

# Karate

## Rules & Regulations

- **General Rules**

- Competitors wear designated uniforms (gi) and belts signifying their rank.
- Matches are conducted on a designated matted area.
- Bouts are timed, and points are awarded based on the effectiveness of techniques and adherence to competition rules.
- Penalties are given for fouls like excessive force, illegal techniques, or poor etiquette.

- **Duration of Fight**

- **One Round:** All matches are contested in a single round.
- **Age-Based Duration:**
  - Children and Youth (up to 17 years old): 2 minutes
  - Adults (18 years and older): 3 minutes
- **Final Round Extension:** The final match for adult competitors may be extended to 5 minutes.

- **Scoring Points**

- **Controlled Strikes:** Points are awarded only for strikes made in control contact that land on areas protected by armor.
- **Scoring Zones:**
  - High Level (Head) - Covered by the helmet (1 point for hand strike)
  - Middle Level (Body) - Covered by the body protector (1 point for hand strike, 2 points for leg strike)
- **Clear Victories (Ippon):**
  - Knockdown
  - Knockout
  - Clean throw with a well-executed, non-contact kick
- **Combination Points:** Points are awarded for a series of well-executed attacking actions made in control contact.
- **Technical Actions:** During mutual attacks, points for technical actions are awarded to both competitors.
- **Undercuts:** They are allowed but not scored, and they can only be used to initiate attacks.

## Informal Warnings

- 1) Informal warnings are used to facilitate the continuity of action without stopping the bout. They are not meant to replace formal warnings when these are appropriate, and the Referee should proceed with formal warnings or penalties as appropriate if the informal warning is not reacted upon by the Competitors.
- 2) **There are two types of Informal Warnings:**
  - a) TSUZUKETE for encouraging activity To urge the Competitors to commence activity by gesturing in the same way as is customary for making the Competitors stepping on to the TATAMI, combined with the instruction "TSUZUKETE".
  - b) WAKARETE for breaking up a clinch To break-up a clinch, using the same gesture as is customary for making the Competitors step back on the TATAMI combined with giving the order "WAKARETE" to temporarily stop the action without stopping the clock. The Competitors must separate – after which the order "TSUZUKETE" is given for resuming action.
- 3) When WAKARETE is called when a Competitor is cornered, the Referee must ensure that the other Competitor withdraws sufficiently to disengage before TSUZUKETE is called.
- 4) TSUZUKETE, unless preceded by WAKARETE, is not used if there is less than 15 seconds left of the bout.
- 5) An otherwise correctly executed technique will not be given a score if executed at the same time as WAKARETE has been called – but will not be penalized. An uncontrolled technique will be subject to warning or penalty in the normal manner.

## Official Warnings

**There are two degrees of official warnings; CHUI and HANSOKU CHUI:**

- a) CHUI Warning is given, up to three times, for smaller infractions that do not diminish the other Competitor's chances of winning.
- b) HANSOKU CHUI Warning of disqualification in the event of further infractions

## Penalties

There are two kinds of penalties which are two different levels of disqualification:

- a) HANSOKU Disqualification from the bout. This is the penalty of disqualification following a very serious infraction or when HANSOKU CHUI has already been given.

b) SHIKKAKU Disqualification from the tournament. This is a disqualification from the entire tournament including any subsequent category the offender may have been registered for. SHIKKAKU may be invoked when a Competitor fails to obey the orders of the Referee, acts maliciously, or commits an act, which harms the prestige and honour of Karate.

- **Weight & age classification**

### Shobu Sambon Kumite

<b>Ages</b>	<b>Weights</b>	<b>Division</b>	<b>Gender</b>	<b>Individual</b>	
7-15	-50kg -55kg -60kg +65kg	Cadet	Male	X	2 Teams per state
7-15	47 kg -54 kg +54 kg	Cadet	Female	X	2 Teams per state
16-17	-55 kg -61 kg -68 kg -76 kg +76 kg	Junior	Male	X	2 Teams per state
16-17	-48 kg -53 kg -59 kg +59 kg	Junior	Female	X	2 Teams per state
Under 21	- 68kg - 78kg + 78kg		Male	X	
Under 21	- 55kg - 65 kg + 65kg		Female		
Above 18	-65 kg - 75kg -80 kg +80 kg	Senior	Male		2 Teams per state
Above 18	- 55kg - 65 kg + 65kg	Senior	Female		2 Teams per state

### Kata

Division	Ages
Cadet	7-15
Junior	16-17
Senior	18 and over
Veteran	35-40 41-46 47-52 53 and over

### Bogu Karate

Age	Weight	Category
Seniors	Lightweight - 65kg Middleweight - 75kg	Male
	Cruizerweight - 85kg Heavyweight - 95kg Over 95kgs	
	Lightweight – up to 54 kg Middleweight – up to 61 kg	Female
	Cruiserweight – ab. 61 kg	