



IWKA WORLD CHAMPIONSHIPS RULES OF COMPETITION

Important Information Regarding Personal Attire

1. Only clean, white Gi will be allowed for all events including seminar and tournament
2. All Yudansha (Black Belts) are required to wear ONLY WHITE GI + BLACK BELTS (No red or red/white belts will be permitted.)
3. No jewellery will be permitted on any competitor.
4. All finger nails and toe nails are required to be well groomed. For safety, toe nails must be cut.

Competitors Responsibilities

1. Competitors are expected to display good sportsmanship and proper karate etiquette at all times.
2. Prior to a division starting, please ask any questions you may have.
3. During your division, please respect your fellow competitors. You will sit on the side of the ring; do not talk excessively or loudly.
4. Listen for your name to be called "up to perform or "on deck" or "be ready".
 - a. When on deck, stand at the corner of the ring and wait to be recognised by the competitor bowing out of the ring.
5. All competitors will use a universal bow-in for kata and weapons divisions
 - a. Bow into the ring – announce kata name – bow into the kata/weapons kata and execute form.
 - b. Competitors are NOT to announce their name, tell what dojo they represent or request permission to perform.
6. Kata, Weapons and Kumite will most likely be assigned to the same ring. Competitors are to bring any weapons, and fighting gear to the ring assigned.
7. The first three kata competitors will perform their kata before being scored. After the 3rd competitor, each competitor will be called back into the ring individually for their scores. Thereafter, each competitor will be scored immediately after their form.
8. Once you have competed, you are to stay at your ring-side until the division is bowed out by the Referee/Centre judge.
9. Weapon kata procedure will be the same as empty-hand kata divisions
 - a. Kyu rank may compete with Bo and Sai only.
 - b. Black belts may compete with Bo, Sai and Tonfa.
 - c. Weapons must be traditional design and properly sized
 - d. Weapons will be subject to inspection for proper size, weight and safety.
 - e. Toothpick Bo and undersized weapons will not be permitted.

Kata & Kobudo

The Kata must be performed with competence, and must demonstrate a clear understanding for the traditional principles of the Kata.

Isshin-Ryu Kata List

Seisan*
Seiuchin
Wansu
Naihanchi
Chinto
Kusanku
Sanchin
Sunsu

Isshin-Ryu Kobudo Kata List

Kyan no Sai
Kusanku no Sai
Chatanyara no Sai
Tokumine no Kun no Dai
Urashi no Kun
Shishi no kun no Dai
Hamahiga no Tonfa (Black Belts only)

*Junior kids, 8 years and under, who have trained less than 3 months may perform a partial Seisan kata. They must complete up to the first "break" to be scored.





IWKA WORLD CHAMPIONSHIPS RULES OF COMPETITION CONTINUED...

Criteria For Assessing The Performance Of A Kata & Kobudo

Contestant

Kime = power & focus

Kihon = basic & proper form

Bunkai = application of fighting technique

1. A good demonstration of power, speed, timing, balance and focus (Kime)
2. Correct and proper use of Breathing to aid Kime
In addition:
 - a. No more than 3 kiai per kata
 - b. No hissing
3. Consistency and correctness of stances
 - a. Correct weight distribution according to Kihon
 - b. Smooth and even transition between stances
 - c. Correct tension in stances
 - d. Feet edges firmly on the floor
4. Techniques demonstrate:
 - a. Accuracy
 - b. Correct and consistent form of Isshinryu Karate (Kihon)
 - c. Correct tension, focus and power (Kime)
 - d. Show proper understanding of technique being used (Bunkai)
5. Kata and Kobudo uniformly demonstrate:
 - a. Unwavering concentration
 - b. Rhythm: Contrast in tension, breathing and movement
 - c. An understanding of those techniques being demonstrated
 - d. A realistic rather than "theatrical" demonstration of the Kata's meaning
6. Kobudo competition consists of
 - a. Kyu rank may compete with Bo and Sai only
 - b. Black Belts may compete with Bo, Sai and Tonfa.
 - c. Weapons must be of traditional design and properly sized
 - d. Weapons will be subject to inspection for proper size, weight and safety
 - e. Toothpick Bo and undersized weapons will not be permitted
 - f. Proper footwork to extend the power (energy) into the weapon
 - g. Control of the weapon must always be maintained

SCORING RANGES

Novices: 5.0-7.0 where 6.0 is average

Intermediates: 6.0-8.0 where 7.0 is average

Advanced and Black Belts: 7.0-9.0 where 8.0 is average

- The performance should be evaluated with consideration for the quality of the kata presented, along with the age and rank of the competitor.
- With 5 Judges, the highest and lowest score will be discarded and never used again. The total of the remaining 3 scores will be added for a final score.
- In the event of a tie, with 5 judges
- Of the remaining three scores, the lowest score shall be added to the final score to break the tie.
- If a tie persists, of the remaining three scores, the highest score is added to the final score.
- If a tie still exists the contestants must perform again. Advanced and Black Belt divisions must perform a different kata. After competitors perform, the Judges will then score the competitors with a show of hands.





