



# **SUMMARY** *OF* **RULES**

# SUMMARY OF RULES

## WKA CHAMPIONSHIPS

The following few pages are a Summary of the Rules for the Individual, Pair, Team, Bunkai Kata Categories, and for the Kumite Shobu Nihon, Sanbon, and Ippon Categories, followed by Kobudo and Para.

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### 1. Choice of KATA For Individual Categories - MAINSTREAM

**ALL Competitors must enter in their own BELT and AGE Categories.**

For kata lists, refer to pages 19 – 25: [Click Here](#)

**1.01** Table 1 shows the choice of kata for each Round. Kata for each Round MAY be repeated or CANNOT be repeated as indicated in the last column. The categories where Kata CANNOT be repeated applies also in the case of a TIE, where a different Kata must be performed.

**1.02** If 1st Round is omitted, choice of kata starts from the 2nd Round. Similarly, if 1st and 2nd Rounds are omitted, choice of kata is that of the 3rd Round.

**1.03** Flags may be used in the case of a tie in the final round.

**1.04** Contact lenses or glasses may be worn during performance at competitor's own risk. However, if glasses fall on the tatami, this will result in disqualification.

**1.05** If there are 30 or less competitors; in a category, the 12 highest scoring competitors will pass to the 2nd Round. The highest 6 scoring competitors will then pass to the Final round.

If there are more than 30 competitors, the 18 highest scoring competitors will pass. The highest 8 scoring competitors will then pass to the Final Round.

If there are 12 or less competitors in a category, round 1 is omitted and the event becomes a 2-round event or a 1 Round event as decided by the Refereeing Board.

**1.06** No jewellery, no piercings, no heavy make-up. Nails must be kept short. No bandanas or headbands are allowed. Women and girls **must wear** white t-shirt (or white crop top) underneath karate gi jacket. Karate gi jacket sleeves and trousers must not be rolled up.

**TABLE 1: Individual Kata**

Category/ Ages	1st Round	2nd Round	3rd Round	Choice of Kata
<b>Children (Up to 10 years)</b>				
Novices – 7th Kyu	Shitei	Shitei	Shitei	May Repeat Kata
6th Kyu – 4th Kyu	Shitei	Shitei	Shitei	Must <b>NOT</b> repeat Kata
3rd Kyu – DAN Grades	Shitei	Shitei or Sentei	Shitei or Sentei or Tokui	Must <b>NOT</b> repeat Kata
<b>Children (11 -12 years)</b>				
Novices – 7th Kyu	Shitei	Shitei	Shitei	May Repeat Kata
6th Kyu – 4th Kyu	Shitei	Shitei	Shitei	Must <b>NOT</b> repeat Kata
3rd Kyu – DAN Grades	Shitei	Shitei or Sentei	Shitei or Sentei or Tokui	Must <b>NOT</b> repeat Kata
<b>Mini Cadets (13 years)</b>				
Novices – 7th Kyu	Shitei	Shitei	Shitei	May Repeat Kata
6th Kyu – DAN Grades	Shitei	Shitei or Sentei	Shitei or Sentei or Tokui	Must <b>NOT</b> repeat Kata
<b>ALL BELTS</b>				
<b>Cadets A (14 - 15 years)</b>	Shitei	Shitei or Sentei	Shitei or Sentei or Tokui	Must <b>NOT</b> repeat Kata
<b>Cadets B (16 - 17 years)</b>	Shitei	Shitei or Sentei	Shitei or Sentei or Tokui	Must <b>NOT</b> repeat Kata
<b>Juniors (18 - 20 years)</b>	Shitei	Shitei or Sentei	Shitei or Sentei or Tokui	Must <b>NOT</b> repeat Kata
<b>Seniors (21 - 35 years)</b>	Shitei	Shitei or Sentei	Shitei or Sentei or Tokui	Must <b>NOT</b> repeat Kata
<b>Veterans (36 years up)</b>	Shitei	Shitei or Sentei	Shitei or Sentei or Tokui	Must <b>NOT</b> repeat Kata

**1.07** When 5 scores are given for the Kata performance, the lowest and highest score are crossed out (discarded). The remaining 3 scores will be added to give the total score for each round. If there is a tie in the 1st round, the lowest score is added. If tie persists, highest score is added. In the case of a continuing tie, competitors are asked to perform an extra kata – repeat kata or a different kata, depending on the age and category. If after performance of the extra kata, there is still no winner

(tie persists), competitors will be asked to change their belts to red or blue, and repeat kata. Judging will be by way of Hantei, using red and blue flags.

The same procedures are adopted in the 2nd round, in the case of continuing ties. In the final round, the scores of the 2nd and 3rd rounds are added up. If there is a tie in the final round, an extra kata must be performed but will be judged by way of Hantei.

