

## Part 8- Competition Types, Categories & Divisions

### Article 16 - General Information

---

#### 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**

---

#### **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.