

# AAU KARATE HANDBOOK



*“Sports For All, Forever”*

**Revised – March 2005**

# AAU KARATE HANDBOOK

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## Official Competition Rules and Regulations Hand Book

### Published by:

AAU Karate National Committee  
J. B. Mirza, AAU Karate National Chairman

# Introduction to AAU Karate

AAU Karate Web Site  
[www.aaukarate.org](http://www.aaukarate.org)

AAU National Web Site  
[www.aausports.org](http://www.aausports.org)

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## Part 1 - General Provisions

### Article 1 - Purpose

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**1.1** The purpose of the National AAU Karate Program is to augment and define the International Karate Sports Rules and to expand and make available the AAU Karate Program to men and women of all ages in the United States.

**1.2** The mission of the National AAU Karate Program is to offer lifelong progression of amateur Budo based Karate-do for persons of all ages, races and creeds; to enhance the physical, mental and moral development of amateur athletes; to provide an avenue for competition on a local and national level and to provide the opportunity for AAU athletes to compete at Goodwill, Pan American, World Cup and World Championships; to integrate a curriculum that will encourage our athletes to choose a drug-free lifestyle; to implement a ranking and certification program; to showcase AAU Karate champions, instructors, coaches, officials as role models; to utilize the relationship with Disney's Wide World of Sports® Complex to boost AAU Karate as the premiere karate organization of the 21st century; and to promote good sportsmanship, good citizenship and safety.

The National AAU Karate Program shall carry out its mission by:

**1.2.1** Conducting programs that provide for, enhance and strengthen participation and competition for amateur athletes.

**1.2.2** Working with other sports organizations to benefit amateur athletes.

**1.2.3** Conducting recognition programs for athletes and to establish an AAU Karate Hall of Fame to recognize outstanding members who exhibit leadership, high moral character, sportsmanship and ideals of karate-do.

**1.2.4** To provide information and education to AAU members through the publication of a quarterly newsletter and distribute information through the Internet and through the use of our web site at [www.aaukarate.org](http://www.aaukarate.org).

## **Article 2 - Requirements for Use**

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**2.1** These rules must be used at the following AAU competitions:

- 2.1.1** District Championships - Regional Karate Championship Qualifiers
- 2.1.2** Regional Championships - National Karate Championships Qualifiers
- 2.1.3** Karate National Championships
- 2.1.4** AAU Junior Olympic Games
- 2.1.5** Special Qualifiers – Approved by the AAU Karate National Committee
- 2.1.6** All competitions and qualifiers that lead to a higher level of competition.

**2.2** Applicable unmodified International Federation rules must be used at:

- 2.2.1** Any U.S. team trials leading to international competition.
- 2.2.2** Team pool selection.
- 2.2.3** All international competition.

**2.3** These rules may be used by any organization that desires to do so. However, no liability for use of these rules is assumed by the National AAU Karate Program, its officers or the Amateur Athletic Union of the U.S.A., Inc.

**2.4** Rules, other than these may be utilized at AAU sanctioned competition only if approved by the local District Karate Chair and National AAU Karate Committee and that are so indicated on the official sanction and tournament entry blanks. No liability for use of these rules is assumed by the National AAU Karate Committee or the Amateur Athletic Union of the U.S.A., Inc. Liability for use shall solely rest on the local District Karate Committee and the tournament promoter.

**2.5** All regulations and rules of competition pertaining to the AAU National Karate Committee, unless otherwise specified or noted, shall also govern the competition held at the AAU Junior Olympic Games.

## **Article 3 - Relation between International Federations' Rules and AAU Rules**

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**3.1** It is the intent of the National AAU Karate committee to follow competition rules as promulgated by the appropriate International Federation for those divisions in which the International Federations conducts competition.

**3.2** Modifications to the various International Federation rules have been made where such instances increases the safety of athletes and/or encourages the participation of American athletes of all styles and systems. In such instances, AAU rules supercede the International Federation rules.

## **Article 4 - Disqualification**

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**4.1** See Article 303 in the Official CodeBook & Directory.

## **Article 5 - Reinstatement**

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**5.1** See Article 304 in the Official CodeBook & Directory.

## **Article 6 - Other Matters**

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### **6.1 General**

**6.1.1** In case of a situation not foreseen in these rules, or in cases where there is a doubt about the applicability of these rules to a given situation, the National AAU Karate Executive Committee shall consult with the appropriate authority to ascertain a solution there to and render appropriate a decision.

**6.1.2** All Officials, Committee Members, Coaches and Athletes shall comply in its entirety, with the rules and regulations as set forth in this book.

**6.1.3** All Officials, Committee Members, Coaches and Athletes shall maintain current AAU membership.

**6.2 Amendments** - Amendments to, or abolishment of these rules, in whole or part, are subject to ratification of the National Directing Committee with the concurrence and approval of the National AAU Karate Executive Committee.

## **Part 2 -AAU Karate Committee Structure**

### **Article 7 - National Structure**

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**7.1 National AAU Karate Officers and Committees shall be current AAU members and shall be comprised of the following:**

#### **7.1.1 The Chairperson**

**7.1.1.1** The Chairperson is the chief executive officer of the National AAU Karate Program. The Chairperson orders meetings of the National Executive Committee and other meeting he/she deems necessary and presides over such meetings. The Chairperson has the right to exercise all the duties pertaining to his/her office in accordance with the AAU code. The Chairperson is an ex-officio Chair of all committees.

#### **7.1.2 The General Secretary**

**7.1.2.1** The Secretary shall make proper arrangements for keeping the records of the National Executive Committee meetings and at all other national meetings.

**7.1.2.2** Conducts all official correspondence of the National AAU Karate Program.

**7.1.2.3** Issues all official notices of all meetings of the National AAU Karate Program.

**7.1.2.4** Delegates the aforementioned duties to such assistants as may be directed by the Chairperson to perform the same.

**7.1.2.5** Act on behalf of the National Chairperson, should the National Chair be unable to perform their duties.

**7.1.2.6** The office of the general Secretary may simultaneously be held by the national Treasurer.

#### **7.1.3 Treasurer**

**7.1.3.1** Receives all monies for the National AAU Karate Program and deposits same to accounts in the name of the National AAU Karate Program.

**7.1.3.2** Properly executes all checks, notes and drafts.

**7.1.3.3** Ensures payment of all bills approved by a duly authorized officer or by the National AAU Karate Executive Committee, provided they are within the authorized current budget of the National AAU Karate Program.

**7.1.3.4** Turns over all monies, books, vouchers and records pertaining to his/her office for audit or other purposes to the National AAU Karate Chairperson.

**7.1.3.5** The office of the Treasurer may simultaneously be held by the National General Secretary.

#### **7.1.4 The National Executive Director**

**7.1.4.1** Appointed by the National Chair.

**7.1.4.2** The National Executive Director shall serve as the Chief Operations Officer of the AAU Karate Program. He/she shall be in charge of the day to day operation of the AAU National Karate Program and shall be responsible for carrying out details of the program according to the policies and duties established by the Chairperson.

**7.1.4.3** The National Executive Director shall be an ex-officio member of all outstanding committees and shall keep, or cause to be kept, all minutes of same.

**7.1.4.4** Shall have the responsibility for administering the affairs and activities of AAU Karate, to create a plan to boost membership and participation, and to assist in the duties of the National Chair.

#### **7.1.5 The National Executive Committee**

**7.1.5.1** Comprised of the National AAU Karate Officers, the National Executive Director and members appointed by them.

**7.1.5.2** The National AAU Karate Chairperson shall act as Chair for the Executive Committee.

**7.1.5.3** Shall have the responsibility for administering the business, routine affairs, and other AAU Karate activities.

**7.1.5.4.** Shall meet prior to the commencement of all National Championships and conventions and arrange the agenda and prepare the recommendations of the National Officers, Executive Committee, and Directing Committee for the general assembly.

**7.1.5.5** A quorum for the transaction of business at an Executive Committee meeting shall consist of 2/3 of the voting members.

#### **7.1.6 The National Directing Committee**

**7.1.6.1** Comprised of Officers, Executive Director, Regional Directors and members appointed by the National Chair.

**7.1.6.2** The term of office for members of the Directing Committee will be for two years, however with the approval of the Executive Committee, members term may be extended for two-year periods at a time.

**7.1.6.3** As a general rule, the National Directing Committee shall meet at least twice a year.

## Part 2 -AAU Karate Committee Structure

### Article 7 - National Structure

(continued)

#### 7.1.7 The Administrative Support Group

7.1.7.1 There shall be a paid Secretary and or volunteer support person(s) to assist the Executive Officers in the daily business of the National AAU Karate Program.

#### 7.1.8 The Technical Advisory Committee

7.1.8.1 The National AAU Karate Chairperson shall act as Chair for the Committee.

7.1.8.2 All appointments shall be made by the National Officers.

7.1.8.3 Shall handle technical matters referred to them by the National Executive Committee.

7.1.8.4 The Council of Referees shall handle all technical matters should no Technical Committee be instated.

#### 7.1.9 The National Council of Referees

7.1.9.1 The purpose of this council shall be to register applicants, issue and revoke licenses, evaluate and upgrade candidates, instruct, train, and develop standards, policies, and guidelines. It will be the responsibility of this body to assume the highest quality personnel in the AAU. In addition this council shall make recommendations regarding policy, officiating and competitions to the Executive Committee.

7.1.9.2 Shall work closely with each District and Region, and oversee proper implementation of the rules, terms and gestures.

7.1.9.3 The National AAU Karate Chairperson shall act as Chair for the Council or shall appoint a Chair.

7.1.9.4 Shall meet prior to the commencement of all National Championships, to decide in advance, the allocation and appointment of arbitrators, referees and judges and to appoint Match Area Controllers to oversee the performance of the refereeing officials.

7.1.9.5 May closely follow the IF rules, however keeping an open mind to improve competition wherever possible.

7.1.9.6 Shall have a minimum of three appointed members at each National Championship, each having a specific duty.

##### 7.1.9.7 Lecturer

7.1.9.7.1 Will be responsible for conducting the clinic, explaining the rules to the officials and coaches. Will also be responsible for collecting official's license book prior to the commencement of each National Championship and coordinate grading and return of each license book.

##### 7.1.9.8 Examiner

7.1.9.8.1 Will be responsible for administering the officials' exam, grading the exams, and providing the results of those exams to the Council of Referees. Will collect all Area Controllers recommendations for official's grade and prepare an official recommendation sheet for final review and approval by the Executive Committee.

##### 7.1.9.9 Floor Coordinator

7.1.9.9.1 Will be responsible in assigning officials to each ring, assigning area controllers, and coordinating lunch breaks for the officials. Shall also be available to assist in matters, which concerns the rules.

7.1.9.9.2 Members of the Council of Referees shall not attempt to change the rules, charts, and competition order. Should a problem arise the three council members should quickly find a solution and notify the Chairperson or Executive Director for final approval.

#### 7.2.1 The National Coaches Committee

7.2.1.1 The purpose of this committee shall be to recommend training methods in which our athletes may improve their quality of competition and implement such training programs for AAU Karate members.

7.2.1.2 Seek out elite athletes and provide them with direction in order that they may reach their potential.

7.2.1.3 To oversee the implementation of Article I.

7.2.1.4 To recommend deserving athletes for special awards.

#### 7.6.1 Temporary Committees

7.6.1.1 The National AAU Karate Chairman shall have the power to create and disband all temporary committees, appoint the members thereof, and determine the size and duties of such committee(s).

## Article 8 - Regional Structure

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**8.1 The AAU Districts are grouped into 15 Regions for AAU competition.** These regions are formed in order to reduce the travel distance for athletes competing in higher level competition and in order to facilitate higher levels of competition. The Regions accepted by the National Karate Committee for competition are as follows:

- 8.1.1 - Region 1** New England, Adirondack, Niagara, Connecticut, Metropolitan and New Jersey
- 8.1.2 - Region 2** Middle Atlantic, Maryland, Potomac Valley, Virginia and Western Pennsylvania
- 8.1.3 - Region 3** North Carolina, South Carolina, Georgia and Southeastern
- 8.1.4 - Region 4** Florida and Florida Gold Coast
- 8.1.5 - Region 5** Hawaiian
- 8.1.6 - Region 6** Indiana, Kentucky, Ohio, Lake Erie, Michigan, Central and West Virginia
- 8.1.7 - Region 7** Wisconsin, Minnesota, Iowa and Nebraska
- 8.1.8 - Region 8** Missouri Valley, Ozark, Oklahoma and Arkansas
- 8.1.9 - Region 9** Gulf, Southwestern, South Texas, West Texas and Southern
- 8.1.10 - Region 10** New Mexico, Arizona, Rocky Mountain, Utah
- 8.1.11 - Region 11** Montana, North Dakota, South Dakota and Wyoming
- 8.1.12 - Region 12** Alaska, Inland Empire, Pacific Northwest, Pacific, Oregon and Snake River
- 8.1.13 - Region 13** Southern Pacific, Central California, Pacific Southwest and Southern Nevada.
- 8.1.14 - Region 14** Mid-East District and expatriate U.S. citizens in surrounding countries including the island of Cyprus.
- 8.1.15 - Region 15** Puerto Rico District, U.S. Virgin Islands and expatriate U.S. citizens in the Caribbean area.

### 8.2 Regional Director

**8.2.1 Purpose and Function** - It is the aim of the Amateur Athletic Union AAU National Karate Committee to have the Regional Karate Directors act as representatives of the Executive Committee and the National Chair within their regions.

#### 8.2.2 Scope

**8.2.2.1** The activities of Regional Karate Directors shall be coordinated by the Executive Secretary of the National Committee.

**8.2.2.2** Regional Karate Directors should submit in writing, on a quarterly basis (or as determined by the National Executive Committee), a report of activities within their region to the National Executive Secretary.

**8.2.2.3** The Regional Karate Directors shall also submit news articles with photos, event dates, etc. to the AAU Karate Sports Manager at the National AAU Headquarters.

**8.2.3 Term Of Appointment.** The Regional Karate Director shall be appointed every two years by the National Karate Chairman, with the advice and consent of the Executive Committee.

**8.2.4 Duties** - It is the aim of the AAU National Karate Committee to have AAU Regional Directors represent the Committee's interest in their respective designated geographic area with the following duties:

**8.2.4.1** Answer any questions concerning the AAU Karate program and/or the AAU.

**8.2.4.2** Assist the Districts in their Region in organizing and conducting the District and Regional AAU Sports Karate Program.

**8.2.4.3** Assist in the conduct and coordination of Regional Championships, District Championships, Regional Qualifiers and National Qualifiers.

**8.2.4.4** Develop and conduct, with the advice and consent of the National Karate Committee, Karate competitions where there are planned by the District.

**8.2.4.5** Assist in the development of any authorized AAU Junior Olympic Competition.

**8.2.4.6** Conduct District Championships and Regional Qualifiers within inactive Districts.

**8.2.4.7** Conduct any regional and/or national aspects of the Program on behalf of National AAU Karate Committee.

**8.2.4.8** Assist in the coordination of the sports programs of the Districts to ensure that the best interest of the sport is served.

**8.2.4.9** To ensure compliance to the Official Code of the Amateur Athletic Union and to the Rules and Regulations of the National AAU Karate Committee.

**8.2.4.10** Promote Karate-Do throughout their region.

**8.2.4.11** Shall keep accurate records of athletes in their region and make certain that they have properly qualified before participating at the national level. Qualification records shall be submitted to the national office 30 days prior to the National Championships.

## Article 9 - District Structure

### 9.1 The AAU districts of the AAU Karate Program

(See AAU Official Code Book for further details, also appendix for District Chairperson)

Adirondack District	New Mexico District	Virginia District
Alaska District	Niagara District	Western Pennsylvania District
Arizona District	North Carolina District	West Texas District
Arkansas District	North Dakota District	West Virginia District
Central District	Ohio District	Wisconsin District
Connecticut District	Oklahoma District	Wyoming District
Florida District	Oregon District	
Florida Gold Coast District	Ozark District	
Georgia District	Pacific District	
Gulf District	Pacific Northwest District	
Hawaiian District	Pacific Southwest District	
Indiana District	Potomac Valley District	
Inland Empire District	Puerto Rico District	
Iowa District	Rocky Mountain District	
Kentucky District	Snake River District	
Lake Erie District	South Carolina District	
Maryland District	South Dakota District	
Metropolitan (NY) District	South Texas District	
Michigan District	Southeastern District	
Middle Atlantic District	Southern District	
Missouri Valley District	Southern Nevada District	
Montana District	Southern Pacific District	
Nebraska District	Southwestern District	
New England District	Utah District	
New Jersey District		

### 9.2 District Chairperson

#### 9.2.1 Purpose and Function

**9.2.1.1** It is the aim of the AAU National Karate Committee to have the District Chairperson act as representatives of the Executive Committee within their districts. The District Chairperson shall have the duties and responsibility as defined in the district bylaws and AAU Official CodeBook.

#### 9.2.2 Scope

**9.2.2.1** The activities of District Chairperson shall be coordinated by the Executive Secretary of the National Committee.

**9.2.2.2** District Chairperson should submit in writing, on a quarterly basis, a report of activities within their district to the National Executive Secretary.

#### 9.2.3 Term Of Appointment

**9.2.3.1** The District Chairperson shall be appointed in accordance to the district by-laws and AAU Official Code.

#### 9.2.4 Duties

**9.2.4.1** It is the aim of the AAU National Karate Committee to have AAU District Chairpersons in each District to represent the AAU National Committee and it will be their duty to:

**9.2.4.2** Answer any questions concerning the AAU Karate Program and/or the AAU.

**9.2.4.3** Assist the District in organizing and conducting the District AAU Sports Karate Program.

**9.2.4.5** Conduct and coordinate District Championships approved by the National AAU Karate Chairman.

**9.2.4.6** Develop and conduct with the approval of the National Karate Committee, a minimum of two events per year.

**9.2.4.7** Assist in the development of any authorized AAU Junior Olympic Competition.

**9.2.4.8** Coordinate District Championships within in active Districts with the Regional Director.

**9.2.4.9** Conduct any District aspects of the Program on behalf of National AAU Karate Committee.

**9.2.4.10** Coordinate the sports programs of the Districts to ensure that the best interest of the sport is served.

**9.2.4.11**To ensure compliance to the Official Code of the Amateur Athletic Union, and to the Rules and Regulations of the National AAU Karate Committee.

**9.2.4.12**To promote Karate-Do throughout their District.



## Part 3 - Criteria for Officials and Coaches

### Article 10 - Officials

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**10.1 Purpose and Function** - It is the aim of the AAU National Karate Committee to maintain the highest standards of officiating in order to promote fairness and good sportsmanship at Karate competitions and tournaments.

**10.1.1** All AAU officials shall maintain current AAU membership and possess proof thereof.

**10.2 Class R Official** - Referees who have demonstrated the highest standards of professionalism and proficiency. These officials shall have the ability to instruct at Officials' clinics and officiate at any level of competition. The number of licenses granted to R Officials will be determined by the National Executive Committee on an annual basis. On an annual basis four or more members shall be appointed as area managers.

#### 10.2.1 Requirements

**10.2.1.1** Minimum rank San-Dan (third degree)

**10.2.1.2** Minimum age thirty (30)

**10.2.1.3** National Class J Official for a minimum of three years.

**10.2.1.4** Proficiency & understanding of national and international Kumite rules as demonstrated in previous tournaments.

**10.2.1.5** Proficiency & understanding of Kata, Kumite, and Kobudo as demonstrated before the National Referees' Council.

**10.2.1.6** Perform and analyze a minimum of two Katas from mandatory list. (One from own style and the other from different style)

**10.2.1.7** Pass official written test.

**10.2.1.8** Meet all requirements from class J through O.

**10.2.1.9** Certification to Class R by National Executive Committee.

**10.2.1.10** Shall have an AAU Yudansha rank.

#### 10.2.2 Number of "R" Referees

**10.2.2.1** There shall be a maximum of \_\_\_\_ "R" rated referees.

**10.2.2.1.1** Four members shall be appointed as Area Controllers.

**10.3 Class J Official** - Officials who have demonstrated the highest standards of professionalism and proficiency. These officials shall have the ability to referee, judge or arbitrate at the National level.