(No scores are crossed out in the case of 3 scores given for Kata performance).

- 1.08** Disqualification (Lowest score within the round is given): This occurs if competitor:
- a) Announces one kata and performs another;
  - b) adds or forgets a technique in a kata;
  - c) stops or pauses a kata for more than 5 seconds;
  - d) loses balance completely and falls;
  - e) does not perform kata of style as required in the category, or objects fall from competitor during kata.

## **2. Choice of KATA For PAIRS, TEAM, and BUNKAI Categories**

- 2.01** Table 2 shows the choice of kata for all 3 Rounds. *The purpose of Coloured ink used in Table 2 is for easy reference.*
- 2.02** For PAIR KATA and TEAM KATA, Kata cannot be repeated, and this applies to all Age groups. Kata may be repeated **ONLY** in the case of a TIE, in which case, flags may be used.
- 2.03** **A team member cannot form part of another team within the same category.**
- 2.04** There will be **ONLY 1 round for Team with BUNKAI**. In the case of a TIE, same kata and Bunkai are repeated. Choice of Kata for BUNKAI: Sentei or Tokui. Participating team members must be of the same age as shown – 3 Juniors or 3 Seniors or 3 Veterans, but NOT mixed. The duration of the Bunkai must NOT exceed 5 minutes. Time is recorded from the first Rei (Bow) towards central Referee, till final Rei.
- 2.05** Kata is not a theatrical performance or dance, so Bunkai must be realistic in fighting terms, and must display power, technique, balance, stability, kime, rhythm and all other criteria noted in both kata and kumite.
- 2.06** **Performance of team kata with Bunkai initiates in the same way as in Team categories. The difference is that after performance of team kata, team members proceed with the Bunkai of the SAME kata performed.**
- 2.07** **When a team member is taken down, he/ she is expected to stand up or to remain raised on one knee.**
- 2.08** **Each team member is expected to perform both attacking and defensive techniques during the Bunkai kata.**
- 2.09** **Kani Basami (scissor take downs) to the body are permitted, however, they are prohibited to the neck area.**

**2.10** As in individual Kata categories, if the 1st Round is omitted, choice of kata starts from the 2nd Round. Similarly, if 1st and 2nd Rounds are omitted, choice of kata is that of the 3rd Round.

**TABLE 2: Pairs/ Teams/ Kata with BUNKAI**

Category/ Ages	1st Round	2nd Round	3rd Round	Choice o Kata
Children A – G (up to 12 yrs)	<b>Shitei</b>	<b>Shitei</b>	<b>Shitei</b>	<b>Must NOT Repeat Kata</b>
Mini -Cadets (13 yrs)	<b>Shitei</b>	<b>Shitei</b>	<b>Shitei</b>	<b>Must NOT Repeat Kata</b>
Cadets A & B (14 – 17 yrs)	<b>Shitei</b>	<b>Shitei or Sentei</b>	<b>Shitei or Sentei or Tokui</b>	<b>Must NOT Repeat Kata</b>
Juniors (18 – 20 yrs)	<b>Shitei or Sentei</b>	<b>Shitei or Sentei</b>	<b>Shitei or Sentei or Tokui</b>	<b>Must NOT Repeat Kata</b>
Seniors (21 – 35 yrs)	<b>Shitei or Sentei</b>	<b>Shitei or Sentei</b>	<b>Shitei or Sentei or Tokui</b>	<b>Must NOT Repeat Kata</b>
Veterans (36 yrs up)	<b>Shitei or Sentei</b>	<b>Shitei or Sentei or Tokui</b>	<b>Shitei or Sentei or Tokui</b>	<b>Must NOT Repeat Kata</b>
<b>KATA with BUNKAI</b> Juniors/ Seniors/ Veterans			<b>Shitei or Sentei or Tokui</b>	<b>REPEAT KATA</b>

**FOR KUMITE, in ALL WKA Championships, competitors must choose to compete in EITHER Shobu Sanbon OR Shobu IPPON. Competitors CANNOT Compete in both.**

Any contact lenses and teeth braces worn are at competitor’s **own risk and responsibility of the coach. The coach must provide a written note where he/ she is responsible for such decisions and their consequences.**

**Spectacles (glass or plastic) are NOT allowed.**

### 3. Shobu Nihon Individual Kumite - *For Children aged 12 years and under*

- 3.01** Each bout in Shobu Nihon is stopped when scores reach 2 Ippon or 4 waza-ari or when time is up (**1 minute 30 seconds effective time**). Scores reached can be a combination of both Ippon and waza-ari.
- 3.02** **Compulsory equipment:** white Helmet (blue or red to match blue and red belt), white chest guard, red & blue gloves, red & blue belts, red & blue shin guards with **SAME COLOUR Insteps**. (Groin guards are allowed).
- 3.03** If there is a TIE, Hantei is implemented (Panel votes for best fighter). The Mirror system will be used in all bouts. Leg sweeping techniques and grabbing opponent or other inappropriate body contact are prohibited and will be penalised. Atoshiaraku is at 15 seconds before bout ends.
- 3.04** Warnings/ Penalties are: Atenai, Kinshi, Shikkaku (disbarment from whole Championships). Penalties/ Warnings can be skipped and can be imposed directly according to the severity of the foul. Warnings/ penalties, however, do not cross-cumulate.

