



COMPETITION RULES AND GUIDELINES

Please ensure that your sheets are filled in correctly.

For Cadets (under 18yrs old): Name, Sex, Exact Height in Feet and Inches, Age & grade.

For Seniors (18yrs Plus) Name, Sex, Exact weight in kg's & grade.

Mark the event(s) you are entering by ticking the boxes on the entry form list.

Enter total amount paid per competitor and a grand total for the club.

**This year we have added a 'veterans' category (40yrs +)
for both kumite and kata.**

Kumite Rules

Individuals

- All categories will use WKF rules.
 - Seniors 18yrs +: WKF 'Contact' rule*.
 - Under 18yrs: WKF 'None Contact' rule*.
 - Under 12yrs must also wear body armour.
- All competitors will fight in Aka (Red) or Ao (Blue) and must wear the corresponding coloured mitts and belt.
- Senior Open Weight category (16yrs +) will fight with the 'Contact rule'
- Veterans category is open grade *and* open weight and will fight with the 'Contact Rule'.

Both the Vets and Open Weight Categories will be Shobu Ippon

Teams

- Senior Team events (16yrs and above) will fight with the 'Contact Rule'.
- Junior Team categories (under 16yrs) will fight with the 'None Contact' Rule.

Gum shields are mandatory for all competitors

Kata Rules

- All kata events will use the WKF Flag System.
- All competitors will perform their kata in Aka (Red) or Ao (Blue) and must wear a corresponding coloured belt.
- Junior grades (8th Kyu to 4th Kyu). Must have a **minimum** of 2 kata's and must perform a different kata in the second round. Kata's can then be repeated in subsequent rounds.
- Senior grades (3rd Kyu and above). Must have a **minimum** of 3 kata's and must perform a different kata each round. If/when 3 different kata's have been performed they can then be repeated in subsequent rounds.

Competition Guidelines

- **ALL** competitors **MUST** wear a white gi.
- Entry forms **must be** signed by the official Association or Club coach only. Entry forms with out a signed declaration will not be permitted to take part in the competition.
- Registration will commence at 10:00hrs sharp.
- All spectators and competitors will get a stamp on their hand which will allow them to leave and enter the arena throughout the day.
- The first events will be Kata which will commence at **10.30hrs** on two areas. Junior Kata first, followed by Senior Kata then Veterans Kata.
- Kumite will commence at **13.00hrs** on 2/3 areas, with 'Junior Kumite' first followed by 'Senior Kumite' followed by 'Vets' then 'Open Weight'.
- Team kumite events will commence as soon as the individual events are complete.
- Each category will be run right through, including the final.
- Cost of entries:

Individual Kata and Kumite events (including Vets):

£10 for one individual event (Kumite or Kata only)

£15 for two individual events (Kumite & Kata)

Open Weight (Shobu Ippon):

£10

Team Kumite:

£15 per team

All cheques made payable to Zenashi.

- For individual events there will be Gold, Silver and Bronze awards.
- For Team events there will be Gold and Silver awards.
- **Children's Teams** are 15yrs and under. Divisions are by height and there is no grade restriction, so be aware that a junior grade 'may' get drawn against a senior grade. Provided we receive enough entries there will be separate categories for boys and girls.
- **Senior teams** are opens grade and open weight.
- Please be aware that if sufficient entries are NOT received then they may be mixed. However if a category is mixed and the competitor chooses not to enter the new category there will be no refund.
The chief referee will have final discretion on this.
- The minimum number of competitors per event category and the cancellation of events is at the discretion of the organisers.
- Full amount to be sent with entry form, **by 8th October 2010, after this date entries will not be processed. No late entries on the day.**

- Only the **official coach** on duty that day may approach the control table for any queries, competitors all spectators must go via their coach for information.
- **Spectators** entry fees are **£3** each which you pay at the Spectators entrance. Spectators must not pose as coaches, and must not be on the control side of the areas. There are no cameras or video equipment allowed on or around the mats or again on the control table side of the area.
- The **St Johns Ambulance** will be providing medical cover on the day.
- All competitors must be **fully insured** by their Association and must have their licences at hand to be checked on the day if required.
- **All competitors** should be aware that the events are run to WKF rules. Slight amendments by the Organisers and Chief Referee may be necessary for a safe running of the competition.
- Bags and belongings must not be left unattended, around the areas.
- We do try to run events to time but unfortunately all competitions do occasionally experience slight problems. Your help and attention is needed on all the above points, so everyone can benefit from a safe and enjoyable tournament.

Volunteers wanted for Officials, Referees and Judges

- Could all clubs please put forward names of people willing to referee, judge or be an official on the day by completing the Officials list provided, including in what capacity they are willing to officiate.
- This list can be emailed back or returned in the envelope provided marked 'Officials List'. The sooner we get this list back the sooner we can workout how many competing areas we can run. The more competing areas we have the quicker the tournament can be run.
- Referees and Judges will need to have a good working knowledge of the WKF rules.
- If you can provide an email address on the form you will be notified which of the names you put forward have been selected.
- Officials will be given free entry on the day for their service's.
- **Officials** must sign in at the control table on arrival and then report to their area tables to register the first events.
- Referees and judges will be provided with refreshments for their services.

***FACE CONTACT RULES**

I. Contact Rule

Non-injurious, light, controlled "touch" contact to the face, head, and neck is allowed (but not to the throat). Where contact is deemed by the referee to be too strong, but does not diminish the competitor's chances of winning, a warning (CHUKOKU) may be given. A second contact under the same circumstances will be penalised by KEIKOKU and IPPON (one point), given to the opponent. A third offence will be given HANSOKU CHUI and NIHON (two points), to the injured competitor. A further offence will result in disqualification by HANSOKU.

II. None Contact Rule

*All hand techniques to the head, face, and neck must have absolute control. Should the glove touch the target the Referee Panel will **not** award a score. Kicking techniques to the head, face and neck, are allowed to make a light "skin touch" only. In the case of techniques, which make contact considered to be more than a "glove" or "skin" touch, the Referee Panel will give a warning or penalty. Any technique to the head, face or neck, which causes injury no matter how slight, will be warned or penalised unless caused by the recipient.*

Conduct and Etiquette

- Spectators must **not** protest about a judgement made by a member of the refereeing/judging panel.
- Spectators who persistently protest will be asked to leave the arena. The competition will not restart until they have left.
- Any protest against a decision must be made by the coach to the Chief Referee.
- The Chief Referees decision is final.
- Competitors who feign injuries, goad opponents, argue with the referee or behave in a manner which harms the prestige and honour of karate-do will be given **Shikkaku**.
- Any competitor, coach or delegate who demonstrates any discourteous behaviour towards a member of the official delegation, which includes member of the judging table, referees, judges, coaches and other competitors can earn **Shikkaku** of a competitor, delegation or an entire team.

Anyone who is given **Shikkaku** will have to leave the arena, no refund will be given and the name of the club concerned will be reported to their association and their governing body.