#### 10.3.1 Requirements

**10.3.1.1** Proficiency in understanding refereeing terminology in two or more languages (Japanese/English).

**10.3.1.2** Meet all requirements from class 0.

**10.3.1.3** Class 0 Official for a minimum of one year.

**10.3.1.4** Certification to Class J by National Council of Referees.

**10.3.1.5** Minimum karate rank of 2nd degree black belt.

**10.3.1.6** Minimum age of twenty-one (21).

**10.3.1.7** Proficiency and understanding of national/international rules as demonstrated in previous tournaments.

**10.3.1.8** Proficiency & understanding of KATA, Kumite and KOBUDO as demonstrated before the National Referees Council.

**10.3.1.9** Pass official written test.

**10.3.1.10** Shall have an AAU Yudansha rank.

**10.4 Class O Official** - Officials who have demonstrated the ability to Judge or arbitrate at the national level.

#### 10.4.1 Requirements

**10.4.1.1** Proficiency and pass evaluation in officiating as a referee, judge and arbitrator as demonstrated in tournaments and practice matches.

**10.4.1.2** Understanding and pass evaluation of the operation & organization of national championships.

**10.4.1.3** Participated at one AAU National Karate Championship as a table volunteer.

**10.4.1.4** Certification to Class 0 by National Council of Referees.

**10.4.1.5** Shall have an AAU Yudansha rank.

**10.4.1.6** Minimum age of 18.

**10.4.1.7** Pass official written test.

**10.4.1.9** Attendance at Officials' clinic, lecture and workshop.

**10.5 Exceptions** - Upon the recommendation and the confidence of the National Executive Committee and the Council of Referees, time limits and classifications can be waived on an individual basis if an official demonstrates the knowledge and ability to perform on a higher level.

## Part 3 - Criteria for Officials and Coaches

### Article 10 – Officials

(continued)

**10.6 Authority** - All officials must be certified at a properly sanctioned clinic with a certified instructor of the National Referees' Council present and with the authority and approval of the National Executive Committee.

#### 10.7 General Information

**10.7.1** Officials must be certified and qualify for each level of competition.

**10.7.2** "O" Official's license shall be valid for one year.

**10.7.3** "R" and "J" Official's license shall be valid for two years.

#### 10.8 Junior Officials

**10.8.1 Purpose and Function** - It is the aim of the AAU National Karate Committee to establish and develop a Junior Official's program to facilitate the smooth operation of each championship. The National Referees' Council, with the approval of the National Executive Committee, will determine the complete requirements and officiating capacity for all Junior Officials.

##### 10.8.1.1 General Requirements and officiating capacity

**10.8.1.1.1** Minimum age of 16.

**10.8.1.1.2** Attendance at Officials' clinic, lecture and workshop.

**10.8.1.1.3** Shall be permitted to officiate at the District and Regional levels at the discretion of the tournament director.

**10.8.1.1.4** Shall be permitted to officiate at the national level only by the approval of the National Executive Committee.

**10.8.1.1.5** All Junior officials shall be licensed as JO or Junior Official.

**10.8.1.1.6** Shall have an AAU Yudansha rank.

### Article 11 - Coaches, Managers and Trainers

**11.1 Purpose and Function** - It is the aim of the AAU National Karate Committee to maintain the highest standards in coaching, managing and training in order to enhance the physical, mental and moral development of amateur athletes in the sport of karate.

**11.2 Conduct** - All coaches, managers and trainers will be expected to display the highest standard of conduct.

**11.2.1** Implement a Code of Ethics & Diplomacy for all team members.

**11.2.2** Display impeccable conduct and example while gathered at national or international events.

**11.2.3** Disseminate information to all Team Members and coaching delegation regarding domestic protocol and diplomacy.

**11.2.4** Be responsible to the Coaches Committee Chairman and the National Committee for all financial matters.

**11.2.5** Must be a currently registered AAU member and possess proof thereof.

**11.2.5.1** Must have a separate AAU membership card if registered as an athlete.

**11.2.6** Must submit via the official AAU policy a background check as determined by the AAU.

**11.3 Coach – Technical** - All technical coaches must have a good working knowledge of the AAU and International Federations' rules. The coach shall be primarily responsible for:

**11.3.1** Setting up the training programs, practice schedules, advising and coaching the team in the rules, techniques, tactics and strategy of their competition.

**11.3.2** Managing and coaching at the team selection.

**11.3.3** Directing and supervising all team training camps.

**11.3.4** Seeing that his team has been judged fairly according to the rules and to formally protest to the proper authorities of any infractions of the rules.

**11.3.5** Maintaining active membership in the officials' program and having a working knowledge of the International Federations' rules to "R" level.

**11.3.6** Maintain a current ASEP certification (American Sport Education Program)

**11.3.7** Submitting timely event reports, news articles, athlete statistics, team records and other pertinent information to the National Karate Secretary for records, newsletters and other publications.

**11.3.8** Obtaining International official's credentials would be optional.

**11.3.9** Advises and coaches team or individual KATA competitors in the rules, techniques and strategy of their competition

**11.3.10** Ensures that the team members have the required katas as directed by the rules.

**11.3.11** Shall have an AAU Yudansha rank.

11.3.12 Attends and participates in all required clinics.

## Part 3 - Criteria for Officials and Coaches

### Article 11 - Coaches, Managers and Trainers

(continued)

11.3.13 Maintain a current ASEP certification (American Sport Education Program).

11.3.14 Participates in the coaches' pool, to qualify to be a National AAU team coach.

11.3.14.1 The National Coaches' pool has been implemented at the National Championships to provide coaching to all competitors who do not have a coach. Coaches in this pool will be assigned a ring, coach all athletes who are without a coach, and may coach their own athlete should their athlete compete in that ring.

**11.4 Coach – Administrative** - All Administrative coaches must have a good working knowledge of the AAU and International Federations' rules and assumes responsibility of a Technical Coach.

11.4.1 The Administrative Coach will have access to the competition floor, however may not lodge protests without the assistance from a member of the National Coaches Committee. They may however point out administrative errors such as when the table official fails to display the correct point or penalty on the flip charts.

11.4.2 Maintaining active AAU membership and having a working knowledge of the AAU karate rules.

11.4.3 Maintain a current ASEP certification (American Sport Education Program).

11.4.4 Attend the required coaches' clinics.

### 11.5 Team Manager

11.5.1 Represent and be responsible for the full delegation's living arrangements.

11.5.2 Look after the interests, health, and general welfare of the USA team, including business, housing, food, transportation, uniforms, laundering and recreation.

11.5.3 Secure training facilities when needed and enforce any appropriate rules and regulations.

### 11.6 Team Trainer

11.6.1 Interact with some of the Team Manager's responsibilities in regards to the health and welfare of all team personnel and the full team delegation.

11.6.2 Must have a qualifying certificate in either one or more of the following:

11.6.2.1 First Aid, the extended Red Cross program, CPR, Paramedic, Nurse or Doctor.

11.6.3 Is responsible for procuring and keeping current all medical supplies for the athletes and for the general wellbeing of the delegation.

### 11.7 Dual Capacity

11.7.1 If qualified, the Team Manager may also act in the capacity of Team Trainer when funds are not allocated for added delegation personnel.

## Part 4 - KATA Competition

### Article 12. Kata

12.1 AAU KATA rules shall, in principle, be those written and accepted by the AAU Karate National Council of Referees and AAU Karate Technical Committee.

### 12.2 Competition Area

12.2.1 The competition area must be flat and devoid of hazard.

12.2.2 The competition area must be minimum of a size to permit the uninterrupted performance of KATA.

12.2.3 The competition area shall have a stable & smooth surface.

### 12.3 Organization of Competition.

#### 12.3.1 Free Selection (TOKUI)

##### 12.3.1.1 Individual

12.3.1.1.1 Individual KATA Competitors shall compete in the same age and skill divisions that they would for Kumite.

12.3.1.1.2 There shall be no weight divisions as described for KATA competition.

##### 12.3.1.2 Team

12.3.1.2.1 Team competition at the National Championships shall be one of synchronized KATA competition.

12.3.1.2.2 Each team consists of three members of all experience levels.

12.3.1.2.3 Junior teams may be comprised of both male and female competitors.

## Part 4 - KATA Competition

### Article 12. Kata

(continued)

**12.3.1.2.4** Adult and senior teams (19 & older) shall be exclusively male or exclusively female and may compete in their specified division. (See appendix for age divisions)

**12.3.2 Compulsory (SHITEI) KATA Competition** shall be conducted in “Mandatory All style” and “Mandatory Style Specific” divisions. The contestants will be expected to perform both compulsory (SHITEI) and free selection (TOKUI) Katas in the “Mandatory All Style” during the competition. However the “Mandatory Style Specific” competitors will be expected to perform from the Shitei, Sentei and Tokui Katas specific to the style. A schedule of katas from each list are listed in this section. A schedule of the compulsory KATA is listed in the appendix.

#### **12.3.2.1 Individual**

**12.3.2.1.1** The individual KATA match consist of individual performance in separate male and female divisions.

**12.3.2.1.2** Advanced male or female kata contestants 16 years and older may compete in the Compulsory Kata Competition.

#### **12.3.2.2 Team**

**12.3.2.2.1** Compulsory team KATA competition is an optional division that is used for International Federation competition. This category of team competition shall not be used to determine the AAU National Karate Championship team, but rather be utilized in team selection for the appropriate International Federation competitions.

**12.3.2.2.2** Teams shall be exclusively male or exclusively female, unless other wise informed prior to the championships.

### **12.4 Official Dress**

**12.4.1** Contestants, Referees and Judges must wear the official uniform as defined in these rules.

**12.4.2** Competitors shall meet the uniform requirements except that long hair shall be neatly gathered with discreet elastic bands so as not to interfere with the performance of the KATA. Jewelry, hats, caps, head bands and sweatbands shall not be allowed. Finger and toenails shall be short and neatly trimmed. Contestants who present themselves incorrectly dressed will be given one minute in which to remedy the situation.

**12.4.3** Any person who does not comply with this regulation may be disbarred.

### **12.5 Referee Panel.**

**12.5.1** The panel of three, five or seven judges for each match will be designated by the Referees’ Council and approved by the Executive Committee before the competition.

**12.5.2** In addition, for the purpose of facilitating the operation of KATA competitions, scorekeepers and caller/announcers will be appointed.

### **12.6 Procedures**

**12.6.1** All officials shall sit in chairs.

**12.6.2** The KATA judges sit on the corners with the Chief judge sitting in the center on one side since this gives a better view. The panel should, in so far as availability permits contain a cross-section of different geographic representation and styles during TOKUI and Mandatory All Style competition.

**12.6.3** The panel should in so far as availability permits should be comprised of judges exclusively of the style of the competitors during Mandatory Style Specific competition.

**12.6.4** The announcer shall call the first competitor.

**12.6.5** The contestant or head of a team will respond to the calling of his/her team name by going directly to the competition area. The contestants will stand on a designated line bow to the panel, announce clearly the name of the KATA which is to be performed, then start it.

**12.6.6** The Chief judge indicates the competitors shall begin by saying, "Begin", "Hajime" or by a sharp blow of a whistle.

**12.6.7** On completion of the KATA, the competitor/team shall return to the beginning point and bow.

**12.6.8** The competitor/team shall wait to receive their score.

**12.6.9** The competitor/team shall bow and leave the ring upon hearing the total score.

## Part 4 - KATA Competition

### Article 12. Kata

(continued)

**12.7 Criteria for Decision.** In assessing the performance of a contestant or team, the primary basis for the decision will be on applicability of movement, effective technique and poise rather than gymnastic or theatrical features. The following criteria must be considered:

**12.7.1** The KATA must be performed with competence and must demonstrate a clear understanding of the principles it contains.

**12.7.2** The KATA performance must have demonstrated:

**12.7.2.1** Correct breathing, good demonstration of power, speed, timing, balance and Kime.

**12.7.2.2** Consistency and correctness of stances.

**12.7.2.2.1** Correct weight distribution according to the Kihon being demonstrated.

**12.7.2.2.2** Smooth and even transition (Hara remaining "weighted down") between stances.

**12.7.2.2.3** Correct tension in stances.

**12.7.2.2.4** Feet edges firmly on floor.

**12.7.2.3** Techniques demonstrates:

**12.7.2.3.1** Accuracy.

**12.7.2.3.2** Correct and consistent Kihon with the style being demonstrated.

**12.7.2.3.3** Correct tension, focus, Kime.

**12.7.2.3.4** Show proper understanding of the KATA Bunkai.

**12.7.2.4** KATA uniformly demonstrates:

**12.7.2.4.1** Unwavering concentration

**12.7.2.4.2** Contrast in tension, breathing and movement.

**12.7.2.4.3** An understanding of those techniques being demon-demonstrated.

**12.7.2.4.4** A realistic, rather than "theatrical" demonstration of Kata meaning.

**12.7.3** The performance should also be evaluated with a view to discerning other points such as application of clearly defined offensive and defensive techniques.

**12.7.4** If the performance is brought to a halt, the contestant/team in all divisions will be disqualified. The panel of judges will conclude that the athlete is disqualified and the referee will dismiss the contestant with no score given. (Recorders shall mark a zero for that contestant)

**12.7.5** Except in compulsory KATA (SHITEI) competition, a perceived addition, omission, or modification of a move shall not be grounds for penalty, provided that the KATA remains true to the standards of Japanese/Okinawan traditional Karate-do. However, unseemly pauses, gestures of frustration, backtracking, failure to finish the KATA or other indications of confusion will be penalized.

**12.7.6** In Compulsory KATA (SHITEI) competition, a contestant/team is disqualified if he/she/they interrupts or varies the KATA, or if he/she/they perform a KATA different from that drawn or announced.

**12.7.7** In Team competition, the competitors must perform their KATA with all three team members facing in the same direction towards the Chief judge in the performance area.

**12.7.8** All those ingredients **are** inherent for individual KATA.

**12.7.9** No external cues should be given during the KATA as an aid to synchronization, except for proper breathing sounds.

**12.7.10** For beginners' divisions, a tiebreaker KATA may be one already performed. However all other divisions must perform a further KATA which was not used in previous round. If a further tie exists after the tiebreaker round then a previously KATA may be used.

### 12.8 Scoring.

**12.8.1** The judge's scoring range shall be predetermined by the decision of the chief referee. A suggested variation are listed below however a wider variation in scores should be encouraged in the adult advanced divisions.

**12.8.1.1** For Advanced divisions the range of scoring shall be from 6.5 to 8.5.

**12.8.1.2** For Intermediate divisions the range of scoring shall be from 6.0 to 8.0.

**12.8.1.3** In novice divisions the range of scoring shall be from 5.5 to 7.5.

**12.8.1.4** In beginner divisions the range of scoring shall be from 5.0 to 7.0.

**12.8.1.5** For Advanced Compulsory divisions Shitei Round the range of scoring shall be from 6.5 to 8.5.

## Part 4 - KATA Competition

### Article 12. Kata

(continued)

- 12.8.1.6** For Advanced Compulsory divisions Sentei Round the range of scoring shall be from 7.0 to 9.0.
- 12.8.1.7** For Advanced Compulsory divisions Tokui Round the range of scoring shall be from 7.5 to 9.5.
- 12.8.2** When assessing how many points should be deducted for a fault, the following shall be noted:
- 12.8.2.1 Hesitations, pauses, and halts.**
- 12.8.2.1.1** for a momentary hesitation in the smooth performance of the KATA, quickly remedied, 0.1 points should be deducted.
- 12.8.2.1.2** For a momentary but discernable pause, 0.2 points should be deducted.
- 12.8.2.1.3** For a distinct halt, disqualification results.
- 12.8.2.2 Loss of balance.**
- 12.8.2.2.1** Momentary Unbalance, with barely a wobble quickly remedied will result in a deduction in the scale 0.1 - 0.3 points.
- 12.8.2.2.2** Actual instabilities where there is a distinct but recoverable loss of balance will merit a deduction in the range 0.2 - 0.4 points.
- 12.8.2.2.3** If the contestant loses balance completely and/or falls, a disqualification will result.
- 12.8.3** The first three competitors shall complete their KATA before any individual score is rendered. This is to determine if the judging panel, are compatible with each other. If the Chief judge determines that there is too great of a disparity between his panel's scores, he will dismiss that panel and will ask the Ring Controller for a new panel. The first three competitors will then again perform their KATA at the end of the round, with the result of their first performance being of no consequence.
- 12.8.4** Thereafter, individual scores shall be given immediately on completion of the KATA.
- 12.8.5** Upon the completion of a KATA by an individual/team the referee will call for a decision ("HANTEI") and blow a sharp blast on the whistle. The Chief judge must ensure that all Judges are ready before he calls for score to be displayed in unison. The KATA Judge must ensure that the score displayed is readily visible to the Scorekeeper.
- 12.8.6** The caller/announcer will announce the scores awarded beginning with the referee and then continuing in a clockwise manner. When these scores have been registered, the referee will blow a further sharp blast on the whistle, whereupon the cards will be lowered. (The referee may also blow a further blast on the whistle to allow the judges to turn their placards for better viewing for the spectators, prior to lowering their scores.)
- 12.8.7** When the scorekeeper summates the scores for each contestant/team in the round, the maximum and minimum score is permanently excluded from the total for that round. If a tie exists, then the low score from the remaining three scores is incorporated. If a tie continues, then the maximum score of the remaining three scores is incorporated. In the event of continuing tie, the contestants must perform a KATA of his/her choice. Novice, Intermediate and Advanced divisions must perform a different KATA in event of ties.
- 12.8.7.1** For a three judge panel, all three scores will be included. If a tie exists, the same procedure as 12.8.7 will be exercised or:
- 12.8.7.2** For a three judge panel, should there be a .6 (six tenths) point separation from the median score, the chief judge will shugo the judges, briefly discuss the reason for his/her high or low score and ask them to re-score the competitor.
- 12.8.7.3** By approval of the Executive Committee, the flag judgement system may be incorporated in cases of ties. In this case, both athletes will perform their own kata simultaneously (one designated aka and the other shiro). At the conclusion of their performance the referee panel shall decide the winner by raising either the aka flag or shiro flag.
- 12.8.8** The result of a KATA match is determined by the summation of points accumulated by contestants during the final round of that match, or by flag judgement.

## Part 4 - KATA Competition

### Article 12. Kata

(continued)

**12.9 Flag Judgement system.** By approval of the Executive Committee, the flag judgement system may be incorporated for all kata divisions except for the Mandatory Kata events.

**12.9.1** All competitors will be seated in a prescribed order and may not change their order of seating unless ordered by the shushin. Two competitors will bow before entering the match area, bow on at their respective starting line and begin their kata of their choice at the sametime at the sharp blast of the whistle to a panel of one shushin and two fukushin. At the completion of their performance, the shushin will call hantei with a sharp blast of his whistle. The panel will raise a red or white flag, but not both, to select the winner of that match. At the second blast of the whistle, the panel will lower their flag. The shushin will then raise the flag for the winner. The competitors will then bow to each other then to the judging panel and then exit the match area.

**12.9.2** The winner of the first round will go to the end of the first round line. The loser will form another line prescribed by the shushin. The next two competitors will then perform their kata in the same manner and so on until there is only one competitor remaining in the first round line, who will be the gold medallist.

**12.9.3** The losers shall remain in a prescribed order for the second round, unless ordered to change by the shushin, and will compete in the same manner as the first round. Winners of that round will go to the end of the second round line and the losers will form a separate line. When there are only two competitors remaining, the shushin will allow a one-minute rest period, before beginning the match. The winner of the last match will be the silver medallist and the loser will be the bronze medallist.

