Chudan Geri.

Simultaneous effective scoring techniques delivered by both contestants shall not score.

Criteria for decision

In the absence of a maximum point spread or of a defeat caused by Kiken, Hansoku, or a Shikkaku during a bout a decision is taken on the basis of the following considerations:

1. The contestant with the most point by Ippon or Nihon
2. The attitude, fighting spirit and strength demonstrated by the contestants.
3. The superiority of tactics and techniques
4. Which of the contestants has initiated the majority of the action

The criteria for deciding the winner is: (in order of importance)

1. When one contestant has the maximum point spread.

2. When scores are unequal, the contestant who completes the bout satisfactorily, with an Ippon or Nihon and is ahead of the opponent shall be awarded the victory.
3. If at the end of a bout, the two contestants have no score or have an equal score, the winning decision shall be given by Hantei.
4. If at the end of a bout, neither contestant has established superiority, then the decision for that bout shall be a draw, “hikiwake” and Sai Shiai (new bout) shall be announced.

The Sai Shiai is a new bout. All previous scores and penalties will be erased. The Sai Shiai will be for one minute for all divisions, and the contestant with the most points will be declared the winner.

If at the end of the Sai Shihai, no score or a tie persist, a decision by hantei must be made (judges can not select hikiwake).

Prohibited Behavior

The following are forbidden:

1. Techniques which make contact with the throat
2. 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 cause by the recipient. Any technique which is more than a controlled touch to the head, face, or neck will be penalized, unless caused by the recipient, even though there is not visible injury.
3. Attacks to the groin, joints, or instep are forbidden.
4. Attacks to the face with open hand techniques (Teisho, or Nukite however not limited only to these examples)
5. Dangerous throws which by their nature preclude or prejudice the opponent’s ability to land with safety. Throwing techniques are divided into two types. The established “conventional “ karate leg sweeping techniques such as de ashi barai where the opponent is swept off balance or thrown without being grabbed first – and those throws requiring that the opponent be grabbed or held as the throw is executed. The pivotal point of the throw must not be above the hip and the opponent must be held onto throughout, so that a safe landing can be made. Over the shoulder throws such as seio nage, kata-garuma etc., are expressly forbidden, as are tomoe nage etc. It is also forbidden to grab the opponent below the waist and lift and throw them or to reach down to pull the legs from under them. If an opponent is injured as a result of a throwing technique, the referee panel will decide whether a penalty should be assessed.
6. Direct attacks to arms or legs.
7. Repeated exits from the competition area (Jogai). An exception is when the contestant is actually pushed or thrown from the area by his opponent.
8. Wrestling, pushing or seizing without an immediate technique.
9. Mubobi relates to a situation where one, or both contestants display a lack of regard for their own safety.
10. Tohi relates to contestants that deliberately run away from their opponent, and not engaging in combat.
11. Feigning of injury in order to gain advantage.
12. Any discourteous behavior by the contestant or from a member of an official delegation can earn the disqualification of the offender of the entire team delegation from the tournament.

Penalties

The following scale of penalties shall operate:

Chukoku (Warning): May be imposed for minor infractions or for the first instance of a minor infraction.

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 is usually imposed for infractions for which a Chukoku has previously been given in that bout.

Hansoku This is imposed following a very serious infraction. It results in the opponent's victory. In team matches the fouled competitor's score will be set at the maximum point spread and the offender's score will be zeroed.

Shikkaku This is a disqualification from the actual tournament, competition, or match. When Shikkaku is imposed a term must be defined for this penalty. The opponent's score will be set to the maximum point spread and the offender's score will be zeroed. When a contestant commits an act which harms the prestige and honor of karate-do, acts maliciously, and when other actions are considered to violate the rules of the tournament.

The jogai category of penalties shall be the only one that will be imposed in order; Jogai Chukoku, Jogai Keikoku, Jogai Hansoku Chuk and Jogai Hansoku.

The 10 second rule

If a competitor is on the ground after "Yame!" and the referee deems the need to impose the 10 second rule, the following procedure will be followed:

1. The referee will let the time keeper know to start the 10 second clock, then will call for the medic.
2. The contestant must regain their feet within the 10 seconds. After regaining their feet, the referee will raise his arm to stop the clock, and the contestant may sit or lay down in order to be examined by the medical personnel. After the examination, the medical personnel will make safety recommendations.
3. The contestant must merely regain their feet and need not return to their starting line.
4. The timekeeper shall announce when 7 seconds have passed, as well as when 10 seconds have passed. The referee will then continue and announce 8, 9, & 10.
5. If the contestant is unable to regain their feet within 10 seconds, this is considered a "technical knockout" and for their own safety will NOT be allowed to continue fighting. They may win the bout if the "knockout" warrants a Shihakku or Hansoku by the referee panel, however may not continue in the preceding round and shall be imposed a kiken.

Protest

1. No one may protest about a judgment to the members of the Refereeing Panel.
2. If a refereeing procedure appears to contravene these rules, the official coach of the athlete or team is the only one allowed to make a protest.
3. The protest will take the form of a written report submitted immediately after the bout in which the protest was generated. The sole exception to this is when the protest concerns an administrative malfunction. The Are Controller should be notified immediately by the coach by raising their coach's credential the moment the administrative malfunction is detected. Raising the credential which are not meritorious may be grounds for a penalty for that coaches competitor.
4. The protest must be submitted to a representative of the Referee Council. In due course the Council will review the circumstances leading to the protested decision. Having considered all the facts available it will produce a report and shall be empowered to take such action as may be called for.
5. Any protest concerning application of the rules must be submitted in writing and signed by the official representative of the team or contestant(s)

6. The complainant must deposit a sum of fifty dollars (\$50.00 US) to the Referee's Council and a duplicate receipt will be issued. .