

**KIHON (4 and 5 year olds)**

- Two athletes perform KIHON (basics) at the same time.
- Winner of each match determined by judges' decision (flag scoring system).
- Double-elimination.
- Required techniques:
  - Start with left-foot forward downward block with KIAI
  - Stepping forward punching to the JODAN level four times
  - Stepping backward with rising block four times

**KATA****Format****Youth, Teen, and Adult Kyu Divisions**

- Winner of each match determined by judges' decision (flag scoring).
- Two athletes perform kata at the same time.
- Double-elimination.

**Adult Black Belt Divisions**

- Points scoring system
- Athletes perform one kata (one at a time)

**Points Scoring**

- At the start of each competition category, the first two contestants shall complete their kata before any scores are awarded.
- Scoring ranges (20 point spread): Beginner and Intermediate 6.0 to 8.0; Advanced 8.0 to 10.0.
- Five judges will score the kata performance. The final score is determined as follows:
  1. Of the five scores, the high and low will be taken out.
  2. The three remaining scores are added to reach a total score.
  3. In the event of a tie, the lowest score will be added.
  4. If there is still a tie, the highest score will be added.
  5. If a tie remains, advanced athletes must perform a different kata. Beginner and intermediate athletes may perform the same kata.

**Judging Criteria**

- Athletes must demonstrate courtesy by bowing respectfully to the chief judge before and after the kata.
- Katas should be performed with strong stances, correct timing and rhythm, focus, spirit (KIAI), proper movements, and no hesitations.
- Athletes performing a basic kata excellently shall receive a higher score than an athlete who performs an intermediate level kata with average skill levels, or an advanced kata with less than average skills.

**Non-influencing Factors**

1. Applause or jeers from spectators.
2. Excessively long or extra KIAI.
3. Gymnastic type movements.
4. Vibrating hands to simulate KIME.
5. Theatrics and over-acting.
6. Crowd favorites.
7. Students, family, or friends competing.

**TEAM KATA**

- Points scoring system (rules apply as for individual kata)
- Teams perform one kata (one at a time)
- The criteria for the team kata will be based on the synchronization of the athletes as well as the criteria for the individual kata requirements.

**KUMITE****Equipment**

- Mandatory: fist guards, mouth guards, groin protection (males)
- Optional: headgear, shin guards, forearm guards

**Points and Length of Matches**

1. All matches are SHOBU SANBON (6 WAZA-ARI or 3 IPPON or a combination totaling SANBON). IPPON is worth two WAZA-ARI.
2. All matches will be two minutes running time (stopping only for injuries or officials' meetings).

3. If time expires before the necessary points are scored, the judges will make a decision by indication of flags based upon number of warnings, points, aggressiveness, size difference, and technique.
4. If the score is tied after the initial two-minute match, an extension match will commence for one minute. The first contestant to score in the extended match wins. If the score remains tied at the close of the extended match, the judges will make a decision by indication of flags.

**Criteria for Points**

A WAZA-ARI may be awarded for:

- Techniques (punch or kick) to acceptable target areas when performed with: good form, correct attitude, vigorous application, ZANSHIN (perfect finish), proper timing, and correct distance.

An IPPON may be awarded for:

- Jodan kicks or other technically difficult techniques
- Sweeping or safely throwing followed by a scoring technique
- Delivering a combination of techniques, the individual components of which each score in their own right.

**Acceptable Target Areas**

- Head: front and side
- Front of the Body: from chest to stomach
- Side of Body: from armpits to above hips
- Back of Body: entire back (except spine if exposed)

**Non-Contact Areas**

- Back of head, neck, throat, spine, groin, collarbone, knees
- No attacks below the belt, except sweeps to the ankle

**Contact and Target Restrictions**

- S1 & S2 Youth Divisions: Attacks only allowed to CHUDAN target area.

**Restrictions**

- No displays of lacking self-control.
- No pushing, throwing, grabbing, or pulling.
- No disrespect to officials, contestants, or spectators.

**Penalties**

Penalties are issued on the following basis:

- Category 1: Contact violations
- Category 2: Out of bounds (JOGAI); Dangerous technique or behavior (MUBOBI, negligence for own safety)

Each category follows the same order of penalty points as follows:

- 1st offense: CHUKOKU (warning; no penalty)
- 2nd offense: KEIKOKU (penalty: one waza-ari added to opponent's score)
- 3rd offense: HANSOKU CHUI (penalty: one ippon added to opponent's score)
- 4th offense – HANSOKU (disqualification from event)
- SHIKAKU: Contestant must leave the tournament. 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.

1. Any technique, which is more than a controlled "skin touch" contact to the head, face or neck will be penalized, unless caused by the recipient, even though there is no visible injury.
2. In giving warnings for contact, judges will consider excessiveness, size differences, face mask, and/or moving in or away from the target.
3. Depending on the severity of Category 1 violations, the penalty calculation need not follow the above order.

**Officials**

1. Corner judges and the chief judge each have the power of one vote.
2. There must be at least two votes to determine a WAZA-ARI or IPPON.
3. There must be at least two votes to determine a warning.
4. Chief judges cannot waive three flags unless corner judges change their minds after a judges meeting.

**Additional Kumite Rules**

1. Separate divisions for males and females
2. All warnings will carry over to extension matches.
3. At the sole discretion of the Tournament Director, large competition groups may be split into multiple rings.