**12.9.4** All byes in this method of competition will be random and will not require charting. It is imperative, however, to keep all competitors in their prescribed order.

### **12.10 Additional Criteria for Compulsory (SHITEI) Competition**

#### **12.10.1 Mandatory Style Specific Competition.**

**12.10.1.1** Mandatory style specific competition shall be restricted to traditional Okinawan and Japanese based Karate Styles.

**12.10.1.2** Mandatory style specific competition shall be conducted in:

**12.10.1.2.1** Mandatory Shotokan -AAU/ USA Shotokan

**12.10.1.2.2** Mandatory Shito Ryu -AAU/ USA Shito Ryu

**12.10.1.2.3** Mandatory Shorin Ryu -AAU/ USA Shorin Ryu

**12.10.1.2.4** Mandatory Goju Ryu -AAU/ USA Goju Ryu

**12.10.1.2.5** Mandatory Wado Ryu -AAU/ USA Wado Ryu

**12.10.1.2.6** Mandatory - Open AAU/ USA Karate

**12.10.2** Any Karate style may petition the National Karate Committee to establish itself as an active participant in the mandatory style specific competition in the AAU National Karate Championships provided:

**12.10.2.1** There must be at least sixteen (16) athletes for the style division identified as such in writing competing at the National Championships.

**12.10.2.2** Furnish in writing no later than 30 days prior to the opening ceremonies of the National Championships a list of Shitei, Sentei, and Tokui katas' specific to the style.

**12.10.2.3** Provide a minimum of five (5)-qualified judges during the National AAU Karate Championships.

**12.10.2.4** Should the requirements set forth above not be met, the athletes for that specific style shall be transferred to Open AAU Karate Division all style division.

**12.10.2.5** All athletes that do not qualify or wish to participate in Mandatory Style Specific KATA divisions may participate in the Mandatory All Style KATA Division.

**12.10.2.6** Athletes may participate in only one category of Mandatory KATA. They can not participate in both the All Style and Style Specific Division.

**12.10.3 Mandatory KATA competition** is organized into three rounds. The first round selects sixteen contestants, the second round selects eight contestants, and the third round selects the winner and final placing.

## Part 4 - KATA Competition

### Article 12. Kata

(continued)

**12.10.3.1** In Mandatory Style Specific KATA in the first round, the contestant must perform a scheduled KATA from the SHITEI list of the style. The choice must be announced in advance so as to be included in the draw sheet for that round.

**12.10.3.2** In Mandatory Style Specific KATA in the second round a choice made from the SENTEI list of the style. The choice must be announced in advance so as to be included in the draw sheet for that round.

**12.10.3.3** In Mandatory Style Specific KATA in the third round a choice shall be made from the TOKUI list of the style. The name of the Tokui KATA must be entered in to the draw sheet prior to the commencement of the third round.

**12.10.3.4** Katas used in the tie breaking process must be from the list, which is applicable for the specific round of competition. As an example katas on the Tokui list for a style can not be used in the Shitei or the Sentei rounds.

**12.10.3.5** In Mandatory Style Specific KATA should there be only sixteen competitors, the first round selects eight contestants, and the second selects the winner and final placing. Competitors in this situation shall perform katas from the SENTEI list in the first round and the TOKUI list in the final round.

**12.10.3.6** The order of competition in each round will be determined by a random draw.

**12.10.3.7** In Mandatory All Style KATA the first round, the contestant must perform a scheduled KATA. The choice must be announced in advance so as to be included in the draw sheet for that round. In the second round a different choice, similarly notified, must be made from the schedule. In the third round, the contestants may perform any KATA not previously performed. The name of the free KATA must be entered in to the draw sheet prior to the commencement of the third round.

**12.10.3.8** In Mandatory All Style KATA the order of competition in each round will be determined by a random draw.

**12.10.3.9** In Mandatory All Style KATA a tiebreaker KATA must not be one already performed in the same or earlier round. It may, however, be performed again in a later round but not then as a tiebreaker. In the first two rounds, the tiebreaker KATA must be chosen from the Shitei list. In the final round, the tiebreaker KATA choice is free.

**12.10.3.10** In Mandatory All Style KATA should there be only sixteen competitors, the first round selects eight contestants, and the second selects the winner and final placing. Competitors in this situation shall perform katas only from the mandatory list in both rounds.

### 12.11 Official Schedule of Katas

#### 12.11.1 AAU Shotokan KATA List

##### 12.11.1.1 AAU Shotokan SHITEI KATA

Heian Shodan	Heian Yondan
Heian Nidan	Heian Godan
Heian Sandan	Tekki Shodan

##### 12.11.1.2 AAU Shotokan SENTEI KATA

Bassai Dai	Kanku Dai
Jiin	Empi
Jion	Hangetsu

##### 12.11.1.3 AAU Shotokan TOKUI KATA

Jitte	Meikyo
Gankaku	Unsu
Tekki Nidan	Bassai Sho
Tekki Sandan	Kanku Sho
Nijyushiho	Wankan
Chintei	GojyushihoSho
Sochin	GojyushihoDai



**12.11.2 AAU Shito Ryu KATA List**

**12.11.2.1 AAU Shito Ryu SHITEI KATA**

Bassai-Dai	Rohai (Matsumura)
Kosokun-Dai	Jion
Jutte	Naihanchin
Juroku	Wanshu
Matsukaze	Seienchin

**12.11.2.2 AAU Shito Ryu SENTEI KATA**

Bassai-Sho	Naihanchin
Kosokun-Sho	Ni-Dan
Jiin	Rohai (Itosu no Rohai Nidan)
Sochin	Nijyushiho
Shisochin	Seipai
Sanseiru	

**12.11.2.3 AAU Shito Ryu TOKUI KATA**

Suparinpei	Chatanyara-Kushanku
Nipaipo	Unshu
Gojushiho	Kururunfa
Tomari-Bassai	Heiku
Matsumura-Bassai	Annan

**12.11.3 AAU Shorin Ryu KATA List**

**12.11.3.1 AAU Shorin Ryu SHITEI KATA**

Fukyugata Ichi, Ni	Pinan Yondan
Pinan Shodan	Pinan Godan
Pinan Nidan	Naihanchi Shodan, Nidan
Pinan Sandan	

**12.11.3.2 AAU Shorin Ryu SENTEI KATA**

Wanshu	Jitte
Wankan (Hakutsuru)	Sochin
Rohai	Ananku

**12.11.3.3 AAU Shorin Ryu TOKUI KATA**

Passai Sho, Dai	Kusanku
Goju Shiho	Chinto

**12.11.4 AAU Goju Ryu KATA List**

**12.11.4.1 AAU Goju Ryu SHITEI KATA**

Gekki Sai Dai Ichi	Seienchin
Gekki Sai Dai Ni	Shisochin
Saifa	

**12.11.4.2 AAU Goju Ryu SENTEI KATA**

Sanseru	Suparinpe
Kururunfa	Seipai
Sesan	

**12.11.4.3 AAU Goju Ryu TOKUI KATA**

Any KATA from the Shitei or the Sentei list above.

**12.11.5 AAU Wado Ryu KATA List**

**12.11.5.1 AAU Wado Ryu SHITEI KATA**

Pinan Shodan	Pinan Yondan
Pinan Nidan	Pinan Godan
Pinan Sandan	Naihanchi Shodan, Nidan

## Part 4 - KATA Competition

### Article 12. Kata

(continued)

#### 12.11.5.2 AAU Wado Ryu SENTEI KATA

Seishan            Wanshu  
Bassai            Jjion  
Kushanku

#### 12.11.5.3 AAU Wado Ryu TOKUI KATA

Chinto            Jitte  
Niseishi          Rohai

#### 12.11.6 Official Schedule AAU ALL Style Compulsory Katas

##### 12.11.6.1 AAU Open SHITEI KATA

Bassai (Bassai Dai)	Saifa
Chinto (Gankaku)	Seienchin
Gojushiho Gojushiho Dai	Seipai
Gojushiho Sho	Seisan
Jion	Seishan (Hangetsu)
Kosakun-Sho (Kanku Sho)	Shiho Kosokun
Kururunfa	Shisochin
Kushanku (Kosokun-Dai, Kanku Dai)	Suparinpei
Niseishi (Niju Shiho)	Unshu (Unsu)
Nipaipo	Wanshu
Rohai (Meikyo)	

**12.11.6.2 TOKUI KATA for AAU ALL STYLE Compulsory Kata**, are made from but not limited to the following Okinawan and Japanese Katas: All katas from the AAU Shitei list

Gekisai/Kihon/Taikyoku Katas	Ryusan
Pinan/Heian 1, 2, 3, 4, 5	Rochin
Naibanchi/Tekki 1, 2, 3	Shihohai
Passai/Bassai Sho	Pachu
Tomari Bassai	Paiho
Ananku/Annanko	Anan
Jiin	Ohan
Sanseiru	Paiku
Hakucho	Aoyanagi
Kensei	Matsukaze
Jyuroku	Mai-te
Jiite	Kenki

#### 12.12 General Explanation

**12.12.1** No member of the Referee Panel shall personally critique and or correct any athlete's KATA performance.

**12.12.2** Procedure for Bowing in a new Referee Panel or Judges The new panel will march in from one side and position themselves on the outside of the match area, while the outgoing panel will line up on the inside of the match area. After the incoming referee gives the command "rei", the outgoing panel will turn in the same direction and march out of the match area. After bowing to the referee, the incoming panel will take their position.

## Part 5 - KOBUDO Competition

### Article 13 - Kobudo

**13.1 KOBUDO competition shall be conducted under guidelines as set forth by the National AAU Karate Committee.**

**13.2 Competition Area -** (Same as KATA)

**13.3 Organization of Competition -** (No Compulsory KATA shall be required for KOBUDO competition.)

#### **13.3.1 Individual**

**13.3.1.1** Individual KOBUDO competitors shall compete in the age and skill divisions as prescribed in the appendix.

**13.3.1.2** The individual KOBUDO match consists of individual performance in separate male and female divisions.

**13.3.1.3** KOBUDO competition shall be based on the same experience level as the KATA or Kumite divisions.

**13.3.1.4** Individual KOBUDO competition shall also be subdivided into short and long weapons. Intermediate & Advanced Competitors may participate in one or both subdivision.

**13.3.2 Team -** Team KOBUDO competition shall be conducted in the same manner as in team KATA.

**13.4 Criteria for Decision -** In principle, KOBUDO KATA shall be judged using the same criteria as KATA, with the additional criteria that the KOBUDO KATA demonstrate the individual and unique characteristics of the weapon being utilized. The flag judgement system may be used with the approval of the Executive Committee, however only one competitor will compete at a time before the flag judgement is given.

**13.4.1** In addition to the criteria of empty hand KATA the loss of control of a weapon (dropping) in competition will be grounds for disqualification. The panel of judges will conclude that the athlete is disqualified and the referee will dismiss the contestant/team with no score given. (Recorders shall mark a zero for that contestant.)

**13.4.2** Any weapon or form used may not be such that it can endanger or damage any person or property (i.e., denting or marring of floors, loose handles, etc.)

**13.4.3** In KOBUDO it is acceptable for a contestant to demonstrate dynamic movement rather than a stopped, "weighted down" stance between each movement.

**13.4.4** Use of kicks and theatrical movements in principle is not permitted. Thus a violation may result in a major point deduction .04 - .06.

**13.4.5** Any manipulation or handling of the Bo that may be construed as dangerous in regards to the safety of all concerned shall not be permitted.

**13.5 Scoring -** In principle, KOBUDO KATA shall be scored using the same range and procedure as KATA with the inclusion of the following:

#### **13.5.1 Loss of control of the weapon.**

**13.5.1.1** If the contestant momentarily loses a grip of the weapon, .1-.3 points should be deducted.

**13.5.1.2** If the weapon touches the floor at any time during the performance, .1 - .3 points should be deducted.

**13.5.1.3** If the contestant uses a dangerous technique that jeopardizes the safety of the judges or other competitors, disqualification will result.

**13.6 General Information -** At the discretion of the National Committee, KOBUDO weapons may be furnished by the National Committee for use by all athletes during a competition. The use of these weapons shall be made mandatory for all competitors. Failure to use furnished KOBUDO weapons shall result in disqualification. Only KOBUDO weapons that are authorized and deemed as acceptable by the National Committee may be used during competition.

**13.6.1** Only the following weapons will be allowed in AAU KOBUDO competition:

## Part 5 - KOBUDO Competition

### Article 13 – Kobudo

(continued)

#### 13.6.1.1 BO

**13.6.1.1.1** The Bo shall be made of hardwood, without tapered ends. The length shall be within one fist of the top of the competitors head, or fall under one of the standard sizes of 78 inches, 72 inches, 66 inches and 60 inches. In addition a Bo may not be less than 3/4" diameter for competitors 18 years and younger and not less than 1" diameter for ages over 18 years. The weight of the Bo for adult male competitor shall be no less than 900g. The weight of the Bo for female adult competitors shall be no less than 850g.

#### 13.6.1.2 TONFA (pair)

**13.6.1.2.1** TONFA must be entirely made of hardwood with a minimum length, when grasped by the handle, to reach the end of the competitor's elbow. Two TONFA are used in AAU KOBUDO competition.

#### 13.6.1.3 EKU (Kai-Bo)

**13.6.1.3.1** EKU must be made of hardwood and have a length that shall be within one fist of the top of the competitors head when measured from the floor. In addition the EKU blade shall have a flat side and a rounded or beveled side, and the blade tip may not have a sharp point. For adult male competitors, the weight of the eku shall be no less than 1200g. For adult female competitors, the weight of the eku shall be no less than 1100g.

#### 13.6.1.4 NUNCHAKU (pair)

**13.6.1.4.1** One pair of NUNCHAKU constitutes of two hardwood handles connected by a cord.

**13.6.1.4.2** In principle a minimum handle length of 12".

#### 13.6.1.5 SAI (pair)

**13.6.1.5.1** Two Sais must be used for AAU KOBUDO competitions (Sai Katas that use one Sai or three Sais are not allowed). Sai must be made of steel and when grasped in the normal fashion, the tip shall in principle extend past the competitor's elbow.

#### 13.6.1.6 KAMA (pair)

**13.6.1.6.1** Two Kamas are used in AAU KOBUDO competitions. Kama handles are made of hardwood and the blades of unsharpened steel. No rope, chord, string, etc. are permitted nor Kamas with holes in blades.

**13.6.2** All weapons shall be examined by an official prior to competition to ensure that they are of authentic design, construction and materials. Any weapon that, in the examiner's opinion, gives an unfair advantage may not be used. Grounds for rejecting a weapon include but are not limited to exceptionally lightweight, coating to improve grip, markings (including different color tones of wood) and non-standard construction.

**13.6.3** All wood on weapons must be hardwood (oak, teak, mahogany; no rat-tan).

### 13.7 Official Schedule of AAU KOBUDO Katas - Selections are made from but not limited to the following katas:

#### 13.7.1 Bo or Kon (Staff) (The commonly used term, "no Kon" is the old Ryukuan "nu Kun" meaning "the Bo of...")

Shushi no Kon	Sueyoshi no kon
Sakugawa no Kon	Shinakake no Kon
Tokumine no Kon	Tsuken no bo (Chikin no bo)
Shirataru no Kon	Rohai no kon
Kobo	

#### 13.7.2 Sai:

Chantanyara no Sai	Kishaba no Sai
Tsukenshitahaku no Sai	Arakaki no Sai

#### 13.7.3 Tonfa:

Yaragua no Tonfa	Matayoshi no Tonfa
Hamahiga no Tonfa	

#### 13.7.4 Eku:

Ten no KATA	Chi no KATA
Sunakake no Eku-bo	Furyu no Eku-bo

## Part 6 - Shobu Sanbon Competition

### Article 14 - Shobu Sanbon

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#### 14.1 Competition area.

14.1.1 The competition area must be flat and devoid of hazard.

14.1.2 The competition area must be a matted square whenever feasible.

14.1.3 The area will be a square, with sides of eight meters (measured from the outside). The area may be elevated to a height of up to one meter above floor level. The elevated platform should measure at least ten meters a side, in order to include both the competition and the safety area. For junior divisions and for District and Regional Qualifiers, ring size may be reduced.

14.1.4 Two parallel lines each one meter long and at right angles to the Referee's line, must be drawn at a distance of 1.5 meters from the center of the competition area for positioning the competitors.

14.1.5 A line of 0.5 meters long must be drawn two meters from the center of the competition area for positioning the Referee.

14.1.6 The arbitrator shall be seated between the scorekeeper and timekeeper.

14.1.7 A line must be drawn one meter on the inside of the competition area. The area enclosed by this line may be in a different color or the line itself may be broken.

14.1.8 Unless authorized by the National Committee there must be no advertisement boards, walls, pillars, etc. within one meter of area's outer perimeter.

14.1.9 The mats used should be non-slip where they contact the floor proper but have a low coefficient of friction on the upper surface. They should not be as thick as judo mats, since they impede karate movement. The Referee must ensure that mat modules do not move apart during the competition, since gaps cause injuries and constitute a hazard.

**14.2 Organization of competition** - A karate tournament may comprise Kumite competition. The Kumite competition may be further divided into the team match and individual match. The individual match may be further divided into weight divisions (light and heavy weight for all divisions, discretion of the tournament director) and open category. Weight divisions are ultimately divided into bouts. The term "bout" also describes the individual Kumite competitions between opposing pairs of team members.

#### 14.2.1 Individual Kumite

14.2.1.1 Individual Kumite competitors shall compete in the same age and skill divisions as prescribed previously.

14.2.1.2 The individual Kumite match consist of individual performance in separate male and female divisions.

14.2.1.3 The individual match may be further divided into weight divisions as prescribed previously.

14.2.1.4 No contestant may be replaced by another in an individual title match.

#### 14.2.2 Team Kumite

14.2.2.1 The number of contestants must be decided by the agreement of the organizers and the National AAU Karate Committee prior to the issuance of sanction.

14.2.2.2 In team matches, each team must have an odd number of contestants.

14.2.2.3 The contestants are all members of a team. There are no fixed reserves.

14.2.2.4 Before each match, a team representative must hand into the official table, an official form defining the names and fighting order of the team members. The fighting order can be changed for each round but once notified, it cannot then be changed.

14.2.2.5 A team will be disqualified if any of its members or its coach changes the team's composition without submitting the written fighting order.

14.2.2.6 In the first round of a team match, a team will be allowed to participate only when it presents the prescribed number of competitors. In subsequent rounds at least 2/3 of the team members must be present to compete.

14.2.2.7 When lining up before a match, a team will present the actual fighters. The unused fighter(s) and the coach will not be included and shall sit in an area set aside for them.

## Part 6 - Shobu Sanbon Competition

### Article 14 - Shobu Sanbon

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#### 14.2.3 General Explanation

**14.2.3.1** Individual contestants or teams that do not arrive at the competition venue before the tournament is declared open may be disqualified from participation.

**14.2.3.2** A "round" is a discrete stage in a competition leading to the eventual identification of finalists. In an elimination Kumite competition, around eliminates fifty percent of contestants within it, counting byes as contestants. In this context, the round can apply equally to a stage in either primary elimination, repechage. In a matrix, or "round robin" competition, a round allows all contestants in a pool to fight once.

**14.2.3.3** The use of contestants' names causes problems of pronunciation and identification. Tournament numbers should be allotted and used whenever possible.

**14.2.3.4** If, through an error in charting, the wrong contestants compete, then regardless of the outcome, the bout/match is declared null and void. In essence the contest must be brought back to the place where the error was made, all results after that point become nullified. The competition is resumed with the correct athletes. To reduce such errors the winner of each bout/match must confirm victory with the control table before leaving the area.

**14.2.3.5** Athletes must compete/qualify in the proper age division. This is determined by their age as of July 1 of the calendar year of the National Championships. Whatever the age that athlete will be on July 1st it shall constitute their competition age category. Athletes must compete in that age division for the entire calendar year.

