



FEDERATIONS PARTENAIRES



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## COMPETITION RULES FOR MAY 6<sup>th</sup> AND 7<sup>th</sup>, 2023

### 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 children (6 to 12 years old) will complete two rounds. They will be able to perform the same Kata twice. For Teens, Adults, and Veterans, the standard WUKF rules apply (from 1 to 3 rounds depending on the number of participants). Obligation to perform different Katas at each round (except white and yellow belts).

Only individual categories, no team Kata competition.

Competitors will be grouped by style (Shōtōkan, Gōjū-Ryu, Wado-Ryu, Shito-Ryu, and Other Styles).

An "Open Styles" category will bring together all the athletes who wish to participate.

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

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



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## 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 blue).

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 personal rank belt.

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## 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, 1 additional minute is allocated to determine a winner by Enchosen (= "Sudden death"). If there is still a tie at the end of the 3 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





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#### Penalties:

- **Jogai:** Deliberate exit from the fighting 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: - 60 kg / 60 kg and above
    - Female: - 50 kg / 50 kg and above
  - 15-17 years old:
    - Male: - 70 kg / 70 kg and above
    - Female: - 55 kg / 55 kg and above
  - 18-34 years old:
    - Male: - 70 kg / 70 kg and above
    - Female: - 60 kg / 60 kg and above
- Veterans:
  - 35-44 years old:
    - Male: - 85 kg / 85 kg and above
    - Female: - 65 kg / 65 kg and above
  - 45 years old and above:
    - Male: - 80 kg / 80 kg and above
    - Female: - 60 kg / 60 kg and above
- Team Rotation Seniors 18-34 years old – Sambon Shobu (3 + 1 substitute)
  - Male: No weight categories
  - Female: No weight categories



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*



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