

Summary of Rules

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3rd Edition Mediterranean Karate Grand Prix

This is not an official WKA Event.

A. Choice of Kata for the Individual Categories - MAINSTREAM

1. Table 1 shows the choice of kata for the individual categories.

TABELLA 1: Individual Kata

Category/ Ages	1 Round	In case of a TIE
Bambini e Ragazzi/ ragazze fino a 12 anni		
Novices – 7th Kyu	Shitei	May repeat Kata
6th Kyu – 4th Kyu	Shitei or Sentei	Cannot repeat Kata
3rd Kyu – DAN Grades	Shitei or Sentei or Tokui	Cannot repeat kata

.../ cont.



Mini cadets/ cadets/ Juniors/ Seniors/ Veterans		
Novices – 7th Kyu	Shitei	May repeat Kata
6th Kyu – 4th Kyu	Shitei or Sentei or Tokui	Cannot repeat kata
3rd Kyu – DAN Grades	Shitei or Sentei or Tokui	Cannot repeat kata

2. In the case of a tie, flags may be used.
3. Contact lenses or spectacles can be worn during the kata performance, however, at the competitor’s own risk. If spectacles fall on the tatami, competitors will be disqualified.
4. Medals will be awarded to the 1st, 2nd, and 3rd place.
5. No jewelry, no piercings, no heavy make-up. Nails must be kept clean and short. Head bands or bandanas are not allowed. Female competitors must wear a white t-shirt or crop top underneath the karate gi jacket. Karate gi jacket sleeves and karate gi pants must not be rolled up.
6. When 5 points are given for kata, the lowest and highest points are cancelled (discarded). The remaining 3 points will be added together to give the total point for that round. If there is a tie, the lower point of the remaining 3 points will be compared. If tie persists due to competitors having the same lowest point among the 3 points, the highest point is compared. In the case of a further tie, depending on the age and category, competitor will be asked to perform another kata (repeat or same kata). Competitors will be asked to change their belts to red and blue/ white and asked to perform one after the other. Decision will be given by Hantei using flags. (In the case where 3 points instead of 5 points are given for the kata performance, no points will be cancelled.)
7. Disqualification (the lowest point in that round will be given) will occur if the competitor:
 - a) Announces a kata and performs another kata; b) adds or forgets a technique in the kata; c) stops or pauses for more than 5 seconds during the kata performance; d) loses balance and falls during kata performance; e) does not perform the kata of the style asked in the respective category, or (f) objects fall from the karate gi during kata performance.

For the individual kata categories, competitors are allowed to enrol as is the usual practice - in their appropriate age and belt category, and may compete also in the next higher age and belt category, however, they must follow the rules of that category as shown in Table 1 (for e.g., they must change kata if they are participating in the category of 6th kyu and above and there is a tie) despite the fact that the competitor is of a lower grade.

Higher belts cannot compete in lower belt categories; similarly, veterans (masters) cannot compete in lower categories (in juniors or seniors for e.g.).



B. Choice of kata for Pairs and Team Categories

Table 2 displays the choice of kata. In the case of a Tie, flags may be used. Both pairs and team categories, are mixed; that is, competitors may be males and females together.

TABELLA 2: Coppie e Kata a Squadre

Category/ Ages	Un Round	Nel caso di pareggio
Children (up to 10 years)	Shitei & Sentei	May repeat kata
Cadets (11 - 15 yrs)	Shitei or Sentei	May repeat kata
Juniors/ Seniors (16 years & up)	Shitei or Sentei or Tokui	Cannot repeat kata

KUMITE *For Kumite categories, competitors must enter their own age category*

1. Shobu Nihon Individual Kumite -For 12 years and below

- (1) Each bout in Shobu Nihon stops when 2 Ippon or 4 waza-ari are reached or when time is up (1 minute 30 seconds effective time). Points reached may be a combination of Ippon and waza-ari. .
- (2) Compulsory equipment: white helmet (or blue or red to match belt), white chest guard, red and blue/ white gloves, red and blue/ white belts, red and blue/ white shin guards with same coloured instep, (use of groin guards are allowed).
- (3) If there is a tie, Hantei will be implemented, and judges will vote for the best fighter. The mirror system will be used in all bouts. Ashibarai (leg sweeps) are not allowed. Grabbing an opponent or other inappropriate body contact with opponent are not allowed, and these will be penalised. Atoshibaraku is 15 seconds from end of bout. Warnings and penalties are: Atenai, Kinshi, Shikkaku. Warnings and penalties may be skipped and a chui or hansoku may be imposed directly depending on the severity of the foul. Different categories of warnings and penalties do not cross-cumulate.

2. Shobu Sanbon Kumite Individual – (for 13 years and up)

- (1) Each bout in Shobu Sanbon will end when points reach 3 Ippon or 6 waza-ari or when time is up (1 minute 30 seconds effective time).