#### 14.2.4 Team Match

**14.2.4.1** Matches between individual members of each team shall be of Shobu Sanbon in a pre-determined order and the winner of a team match shall be decided on the same basis which individual matches are decided.

**14.2.4.2** The winner of a team match shall be decided on the basis of these Individual matches.

**14.2.4.3** The criteria for deciding the winner of a team match on the basis of the number of winners of individual are the following (in order of descending importance):

**14.2.4.3.1** Number of victories per team.

**14.2.4.3.2** If two teams have the same number of victories, the winning team is decided by the one whose contestants have scored the most points, taking both winning and losing fights into account.

**14.2.4.3.3** If two teams have the same number of victories and scores, a deciding bout must be held between representatives of the two teams. In the event of a continuing tie, there is an extension (ENCHO-SEN) between the same representatives and the first contestant to be awarded IPPON or WAZA-ARI is declared the winner.

**14.2.4.3.4** If the tie persists, a winner must be declared by HANTEI.

#### 14.3 Official Dress

**14.3.1** Contestants and their coaches must wear the official uniform as defined previously. The referee's blazer may be removed during Kumite competition upon the approval of the Referee's Council.

**14.3.2** The Referee Council may disbar any official or competitor who does not comply with official uniform requirement.

#### 14.4 Referees

**14.4.1** Referees and Judges must wear the official uniform designated by the Referee Council. This uniform must be worn at all tournaments and courses.

**14.4.2** The official uniform will be as prescribed previously for the Referee Panel.

#### 14.5 Referee Panel

**14.5.1** The Chief Referee will maintain the high standards set forth by the National AAU Committee.

**14.5.2** The panel of officials for Shobu Sanbon matches shall be comprised of one Shushin, two Fukushin and one Kansa.

**14.5.3** In addition for the purpose of facilitating the smooth operation of matches, several timekeepers, record keepers, match expeditors, announcers and charters will be appointed.

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### Article 14 - Shobu Sanbon

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#### 14.5.4 Protocol Procedures.

**14.5.4.1** At the start of a Kumite match the Referee stands on the outside edge of the official match area. On his left and right stand the judges.

**14.5.4.2** After the formal exchange of bows by contestants and Referee Panel the Referee takes a step back, the Judges turn inward and bow together.

**14.5.4.3** Changing the Referee Panel. The departing Officials take one step forward turns around and face the incoming Panel. They bow to each other on the command of the incoming Referee and in one line (facing in the same direction) leave the competition area.

**14.5.4.4** When individual Judges change, the incoming Judge goes to the outgoing judge, they bow together and change positions.

#### 14.6 Duration of Bout

**14.6.1** Duration of the Kumite bout is defined as three minutes for adult male (19-34) advanced Kumite (both teams and individuals) and two minutes for male beginner, novice & intermediate & women's and junior bouts.

**14.6.2** The timing of the bout starts when the Referee gives the signal to start and stops each time he calls "YAME!".

**14.6.3** The timekeeper shall give one clear audible gong, one ding, or buzzer indicating "30 seconds to go". The "time-up" signal is given by a longer gong or several dings and marks the end of the bout.

#### 14.7 Timekeeper

**14.7.1** The timekeeper is responsible for ensuring that the match continues in its allotted time. The timekeeper shall stop the clock when the referee signals "YAME!" and shall restart when the he signals "HAJIME!".

**14.7.2** The timekeeper shall give signals by a bell, gong or buzzer. A short signal indicates "thirty seconds remaining" ("atoshibaraku"), and a long signal indicates "time-up". When using a bell, one ding indicates "atoshibaraku", and several dings indicates "time-up".

**14.7.3** The timekeeper will also have available an additional stopwatch for the "10 second" rule.

#### 14.8 Scoring

**14.8.1** The result of a bout is determined by either contestant scoring, three (3) IPPON, six (6) WAZA-ARI, or a combination of the two totaling SANBON, or obtaining a decision, or by a HANSOKU, SHIKKAKU, or KIKEN imposed against a contestant.

**14.8.2** It must be noted that an IPPON is worth Two WAZA-ARI's

**14.8.3** An IPPON is awarded on the basis of the following:

**14.8.3.1** A scoring technique counts as an IPPON when it is performed according to the following criteria to a scoring area: Good form, correct attitude, vigorous application, zanshin (perfect finish), proper timing, and correct distance.

**14.8.4** An IPPON may also be awarded for techniques deficient in one of the above criteria but which conform to the following schedule:

**14.8.4.1** Jodan kicks or other technically difficult techniques.

**14.8.4.2** Deflecting an attack and scoring to the unguarded target of the opponent.

**14.8.4.3** Sweeping or safely throwing followed by a scoring technique.

**14.8.4.4** Delivering a combination technique, the individual components of which each score in their own right.

**14.8.4.5** Successfully scoring at the precise moment the opponent attacks.

**14.8.5** A WAZA-ARI is awarded for a technique almost comparable to that needed to score IPPON. The refereeing panel must look for IPPON in the first instance and only award a WAZA-ARI in the second instance.

**14.8.6** A victory over an opponent who has been given a HANSOKU or SHIKKAKU will be worth SANBON (3 full points or IPPON). If a contestant is absent, withdraws, or is withdrawn, the opponent will be credited with a win by KIKEN (SANBON, or 3 IPPON.)

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14.8.7 Attacks are limited to the following areas:

14.8.7.1 Head

14.8.7.2 Face

14.8.7.3 Neck

14.8.7.4 Abdomen

14.8.7.5 Chest

14.8.7.6 Back (but excluding top of shoulders)

14.8.7.7 Side

14.8.8 An effective technique delivered at the same time that the end of the bout is signaled, is considered valid. An attack, even if effective, delivered after an order to suspend or stop the bout shall not be scored and may result in a penalty being imposed on the offender.

14.8.9 No technique, even if technically correct, will be scored if it is delivered when the two contestants are outside the competition area. However, if one of the opponents delivers an effective technique while still inside the competition area and before the Referee calls "YAME", the technique will be scored.

14.8.10 No technique will be scored if delivered after a penalty that will be issued to the opponent. Example: If Aka makes contact to Shiro's face just before Shiro scores, and the referee calls "Yame!" and penalizes Aka, no score will be awarded to Shiro. However, if Shiro scores at the same time of Aka's violation, both the score and penalty should be given.

14.8.11 All penalties shall supersede scoring possibilities for that same contestant. Example: Aka scores with a Chudan Geri, the referee calls, "Yame!", and then Aka accidentally makes contact to Shiro's face. Aka will be penalized with no score for the Chudan Geri.

14.8.12 Simultaneous effective scoring techniques delivered by both contestants shall not score.

### 14.9 Further details on scoring techniques in Kumite.

14.9.1 Techniques can only score if they are delivered perpendicular to the scoring area and directed to the axis of the body.

14.9.2 A score of three Ippon achieved either directly or cumulatively determines the bout. Therefore if Aka has already scored five Waza-Ari and goes on to score a further Ippon, his maximum score will not exceed the three Ippon ceiling. This very basic rule must not be over looked when scoring a team event that has tied on bout victories.

14.9.3 Though two Waza-ri equal one Ippon in scoring value, in technical terms, a Waza-Ari is equal to 90% of an Ippon.

#### 14.9.4 Criteria for deciding Ippon.

14.9.4.1 A technique with "**good form**" is said to have characteristics conferring probable effectiveness within the framework of traditional Karate concepts.

14.9.4.2 **Correct attitude** is a component of good form and refers to a non-malicious attitude of great concentration obvious during delivery of the scoring technique.

14.9.4.3 **Vigorous application** defines the power and speed of the technique and the palpable will for it to succeed.

14.9.4.4 **Zanshin** is that criterion most often missed when a score is assessed. It is the state of continued commitment which endures after the technique has landed and the ability to continue with proper form, other continuing techniques. The contestant with Zanshin maintains total concentration and awareness of the opponent's potentiality to counter attack.

14.9.4.5 **Proper timing** means delivering a technique when it will have the greatest potential effect. Proper distancing 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.



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**14.9.4.6 Correct Distance** also relates to the point at which the completed technique comes to rest on or near the target. To score, the technique must have the potential to penetrate deep into the target, so straight arm punches are seen as having a low potential in this respect and must be evaluated accordingly. For example, a punch which comes some where between 1-3 centimeters from the face and where the punching arm is not fully straight has the correct distance. However jodan punches which come within a reasonable distance of the target and which the opponent makes no attempt to block or avoid will be scored provided the technique meets the other criteria.

#### 14.9.5 General Explanation

**14.9.5.1** A worthless technique is a worthless technique--regardless of where and how it is delivered. Thus a Jodan kick which is badly deficient in good form will score nothing, much less an Ippon. However, in order to encourage technically difficult techniques, the Referee should lean toward awarding Ippon for them, even if there is a slight deficiency in good form; as long as it is only slight. As a simple rule-of-thumb, techniques which would normally merit a Waza-Ari are scored as Ippon if they are scheduled as "technically difficult". Deflect in an attack and delivering a good technique to any unguarded target area of the opponent's body can be scored as Ippon--not just attacks to his/her unguarded back.

**14.9.5.1.1** Jodan kicks, for all divisions which make "skin touch" may score an Ippon.

**(Reference 14.11.1.3)**

**14.9.5.2** A sweeping technique need not require the contestant to fall to the floor; to merit Ippon, it is sufficient if he/she is merely unbalanced as a scoring technique is delivered. Referees must not be too quick in halting a bout. Many potentially successful sweep and strikes have been defeated by the Referee calling, "Yame!" too early. Two seconds should elapse after a sweep or throw for it is during this time that the committed and coordinated attacker will have demonstrated his/her follow-through.

**14.9.5.3** Combination attacks are those sequences of techniques which each individually merit at least Waz-Ari, occurring in rapid succession should merit an IPPON.

**14.9.5.4** Techniques which land below the belt may score, as long as they are above the pubic bone. The neck is a target area and so is the throat (Adult advanced divisions only). However, no contact whatsoever to the throat is permitted but a score may be awarded for a properly controlled technique.

**14.9.5.5** A technique delivered with good form and which lands upon the shoulder blades may score. The non-scoring part of the shoulder is the junction of the upper bone of the arm with the shoulder blades and collarbones.

**14.9.5.6** The time-up bell signals the end of scoring possibilities in that bout, even though the Referee may inadvertently not halt the bout immediately. The time up bell does not, however, mean that penalties cannot be imposed. Penalties can be imposed by the Refereeing Panel up to the point, where the contestants leave that area after the bouts' conclusion. Penalties can be imposed after contestants leave a match area with the advice and consent of the Referee Council.

**14.9.5.7** True AIUCHI's are rare. Not only must two techniques must land simultaneously but both must be valid scoring techniques each with good form etc. Two techniques may well land simultaneously, but seldom are both effective scores. The Referee must not dismiss as Aiuchi, a situation where only one of the simultaneous pair is actually a score. This is not Aiuchi.

#### 14.10 Criteria for Decision

**14.10.1** In the absence of a SANBON score, or of a defeat caused by KIKEN, HANSOKU, or a SHIKKAKU during the bout, a decision is taken on the basis of the following considerations:

**14.10.1.1** Whether there have been any IPPON or WAZA-ARI awarded.

**14.10.1.2** The attitude, fighting spirit and strength demonstrated by the contestants.

**14.10.1.3** The superiority of tactics and techniques.

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**14.10.2** In individual category where there is no score superiority, then the following procedure will be followed:

**14.10.2.1** If, at the end of a bout, the two contestants have no score, the winning decision shall be given by HANTEI.

**14.10.2.2** If, at the end of a bout, the two contestants have scored equally, the decision for victory shall be given by HANTEI.

**14.10.2.3** If, at the end of a bout, neither contestant has established superiority, then the decision for that bout shall be a draw ("HIKIWAKE") and ENCHO-SEN should be announced.

**14.10.2.4** When scores are unequal, the contestant who completes the bout satisfactorily with a Waza-Ari or Ippon ahead of the opponent shall be given the victory.

#### **14.10.3 General Explanation**

**14.10.3.1** Taking the above criteria into account, when superiority can be established, it is quite in order for one contestant to be given the victory, even when the score situation is equal.

**14.10.3.2** When deciding the outcome of a bout by Hantei, the Referee shall step out side of the ring and call "Hantei" followed by a two-tone blast on his whistle. The Judges will indicate their opinions by means of their flags, the Referee should acknowledge the judge's decision by a one-tone blast of his whistle, then move forward to his original position and announce the majority decision.

**14.10.3.3** The Encho-Sen is an extension of a bout; it is not a separate bout. Penalties awarded in the bout proper will therefore carry over in to the here Encho-sen. These must be a decision after an Encho-Sen, taking performance in the whole bout into consideration.

**14.10.3.4** A penalty or warning incurred in the bout will be carried forward to the ENCHO-SEN.

#### **14.11 Prohibited Behavior**

##### **14.11.1 The following are forbidden:**

**14.11.1.1** Techniques which make contact with the throat.

**14.11.1.2** Techniques which make excessive contact, having regard to the scoring area attacked. All techniques must be controlled. Any technique, which impacts the head, face or neck and results in visible injury must be penalized, unless caused by the recipient. Any technique, which is more than a controlled "skin touch" contact to the head, face or neck will be penalized, unless caused by the recipient, even though there is no visible injury.

**14.11.1.3** A touch to the face (face shield) may not necessarily be penalized. A touch to the face (face shield) may warrant a score provided the criteria for that point has been achieved and no prohibited behavior has occurred, and no rules have been contravened.

**14.11.1.4** Attacks to the groin, joints, or instep are forbidden.

**14.11.1.5** Attacks to the face with open hand techniques ("TEISHO" or "NUKITE").

**14.11.1.6** Dangerous throws which by their nature preclude or prejudice the opponent's ability to land with safety. Throwing techniques are divided into two types. The established "conventional" karate leg sweeping techniques such as ashi barai, etc., where the opponent is swept off balance or thrown without being grabbed first — and those throws requiring that the opponent be grabbed or held as the throw is executed. The pivotal point of the throw must not be above the hip and the opponent must be held onto throughout, so that a safe landing can be made. Over the shoulder throws such as seio nage, katagaruma etc., are expressly forbidden, as are so-called "sacrifice" throws such as tomoe nage, etc. If an opponent is injured as a result of a throwing technique, the Referee Panel will decide whether a penalty is called for.

**14.11.1.7** Techniques which by their nature cannot be controlled for the safety of the opponent.

**14.11.1.8** Direct attacks to arms or legs.

**14.11.1.9** Repeated exits from the competition area (JOGAI). JOGAI relates to a situation where a contestant's body, or any other part touches the floor outside of the line. An exception is when the contestant is actually pushed or thrown from the area by his opponent.

**14.11.1.10** Wrestling, pushing or seizing without an immediate technique.

**14.11.1.10.1** Seizing, grasping or holding an opponent's arm or Gi is permitted if immediately followed by a scoring attempt. An athlete who continues to seize, grasp or hold after the immediate scoring attempt shall be penalized.

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**14.11.1.11** MUBOBI relates to a situation where one, or both contestants display a lack of regard for his, or their own safety.

**14.11.1.12** Feigning of injury in order to gain advantage.

**14.11.1.13** Any discourteous behavior by the contestant or from a member of an official delegation can earn the disqualification of the offender or the entire team delegation from the tournament.

#### 14.11.2 General Explanation

**14.11.2.1** The throat is a particularly vulnerable area and even the slightest contact will be warned or penalized unless it is the recipient's own fault.

**14.11.2.2** When assessing the contact force used the Referee must take all the circumstances into account. Did the victim exacerbate the impact of an otherwise controlled technique by an injudicious movement? The Referee must consider the affects of a marked disparity in size between contestants - as can occur in a team match or in open weight bout. The Referee must constantly observe the injured contestant. The latter's behavior may help the Referee in his assessment. A short delay in giving a judgement allows injury symptoms such as a nosebleed to develop. Observation will also reveal any efforts by the contestant to aggravate light injury for tactical advantage. Examples of this are blowing violently through an injured nose or rubbing the face roughly with the back of a mitt. Pre-existing injury can produce symptoms out of all proportion to the degree of contact used.

**14.11.2.3** The trained Karate-Ka can absorb strong impact over muscled areas such as the abdomen, but the breastbone and ribs are vulnerable to injury. For this reason, reasonable control over body contact must be exercised.

**14.11.2.4** The accidental kick in the groin can reduce the opponent's potential for winning as surely as a deliberate one. Therefore the Referee should issue a penalty in either case. Foot sweeps that land high on the leg can cause knee injury. The Referee must assess the validity of any sweep-attack to the leg; ineffectual but painful attacks of this sort should be immediately penalized.

**14.11.2.4.1** Foot sweeps, which are not immediately followed by a scoring attempt, shall be penalized. The exception would be when the opponent retreats rapidly providing no opportunity to execute a kick, strike or thrust.

**14.11.2.4.2** Foot sweeps are permitted only when executed with the bottom or sides of the foot and directed to the opponent's foot no higher than the ankle. Foot sweeps to the inside or outside of the opponent's foot are allowed.

**14.11.2.5** The face is defined as covering an area which begins one centimeter above the eyebrows, extending down and including the temples, narrowing from the cheekbones and finishing just under the chin.

**14.11.2.6** The two open hand techniques referred to are merely examples of the class of prohibited techniques. Open hand techniques are forbidden due to the danger to the contestant's sight.

**14.11.2.7** Different Karate-Ka have different abilities at controlling techniques and for this reason, there is no actual classification of "dangerous techniques ". The contestant must perform all techniques with control and good form. If he/she cannot, then regard less of the techniques misused, a warning or penalty must be imposed.

**14.11.2.8** The point at which "Yame!" is called is helpful in determining if Jogai has occurred. If Aka delivers a successful technique and then exits immediately afterwards, "Yame!" should occur at the instant of score and the exit therefore occurs outside of bout time and may not be penalized. If Aka's attempt to score is unsuccessful "Yame!" will not be called for the attempt but rather for the exit and the exit will be recorded. If Shiro exits just after Aka scores with a successful attack then "Yame!" will occur immediately on the score and Shiro's exit will not be recorded. If Shiro exits or has exited as Aka's score is made (with Aka remaining within the area) then both Aka's score will be awarded and Shiro's jogai penalty will be imposed.

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**14.11.2.9** Movements, which waste time - include pointless circling where one or both contestants do not engage in combat. It is expected that they will initially test each other but within a short time deliberate and effective attacks and counters should occur. If for any reason this does not happen after a reasonable interval the Referee must stop the bout and caution the offender(s). The contestant who constantly retreats without effective counter, rather than allow the opponent an opportunity to score must be penalized. This often occurs during the closing seconds of a bout. Penalties for wasting time will be made in the contact/non-contact category.

**14.11.2.10** An example of Mubobi is the instance in which the contestant launches a committed attack without regard for personal safety. Some contestants throw themselves into a long reverse-punch and are unable to block a counter. Such open attacks constitute an act of Mubobi and cannot score. For the contestant's own safety he/she must be warned at an early stage.

**14.11.2.10.1** As a tactical theatrical move, some fighters turn away immediately in a mock display of dominance to demonstrate a scored point. They drop their guard and lapse awareness of the opponent. The purpose of the turn-away is to draw the Referee's attention to their technique. This is a clear act of Mubobi. In order to score, Zanshin must be preserved.

**14.11.2.11** Feigning of an injury, which does not exist, is a serious infraction of the rules. Exaggerating an injury, which does exist, is less serious. Shikkaku can be imposed on the contestant feigning injury i.e., when such things as collapse and rolling about on the floor are not supported by evidence of commensurate injury as reported by a neutral doctor. A warning or penalty can be imposed for exaggerating injury.

### 14.12 Penalties

#### 14.12.1 The following scale of penalties shall operate:

**14.12.1.1 CHUKOKU** (Warning): May be imposed for attended minor infractions or for the first instance of a minor infraction.

