

## 2014 Announcement of AAU Karate Rules Highlights/Clarifications

### General Rules

1. Updated protest form and protest procedure.
2. Updated Nationals and Jr. Olympic qualification procedure.

### Kata Rules

1. Updated Mandatory Kata list.
2. The AAU Karate Flag System will be used for all 17 years old & under Open Kata divisions.
  - a. Athletes can perform any kata within the experience level of the division in each round
  - b. Athletes may repeat same kata within the experience level of the division in each round
3. Only Adult advanced (18-34) male/female Open Flag Kata divisions will be charted. Modified repechage will be used to determine the two 3<sup>rd</sup> place winners.
  - a. Adult black belts (18-34) are required to perform a different TOKUI Kata in each round.
  - b. Athletes will perform kata side by side in each round
4. AAU Karate Scoring system will be used for the Senior Open Kata divisions.

### Kobudo Rules

1. Updated length/width requirements for the Bo
2. Tapered Bos will be allowed.

### Kumite Rules

1. AAU Shobu Sanbon & Shobu Ippon Points: punch to the head – ½ pt (WAZARI), punch/kick to the body – ½ pt (WAZARI), kick to the head or breaking balance/safe take down immediately followed by a scoring technique – 1 pt (IPPON).
2. AAU Open Scoring Points: punch to the head/body – 1 pt (IPPON), kick to the body – 2 pts (NIHON), kick to the head or breaking balance/safe take down immediately followed by a scoring technique – 3 pts (IPPON).
3. Modified repechage will be used in all Advance Individual Shobu Sanbon Kumite Divisions to determine the two 3<sup>rd</sup> place winners.
4. Penalties: three levels (Chukoku, Hansoku Chui, Hansoku), and NO points awarded to opponent.
5. New Contact rules:
  - a. SKIN Touch to the face, head, face-shield or helmet will not be scored but may or may not be penalized. This is done for the safety and training of the athletes in all Non-Advanced divisions.
  - b. Kick to the head could be evaluated as an **IPPON, SANBON** (Open Scoring only), **NO POINT** or **PENALTY**.
6. Tie
  - a. SHOBU IPPON divisions – will utilize SAISHIAI (a new match)
  - b. SHOBU SANBON and OPEN SCORING divisions – will utilize ENCHOSEN (one minute time extension)
  - c. In case of a second tie, all divisions will utilize a judging panel vote to break the tie.
7. Shin guards – allow white naugahyde shin guards for Sanbon.
8. 10-second rule (in all Kumite divisions) – athlete needs to regain their feet. They do NOT need to stand at the line.

If there are any questions about rules or the National Championships, please contact us at [aausakarate@aol.com](mailto:aausakarate@aol.com) or call us at 847-398-9410.