### 4. Shobu Ippon Individual Kumite

- 4.01** Each bout in Shobu Ippon is stopped when scores reach 1 Ippon or 2 waza-ari or when time is up (**2 minutes running time**).
- 4.02** **Compulsory equipment:** white or transparent gum shield, white breast guard for females (underneath karate gi jacket), **red & white gloves** (like sanbon gloves but white NOT blue), red & white belts, groin guards for males.
- 4.03** In the case of a draw, Hantei is implemented (Panel votes for best fighter with flags). If tie continues, then **Sai Shiai** (extra match). The 4-flag system will be used. Atoshiaraku is at 15 seconds before bout ends.
- 4.04** Warnings/ Penalties are: Atenai, mubobi, Jogai. Shikkaku is disbarment from whole Championships. Penalties/ Warnings can be skipped and can be imposed directly according to the severity of the foul.

### 5. Shobu Ippon Team Kumite

- 5.01** At the beginning of each match, only the 3 team members will line up in the match area. For team kumite winners, **only 3 medals will be awarded to each winning team**.
- 5.02** Teams which do not have 3 competitors at the start of 1st Round, will not be allowed to compete but will be declared kiken (renunciation).
- 5.03** **Only 1 reserve** is allowed per team and will fight if Competition Doctor declares one of the team members to be injured and unable to fight again. Injured member will be substituted from the 2nd Round onwards.

- 5.04** Prior every team match, coaches must hand in the fighting order of the team members to the table officials. Fighting order can be changed for each round, however, once notified, it cannot be amended. A team will be disqualified if coach or competitors change the fighting order without notifying the Referee.
- 5.05** If competitors tie in a bout, result is left as a draw. It is only during an extra match where competitors' bout results in a tie, that sai shiai is called for.
- 5.06** In the case of Kiken of a Team, the opponent's score is set to Ippon.
- 5.07** **Compulsory equipment:** same as individual Ippon kumite  
**Duration of each bout:** 2 minutes running time.  
**Atoshibaraku:** 15 seconds before bout ends.  
**Warnings/ Penalties:** same as individual Ippon Kumite

## 6. Shobu Sanbon Individual Kumite

- 6.01** Each bout in Shobu Sanbon is stopped when scores reach 3 Ippon or 6 waza-ari or when time is up (**2 minutes effective time for veterans, mini-cadets & cadets, or 3 minutes effective time for Juniors, and Seniors**).
- 6.02** **Compulsory equipment:** white or transparent gum shield, white breast guard for females (underneath karate gi jacket), red & blue gloves, red & blue belts, groin guards for males (underneath karate gi trousers).
- 6.03** If there is a draw, 1-minute extra time (Enchosen) is given (warnings/ penalties carried forward). The one to score first in that extra minute wins (Sudden death).
- 6.04** The Mirror system will be used in all bouts. Atoshi baraku is at 15 seconds before bout ends.
- 6.05** **Warnings/ Penalties:** Atenai, Kinshi, Shikkaku (disbarment from whole Championships). Penalties/ Warnings can be skipped and can be imposed directly according to the severity of the foul.

## 7. RULES For Shobu Sanbon TEAM Kumite

- 7.01** At the beginning of each match, only the 3 team members will line up in the match area. For team kumite winners, **only 3 medals will be awarded to each winning team.**
- 7.02** Teams which do not have 3 competitors at the start of 1st Round, will not be allowed to compete but will be declared kiken (renunciation).
- 7.03** Only 1 reserve is allowed per team, and s/he will fight if Competition Doctor declares one of the team members to be injured and unable to fight again. Injured member will be substituted from the 2nd Round onwards.
- 7.04** Prior every team match, coaches must hand in the fighting order of the team members to the table officials. Fighting order can be changed for each round, however, once notified, it cannot be amended. A team will be disqualified if coach or competitors change the fighting order without notifying the Referee.