**14.12.1.2 KEIKOKU**: This is a penalty in which WAZA-ARI is added to the opponent's score. KEIKOKU is imposed for minor infractions for which a warning has previously been given in that bout, or for infractions not sufficiently serious to merit HANSOKUCHUI.

**14.12.1.3 HANSOKU-CHUI**: This is a penalty in which IPPON is added to the opponent's score. HANSOKU-CHUI is usually imposed for infractions for which a KEIKOKU has previously been given in that bout.

**14.12.1.4 HANSOKU**: This is imposed following a very serious infraction. It results in the opponent's score being raised to SANBON.

**14.12.1.4.1** HANSOKU is also invoked when the number of HANSOKU-CHUI and KEIKOKU imposed raise the opponent's score to SANBON.

**14.12.1.5 SHIKKAKU**: This is a disqualification from the actual tournament, competition, or match. When SHIKKAKU is imposed a term must be defined for this penalty. The opponent's score is raised to SANBON. In order to define the limit of SHIKKAKU, the Referee Council must be consulted. SHIKKAKU may be invoked. When a contestant commits an act which harms, the prestige and honor of Karate-do and when other actions are considered to violate the rules of the tournament.

#### 14.12.2 General Explanation

**14.12.2.1** A penalty can be directly imposed for a rules infraction but once given, repeats of that particular infraction must be accompanied by an increase in severity of penalty imposed. It is not, for example, possible to give a Keikoku for excessive contact then give a KEIKOKU warning for a second instance of excessive contact.

**14.12.2.2** Penalties do not cross-accumulate. This is to say that a warning for the first instance of Mubobi will not be followed by an automatic Keikoku for the first instance of Jogai. The general penalties imposed are those of Keikoku, Hansoku-Chui, Hansoku and Shikkaku. The infraction should be indicated by prefation should be indicated by prefacing the Hansoku-Chui or Keikoku with an explanation such as "Jogai (or Mubobi), Hansoku-Chui/Keikoku".

## Part 6 - Shobu Sanbon Competition

### Article 14 - Shobu Sanbon

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**14.12.2.2.1** The exception to this rule is for contact and non-contact violations where both violations will accumulate in the Hansoku category.

**14.12.2.3** When the penalties incurred in any one bout through various infractions total Sanbon, then the offender will be declared the loser and the winner announced as "Aka/Shiro no Kachi".

**14.12.2.4** Warnings are given where there has clearly been a minor infraction of the rules, but the contestant's potential for winning is not diminished (in the opinion of the Referee Panel) by the opponent's foul.

**14.12.2.5** A Keikoku may be imposed directly, without first giving a warning. Keikoku is normally imposed where the contestant's potential for winning is slightly diminished (in the opinion of the Referee Panel) by the opponent's foul.

**14.12.2.6** A Hansoku-Chui may be imposed directly, or following a warning or Keikoku and is used where the contestant's potential for winning has been seriously reduced by the opponent's foul.

**14.12.2.7** A Hansoku is imposed for cumulative penalties but can also be imposed directly for serious rules infractions. It is used when in the opinion of the Referee panel for the bout, the contestant's potential to win has been reduced virtually to zero by the opponent's foul.

**14.12.2.8** A Shikkaku can be directly imposed, without warnings of any kind. The contestant need have done nothing to merit it - it is sufficient if the Coach or non-combatant members of the contestant's delegation behave in such a way as to harm the prestige and honor of Karate-Do.

**14.12.2.8.1** If the Referee believes that a contestant has acted maliciously, regardless of whether or not actual physical injury has been caused, Shikkaku and not Hansoku is the correct penalty. A public announcement of Shikkaku must be made.

### 14.13 Injuries and Accidents in Competition

**14.13.1** KIKEN of forfeiture is the decision given when a contestant or contestants are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not ascribable to the opponent's actions.

**14.13.2** If two contestants injure each other at the same time or are suffering from the effects of previously incurred injury and are declared by the tournament doctor to be unable to continue, the bout is awarded to the contestant who has amassed the most points at that time. If the points score is equal, then a decision (HANTEI) will decide the outcome of the bout.

**14.13.3** An injured contestant who has been declared unfit to fight by the tournament doctor cannot fight again in that competition.

**14.13.4** An injured contestant who wins a bout through disqualification due to injury is not allowed to fight again in the competition without permission from the doctor. If he is injured, he may win a second bout by disqualification but is immediately withdrawn from Kumite competition in that tournament.

**14.13.5** When a contestant is injured, the Referee shall at once halt the bout and call the doctor. The doctor is authorized to diagnose and treat injury only.

**14.13.6** Any competitor who falls, is thrown, or knocked down, and does not fully regain his or her feet within ten seconds, may be considered unfit to continue fighting and will be automatically withdrawn from the tournament.

#### 14.13.7 General Explanation

**14.13.7.1** Self inflicted injury and those injuries caused by the athlete are easy to deal with but when assessing an injury caused by the opponent's technique, the Panel must consider whether the technique was valid. Was it properly applied to the proper area at the correct time and with the correct degree of control. Consideration of this will assist the Referee Panel in deciding whether the injured contestant should be declared the loser by Kiken, or whether the opponent should be penalized for a foul.

**14.13.7.2** When the doctor declares the contestant unfit, the appropriate entry must be made on the monitoring record sheet. The extent of unfitness must be made clear to other Refereeing Panels.

**14.13.7.3** A contestant may win through disqualification of the opponent for accumulated minor infractions. Perhaps the winner has sustained no significant injury. A second win on the same grounds must lead to the winner's withdrawal, though he may be physically able to continue.

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### Article 14 - Shobu Sanbon

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**14.13.7.4** The doctor is obliged to make safety recommendations only as they relate to the proper medical management of that particular injured contestant.

**14.13.7.5** When applying the Ten Second Rule the timekeeper will give a warning bell sounded at seven seconds followed by the final bell at ten seconds.

**14.13.7.6** The Referee Panel will decide on KIKEN, HANSOKU or SHIKKAKU as the case maybe.

**14.13.7.7** In order that the credibility of the sport is maintained, competitors who feign injury will be subject to the strongest penalties up to and including suspension for life for repeated offenses.

**14.13.7.8** Competitors who receive SHIKKAKU for feigning injury will be taken from the competition area and put directly into the hands of the tournament Medical Commission who will carry out an immediate examination of the competitor. The Medical Commission will submit its report before the end of the Championship, for the consideration of the Referee Council.

#### 14.14 Protest

**14.14.1** No one may protest about a judgment to the members of the Refereeing Panel.

**14.14.2** If a refereeing procedure appears to contravene these rules, the official representative is the only one allowed to make a protest.

**14.14.3** The protest will take the form of a written report submitted immediately after the bout in which the protest was generated. The sole exception to this is when the protest concerns an administrative malfunction. The Area Controller should be notified immediately by raising the coaches' credential the moment the administrative malfunction is detected. Raising the credential which are not meritorious may be grounds for a penalty for that coaches' competitor.

**14.14.4** The protest must be submitted to a representative of the Referee Council. In due course the Council will review the circumstances leading to the protested decision. Having considered all the facts available, it will produce a report and shall be empowered to take such action as may be called for.

**14.14.5** Any protest concerning application of the rules must be made in accordance with the complaints procedure defined by the AAU National Committee and submitted in writing on an approved form and signed by the official representative of the team or contestant(s).

**14.14.6** The complainant must deposit a sum of money as may be agreed by the AAU National Committee, with the Treasury and a duplicate receipt will be issued. The protest, plus a copy of the receipt, must be lodged with the Referee Council. A protest form shall be provided at each championship. (See appendix)

#### 14.14.7 General Explanation

**14.14.7.1** The protest must give the names of the contestants, the Referee panel officiating and the precise details of what is being protested. No general claims about over all standards will be accepted as a legitimate protest. The burden of proving the validity of the protest lies with the complainant.

**14.14.7.2** In case of an administrative malfunction during a match in progress the Coach can notify the Match Area Controller directly by raising the coaches credential. In turn the Area Controller will notify the Referee.

**14.14.7.3** The protest will be reviewed by the Referee Council and as part of this review, the Council will study the evidence submitted in support of the protest. The Council will also study official videos and question Match Area Controllers in an effort to objectively examine the protest's validity.

**14.14.7.4** If the protest is held by the Referee Council to be valid, the appropriate action will be taken. In addition, all such measures will be taken to avoid a reoccurrence in future competitions. The deposit paid will be refunded by the Treasury.

**14.14.7.5** If the protest is held by the Referee Council to be invalid, it will be rejected and deposit forfeited to the AAU National Karate Program.

**14.14.7.6** Administrative Coaches must have one of the Referee's Council submit the protest for them.

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### Article 14 - Shobu Sanbon

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#### 14.15 Power and Duties of the Referee Council, Match Area Controllers, Referees, judges and Arbitrators

##### 14.15.1 The Referee Council's powers and duties shall be as follows:

**14.15.1.1** To ensure the correct preparation for each given tournament in consultation with the Organizing Committee, with regard to competition area arrangement, the provision and deployment of all equipment and necessary facilities, match operation and supervision, safety precautions, etc.

**14.15.1.2** To appoint and deploy the Match Area Controllers (with approval of the National AAU Karate Officers) to their respective areas and to act upon and take such action as may be required by the reports of the Match Area Controllers.

**14.15.1.3** To supervise and co-ordinate the overall performance of the refereeing officials.

**14.15.1.4** To nominate substitute officials where such are required. (The composition of a panel of officials may not be changed at the sole discretion of the Arbitrator, Referee or judge).

**14.15.1.5** To investigate and render judgment on matters of official protest.

**14.15.1.6** To pass the final judgment on matters of a technical nature which may arise during a given match and for which there are no stipulations in the rules, with the approval of the Executive Committee.

**14.15.1.7** The Executive Committee shall establish duties that it fines necessary to the Referees Council as needed.

##### 14.15.2 The Match Area Controllers powers and duties shall be as follows:

**14.15.2.1** To supervise the Referees and judges, for all matches in areas under their control.

**14.15.2.2** To oversee the performance of the Referees and Judges in their areas and to ensure that the Officials appointed are capable of the tasks allotted them.

**14.15.2.3** To prepare a daily, written report, on the performance of each official under their supervision, together with their recommendations, if any, to the Referee Council.

##### 14.15.3 The Referee's powers shall be as follows:

**14.15.3.1** The Referee ("SHUSHIN") shall have the power to conduct matches (including announcing the start, the suspension, and the end of the match) and:

**14.15.3.1.1** To award an IPPON or WAZA-ARI.

**14.15.3.1.2** To explain to the Match Area Controller or Referee Council, if necessary the basis for giving a judgment.

**14.15.3.1.3** To impose penalties and to issue warning (before, during, or after a bout).

**14.15.3.1.4** To obtain the opinion(s) of the Judges (by flag gestures).

**14.15.3.1.5** To announce extensions.

**14.15.3.2** The authority of the Referee is not confined solely to the competition area but also to all its immediate perimeter.

**14.15.3.3** The Referee shall give all commands and make all announcements.

**14.15.3.4** When the Judges signal, the Referee must consider their opinions and render a judgement. The Referee however, will only stop the match, if he agrees with the opinions rendered.

##### 14.15.4 The judge(s) ("FUKUSHIN") powers shall be as follows:

**14.15.4.1** To assist the Referee by flag gesture.

**14.15.4.2** To exercise a right to vote on a decision to be taken.

## Part 6 - Shobu Sanbon Competition

### Article 14 - Shobu Sanbon

(continued)

**14.15.4.3** The Judge(s) shall carefully observe the actions of the contestants and signal to the Referee an opinion in the following cases:

**14.15.4.3.1** When an IPPON or WAZA-ARI is observed.

**14.15.4.3.2** When a contestant appears about to commit, or has committed a prohibited act and/or techniques.

**14.15.4.3.3** When an injury or illness of a contestant is noticed.

**14.15.4.3.4** When both or either of the contestants have moved out of the competition area.

**14.15.4.3.5** In other cases when it is deemed necessary to call the attention of the Referee.

#### **14.15.5 The Arbitrator's powers shall be as follows:**

**14.15.5.1** Will supervise the timekeepers and scorekeepers. Records kept of the match shall become official record subject to the approval of the Arbitrator (Kansa). See appendix for symbols.

#### **14.15.6. General Explanation**

**14.15.6.1** When explaining the basis for a judgment after the match, the Referee may speak to the Match Area Controller or the Referee Council. The Referee will explain to no one else.

**14.15.6.2** The good Referee will not halt the smooth flow of the bout unless it is necessary to do so. All halts with no outcome such as "Yame-Torimasen" must be avoided.

**14.15.6.3** The Referee need not halt a bout when the Judges signal, if convinced the signals are incorrect. The Referee's judgement in this instance is made on the move. Before over-ruling the Judges signal the Referee must consider whether the Judges were better sighted. Judges will signal only by flag gesture. They will not use whistles.

**14.15.6.4** When, however, the match has been halted and the judges have different opinion to that of the Referee then the majority decision will prevail.

**14.15.6.5** The Judges must only score what they actually see. If they are not sure that a technique actually reached a scoring area they should signal "Mienai".

**14.15.6.6** In the event that the Referee does not hear the time-up bell, the Arbitrator will blow his whistle.

**14.15.6.7** Judges may signal the referee by raising their flag in a circular motion for administrative errors, safety issues or violations by coaches, athletes, volunteers or spectators.

#### **14.16 Starting, Suspending and Ending of Matches.**

**14.16.1** The terms and gestures to be used by the Referee and judges in the operation of a match shall be as specified in the Appendix.

**14.16.2** The Referee and judges shall take up their prescribed positions and, following and exchange of bows between the contestants, the Referee will announce "SHOBU SANBON HAJIME!" and the bout will commence.

**14.16.3** The Referee will stop the bout by announcing "YAME!" when a scoring technique is seen. The Referee will order the contestants to take up their original positions.

**14.16.4** The Referee returns to his position and the judges indicate their opinion by means of a signal. The Referee identifies the relevant score, awards WAZA-ARI or IPPON and supplements the announcement with the prescribed gesture. The Referee then restarts the bout by calling "TSUZUKETE HAJIME!".

**14.16.5** When a contestant has scored SANBON during a bout, the Referee shall call "YAME!" and order the contestants back to their standing lines as here turns to his. The winner is then declared and indicated by the Referee raising a hand on the side of the winner and declaring "SHIRO (AKA) NO KACHI". The bout is ended at this point.

**14.16.6** When time is up and the scoring situation tied, the Referee shall call "YAME!" and return to his position. The Referee will call "HANTE!" and following his signal (by whistle) the judges will indicate their opinions. The majority decision will be taken. The judges and Referee have one vote each at HANTE!.

**14.16.7** The Referee will award the decision and announce the winner, or give a draw ("HIKIWAKE").

**14.16.8** In the event of a tied individual bout, the Referee will announce "ENCHO-SEN" and start the extension with the command "SHOBU, HAJIME!".



## Part 6 - Shobu Sanbon Competition

### Article 14 - Shobu Sanbon

(continued)

**14.16.9** When faced with the following situations, the Referee shall announce "YAME!" and halt the bout temporarily. The bout will subsequently be restarted.

**14.16.9.1** When both or either of the contestants are out of the area (or when a Judge signals a JOGAI) the Referee will order the two contestants to their initial positions.

**14.16.9.2** When the Referee orders the contestant to adjust his/her Gi.

**14.16.9.3** When the Referee notices that a contestant appears about to contravene the rules.

**14.16.9.4** When the Referee notices that a contestant has contravened the rules.

**14.16.9.5** When the Referee considers that one or both of the contestants cannot continue with the bout owing to injuries, illness or other causes. Heeding the tournament doctor's opinion, the Referee will decide whether the bout should be continued.

**14.16.9.6** When a contestant seizes his opponent and does not perform an immediate effective technique, the Referee will separate them.

**14.16.9.7** When one or both contestants fall or are thrown and no effective techniques are immediately forthcoming. (Technique(s) executed from the ground may score.)

#### **14.16.10 General Explanation**

**14.16.10.1** When beginning a bout, the Referee first calls the contestants to their starting lines. If a contestant enters the area prematurely, he/she must be motioned off. The contestants must bow properly to each other -a quick nod is both discourteous and insufficient. The Referee can call a bow where none is volunteered by motioning with his forearms as shown in the appendix of the rules.

**14.16.10.2** When halting a bout, the Referee does not merely call "YAME!". He/she also makes the appropriate signal. The Referee must first identify the scoring opponent ("Aka" or "Shiro"), then the scoring area attacked ("Chudan, Jodan"). This followed by the general classification of scoring techniques used ("Tsuki", "Uchi" or "Keri") and finally the score awarded ("Waza-Ari" or "Ippon").

**14.16.10.3** When re-starting the bout, the Referee should check that both contestants are on their lines and properly composed. Contestants jumping up and down or otherwise fidgeting must be stilled before combat can recommence. The Referee must restart the bout with the minimum of delay.

**14.17 Modifications** – The National Executive Committee may direct the National AAU Karate Referee Council and Technical Committee to modify these rules.

#### **14.18 Duties of Record Keepers, Match Expeditors, Announcers, and Timers.**

##### **14.18.1 Record keeper**

**14.18.1.1** The Record keeper shall keep the individual match record and assist the Kansa.

**14.18.1.2** Keep track of each incident, and if required, the time of each occurrence.

**14.18.1.3** Make certain that records are properly filled and signed by all officials of that match.

**14.18.1.4** Shall be responsible for proper charting of the elimination chart (including repechage), preparing the match scorecard for the scorekeeper and assist the Kansa. (See appendix for symbols)

**14.18.1.5** At all sanctioned competition, every effort shall be made to avoid first round competition between members of the same club or district.

**14.18.1.6** No chart may be altered from its original form, substituted for, or rewritten without the consent of the Referees' Council.

**14.18.1.6.1** Charts may not be altered from its original form, substituted for, or rewritten at National Championships and AAU Junior Olympic Games without the consent of those appointed for that specific event by the National Chairman who shall attest to its fairness and accuracy.

**14.18.1.7** Shall list all the winners as well as qualifiers whenever applicable and assure that the official charts are delivered to the proper Administrative Committee member.

## Part 6 - Shobu Sanbon Competition

### Article 14 - Shobu Sanbon

(continued)

#### 14.18.2 Match Expediter

**14.18.2.1** Shall assume such duties as necessary to ensure the proper order of the competition including but not limited to.

**14.18.2.2** Summoning the tournament medical person when necessary.

**14.18.2.3** Seeing that each (Youth) competitor is properly identified and that the Gi, safety gear, red sash, and head guard are fixed correctly.

**14.18.2.4** Ensure that the match is run precisely and with minimum delay.

**14.18.2.5** Directing winners of each bout to confirm victory with the Control Table.

#### 14.18.3 Announcer

**14.18.3.1** Shall announce the competing contestants (designating Aka and Shiro), the competitors: who are on deck and shall announce the winners unless otherwise instructed.

## Part 7 - Shobu Ippon Competition

### Article 15 - Shobu Ippon

**15.1** Shobu Ippon competition shall be conducted under guidelines as set forth by the National AAU Karate Executive Committee. Its inclusion in the AAU National Karate Championships shall be at the discretion of the National AAU Karate committee. The rules of Shobu Sanbon apply augmented with the following rules:

#### 15.2 Organization of Competition

##### 15.2.1 Individual

**15.2.1.1** Shobu Ippon competition shall be restricted to the advanced open male category and the advanced open female category.

**15.2.1.2** The individual Kumite match consists of individual performance in separate male and female divisions.

**15.2.1.3** The individual match will not be further divided into weight divisions.

**15.2.1.4** The individual match is decided by "Shobu Ippon".

##### 15.2.2 Team Match

**15.2.2.1** Matches between individual members of each team shall be of Shobu Ippon in a predetermined order and the winner of a team match shall be decided on the basis of these individual matches.