(2) Compulsory equipment: white/ transparent gum shield, white breast guard underneath karate gi jacket for females, red and blue/ white gloves, red and blue/ white belts, groin guard for males underneath karate gi trousers. Contact lenses can be worn at the competitor's own risk. Spectacles (plastic or glass) are not allowed. (For mini cadets (13/14 years old) red and blue/ white shin guards are compulsory).

(3) If there is a tie, decision may be implemented by Hantei depending on the penalties present, or decision goes directly to enchosen (1 minute extra time). The first to score wins. Warnings and penalties are brought forward.

(4) The mirror system will be used in all bouts. Atoshiharaku is 15 seconds before time is up.

(5) Penalties and warnings: Atenai, Kinshi, Shikkaku. Warnings and penalties may be skipped and chui and hansoku may be imposed directly, depending on the severity of the foul. The different categories of penalties and warnings do not cross-cumulate.

3. Shobu Sanbon Team Kumite

The rules for shobu sanbon team kumite are like those of individual shobu sanbon, however, enchosen is not given to ties during individual bouts. Enchosen is implemented only if there is a tie between the teams. At the beginning of each bout, only the 3 team members are allowed on the tatami.

The teams which do not have the 3 members at the beginning of the 1st round cannot participate, and will be declared kiken (renunciation). Only 1 reserve is allowed per team and will fight only if the competition doctor confirms that a team member is injured and cannot continue. The injured team member will be substituted from the 2nd round onwards.

Before each bout, the coaches must hand in the fighting order of their teams to the officials on their tatami. The fighting order can be changed for each round, however, once notified, cannot be changed. Team will be disqualified if the coach changes the fighting order or members change their fighting order without informing the referees.

If the competitors tie, bout will be recorded as a tie. It is only during an extra fight, where score is a tie, that enchosen is given.

In the case of kiken, where one team is disqualified, the points awarded will be sanbon.

KOBUDO

1. ONE ROUND.
2. Any choice of TRADITIONAL kata. Name of kata must be clearly pronounced before performance on tatami. Kata may be repeated in case of a TIE.



3. KAMA must be made of WOOD.
4. Nunchaku must be wooden (or soft), with rope in between (NOT chain).
5. Sai must NOT have a pointy tip but must be flat.
6. Both BO and EKU must be wooden.
7. TIMBE must not have any stickers or writing on the shield.
8. Competitors can wear contact lenses at their own risk. Spectacles/ glasses are not allowed.
9. Piercings, jewellery, bandanas, or head bands are NOT allowed. Full uniform is expected to be worn. No fancy attire is allowed. No compliance to the rules means competitor would be disqualified.

PARA

1. ONE ROUND. Any choice of Kata. Kata may be repeated in case of a TIE.
2. Kata or Combos can be repeated.

GENERAL INFORMATION

At the start of every category, competitors are called and lined up by members of the Refereeing panel. Name tags are collected and checked. These are then handed back when category finishes.

In the Kata categories, Medals will be awarded to the 1st, 2nd, and 3rd place.

In the Kumite Categories, MEDALS will be awarded to the 1st, 2nd, and Joined 3rd Place.

Once lined up, competitors are checked for any irregularities, i.e., jewellery, piercings, long nails, heavy make up, inadequate hair style (which obstructs vision, headbands, etc.) Coaches must ensure that their students present themselves according to rules. If competitors' presentation does not conform to the rules, they are given only 1 minute to redress. These rules apply to both Kata and Kumite. (A correct punch or closed fist cannot be performed correctly with long nails, even during kata performance).

Any competitor who is not present on the tatami area will be called twice on the microphone. If there is still no sign of the competitor towards the end of the round, competitor will be declared Kiken (renunciation).

- ✚ For Kumite, SCORING areas are head, sides of the neck, chest and Back (excluding shoulder blades), abdomen, sides from beneath arm pits downwards up till above hip bone.
- ✚ It is forbidden to attack the throat, groin, and back of the neck. Attacks to the joints will be penalised.
- ✚ Forbidden techniques include open hand techniques, hiza -geri, empi- uchi, atama- uchi (heat butt strikes), flying/ jumping kicks, jumping uraken- uchi, kakato -geri,, leg sweeping



techniques which land high on the leg and which may cause knee injuries, dangerous throws with no safe landing.

- ✚ For Shobu Nihon Categories (12 years under), ashibarai is not allowed and will be penalised.
- ✚ For Shobu Sanbon kumite, ashibarai as distractions with no follow up techniques are ALLOWED. If inappropriate, however, these will be penalised.

NOTE TO COACHES

Coaches are to wear their uniform (not in karate Gi) and their name tags. If rules are not followed, they will be asked to leave. Respectful behaviour is always expected. Referees' final decisions will not be contested. Coaches are not the referees for these Championships, so they are expected to perform the duty of a competent coach, who encourages his/ her students to give their best, be polite, view success as well deserved and view any defeat to improve, without any unnecessary shouting.