IWKA WORLD CHAMPIONSHIPS RULES OF COMPETITION CONTINUED...

PENALTIES:

When assessing how many points should be deducted for a fault, the following is recommended.

0.2 Deduction

- For a momentary hesitation in the smooth performance of the Kata, quickly remedied
- Momentary imbalance, with barely a wobble, quickly remedied
- Momentarily loses grip on the weapon, quickly remedied

0.2 Deduction

- Momentary but discernible pause
- A distinct halt
- Actual instability where there is a distinct but recoverable loss of balance

0.3 Deduction

- If the contestant loses balance completely and/or falls
- Weapon touches the floor anytime during the performance (unless the touch is called for by the kata, as in some Sai kata)
- Novice or Intermediate restart of kata

Disqualification

- Advanced & Black Belts who completely halt a kata (requiring a restart)
- Advanced & Black Belts who drop a weapon
- Dangerous techniques that jeopardize the safety of the Judges or other competitors
- Un-sportsmanlike behaviour towards others or other breaches of karate etiquette
- Actions that are considered to violate the rules and spirit of the tournament

Note: Competitors that are disqualified in Kata or Kobudo will be given the lowest score within range appropriate for the division.

Kumite Matches

1. Kumite matches will be for two (2) minutes running time.
 - a. The Referee/Judge may stop time if needed.
2. Matches are three (3) point matches.
 - a. The first competitor to gain three points or the competitor with the most points at the end of time will be the winner of that match.
 - b. If a tie exists after the two minutes, then the match is extended to a sudden victory match to break the tie. The first competitor awarded a score for a clean technique will be the winner. All previous penalties are still standing.
 - c. Grand Champion Kumite matches will be five (5) points.
3. To reduce injury, the 4" halo around the head will be scored.
 - a. NO contact to head and/or helmet is permitted. (Touch is permitted.-refer to scoring Kumite techniques for an explanation of the difference between Touch and Contact.)
4. If a competitor is disqualified
 - a. They are out of the division.
 - b. They may no longer compete and no trophy will be awarded to him/her.

Example: If fighting for 1st & 2nd place and one competitor is disqualified, only 1st and 3rd place will be awarded for that division.
5. Competitor will be disqualified and removed from the tournament for the following
 - a. Competitor acts maliciously,
 - b. Purposely disobeys the orders of the Referee/Judges
 - c. Commits an act which harms the prestige and honour of Karate-Do, or
 - d. Actions that are considered to violate the rules and spirit of the tournament





IWKA WORLD CHAMPIONSHIPS RULES OF COMPETITION CONTINUED...

Required Kumite Equipment

All equipment must conform to these requirements.

1. All competitors must have a clean white gi to compete.
2. Safety gear required:
 - a. Foam headgear (all competitors)
 - b. Safety Punch
 - c. Safety feet
 - d. Mouthguards
 - e. Groin cups (male competitors)
 - f. Shin and instep guards are recommended but not required. Shin and instep will be permitted in place of safety feet only with trimmed toenails.
3. No Ring Star or other shoes will be permitted.
4. No Grappling, MMA or Bag Gloves will be permitted.
5. Any safety gear deemed unsafe by the OFFICIALS will need to be replaced.
6. No duct tape on safety gear.

Scoring Kumite Techniques

TARGET AREAS

Attacks are limited to the following areas.

- | | |
|---|--|
| 1. Head – No contact permitted – 4" halo or touch will be scored. | 5. Chest |
| 2. Face – No contact permitted – 4" halo or touch will be scored. | 6. Side |
| 3. Neck – No contact permitted – 4" halo or touch will be scored. | 7. Kidney area – No spine contact permitted. |
| 4. Abdomen | |

Please note there is a difference between a **TOUCH** and **CONTACT**. **TOUCH** (contact without pressure and non-injurious) will be considered a scoring technique if criteria below are met. However, **CONTACT** (pressured movement of the target area; injurious, impact, example rocking movement of the head from strike or kick) will be considered a penalty.

A score is awarded when a technique is performed according to the following criteria.

- | | |
|-------------------------|------------------------|
| 1. Good form | 4. Awareness (Zanshin) |
| 2. Sporting attitude | 5. Good timing |
| 3. Vigorous application | 6. Correct distance |

Explanation

1. A technique with **good form** is said to have characteristics conferring probable effectiveness within the framework of traditional karate concepts.
2. **Sporting attitude** is a component of good form and refers to a non-malicious attitude of great concentration obvious during the delivery of the scoring technique.
3. **Vigorous application** defines the power and speed of the technique and the will for it to succeed.
4. Awareness (Zanshin) is that criteria most often missed when a score is assessed. It is the state of continued commitment in which the contestant maintains total concentration, observation, and the awareness of the opponent's potentiality to counter-attack. He/she does not turn their face away during delivery of the technique and remains facing the opponent afterwards.
5. **Good timing** means delivering a technique when it will have the greatest potential effect.
6. **Correct distance** similarly means delivering a technique at the precise distance where it will have the greatest potential effect. Thus if the technique is delivered on an opponent who is rapidly moving away, the potential effect of that blow is reduced.





