

Modified AAU/WKF Karate Rules

Uniform requirements – full karate-style uniform, any color/combination, any patches are allowed

Kata

2 at time – flag system - Winner goes to next round – 1st single elimination cycle determines 1st place winner and finalist for 2nd or 3rd place – 2nd single elimination cycle with all other competitors except finalist from 1st round – Winner of 2nd cycle competes with finalist to determine 2nd and 3rd places.

Kobudo (weapons kata)

One athlete at a time – **number scoring** (5.0 – 6.0 beginner, 6.0-7.0 novice, 7.0 -8.0- intermediate, 8.0 - 9.0 advanced). **Allowable kobudo weapons** – bo, eku (oar), sai, tonfa, nunchaku, kama. Bo must be wood construction, length slightly above or below head, and of weight/construction that does not give a competitor an advantage. Sai must be used in pairs, metal (not aluminum) and length within 2 inches of elbow. Tonfa must be used in pairs and wood. Nunchaku must be single and wood. Kama must be wood handle and unsharpened metal blade. No swords or bokken.

Dropping a weapon is d.q. – touching floor/loss of control is deduction.

With 3 judges, add all 3 to determine total score. In case of tie, intermediate and advanced competitors must perform a different kobudo kata. Beginners and novice can perform same kata.

With 5 judges, Take out highest and lowest scores and add total. In case of tie, add lowest score (of 3 remaining scores) to break tie, then add highest score if needed. If still tied, athlete must do different kata (except for beginner/novice).

Kumite

Equipment

Required for all competitors - foam helmet with faceshield, foam or cloth gloves covering fingers, foam safety boots, mouthguard, (cup for males) **optional for all competitors**: shin insteps, ribguards
Note: Faceshield helmets are available to borrow at all Niagara Karate Circuit tournaments

Matches - 2 minute matches except adult advanced (3 min.) – start/stop time

Beginner/Novice divisions - full points for all scoring techniques, first to 3 point wins or ahead at end of time

Intermediate/Advanced divisions - 1, 2, 3 point system: 1 point for any hand technique (head or body), 2 points for kick to body, 3 points for kick to head or takedown with punch scoring on downed competitor. First to 8 points wins or competitor with 6 point lead.

Target areas – head, face, neck (not youth and no throat), chest, abdomen (above pelvic bone), sides, back (not top of shoulders or spine) , No contact areas – head, face, neck, legs, arms.

Penalties – **Jogai** (out of bounds) – 1st warning (chukoku), 2nd official warning (Hansoku chui), 3rd d.q.
Hansoku (contact or non-contact foul) –. 1st warning, 2nd official warning, 3rd d.q. (start at any level but must escalate)

Mubobi (personal danger) –1st warning, 2nd official warning, 3rd d.q. (start at any level but must escalate)

Shikaku – Disqualification from event or tournament..

Tie match at end of time – ref call for decision (hantei), if still tie – hikiwaki – 1 minute overtime (encho-sen) – 1st point wins – penalties are carried over into overtime – if still tie – 1 more minute overtime – if still tie – referees must decide winner

Judges/Officials – Full karate uniform with belt (no team jackets), whistle. New judges/officials are trained as scorekeepers and side judges before being approved as center judge.