- 7.05** If competitors tie in a bout, result is left as a draw. It is only during an extra match where competitors' bout results in a tie, that Enchosen (extra time of 1 minute is given).
- 7.06** In the case of Kiken of a Team, the opponent's score is set to Sanbon.
- 7.07** The Mirror system will be used in all bouts.
- 7.08** **Compulsory equipment:** same as individual Sanbon kumite

**Duration of each bout:** 2 minutes effective time.

**Atoshi baraku:** 15 seconds before bout ends.

**Warnings/ Penalties:** same as individual Sanbon Kumite

## **8. RULES For Shobu Sanbon TEAM ROTATION Kumite**

- 8.01** Team will be composed of 3 competitors and ONLY **ONE** reserve. At the beginning of the match, only the 3 competitors will line up in the match area. For team kumite winners, **only 3 medals will be awarded to each winning team.** Teams which do not have 3 members at the start of the FIRST round will not be allowed to compete (will be declared Kiken).
- 8.02** Reserve competitor will fight if Competition Doctor declares one of the team members to be injured and unable to fight again. Injured team member may be substituted from the second round onwards.
- 8.03** The duration of each match is 6 minutes running time and timekeeper stops clock when Referee requests time. The Mirror system will be used and Atoshi baraku is at 15 seconds before match ends.
- 8.04** **ALL 3 COMPETITORS** on the Team **MUST FIGHT AT LEAST ONCE FOR 15 seconds** (minimum). If after 6 minutes, one team member has not fought, team will be disqualified.
- 8.05** The coach must announce 'CHANGE' to the Control Judge to substitute the fighter. CHANGE Requests by coaches will NOT be accepted during **the last 30 seconds**. Change requests cannot be made by both coaches at the same time.
- 8.06** It is the Referee who decides when to stop the fight for a change of competitor when requested, and this may not be immediate. The other 2 members of the team must be fully equipped and ready to be called on the tatami by the central Referee. 3 seconds are given for team members to change, otherwise team will be penalised with Kinshi.
- 8.07** Points gained by each member of the team are accumulated and carried forward till end of match. Each team may score as its team members are capable of. If, however, one team reaches an advantage of 6 points (3 Ippon or 6 waza-ari or a combination of both) ahead of the other team before the 6 minutes, his/ her team will be declared the winner, even though the other 2 team members did not fight.
- 8.08** All penalties/ warnings incurred by each competitor in the team are carried forward. If a team member is penalised with shikkaku during a team match, the whole team is disqualified or eliminated for the entire Championships.
- 8.09** After 6 minutes, the team with the most scored points will be the winner.



- 8.10** If after 6 minutes, there is a tie, the team who has most Ippon will be declared the winner. In the case of a persisting tie, the team with the least total number of warnings/ penalties, wins. If tie continues, Enchosen of 2 minutes is given and who scores first wins. Coaches choose the team member to initiate the Enchosen. Requests for substitutions is allowed after 15 seconds fight. All previous penalties/ warnings are carried forward.
- 8.11 Compulsory equipment:** same as individual Sanbon Kumite.
- 8.12** If a team member is substituted without the Referee's command, the team will be penalised with Kinshi.

## 9. 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.

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 **CANNTO be performed correctly with long nails, even during kata performance**).

Any competitor who is not present on the tatami area will be called twice via the PA System. 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 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, maegeri to the face/ head, 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, **CORRECT FORM of ashibarai** with no follow up technique is **ALLOWED**.

### For all kumite categories – Shobu Sanbon and Shobu Ippon Kumite

If a competitor's nose bleeds due to an excessive contact, and doctor's opinion is that the competitor can continue to compete, competitor may still decide to renunciate (kiken). If competitor decides to continue competing, he/ she must inform tatami chief about injury if he/ she is to fight on another tatami where injury did not occur. If competitor's nose bleeds again due to another **light contact**, which is deemed to be a **good score**, the opponent is not penalised, and point is awarded.

## KOBUDO

1. **MEDALS will be awarded to the 1st, 2nd, and 3rd Place.**
2. Kata for each Round CAN be repeated, and this applies to all ages.
3. For ALL WKA Championships, ONLY TRADITIONAL Katas are allowed. FREESTYLE KATAS will be DISQUALIFIED. Name of kata must be clearly pronounced before performance on tatami. The Number of rounds depends on the number of competitors in each category (For 8 or less competitors, ONLY ONE round).
4. For safety purposes, KAMA must be made of wood.
5. Nunchaku must be wooden (with rope in between).
6. Sai must be made of metal.
7. Both BO and EKU must be wooden.
8. TIMBE must not have any stickers or writing on the shield.
9. Coaches are responsible for competitors who compete wearing contact lenses. Spectacles/ glasses are not allowed.
10. 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 CATEGORIES

1. Choice of Kata may be from Shitei, Sentei, or Tokui in all rounds, ANY Style, and may be repeated.
2. Kata or Combos can be repeated.
3. Medals will be awarded to the **1st, 2nd, and 3rd place.**

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## 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 WKA referees, 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.

**Any disrespect shown by competitors/ coaches will be taken note of. Disrespectful members will not be allowed to participate in future WKA Championships.**

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