#### 15.3 Referee Panel

**15.3.1** The panel of judges for Shobu Ippon matches shall be comprised of one Shushin, four Fukushin and one Kansa.

#### 15.4 Duration of Bout

**15.4.1** Duration of the Kumite bout is defined as two minutes.

#### 15.5 Scoring

**15.5.1** The result of a bout is determined by either contestant scoring IPPON, two WAZAARI's, obtaining a decision, by a HANSOKU, SHIKKAKU, or KIKEN imposed against a contestant.

**15.5.2** A victory over an opponent who has been given a HANSOKU or SHIKKAKU will be worth IPPON. If a contestant is absent, withdraws, or is with drawn, the opponent will be credited with a win by KIKEN (IPPON.)

## Part 7 - Shobu Ippon Competition

### Article 15 - Shobu Ippon

(continued)

15.6 Further details on scoring techniques in Kumite. Same as Shobu Sanbon with the following exceptions:

15.6.1 A score of Ippon achieved either directly or with two waza-aris determines the bout.

#### 15.7 Criteria for Decision

15.7.1 In the absence of a IPPON score, or of a defeat caused by KIKEN, HANSOKU, or a SHIKKAKU during the bout, a decision is taken on the basis of the following considerations:

15.7.1.1 The attitude, fighting spirit and strength demonstrated by the contestants.

15.7.1.2 The superiority of tactics and techniques. Note: A Waza-Ari score over the other does not automatically give a contestant victory of the bout,

15.7.2 In individual category where there is no score superiority, then the following procedure will be followed:

15.7.2.1 If, at the end of a bout, the two contestants have no score, the winning decision shall be given by HANTEI.

15.7.2.2 If, at the end of a bout, the two contestants have scored equally, the decision for victory shall be given by HANTEI.

15.7.2.3 When scores are unequal, even if one contestant is ahead by a Waza-Ari, the decision for victory shall be given by HANTEI.

#### 15.8 Penalties

15.8.1 The following scale of penalties shall operate:

15.8.1.1 **CHUKOKU** (Warning): May be imposed for intended minor infractions or for the first instance of a minor infraction.

15.8.1.2 **HANSOKU-CHUI**: This is a penalty usually imposed for serious infractions for which an Atenaiyoni has previously been given in that bout. No IPPON is awarded to the opponent.

15.8.1.3 **HANSOKU**: This is imposed following a very serious infraction. It results in the opponent's score being raised to IPPON.

15.8.1.4 **SHIKKAKU**: This is a disqualification from the actual tournament, competition, or match. The opponent's score is raised to IPPON. In order to define the limit of SHIKKAKU, the Referee Council must be consulted. SHIKKAKU may be invoked. When a contestant commits an act, which harms the prestige and honor of Karate-do and when other actions are considered to violate the rules of the tournament.

#### 15.8.2 JOGAI

15.8.2.1 After the first escape, the contestant must be given an Chukoku.

15.8.2.2 After the second escape, the contestant must be given a Jogai Hansoku Chui with no points awarded to the opponent.

15.8.2.3 After the third escape, the contestant must be disqualified by a Jogai Hansoku and victory to the opponent.

15.9 **Power and Duties of the Shushin (Referee), the Fukushin (judge) and the Kansa (Arbitrator)**. For the purpose of ensuring strict fairness and uniformity of the methods of judging and thus enhancing the authority of judges, these responsibilities shall be applicable to matches held under the auspices of the National AAU Karate committee.

#### 15.9.1 General Explanation

15.9.1.1 All consultations between the referee panel must be kept as brief as possible. Whenever possible, discussion should be strenuously avoided and reliance placed upon the prescribed signals and gestures, as given in the appendix, to communicate views.

15.9.1.2 Only "R" officials should be used for men's and women's Shobu Ippon matches.

## Part 7 - Shobu Ippon Competition

### Article 15 - Shobu Ippon

(continued)

#### 15.9.2 The Referees powers shall be as follows:

15.9.2.1 To award Ippon for an accurate and decisive technique, or Waza-Ari for a technique almost comparable to Ippon.

15.9.2.2 When the referee observes and recognizes a technique executed by a contestant as Ippon he shall stop the match by announcing "Yame" and order the contestants to their original positions. The referee shall also return to his position, and by raising his hand on the side of the winner, he shall declare the winner, identifying the decisive technique used by him and then terminate the match.

15.9.2.3 When the referee observes a technique, which he recognizes as not quite adequate for an Ippon, but as effective, he shall announce "Yame" and order the contestants to their original positions. Then the referee shall also return to his position and announce "Waza-Ari" and order the resumption of the match.

15.9.2.4 When a contestant scores two waza-ari's, the referee shall announce the existence of an Ippon and call the match finished.

15.9.2.5 When time is up the referee shall announce "Yame" and order the contestants to their original positions. Then the referee shall also return to his/her position and announce the score made. After going to his position outside the area and having allowed the judges time for weighing their judgement, he shall call "Hantei" and shall signal by whistle calling upon the judges to give their judgment. He then shall decide the winner by majority based on the table of judgement. He shall then return to his position and declare the winner by raising his hand on the side of the winner or call the match a draw.

15.9.2.6 When a judge signaled (by flags or whistle) indicating an effective technique delivered by one of the contestants, the referee may ignore the signal and continue with the match.

15.9.2.7 When three or more judges signaled (by flags or whistle) indicating an effective technique delivered by one of the contestants, the referee must suspend the match, observe their opinion and render a decision on the match.

#### 15.9.3 The Corner judges powers shall be as follows:

15.9.3.1 At the beginning of the match take up their positions at prescribed location outside the match area, carrying a pair of red and white flags and a whistle.

15.9.3.2 Signal their judgement regarding Ippon, Waza-Ari or foul by means of flags and whistle.

15.9.3.3 The corner judge shall carefully observe the actions of the contestants within his range of vision and in the following cases he shall at once signal the referee by means of whistle or flag correctly giving his opinion.

15.9.3.3.1 When he observes Ippon or Waza-Ari.

15.9.3.3.2 When he notices that a contestant is about to commit- or had committed a prohibited act.

15.9.3.3.3 When both or either of the contestants moves out of the match area.

15.9.3.3.4 In all cases when he deems it necessary to bring something to the attention of the referee.

#### 15.9.4 The Kansa's powers shall be as follows:

15.9.4.1 Assure that whistles are available for each judge and the referee.

15.9.4.2 Keep accurate records for each match.

15.9.4.3 Render an opinion when referred by the referee.

## Part 8- Competition Types, Categories & Divisions

### Article 16 - General Information

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**16.1 The types of competition shall be as follows:**

**16.1.1 Kumite (Free-sparring)**

16.1.1.1 WKC Shobu Ippon (one point)

16.1.1.2 WKC Shobu Sanbon (three points)

16.1.1.3 WKF Open Score

**16.1.2 KATA (Form)**

16.1.2.1 Tokui (Free Selection)

16.1.2.2 Shitei (Compulsory)

**16.1.3 KOBUDO (Weapons KATA)**

16.1.3.1 KOBUDO Short Weapons

16.1.3.2 KOBUDO Long Weapons

**16.2 Competition categories shall be as follows:**

**16.2.1 Individual**

**16.2.1.1 Kumite**

16.2.1.1.1 Shobu Ippon

16.2.1.1.2 Shobu Sanbon

16.2.1.1.2.1 Light weight

16.2.1.1.2.2 Heavyweight

16.2.1.1.2.3 Kilo weights

**16.2.1.2 KATA**

16.2.1.2.1 Tokui

16.2.1.2.2 Shitei Shotokan

16.2.1.2.3 Shitei Shito Ryu

16.2.1.2.4 Shitei Goju Ryu

16.2.1.2.5 Shitei Wado Ryu

16.2.1.2.6 Shitei Shorin Ryu

16.2.1.2.7 Shitei Open (WKF)

**16.2.1.3 KOBUDO**

16.2.1.3.1 Tokui

16.2.1.3.1.1 Long weapons

16.2.1.3.1.2 Short weapons

**16.2.2 Team**

16.2.2.1 Kumite Shobu Sanbon

16.2.2.2 KATA Tokui

16.2.2.3 KOBUDO Tokui

**16.3 Individual divisions for KATA, KOBUDO and Kumite shall be as follows:**

**16.3.1 Junior**

16.3.1.1 Beginner

16.3.1.2 Novice

16.3.1.3 Intermediate

16.3.1.4 Advanced (8 years & older)

**16.3.2 Adult**

16.3.2.1 Beginner

16.3.2.2 Novice

16.3.2.3 Intermediate

16.3.2.4 Advanced

## Part 8- Competition Types, Categories & Divisions

### Article 16 - General Information

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#### 16.3.3 Senior

16.3.3.1 Beginner

16.3.3.2 Novice

16.3.3.3 Intermediate

16.3.3.4 Advanced

#### 16.4 The age limits for the various divisions shall be:

16.4.1 Junior - 5 through 18 years of age (except for AAU.J.0. Games, see Article 19.7)

16.4.2 Adult - 19 through 34 years of age

16.4.3 Seniors

16.4.3.1 35 - 39 years of age

16.4.3.2 40 - 44 years of age

16.4.3.3 45 - 49 years of age

16.4.3.4 50 - 54 years of age

16.4.3.5 55 and older

**Note:** Athletes age 35 years or older may compete in any age division for which they are eligible, but may not compete in more than one age division in any single event. These athletes must declare the division that they choose to compete in. Senior competitors may not compete in Kilo, Open or Shobu Ippon categories.

#### 16.5 Requirements for Adult Divisions:

16.5.1 Beginner - Less than one year of martial art experience.

16.5.2 Novice - One year but less than two years of martial art experience.

16.5.3 Intermediate - Two years but less than four years of martial art experience.

16.5.4 Advanced - Four or more years of martial art experience.

#### 16.6 Requirements for Senior Divisions:

16.6.1 Same as Adults (Article 16.5)

#### 16.7 Requirements for Junior Age Group:

16.7.1 Same as Adults (Article)

#### 16.8 KOBUDO competition shall be conducted as follows:

16.8.1 Ages 5 - 18, Beginners, Novice, intermediate and advanced (see appendix)

16.8.2 Adults male and female, 19 - 34 - Beginners, Novice, intermediate and advanced.

16.8.3 Seniors male and female, 35 and older- Beginners, Novice, intermediate and advanced. (see appendix)

16.9 The above divisions shall apply to male and female competition separately and to KATA, Kumite and KOBUDO as described above. There shall be no mixed competition between male and female competitors in individual competition at any national class event.

16.10 Weight sub-divisions shall be used for each of the above Kumite categories as follows:

16.10.1 Junior Age Group - Divided into light and heavy weight sub-divisions.

16.10.2 Adult, Male- Advanced

16.10.2.1 -150 lbs. limit

16.10.2.2 -172 lbs. limit

16.10.2.3 172 + lbs. limit

16.10.3 Adult, Male - Beginner, Novice & Intermediate

16.10.3.1 Lightweight: -70 kg (-154 lbs.)

16.10.3.2 Heavyweight: over 70 kg (154 lbs. and over)

16.10.4 Adult, Female - Advanced

16.10.4.1 -121 lbs. limit

16.10.4.2 -132 lbs. limit

16.10.4.3 132+lbs. limit

16.10.5 Adult, Female - Beginner, Novice & Intermediate

16.10.5.1 Lightweight: -60 kg (-132 lbs.)

16.10.5.2 Heavyweight: 60+ Kg (132 lbs. and over)

## Part 8- Competition Types, Categories & Divisions

### Article 16 - General Information

(continued)

- 16.10.6** Senior, Male- Beginner, Novice, Intermediate & Advanced
- 16.10.6.1** Lightweight: -70kg (-154 lbs.)
  - 16.10.6.2** Heavyweight: 70+ kg (154 lbs. and over)
- 16.10.7** Senior, Female - Beginner, Novice, Intermediate & Advanced
- 16.10.7.1** Lightweight: -60 kg (-132 lbs.)
  - 16.10.7.2** Heavyweight: 60+ kg (132 lbs. and over)
- 16.10.8** These specific divisions apply if there are enough entries to formulate a division.
- 16.11** Competitors' 18 years old and younger must compete in junior age group competition.
- 16.11.1** The only exception is the advanced 16, 17, 18 year old KATA competitors that may chose to participate in both their age category Tokui KATA as well as Shitei KATA.
  - 16.11.2** Competitors 19 years of age and under 35 years of age must compete in the adult division.
  - 16.11.3** Competitors 35 years and older may compete in either the adult Division or their respective senior divisions, but not both.
- 16.12** Any competitor who wins an district championship shall automatically be considered in the next higher division in the following year after such district tournament is completed.
- 16.12.1** No athlete will be allowed to compete in the classification beginner or novice at more than one national championship. The athlete must advance each year until he/she competes in the intermediate division.
  - 16.12.2** No athlete will be allowed to compete in the Intermediate classification at more than two national championships. The athlete must advance until he/she competes in the advanced division.
- 16.13** Contestant must enter the same division in KUMITE, KATA and KOBUDO.
- 16.14** The weight of a competitor must be documented on an official weigh-in form, witnessed and signed by the designated official(s). Kilo fighters shall weigh-in between the start of registration and 24 hours prior to their event.
- 16.15** The age and time in training of the competitor as of July I shall determine the age and experience of that competitor as regards to competition for the entire calendar year.
- 16.16** All matters regarding correct classification of athletes shall be referred to the local District/ Karate Registration Committee. Appeals shall be heard by the National AAU Karate Registration Committee or elsewhere as outlined in the Constitution and By-laws for the National AAU Karate Committee.
- 16.17** The following divisions shall be included at each national championship and each pre-national tournament qualifying competitors to the nationals. Divisions may be combined, however, where there are not enough competitors to field the respective divisions.
- 16.17.1** Junior Age Group (5 - 18 years old):
    - 16.17.1.1** Beginner, Novice, Intermediate, Advanced
      - 16.17.1.1.1** No advanced divisions for 7 years & younger.
    - 16.17.1.2** At the discretion of the Tournament Director a division may be sub-divided according to height and weight. In junior age divisions a single competitor who is significantly larger or smaller than the other competitors in his/her division may be moved up or down one and only one age division
    - 16.17.1.3** Any junior division with more than 32 participants must be subdivided with consideration given first to the age of the athletes.
    - 16.17.1.4** Please refer to the appendix for the junior divisions that shall be contested at the AAU Junior Olympic Games
  - 16.17.2** Adults: (19 - 34 years old)
    - 16.17.2.1** Beginner: Lightweight/Heavyweight
    - 16.17.2.2** Novice: Lightweight/Heavyweight
    - 16.17.2.3** Intermediate: Lightweight/Heavyweight
    - 16.17.2.4** Advanced male/female (see 16.10.2 & 16.10.4)
    - 16.17.2.5** No weight division for KATA competition. Advanced KATA may be mandatory or open as may be determined for the year's championship.

## Part 8- Competition Types, Categories & Divisions

### Article 16 - General Information

(continued)

16.17.3 Seniors (age 35-39, 40-44, 45-49, 50-54, 55 & older)

16.17.3.1 Beginner: Lightweight/Heavyweight

16.17.3.2 Novice: Lightweight/Heavyweight

16.17.3.3 Intermediate: Lightweight/Heavyweight

16.17.3.4 Advanced: Lightweight/Heavyweight

### Article 17 - Team and Collegiate Competition

#### 17.1 General Explanation

17.1.1 National Team/Collegiate Team Championships amongst district/college members shall be held each year.

17.1.2 Each active district/college may choose teams to compete at this tournament.

17.1.3 The National Team/College Team Championship may or may not be held in conjunction with the Individual Tide National Championships.

17.1.4 Collegiate teams must be comprised of students in good standing in the college or university in which they attend.

#### 17.2 Team Composition

17.2.1 The composition of the team shall include the necessary athletes to fulfill the requirements for the team competition. Other criteria for team composition not met by an District Team shall be grounds for forfeiture of that team.

17.2.2 The composition of the team for each year shall include such categories as deemed appropriate and agreed to between the tournament director and the Executive Committee.

17.2.3 In addition to declaring the athletic members of a team, each district shall also declare a team:

17.2.3.1 Manager

17.2.3.2 Coach

17.2.3.3 Medical Person

17.2.3.4 Trainer

#### 17.3 Inter-district Team Competition

17.3.1 This Article and these rules shall also be the basis for inter-district team competition.

17.3.2 The Tournament Director and LSC(s) shall agree upon those competition categories that shall make up a team.

## Part 9 - Qualification Procedures

### Article 18 - For the AAU National Championships and AAU Junior Olympic Games.

#### 18.1 Authority

##### 18.1.1 District Championship/Regional qualifiers

18.1.1.1 All athletes must compete at the District level before participating at the regional level.

18.1.1.2 District events shall qualify the top 16 from each appropriate age category to participate at the Regional level only.

##### 18.1.2 Regional Championships/National Qualifier

18.1.2.1 All athletes who have qualified at the District level may participate at the Regional level.

18.1.2.2 Regional events shall qualify the top 16 athletes from each appropriate age category to participate at the AAU National Championships.

18.1.2.3 Regional events shall qualify the top 8 athletes in the Intermediate and advanced junior divisions to qualify for the AAU Junior Olympics.

##### 18.1.3 Special Qualifier

18.1.3.1 The National AAU Karate Committee shall have the right to qualify a team of athletes to the National Karate Championships and AAU Junior Olympic Games from any District or Region within the Amateur Athletic Union.



## **Part 9 - Qualification Procedures**

### **Article 18 - For the AAU National Championships and AAU Junior Olympic Games. (continued)**

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**18.1.3.2** The number of athletes qualifying directly to the National Championship and AAU Junior Olympic Games shall be determined by the National Committee.

**18.1.4** Adult athletes are not restricted in qualifying for National Championships in their geographic regional boundaries, however must qualify within their own District Championship. (Regional Qualifier).

#### **18.1.5 National Championships**

**18.1.5.1** The National Championships shall qualify the top 16 athletes from each appropriate age category from the Advanced and Intermediate Divisions to participate at the National AAU Junior Olympic Games.

**18.1.6** Intermediate and advanced athlete's in good standing ages from 7 - 18 inclusive who have met the qualifications criteria above shall be allowed to compete at AAU Junior Olympic Games.

#### **18.2 Sanction**

**18.2.1** For each tournament to be valid, the appropriate sanction for the event must be secured, and all competitors must be properly registered. All athletes must be current members of the Amateur Athletic Union in good standing.

#### **18.3 Time Deadline**

**18.3.1** A list of all athletes who have qualified to participate at the AAU National Championships and AAU Junior Olympic Games must be received by the National AAU Karate office no later than (30) thirty days prior to the opening ceremonies of these events.

#### **18.4 Financial**

**18.4.1** All financial statements, copies of sanction, appropriate per competitor participation fee and any other financial obligations must be received by the National AAU Karate Treasurer ten days after closing ceremonies of the qualifying event. Failure to do so shall result in an additional \$3.00 per athlete late penalty fee.

**18.4.2** Unreported events may disqualify any athletes from that qualifying competition or to participate in and to receive any awards at the AAU National Karate Championships.

**18.4.3** Also future awards for qualifiers and sanctions will be withheld for any organizations or individuals who fail to meet this requirement.

**18.4.4** For District level qualifying events, a \$3.00 per competitor participation fee and any other financial obligations must be received by the National AAU Karate Treasurer ten days after closing ceremonies of the qualifying event. Failure to do so shall result in an additional \$3.00 per athlete late penalty fee.

**18.4.5** For Regional level qualifying events, a \$5.00 per competitor participation fee and any other financial obligations must be received by the National AAU Karate Treasurer ten days after closing ceremonies of the qualifying event. Failure to do so shall result in an additional \$3.00 per athlete late penalty fee.

#### **18.5 Exceptions**

**18.5.1** Upon petition to the AAU National Committee, the District Chairman or the Regional Director may for an individual on a case by case basis ask to waive certain or all requirements for participation at the AAU National Championships. The National AAU Karate Executive Committee may consider to waive in part some requirements for qualification procedures to these National Championships. A written request must be received, by the National Chairman no later than (30) days prior to commencement of these championships for consideration. Waivers are limited to one per athlete per year.

