

Wa no Kizuna

Rules of Competition – 2020

(USA-NKF Rules: Modified for local tournament)

KATA

Scoring: (Flag System)

- Beg./Nov. divisions must perform **basic** katas only.
- Intermediate may perform any kata – no restrictions
- Intermediate/Advanced – **must** perform different kata in medal round (different from prior round)

Scoring Criteria:

- Correct stances (dachi)
- Correct techniques and focus of power (kime)
- Correct focus of attention (chakugan)
- Correct form (kimon) of the style being demonstrated
- Proper tension in the abdomen (hara), no bouncing
- Correct rhythm and timing

Team Kata:

- Three members on each team
- Family division contestants must be members of the same immediate family

No dual third place: Competitors will compete for third.

KUMITE

Mandatory Equipment: White karate gi, cloth/soft –leather fist guards (white or WKF red/blue), mouth guard, groin protection (males),

Optional Equipment: White head gear, shin guards, chest protectors

Match Time:

- Children's Divisions (11 & under) 1.5 min. stop time
- All other divisions 2 min. stop time

Scoring:

- Yuko (Ippon/one point) - punches (zuki) or strikes
- Waza-ari (Nihon/two points) - body (chudan) kicks
- Ippon (Sanbon/three points) - head (jodan) kicks
- throwing or leg sweeping opponent to mat followed by score

Criteria for Decision:

- First contestant to **six points** or the contestant with the highest points at the end of the match
- In the event of a tie, winner determined by Senshu.

Procedures for Judging

- Referee Panel: Shushin and four Fukushin (may be adjusted based on number of officials)
 - Shushin calls penalties
 - Fukushin signal points and jogai
- Referee must have two flags in support of any decision; must stop match if two flags of same color thrown
- Both sides may receive a score if two votes for each side.

Prohibited Contact to the Head

- Children (11 & under): not allowed
- Cadets: (12-17): foot techniques allowed to make light skin contact to the head
- Adults (18+): Light skin contact to the head allowed with all techniques

Ten Second Clock: We will not be using a ten second clock.

No dual third place: Competitors will fight for third.