



UPDATES – AAU KARATE RULES

AAU Karate rules are updated at the AAU National Convention and implemented the following Nationals. The following rules were adopted at the October 2007 Convention but not yet re-written into the final AAU Karate rules on the www.AAUKarate.org website.

IN ADDITION TO USING THE KARATE RULES FOUND ON THE AAUKARATE.ORG WEBSITE, PLEASE TAKE NOTE OF RULE UPDATES SHOWN BELOW:

1. All Kumite athletes 18 years and under **MUST** wear AAU approved (Macho Warrior or Mizuno) helmet with face shield.
2. WKC Penalty rules will be used in San Bon Shobu as well as Ippon Shobu. No points will be awarded for penalties. The three levels of penalties (not including Shikaku) are Chukoku - Warning, Hansoku Chui – Official Warning , Hansoku - Foul.
3. Straight Repercharge will be used in San Bon Shobu. Table workers, coaches, and officials must know how to chart Repercharge.
4. The 10-second rule will apply to both adults and youth kumite. If a person cannot “stand at the line” within 10 seconds of Yame, he/she is considered unable to continue and may not fight. A Kiken (Forfeit), Kachi (Winner), or Make (Defeat) will result.
5. In Kata divisions where flag judgment is used, the last athlete to be defeated by the gold medalist in the first round will be pulled aside and be exempt from the second round. That defeated athlete will then compete against the winner of the second round for second and third place.
6. Master’s (35 years & over) Kata will use scoring, not flags in one round to determine the winner.
7. Athletes must qualify for National Championships and the AAU Junior Olympic Games at their state/district championships or an AAU - sanctioned Super Regional tournament in any location. Exceptions may be made by the Executive Committee for foreign guest athletes.
8. Online AAU membership registration will be mandatory for all AAU sports by Aug. 15, 2008.
9. AAU does not allow manufacturers’ or other logos on gis and does not allow white tape over an excessive logo. At the 2009 National Championships, the athlete must remedy the uniform (get another one) within one minute of the warning.
10. In 2009, Beginners must use a Kihon (basic) Kata for their style in Flag Kata.

If you wish to suggest a rule change for the future, please forward your proposal to your Regional or District Director in order for your ideas to be considered at the AAU Convention.