**18.5.2** District or Regional Directors may petition in writing to the AAU National Committee requesting an increase in the number of qualifiers in their district or region.

**18.5.3** Athletes who are granted a waiver must forward the appropriate application and fee for that qualifier waived through to the tournament director. This is in fairness for all participating athletes.

## Part 9 - Qualification Procedures

### Article 18 - For the AAU National Championships and AAU Junior Olympic Games. (continued)

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**18.6 Advertisement** - Regardless of the method for qualification to the AAU Junior Olympic Games and National Championships only these prescribed titles shall be utilized in advertisements publicizing these events unless approved by the National Chairperson.

**18.6.1** AAU National Karate Championships (Qualifier to AAU Junior Olympic Games)

**18.6.2** AAU National Qualifier (Qualifier to the AAU National Karate Championships & Qualifier to AAU Junior Olympic Games).

**18.6.3** AAU District Karate Championship (Qualifier to the AAU Regional Karate Championship and AAU Junior Olympic Games).

**18.6.4** AAU Special Qualifier (Qualifier to the Regional, National or AAU Junior Olympic Games).

## Part 10 - Sanctioning AAU Tournaments

### Article 19 - Guidelines

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**19.1 Purpose** - Act as general guidelines to ensure proper conduct of AAU Karate events.

#### 19.2 General Explanation

**19.2.1** To hold an open AAU Karate Tournament, contact your local AAU district office for a sanction application and name of your local AAU Karate Sports Chairperson.

**19.2.2** Completed the sanction application and obtain the approval and signature of the local Karate Sports Chairperson.

**19.2.3** Forward the sanction application to the local AAU office.

**19.2.4** The sanction is then issued by the local district. (In some districts the local sports committee may actually issue the sanctions for its sports.) The sanction fee is indicated and may be required to be paid in advance. Sanction fees may vary from district to district.

**19.2.5** Closed Competition.

**19.2.5.1** Limited to a few clubs.

**19.2.5.2** Local tournament organizer shall notify these clubs.

**19.2.6** Open Competition.

**19.2.6.1** Contact the local karate sports chairman for a list of AAU registered karate athletes.

**19.2.6.2** The local karate sports committee or its designate is responsible for the organization and directing this tournament.

**19.2.6.3** Open competition is generally held to qualify athletes who wish to compete at the AAU National Karate Championships.

**19.2.6.3.1** Open Qualifying Competitions must first be approved by the Local Sports Committee.

**19.2.7** AAU karate allows for unattached athletic members to compete (athletes who are not members of an AAU club)

**19.2.8** Entry forms, flyers, etc. must be approved by the National AAU Karate liaison.

**19.2.8.1** All tournament entry forms, flyers, etc. shall include the following information:

**19.2.8.1.1** Any proposed modifications to the AAU/IF Rules. These must have the approval of the Local Sports Committee (LSC) Karate Chairperson and may include different divisions, the allowance of pads for adult competition, modification to uniform requirements, etc.

**19.2.8.1.1.1** Modifications not appearing on the entry form and tournament flyer should not be allowed. Rule changes for qualifying tournaments to the National Championships are strongly discouraged.

**19.2.8.1.2** Advise that each athlete competing must be an amateur member of the AAU.

**19.2.8.1.3** Advise that junior athletes should be prepared to present proof of age should a question on this matter arise.

**19.2.9** Review the AAU/IF rules and the methods and procedures for holding matches under these rules with the Local Sports Committee Karate Chairperson to insure compliance.

**19.2.10** Contact the local AAU Karate Representative from your district to ensure that enough qualified referees are available to hold the competition.

## Part 10 - Sanctioning AAU Tournaments

### Article 19 – Guidelines

(continued)

- 19.2.10.1 A clinic may be held to review the tournament rules for the referees, judges, timekeepers, charters, and scorekeepers prior to the competition.
- 19.2.11 The local karate chairperson will assist you in obtaining AAU karate athletic membership applications.
- 19.2.12 Appropriate AAU membership form and fee must be collected prior to the opening ceremonies of each AAU sanctioned event.

## Part 11 - General Considerations

### Article 20 - Requirements

#### 20.1 Eligibility:

- 20.1.1 All competitors must be registered AAU Amateur Athletes.
- 20.1.2 All competitors must present a current AAU registration card, or proof of registration to the designated tournament registration committee member.
- 20.1.3 Registration deadlines shall be set by the Tournament Director.
- 20.1.4 All competitors must enter and compete under their own legal name. Nicknames are prohibited and will result in disqualification.
- 20.1.5 All competitors must be certified as physically fit. In case of doubt, the tournament physician must certify physical fitness.
- 20.1.6 All competitors that are minors must have parent or guardian consent.
- 20.1.7 All competitors must conform to eligibility requirements of the official AAU Code and meet the requirements for amateur standing as outlined. Regional Directors and District Chairperson may check for proof that eligibility requirements are met.
- 20.1.8 All competitors will be assigned a permanent number to be affixed on the back of the Gi top.

#### 20.2 Athlete Representation:

- 20.2.1 Athletes' representatives may come from club membership or through unattached memberships.

#### 20.3 Personal Requirements and Conduct of the Competitor:

- 20.3.1 Both competitor and uniform must be sanitary.
- 20.3.2 Fingernails and toenails must be cut short.
- 20.3.3 No rings, bracelets, hair beads, hair clips or other potentially harmful jewelry may be worn.
- 20.3.4 No hats or sweatbands in any form, shape or color may be worn by a competitor or official.
- 20.3.5 There shall be no conversation between competitors during a match.
- 20.3.6 The contestant has no say in arguing or contesting a point of judgment.

#### 20.4 Officials' Requirements:

- 20.4.1 Must be a current AAU member and present a neat and clean image.
- 20.4.2 The referees and judges shall wear the uniform designated by the AAU.
- 20.4.3 The scorekeeper shall wear presentable attire and shall be equipped with elimination charts on a clipboard, pencil with eraser, and a ruler if deemed necessary.
- 20.4.4 The timekeeper shall wear presentable attire and shall be equipped with a stopwatch (and possible neckband) and a bean bag, bell or sponge which will be used to indicate that time has expired. A second stopwatch will also be available for use for the "ten second rule".
- 20.4.5 All certified officials at an AAU competition must present themselves to and register with the Match Area Controller prior to the start of competition. They must present their AAU card and license for identification and validation. Those that declare a desire to coach must not be in an official's uniform when coaching. At the AAU National Championships, a person who declares to coach shall not serve as an official during that day's competition.
- 20.4.6 Officials (R) present at the AAU National Championships must officiate or serve in some capacity assigned by the National Karate Chairperson unless competing.
- 20.4.7 Every effort shall be made to ensure that no more than one official during any match shall be from the same style system, school, gym, club, district or main branch of karate.

## Part 11 - General Considerations

### Article 20 – Requirements

(continued)

20.4.8 All officials shall address each other as Mr., Mrs., Miss or Sensei and shall always be respectful, polite and courteous to all volunteers.

20.4.9 All officials shall remain at their assigned posts and shall not leave without the approval of the Referee or Match Area Controller.

#### 20.5 Coaches' and Instructors' Requirements and Conduct:

20.5.1 Each competitor prior to the start of competition may declare one coach for any given competition. The designated coach must be an AAU member and must have attended a national coach's seminar.

20.5.2 The coach must stay in his designated area at the side of the ring except when filing a protest with the arbitrator.

20.5.3 A competitor in the same competition as another cannot be that competitor's coach.

20.5.4 A competitor cannot register himself/herself as his/her own coach.

20.5.5 A coach cannot enter the match area under any circumstances.

20.5.6 A coach may not speak to or harass the referees, judges or volunteers.

20.5.7 A coach must lodge all protests with the proper protest procedure. Protests shall be in writing, unless correction specifies administrative oversight. Only Technical Coaches may file a protest in writing.

Administrative Coaches must have a member of the Coaches' Council to file a protest on their behalf.

20.5.8 All protests will be refunded if the protest is found to be valid. Also refer to Part 6. Article 14.4.7.4

20.5.9 A coach, when coaching, must only speak in a normal tone of voice and not disturb the match progress.

20.5.10 All coaches shall address each other as Mr., Mrs., Miss or Sensei and shall always be respectful, polite and courteous to all officials and volunteers.

20.5.11 All coaches', instructors and members of each athlete or team, must be a current AAU member.

#### 20.6 National AAU Karate Council of Referees

20.6.1 Upon approval of the AAU National Executive Committee, the Council of Referees must determine at each National AAU Convention if options of competition shall be approved in for the following year (i.e., Shobu Ippon, Okinawan KATA division, WKF method of Kumite, and long and short weapons subdivisions of KOBUDO).

20.6.2 The Council of Referees must inform the National Secretary, or Karate Sports Manager of all inclusions to be published and announced to all District Chairperson and Region Directors.

### Article 21 - Code of Honor

#### 21.1 Athletes

21.1.1 I promise upon my word of honor that I will not take an unfair advantage of an opponent, that I will be courteous in word and demeanor to opponents, officials and spectators, that I will observe the rules of the game in spirit as well as in letter, and that I will constantly strive to uphold the ethics of amateur sports.

#### 21.2 Coach/Volunteer

21.2.1 I promise upon my word of honor to help to create an environment in which primary emphasis is placed upon the emotional and physical well being of all AAU athletes rather than winning. I will lead by example, and will demonstrate the value of fair play and sportsmanship to all participants. Lastly, by becoming an AAU member I agree to be bound by the AAU code as well as all AAU operating procedures and policies.

#### 21.3 Referee/Arbitrator/Judges/Official

21.3.1 I will remain absolutely impartial and professional at all events.

## Part 12 - Uniform/Dress

### Article 22 - Uniform Requirements

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#### 22.1 Referees/Judges

**22.1.1** Referees and judges must wear the official uniform designated by the referees' council. This uniform must be worn at all tournaments and courses.

**22.1.2** The official uniform will be as follows:

**22.1.2.1** A single breasted navy-blue blazer bearing two silver buttons.

**22.1.2.2** A white shirt with long or short sleeves, depending on prevailing climatic conditions.

**22.1.2.3** An official tie worn without tiepin.

**22.1.2.4** Plain light gray trousers without cuffs.

**22.1.2.5** An official badge.

**22.1.2.6** An officials' license book with their name and license rating.

**22.1.2.7** Un-patterned dark blue or black socks and black, slip on shoes for use on the match area.

**22.1.2.8** Jewelry of any kind is not allowed, including watches, wedding rings and stud earrings.

**22.1.3** All officials must present their license credentials to the Chief Referee or Council of Referees prior to the commencement of the opening ceremonies.

**22.1.4** All officials shall bring a whistle attached to a white chord, pen, pad and breath mints.

#### 22.2 Coaches

**22.2.1** The coach shall at all times during the tournament wear white Gi pants, tennis shoes, an official coaches shirt and an identifying credential placed around their neck.

**22.2.2** Coaches must be current members of AAU in good standing.

**22.2.3** No person shall be allowed to coach unless they are in compliance with these requirements.

**22.2.4** No coach shall have another person substitute or act in his behalf. Those in violation will not be able to coach for a minimum of two years.

**22.2.5** Coaches shall not wear their own team, organization or club jackets at national events unless granted permission by the AAU National Executive Committee.

#### 22.3 Competitors

**22.3.1** Contestants must wear a white unmarked Karate Gi without stripes or piping. An identifying number issued by the Organizing Committee may be worn on the back.

**22.3.2** The Karate Gi jacket, when tightened around the waist with the belt, must be of minimum length that covers the hips, but no longer than mid thigh. In the case of women, a plain white T-shirt or white sports bra may be worn beneath the Karate Gi jacket.

**22.3.3** Gi sleeves may not be rolled. The sleeves of the Gi jacket must come, in principle, at least halfway down the forearm. The exception to this rule is in KOBUDO competition where the sleeves of the Gi jacket may be modified to facilitate safe progression of the performance.

**22.3.4** The Gi jacket must be of kimono style (left side over right), not V-neck style.

**22.3.5** The Gi trousers must be long enough to cover at least two thirds of the shin - and may not be rolled up.

**22.3.6** The belts must be around 5 centimeters wide and of a length sufficient to allow 15 centimeters free on each side of the knot ends after it has been properly tied around the waist, but not to hang lower than the knee.

**22.3.6.1** The color of belts to be worn at all Qualifying AAU events are as prescribed as follows:

**22.3.6.1.1** White Belt - Beginner competitions (under one year experience).

**22.3.6.1.2** Green Belt - Novice competitors (one to under two years experience).

**22.3.6.1.3** Brown Belt - Intermediate competitors (two to under four year's experience).

**22.3.6.1.4** Black Belt - Advanced competitor (four or more years experience).

**22.3.7** Each contestant must keep his/her hair clean and cut to a length that does not obstruct smooth bout conduct. Should the referee consider any contestant's hair too long and/or unclean, he may, with the Referee's Council approval disbar the contestant from the bout. Hair slides are prohibited, as are metal hair clips. In KATA a discreet hair clip is permitted.

## Part 12 - Uniform/Dress

### Article 22 - Uniform Requirements

(continued)

**22.3.8** Uniforms may not bear the trademark or name of a product or manufacturer, and may not bear the name of a club or organization, not a member of the AAU unless approved by the AAU National Karate Committee.

**22.3.9** The official AAU patch shall be worn on the uniform, be affixed to the left breast of the Gi jacket and must be properly sewn on.

**22.3.10** No protective gear shall be worn during KATA or KOBUDO competition.

**22.3.11** Glasses that are secured to the head are permitted in KATA and KOBUDO competition.

## Part 13 - Safety Equipment & Precautions

### Article 23 - Safety Equipment

**23.1 General Explanation** - Only AAU Karate approved equipment shall be allowed.

**23.1.1** The use of bandages or braces because of injury must be approved by the Referees' Council, on the advice of the official doctor. The referee in charge of a ring is responsible for inspecting all safety equipment and ensuring that it is in compliance with requirements, poses no threat of injury to either competitors, and offers no significant competitive advantage to the wearer.

#### **23.2 Mandatory Kumite Equipment:**

**23.2.1** Ages 5 - 18 must have AAU approved white headgear with plastic face shield).

**23.2.2** Approved white Naugahyde mitts.

**23.2.2.1** Blue (ao) and Red (aka) for WKF style Kumite (only and when authorized in advanced by the National Executive Committee).

**23.2.3** Gum-shields.

**23.2.4** Groin Cups worn under the Gi trousers.

#### **23.3 Optional Equipment:**

**23.3.1** White cloth soft shin pads (for adults and youths)

**23.3.2** White cloth shin/instep protectors in junior divisions only.

**23.3.3** Women may wear the authorized additional white or clear plastic breast protective equipment approved by the AAU with approval of the Council of Referees.

**23.3.4** Head gear with face shield for adults.

**23.3.4.1** In regard to contact rules, such protective equipment shall be considered an extension/part of the body.

#### **23.4 Unauthorized Equipment**

**23.4.1** The wearing of unauthorized clothing or equipment is forbidden.

**23.4.2** Standard glasses are forbidden in Kumite divisions. Only plastic safety glasses manufactured specifically for sport use are allowed for all athletes.

**24.4.2.1** Soft contact lenses may be worn at the contestant's own responsibility.

### Article 24 - Safety Precautions

#### **24.1 Medical Staff:**

**24.1.1** A doctor or certified medical person must be present at all AAU sanctioned tournaments.

#### **24.2 Medical Equipment:**

**24.2.1** Medical equipment must be available at all AAU sanctioned tournaments, as recommended by the Medical Advisory Committee.

**24.3** Only a doctor or certified medical person shall be permitted to check or treat an injured athlete, except to remove a mouth guard. The doctor or certified medical person shall decide if the athlete will be allowed to continue the match.

**24.3.1** It is recommended that there will be a follow-up examination the same day on the following injuries:

**24.3.1.1** Head blows with the following symptoms:

**24.3.1.1.1** Amnesia, changes in vision, fainting, difficulty in breathing, difficulty in hearing, or ringing ears.

24.3.1.1.2 Non-responsiveness or unconsciousness.

## **Article 24 - Safety Precautions**

**(continued)**

24.3.1.1.3 If a competitor has been knocked out, he/she shall not be allowed to engage in competition for a period of at least four weeks. It is strongly recommended by the Karate Sports Medicine Committee that the individual adjust his practice in the dojo to exclude any sparring, which incorporates the head as a target.

24.3.1.2 Joint injuries with the following symptoms:

24.3.1.2.1 Deformity, inability to walk, excessive swelling.

24.3.1.3 Painful or stiff neck or back.

24.3.1.4 Large bruises.

24.3.1.5 Numbness or weakness.

24.3.2 Any injury, which requires treatment, must be reported on a medical committee injury report form found in the appendix. Membership within the AAU provides excess medical insurance for any member athlete participating in an AAU sanctioned practice or event. If the athlete has other medical coverage, that coverage will be considered the primary insurer. If the injured athlete has no insurance, the AAU medical insurance becomes the primary insurer. In the event of an injury, a claim form can be obtained from the local AAU District office.

**24.4 Emergency Transportation** - It is mandatory that each tournament promoter make provision for emergency transportation.

### **24.5 HIV Precautions**

24.5.1 As a precautionary measure, first aid kits equipped with disposable plastic or latex gloves will be required at all AAU sanctioned events. A disinfectant solution such as bleach shall be available along with clean-up rags and plastic bags.

24.5.2 In order to prevent possible contagion in the event of a bleeding accident or injury at an AAU event, officials will:

24.5.2.1 Put on disposable plastic or latex gloves from the first aid kit before rendering assistance.

24.5.2.2 Clean up any blood spills with soap and water and use a disinfectant such as bleach afterwards.

24.5.2.3 Put any blood-soaked items that need to be laundered or thrown away in a plastic bag or disposable container.

24.5.2.3.1 Competitors whose Gi or hand guards are tainted with blood, shall change his/her Gi and/or hand guards before continuing with the match.

## Appendix

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### Terminology

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<b>AKA</b>	Red
<b>SHIRO</b>	White
<b>AO</b>	Blue

<b>SHOBU SANBON HAJIME</b>	Start the 3-point bout Referee stands on his line.
<b>SHOBU HAJIME</b>	Start the bout or extended bout. Referee stands on his line.
<b>ATOSHIBARAKU</b>	A little more time left. An audible signal will be given by the timekeeper 30 seconds before the actual end of the bout.
<b>YAME</b>	Stop, Interruption, or end of the bout. The Referee chops downwards with his hand. The timekeeper stops the clock.
<b>MOTO NO ICHI</b>	Return to your original position Contestants, Referee and Judge return to their respective standing lines.
<b>TSUZUKETE</b>	Fight on. Resumption of fighting ordered when unauthorized interruption occurs.
<b>TSUZUKETE HAJIME</b>	Resume fighting. Begin Referee standing upon his line steps back into Zenkutsu-Dachi and brings the palms of his hands towards each other.
<b>SHUGO</b>	Judges called. The Referee beckons with his arms to the Judges.
<b>HANTEI</b>	Judgement. Referee calls for judgement by blowing his whistle and the Judges render their decision by flag signal.
<b>HIKIWAKE</b>	Draw Referee crosses arms over chest, then uncrosses and holds arms out from the body with the palms showing upwards.
<b>TORIMASEN</b>	Unacceptable scoring technique. Same signal as hikiwake, but culminating with the palms facing downwards towards body.
<b>ENCHOSEN</b>	Extension. Referee reopens match with command "Shobu Hajime!" or "Begin Match!"
<b>AIUCHI</b>	Simultaneous scoring technique. No point awarded to either contestant. Referee brings fists together in front of chest.
<b>AKA (SHIRO, AO) NO KACHI</b>	Red (White, Blue) wins The Referee obliquely raises his arm on the side of the winner.
<b>AKA (SHIRO, AO) IPPON</b>	Red (White, Blue) Scores Ippon As above.
<b>AKA (SHIRO, AO) WAZA-ARI</b>	Red (White, Blue) scores Waza-Ari The Referee extends downward 45 degrees with his arm on the side of the scorer.
<b>CHUKOKU</b>	Warning without penalty The Referee raises one hand in a fist with the other hand covering it at the chest level and shows it to the offender. (For non-contact, the Referee raises both arms crossed with the hands open at the chest level and shows it to the offender.