IWKA WORLD CHAMPIONSHIPS RULES OF COMPETITION CONTINUED...

Prohibited Behaviour

1. NO contact to the face, chin, neck or groin
2. NO excessive body contact is permitted.
3. NO sweeps or takedowns. Leg checks are permitted to the back of the leg only.
4. NO kicking to a person on the ground, however you have (2 seconds) to score using hand techniques if the competitor is on the ground. NOTE: A Competitor who is on the ground may score using hands or feet techniques.
5. No holding. Competitors may grab and strike immediately (2 seconds) then release to score a point.
6. Running out of bounds under one's own power. The ring line is out of bounds.
7. Competitors cannot score from out of bounds but may be scored upon.
8. Avoiding combat as a mean of preventing the opponent to have the opportunity to score.
9. NO blind techniques
10. NO contact to the spine.
11. NO attacks to arms, legs or joints.
12. NO coaching of competitors is permitted.
13. NO attacks with head, knees or elbows.
14. Techniques by their nature that cannot be controlled for the safety of the opponent;
NO dangerous and uncontrolled attacks.
15. Failing to obey the orders of the Judges, discourteous behaviour towards the Officials, or other breaches of karate etiquette.
16. No exaggeration of injury.

Penalties

1. Non- injurious, light controlled "touch" to the face, chin, and head area is allowed. When contact is deemed too strong the Referee/Judges will issue a warning, penalty point or disqualification. The 4"halo around the head should be encouraged to reduce injury. *Note: Contact is more than a "touch".*
2. Warnings will be issued for the first offense of running out of bounds or any other prohibited offenses. Any repeated offenses will result in a penalty point to be awarded to the opponent.
3. Blood, immediate redness or swelling will result in immediate disqualification.

Category 1: Contact Penalties

- No contact to the face, chin, neck or groin
- No excessive body contact
- Attacks to the arms, legs, or joints
- No contact to the spine.

Category 2: All Other Penalties

- No sweeps or takedowns.
- No kicking to a person on the ground.
- No holding (2 second grab and release to score).
- No blind techniques.
- No attacks with head, knees or elbows.
- Running out of bounds under one's own power.
- Avoiding combat as a mean of preventing the opponent from having the opportunity to score.
- Techniques by their nature that cannot be controlled for the safety of the opponent (dangerous & uncontrolled attacks).
- Muhobi (defenceless attitude) – allowing or running into a technique without protecting oneself.
- Failing to obey the orders of the Referee/Judges, discourteous behaviour towards the Officials or other breaches of Karate etiquette.

Note: Once warned or penalised in Category 1 or Category 2, the penalties shall escalate for that category. A point will be awarded to an opponent each time additional fouls occur in that category. All warning/penalties remain active during a sudden victory match.





IWKA WORLD CHAMPIONSHIPS RULES OF COMPETITION CONTINUED...

Coaching Is Not Permitted

Coaching shall result in the following penalties.

1. 1st infraction
 - a. A warning to the individual or individuals coaching
 - b. A general statement to all at ringside
2. 2nd infraction
 - a. The individual (s) coaching will be removed from ringside.
3. Persistent coaching will result in ejection from the event.

Referee/Centre Judges Responsibilities

1. Bow in and out the divisions
2. Review rules with judges and ensure that the judges use the flags properly
3. Ensure everyone has the proper equipment
4. To start and stop matches
5. Ensure the scoring is accurate
6. Ensure that the rules are being followed and applied fairly
7. Issue points, warning and penalties*
8. Ensure corner judges are meeting their responsibilities
9. Replace judges if deemed needed
10. Penalise or disqualify competitors for rules violation
11. Make sure the ring is running smoothly and functioning according to the rules
12. Announce winners 1st-3rd places
13. Have winners report to score keeper to verify name of the winner

- * Referee/Centre Judge may not award a point without the majority support from the Corner Judges. However, a Centre Judge may also choose not to award a point if they clearly see that the technique did not meet all criteria even if "out voted" by corner judges.
- * Referee/Centre Judge may award a foul if they have the support of at least one (1) Corner Judge.
- * Referee/Centre Judge may not centre for your own students. Request a Corner Judge to take your place. Only if no one is willing to take the centre, may you centre your own student.

Corner Judges Responsibilities

1. Observe the actions of the contestants and call to the Referee/Centre Judge for a point
2. Aid in the calling of points, warnings and penalties.
 - a. To call a point, verbally signal (call: "Ipon") to the Centre Judge
 - b. Do not use your flag to signal a point to Referee/Centre Judge as this may influence other judges.
 - c. To call a foul, verbally signal (call: foul) to centre judge.
 - d. Do not use your flag to signal a foul to referee/centre as this may influence other judges.
3. Assist in fair application of the rules
4. Assist in the functioning of the ring
5. Call attention to the Referee/Centre Judge in cases when it is deemed necessary

