



## COMPETITION RULES FOR MAY 8<sup>th</sup>, 2022

### KATA



In WUKF tournaments, judging is done using scores (not flags) to allow contestants to better position themselves and assess their progress.

Age categories:

- Children: 6-8 years old / 9-10 years old / 11-12 years old
- Cadets, Juniors, Seniors: 13-14 years old / 15-17 years old / 18-34 years old
- Veterans: 35-44 years old / 45 years old and above

All competitors will perform two katas:

- Possibility of performing the same Kata twice in Children categories
- Mandatory to perform two different Katas in Cadets, Juniors, Seniors and Veterans categories

The choice of Kata is free (all styles).

The final ranking (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) will be based on the cumulative scores of the two rounds.

The Katas will be performed in a white karate-Gi with personal rank belt.





## PUNCHING BAG PERFORMANCE



Each child performs a free technique performance of 30 seconds on a punching bag. The objective is to allow children to express themselves technically without the apprehension of fighting against an opponent.

Winner decision criteria:

- Number of valid techniques performed on the punching bag
- Diversity of techniques
- Realism and Control of the techniques
- Distance and moves suitable for fighting
- Dynamism, fighting spirit and engagement throughout the assault

Age categories:

- Children: 6-8 years old / 9-10 years old / 11-12 years old

All competitors will participate several times (Round-robin).

The winner of each confrontation will be determined using flags (red and white).

The final ranking (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) will be based on the cumulative points acquired at each round: Victory = 2 points; Defeat = 1 point.

The performance will be executed in a white karate-Gi with a red or white belt.



## KUMITE IPPON SHOBU



Traditional fight which advocates the effectiveness and efficiency of techniques since the competitor who scores first with an Ippon (or two Waza-ari) will be declared the winner.

Each fight lasts 2 minutes. If there is a tie at the end of the fight, 2 additional minutes are allocated to determine a winner (new fight; all penalties are reset). If there is still a tie at the end of the 4 minutes of fight, the winner will be chosen by the referees' vote (Hantei).

Ippon decision criteria (2 points):

- Valid and controlled technique, recognized as decisive and focused on the attack zones (head, neck, chest, abdomen, back, sides)
- Perfect timing ("Sen-No-Sen")
- Perfect attack after an imbalance or a sweep of the opponent
- Successive and effective attacks that each count for Waza-ari
- Attack on an opponent who has lost the fighting spirit and turns his back
- Effective and controlled attack of Jodan Geri (high kick)

Waza-ari decision criteria (1 point):

- Technique almost comparable to one needed to score Ippon
- Referees will look for Ippon first, then will only award a Waza-ari if the criteria for Ippon are not fully met

Referee voting criteria in the event of a tie (Hantei):

- Number of techniques performed
- Diversity of techniques
- Realism and Control of the techniques
- Distance and moves suitable for fighting
- Dynamism, fighting spirit and engagement throughout the fight
- Strategy implemented
- Fair play



#### Penalties:

- **Jogai:** Deliberate exit from the combat area  
(2 warnings then disqualification at the 3<sup>rd</sup> exit)
- **Mubobi:** Endangering or disrespecting one's own safety or physical integrity  
(2 warnings then disqualification at the 3<sup>rd</sup> Mubobi)  
*Examples: Attacking without following the target with the eyes; turning around after an attack (loss of attention)*
- **Atenai:** Techniques with excessive contact, considering the area attacked  
(2 warnings then disqualification at the 3<sup>rd</sup> Atenai)  
*Examples: Attacks to the throat, to the joints, below the belt, open hand techniques to the face, and dangerous sweeps (uncontrolled projections of the opponent)*

#### Age and weight categories:

- Cadets, Juniors, Seniors:
  - 13-14 years old:
    - Male: - 55 kg / 55 kg and above
    - Female: - 50 kg / 50 kg and above
  - 15-17 years old:
    - Male: - 65 kg / 65 kg and above
    - Female: - 55 kg / 55 kg and above
  - 18-34 years old:
    - Male: - 75 kg / 75 kg and above
    - Female: - 60 kg / 60 kg and above
- Veterans:
  - 35-44 years old:
    - Male: - 75 kg / 75 kg and above
    - Female: - 60 kg / 60 kg and above
  - 45 years old and above:
    - Male: - 75 kg / 75 kg and above
    - Female: - 60 kg / 60 kg and above



The competition will be held in direct elimination with repechages (for the losers against the finalists).

The final ranking (1<sup>st</sup>, 2<sup>nd</sup>, and the two 3<sup>rd</sup> places) will be made following the final and the repechage fights.

The fights will be performed in a white karate-Gi with a red or white belt.

Each fighter must wear the following personal protections:

- **Mouth guard** (compulsory) – Any color, except Red
- **Red & White gloves** (compulsory) – Red & Blue allowed
- **Groin protector for male** (compulsory)
- **Chest protector for female** (compulsory)
- *White shin guards (optional) – Red & Blue allowed*
- *White instep protector (optional) – Red & Blue allowed*

