

Chicagoland Karate-Do Challenge: AAU Rules Highlights

KATA

Format

Youth, Teen, and Adult Divisions

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

Judging Criteria

- Katas should be performed with strong stances, correct timing and rhythm, focus, spirit (KIAI), proper movements, and no hesitations.

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

- Winner of each match determined by judges' decision (flag scoring).
- 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:** headgear (ages 17 and below), fist guards, mouth guards, groin protection (males)
- **Optional:** headgear(18 and above), shin and instep guards, forearm guards, chest protector

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) except for 18 and above male kumite division which will be three minutes running time.
3. If time expires before the necessary points are scored, the judges will make a decision by indication of flags.
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
- An IPPON may be awarded for jodan kicks or breaking balance or safely taking down followed by a scoring technique

Acceptable Target Areas

- Head, face, abdomen, chest, side, back (except spine)

Prohibited Behaviors

- All divisions (hand technique): Contact is not allowed, and may be penalized.
- All divisions (kick): "skin touch" is allowed, but excessive transfer of energy to the target area is prohibited and will be penalized.
- All black belts divisions (kick/hand technique): "skin touch" is allowed, but excessive transfer of energy to the target area is prohibited and will be penalized. Any excessive contact regarding the target area.
- Attacks and contact to the joints, throat, below the pubic bone or groin, and legs are not considered points and may result in a penalty.

- A sweep of the ankle or foot must be followed up with an attempt to score to one of the scoring targets otherwise may result in a penalty
- Exiting the ring during the match (JOGAI)
- Avoiding the opponent, running around the ring and generally disengaging from the match is a non-contact violation and may result in a penalty.

Penalties

- There are no points awarded to the opponent for penalties.
- Penalty categories:
 - HANSOKU: Prohibited actions and behaviors. Contact and non-contact penalties.
 - JOGAI: out of bounds
 - MUBOBI: negligence for own safety
 - SHIKAKU: disqualification or expulsion from the event/competition
- Penalty levels:
 - CHUKOKU (warning)
 - HANSOKU CHUI (penalty)
 - HANSOKU (disqualification)
- Penalty categories do not cross accumulate

Officials

1. Corner judges and the chief judge each have the power of one vote.
2. There must be a majority of votes to determine a WAZA-ARI or IPPON.

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, competition groups may be combined and may be split into multiple rings.

TEAM KUMITE

1. Matches between individual members of each team shall be of Shobu Sanbon in a pre-determined order and the winner of a team match shall be decided on the same basis which individual matches are decided.
2. The winner of a team match shall be decided on the basis of these Individual matches.
3. The criteria for deciding the winner of a team match on the basis of the number of winners of individual are the following (in order of descending importance):
 - Number of victories per team.
 - If two teams have the same number of victories, the winning team is decided by the one whose contestants have scored the most points, taking both winning and losing fights into account.
 - 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) between the same representatives and the first contestant to be awarded IPPON or WAZA-ARI is declared the winner.
 - If the tie persists, a winner must be declared by HANTEI.