<b>KEIKOKU</b>	Warning with Waza-Ari penalty in Shobu Sanbon. Referee points with his index finger to the feet of the offender at an angle of 45 degrees and awards Waza-Ari for the opponent.
<b>HANSOKU-CHUI</b>	Warning with an Ippon penalty. The Referee points with his index finger to the chest of the offender parallel to the floor and awards Ippon for the opponent.
<b>HANSOKU</b>	Foul The Referee points with his index finger to the face of the offender and awards a victory for the opponent.
<b>JOGAI</b>	Exit from fighting area (any part of the body) The referee points with his index finger at a 45-degree angle to the area boundary on the side of the offender.
<b>JOGAI-KEIKOKU</b>	Second exit from fighting area Referee uses two hand signals with announcement "Aka (or Shiro, AO) Jogai Keikoku". He first points with his index finger to the match boundary on the side of the offender, then to the offender's feet and awards Waza-Ari to the opponent.
<b>JOGAI HANSOKU-CHUI</b>	Third exit from fighting area Referee uses two hand signals with announcement "Aka (or Shiro, AO) Jogai Hansoku Chui". He first points with his index finger to the match boundary on the side of the offender, then to the offender's abdomen and awards Ippon for the opponent.
<b>JOGAI HANSOKU</b>	Fourth and final exit from fighting area. Referee uses two hand signals with announcement "Aka (or Shiro, AO) Jogai Hansoku". He first points with his index finger to the match boundary on the side of the offender, then to the offender's face and awards "Kachi" for the opponent.
<b>SHIKKAKU</b>	Disqualification Referee uses two hand signals with the announcement "Aka (Shiro, AO) Shikkaku". He first points with his index finger to the offender's face then obliquely above and behind him. The Referee will then announce to the opponent, with the appropriate gesture as previously given, "Shiro (Aka) no Kachi!"
<b>KIKEN</b>	Renunciation ( <b>formal declaration to give-up</b> ). The Referee points with his index finger towards the contestant and announces Kachi to the opponent.
<b>MUBOBI</b>	Warning for lack of regard for ones own safety. Referee points one index finger in the air at a 60-degree angle on the side of the offender.
<b>MUBOBI-KEIKOKU</b>	Warning with Waza-Ari penalty. Referee uses two hand signals with announcement Aka (or Shiro, AO) - Mubobi-Keikoku. He first points with his index finger 60-degree angle on the side of the offender, then to the offender's feet and awards Waza-Ari to the opponent.
<b>MUBOBI-HANSOKU CHUI</b>	Warning with Ippon penalty. Referee uses two hand signals with announcement Aka (or Shiro, AO) - Mubobi-Hansoku Chui. He first points with his index finger 60-degree angle on the side of the offender, then to the offender's abdomen and awards Ippon to the opponent.
<b>MUBOBI-HANSOKU</b>	Foul. Referee uses two hand signals with announcement Aka (or Shiro, AO) - Mubobi-Hansoku. He first points with his index finger 60-degree angle on the side of the offender, then to the offender's face and awards "Kachi" to the opponent.

## Referee's Gestures

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1. SHOBU SANBON HAJIME	"Match three points, begin!" Referee stands on his line.
2. CHUKOKU	"Warning" Referee raises one hand in a fist with the other hand covering it at chest level and shows it to the offender.
3. WARNING SIGNAL	"For non contact violation" Referee crosses his open hands with the edge of one wrist on the edge of die other at chest level, and turns towards the offender.
4. & 5. WAZA-ARI	The referee extends downwards his arm on the side of the scorer.
6. & 7. IPPON	The referee extends his arm upward at a 45-degree angle on the side of the scorer.
8. & 9. NO KACHI	The referee obliquely raises his arm on the side of the winner.
10. & 11. TSUZUKETE HAJIME	"Resume fighting - Begin!" The referee standing on his line steps back into zenkutsu dachi and brings the palms of his hands towards each other. Elbows remain straight.
12. & 13. YAME	Stop Interruption or end of the match. The referee chops downwards with his hand. The timekeeper stops the clock.
14. & 15. KEIKOKU	"Warning with Waza-Ari penalty" The referee points with his index finger to the feet of the offender.
16. & 17. HANSOKU CHUI	"Warning with Ippon penalty" The referee points with his index finger to the abdomen of the offender.
18. & 19. HANSOKU	"Foul" The referee points with his index finger to the face of the offender and announces a victory to his opponent.
20 - 23. SHIKAKU	"Disqualification" The referee uses two hand signals with the announcement "Aka (Shiro) - Shikaku". He first points with his index finger to the offender's face then obliquely above and behind him. The referee will announce with the appropriate gesture as previously given, "Shiro (Aka) no Kachi"
24. & 25. MUBOBI	"Warning for lack of regard for ones own safety" The referee points one finger in the air at a 60-degree angle on the side of the offender.
26. & 27. JOGAI	"Outside match area" The referee points with his index finger to the match boundary on the side of the offender.
28 - 31. JOGAI KEIKOKU	
32 - 35. JOGAI HANSOKU CHUI	
36 - 39. JOGAI HANSOKU	
40. & 41. SHUGO	"Referees called" The referee only beckons the judges in case of a shikaku decision.
42. & 43. HIKIWAKE	"Draw" The referee crosses arms over chest, then uncrosses and holds arms out from body with the palms showing upwards and forward.
44. AIUCHI	"Simultaneous scoring techniques" No point awarded to either contestant. Referee brings fists together in front of his chest.
45. TECHNIQUE BLOCKED	
46. TECHNIQUE MISSED	
47. & 48. TECHNIQUE WEAK	
49. TECHNIQUE INCORRECT	(Too far)

## Referee's Gestures

(continued)

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50. TECHNIQUE INCORRECT	(Too close)
51. & 52. CANCEL LAST DECISION	(Referee turns towards competitor)
53. & 54. OTAGAI-NI-REI	
55. KIKEN	“Renunciation” The referee points with his index finger towards the renouncing contestant’s victory to the opponent.
56. & 57. TORIMASEN	“Unacceptable as scoring technique” The referee crosses arms over chest, then uncrosses and holds arms out from body with the palms showing downwards and backwards.
58. & 59. REFEREE ASKS JUDGES TO RECONSIDER	The referee gestures to the judge(s) that aka scored first and then gestures to them to reconsider.

## Judge's Gestures

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AIUCHI	The flags move towards each other in front of the chest.
MIENAI	Covering both of the eyes with the flags.
WAZA-ARI	
IPPON	
CONTACT	Chukoku warning The flag is raised and a circular motion is made.
KEIKOKU	
HANSOKU CHUI	
HANSOKU	
JOGAI	Pointing the flag toward the offender’s out-of-bounds line (45 degrees inward) and moving the flag up and down without tapping the floor.
HIKIWAKE	
NON CONTACT VIOLATION WARNING	
TORIMASEN	Waiving the flags and letting them cross just above the knees. Target Areas

# AAU KARATE DIVISIONS

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## Male & Female Junior Kumite (5 - 18 age divisions are separated)

### Age Levels

5-7 Beginner, Novice, Intermediate

8-18 Beginner, Novice, Intermediate, Advanced

## MALE ADULT KUMITE (19 - 34)

### Weights Levels

Lightweight/Heavyweight Beginner

Lightweight/Heavyweight Novice

Lightweight/Heavyweight Intermediate

132 lbs. limit Advanced

143 lbs. limit Advanced

154 lbs. limit Advanced

165 lbs. limit Advanced

176 lbs. limit Advanced

187 lbs. limit Advanced

198 lbs. limit Advanced

198.1 + lbs. Advanced

## FEMALE ADULT KUMITE (19-34)

### Weights Levels

Lightweight/Heavyweight Beginner

Lightweight/Heavyweight Novice

Lightweight/Heavyweight Intermediate

110 lbs. limit Advanced

121 lbs. limit Advanced

132 lbs. limit Advanced

143 lbs. limit Advanced

154 lbs. limit Advanced

154 + lbs. Advanced

## MALE SENIOR KUMITE (35 - 39) and FEMALE SENIOR KUMITE (35 - 39)

All weights Beginner, Novice, Intermediate, and Advanced

## MALE SENIOR KUMITE (40 - 44) and FEMALE SENIOR KUMITE (40 - 44)

All weights Beginner, Novice, Intermediate, and Advanced

## MALE SENIOR KUMITE (45 - 49) and FEMALE SENIOR KUMITE (45 - 49)

All weights Beginner, Novice, Intermediate, and Advanced

## MALE SENIOR KUMITE (50 - 54) and FEMALE SENIOR KUMITE (50-54)

All weights Beginner, Novice, Intermediate, and Advanced

## MALE SENIOR KUMITE (55+) and FEMALE SENIOR KUMITE (55+)

All weights Beginner, Novice, Intermediate, and Advanced

## MALE JUNIOR KOBUDO (5-18) and FEMALE JUNIOR KOBUDO (5-18)

AGES & LEVELS WILL BE THE SAME AS IN KATA

## MALE ADULT KOBUDO (19-34) and FEMALE ADULT KOBUDO (19-34)

Beginner, Novice, Intermediate, Advanced

## MALE ADULT KOBUDO (35-39) and FEMALE ADULT KOBUDO (35-39)

Beginner, Novice, Intermediate, Advanced

## MALE SENIOR KOBUDO (40-44) and FEMALE SENIOR KOBUDO (40-44)

Beginner, Novice, Intermediate, Advanced

## MALE SENIOR KOBUDO (45-49) and FEMALE SENIOR KOBUDO (45-49)

Beginner, Novice, Intermediate, Advanced

## MALE SENIOR KOBUDO (50-54) and FEMALE SENIOR KOBUDO (50-54)

Beginner, Novice, Intermediate, Advanced

# AAU KARATE DIVISIONS

(continued)

## MALE SENIOR KOBUDO (55 & UP) and FEMALE SENIOR KOBUDO (55 & UP)

Beginner, Novice, Intermediate, Advanced  
Male & Female Junior Kata (5 - 18 age divisions are separated)

### Ages Levels

5-7 Beginner, Novice, Intermediate  
8-18 Beginner, Novice, Intermediate, Advanced

## MALE ADULT KATA (19-34)

Beginner  
Novice  
Intermediate  
Advanced - Mandatory All Style & Mandatory Style Specific

## FEMALE ADULT KATA (19-34)

Beginner  
Novice  
Intermediate  
Advanced - Mandatory All Style & Mandatory Style Specific (see 12.3.2)

## MALE SENIOR KATA (35-39) and FEMALE SENIOR KATA (35-39)

Beginner, Novice, Intermediate, Advanced

## MALE SENIOR KATA (40-44) and FEMALE SENIOR KATA (40-44)

Beginner, Novice, Intermediate, Advanced

## MALE SENIOR KATA (45-49) and FEMALE SENIOR KATA (45-49)

Beginner, Novice, Intermediate, Advanced

## MALE SENIOR KATA (50-54) and FEMALE SENIOR KATA (50-54)

Beginner, Novice, Intermediate, Advanced

## MALE SENIOR KATA (55+) and FEMALE SENIOR KATA (55+)

Beginner, Novice, Intermediate, Advanced

## TEAM KATA

### Ages Divisions

5 - 8	Male/Female of Combination Team
9 - 12	Male/Female of Combination Team
13 - 15	Male/Female of Combination Team
16 - 18	Male/Female of Combination Team
19 - 34	Male Team
19 - 34	Female Team
35+	Male Team
35+	Female Team
Collegiate	Male Team
Collegiate	Female Team

## TEAM KOBUDO

### Age Divisions

5 - 8	Male/Female of Combination Team
9 - 12	Male/Female of Combination Team
13 - 15	Male/Female of Combination Team
16 - 18	Male/Female of Combination Team
19 - 34	Male Team
19 - 34	Female Team
35+	Male Team
35+	Female Team
Collegiate	Male Team
Collegiate	Female Team

**TEAM KUMITE****Ages Divisions**

5 - 8	Male Team
5 - 8	Female Team
9 - 12	Male Team
9 - 12	Female Team
13 - 15	Male Team
13 - 15	Female Team
16 - 18	Male Team
16 - 18	Female Team
19 - 34	Male Team
19 - 34	Female Team
35+	Male Team
35+	Female Team
Collegiate	Male Team
Collegiate	Female team

**Note:** The first place winner of each division at the National AAU Karate Championship shall be nominated each year for the All-American Award.

**AAU Junior Olympic Games Divisions****KATA - KUMITE - KOBUDO**

Male & Female qualified Intermediate and Advance athletes, ages 7 through 18, will be contested separately by age and gender. The first place winner of each division at the AAU Junior Olympic Games shall be nominated each year for the All-American Award.

## WKF Rules

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WKF approved mitts, one contestant wearing red (aka), and the other wearing blue (ao).

The Refereeing Panel for each match shall consist of one Referee (SHUSHIN), three Judges (FUKUSHIN), and one arbitrator (KANSAN).

At the start of a Kumite match, the Referee stands on the outside edge of the match area. On the Referee's left stand Judges numbers 1 and 2, and on the right stands the Arbitrator and Judge number 3.

1. Scores are as follows: a) SANBON Three points b) NIHON Two points c) IPPON One point
2. A score is awarded when a technique is performed according to the following criteria to a scoring area:
  - a) Good form, b) Sporting attitude, c) Vigorous application, d) Awareness (ZANSHIN), e) Good timing, f) Correct distance
3. SANBON is awarded for:
  - a) Jodan kicks, b) Throwing or leg sweeping the opponent to the mat followed by a scoring technique.
4. NIHON is awarded for:
  - a) Chudan kicks. b) Punches on the back, including back of the head and neck. c) Combination hand techniques, the individual components of which each score in their own right. d) Unbalancing the opponent and scoring.
5. IPPON is awarded for:
  - a) Chudan or Jodan Tsuki. b) Uchi.

### Vocabulary Technical Criteria

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**Sanbon** - (3 Points) is awarded for:

1. Jodan kicks. Jodan being defined as the face, head and neck.
2. Any scoring technique, which is delivered after legally throwing, leg sweeping, or taking the opponent down to the mat.

**Nihon** - (2 Points) is awarded for:

1. Chudan kicks. Chudan being defined as the abdomen, chest, back and side.
2. Punches delivered to the opponent's back, including the back of the head and neck. 3. Combinations of punching and striking (Tsuki and Uchi) the individual components of which each score in their own right, delivered to any of the seven scoring areas. 4. Any scoring technique delivered after permissible physical action of the contestant has caused the opponent to lose balance as the score is made.

**Ippon** - (1 Point) is awarded for:

1. Any punch (Tsuki) delivered to any of the seven scoring areas excluding the back, the back of the head and neck. 2. Any strike (Uchi) delivered to any of the seven scoring areas. The result of a bout is determined by a contestant obtaining a clear lead of eight points, or at time up, having the highest number of points, obtaining a decision (HANTEI), or by a HANSOKU.

**SHIKKAKU, or KIKEN**, imposed against a contestant.

### Penalties

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**CHUKOKU**: May be imposed for attendant minor infractions or the first instance of a minor infraction.





**KEIKOKU**: This is a penalty in which IPPON (one point), is added to the opponent's score. KEIKOKU is imposed for minor infractions for which a warning has previously been given in that bout, or for infractions not sufficiently serious to merit HANSOKU-CHUI.

**HANSOKU-CHUI**: This is a penalty in which NIHON (two points), is added to the opponent's score. HANSOKU-CHUI is usually imposed for infractions for which a KEIKOKU has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit HANSOKU.

**HANSOKU**: This is imposed following a very serious infraction or when a HANSOKU CHUI has already been given. It results in the disqualification of the contestant. In team matches the fouled competitor's score will be set at eight points and the offender's score will be zeroed.

**SHIKKAKU**: This is a disqualification from the actual tournament, competition, or match In order to define the limit of SHIKKAKU, the Referee Council, must be consulted. SHIKKAKU may be invoked when a contestant fails to obey the orders of the referee, acts maliciously, or commits an act, which harms the prestige and honor of Karate-do, or when other actions are considered to violate the rules and spirit of the tournament. In team matches the fouled competitor's score will be set at eight points and the offender's score will be zeroed.

## Symbols

	KACHI	WINNER
	IPPON	ONE POINT
	WAZAARI	HALF POINT
	HIKIWAKE	DRAW
<b>X</b>	MAKE	DEFEAT
<b>J</b>	JOGAI	EXIT      WARNING
<b>JK</b>	JOGAI KEIKOKU	EXIT      ½ POINT PENALTY
<b>JHC</b>	JOGAI HANSOKU CHUI	EXIT      1 POINT PENALTY
<b>JH</b>	JOGAI HANSOKU	EXIT      FOUL
<b>W</b>	CHUKOKU	WARNING
<b>HK</b>	HANSOKU KEIKOKU	CONTACT/NON CONTACT ½ POINT PENALTY
<b>HC</b>	HANSOKU CHUI	CONTACT/NON CONTACT 1 POINT PENALTY
<b>H</b>	HANSOKU	CONTACT/NON CONTACT FOUL
<b>S</b>	SHIKAKU	DISQUALIFICATION
<b>M</b>	MUBOBI	DISREGARD FOR SAFETY WARNING
<b>MK</b>	MUBOBI KEIKOKU	DISREGARD FOR SAFETY ½ POINT PENALTY
<b>MHC</b>	MUBOBI HANSOKU CHUI	DISREGARD FOR SAFETY 1 POINT PENALTY
<b>MH</b>	MUBOBI HANSOKU	DISREGARD FOR SAFETY FOUL



## Table for Shobu Ippon

○	○	○	○	VICTORY FOR SHIRO
○	○	○	●	VICTORY FOR SHIRO
○	○	○	X	VICTORY FOR SHIRO
○	○	X	X	VICTORY FOR SHIRO OR DRAW (Depends on judgement of Referee.)
●	●	●	●	VICTORY FOR AKA
●	●	●	○	VICTORY FOR AKA
●	●	●	X	VICTORY FOR AKA
●	●	X	X	VICTORY FOR AKA OR DRAW (Depends on judgement of Referee.)
X	X	X	X	DRAW
●	X	X	○	DRAW
●	●	○	○	DRAW, VICTORY FOR SHIRO OR AKA (Depends on judgement of Referee.)
○	X	X	X	DRAW
●	X	X	X	DRAW
○	○	●	X	VICTORY FOR SHIRO OR DRAW (Depends on judgement of Referee.)
●	●	○	X	VICTORY FOR AKA OR DRAW (Depends on judgement of Referee.)

○ SHIRO

● AKA

X DRAW

## CHART TO DETERMINE NUMBER OF BYES

1 = 0	9 = 7	17 = 15	25 = 7
2 = 0	10 = 6	18 = 14	26 = 6
3 = 1	11 = 5	19 = 13	27 = 5
4 = 0	12 = 4	20 = 12	28 = 4
5 = 3	13 = 3	21 = 11	29 = 3
6 = 2	14 = 2	22 = 10	30 = 2
7 = 1	15 = 1	23 = 9	31 = 1
8 = 0	16 = 0	24 = 8	32 = 0

Note: to determine the number of byes, simply remember the numbers 8, 16, and 32. Subtract the number of athletes closest to these numbers without going over and you'll have the number of byes needed. For example if there are nine athletes, subtract 9 from 16 and 7 is the number of byes needed.

**REFERENCES:**

**Amateur Athletic Union, Official Code/Directory and World Karate Federation Rules.  
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