



Modified USA-NKF / WKF Kumite and Kata Rules of Competition

KUMITE RULES

I. Required Equipment

- Clean white karate-gi
- Red and blue WKF style fist pads-red and blue belt
- Mouth guard
- Groin guard (male contestants)
USA Karate/WKF style Shin and instep protection (recommended)

II. DIVISIONS

All divisions will use the repechage system to determine third place

Bouts that are tied at the end of time will be decided by a majority vote of the Judges. (Hantei)

11 year olds and under

- **Duration of bout 1:30**
- **8 point ceiling**
- Light touch to the face, head, or neck (Jodan) with kicks can score. Glove touch to the face, neck, or head must be warned or penalized – unless caused by the recipient. (mubobi)

12-17 year olds

- **Duration of bout 2:00**
- **8 point ceiling**
- Light touch to the face, head, or neck (Jodan) with kicks can score. Glove touch to the face, neck, or head must be warned or penalized – unless caused by the recipient. (mubobi)

18+ year olds

- Duration of bout 2:00
- 8 point ceiling
- Light touch to the face, neck, or head can score

18+ advanced

- WKF RULES APPLY



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III. SCORING: Target areas = head, face, neck (including the throat), chest, side, back, abdomen

YUKO (1 point)

- Tsuki (punches) or uchi (strikes) to any of the seven target areas

WAZA ARI (2 points)

- Keri (kicks) to the back, side, chest, or abdomen

IPPON (3 points)

- Kicks to the face, head, or neck
- Any scoring technique which is delivered on an opponent who has been thrown, swept, has fallen of their own accord, or is otherwise off their feet. (torso flat on the mat)

IV. PROHIBITED BEHAVIOR

Category 1

- Techniques which make **excessive contact**, having regard to the scoring area attacked.
- Techniques which make contact with the throat.
- Attacks to the arms, legs, groin, joints, or instep.
- Attacks to the face with open hand techniques (e.g. teisho or nukite).
- Dangerous or forbidden throwing techniques. .

Category 2

- Feigning or exaggerating injury.
- Exit from the competition area (**Jogai**) not caused by the opponent.
- Self-endangerment by indulging in behavior which exposes the contestant to injury by the opponent, or failing to take adequate measures for self-protection (**Mubobi**).
- **Avoiding combat** as a means of preventing the opponent having the opportunity to score.
- **Passivity**. Not attempting to engage in combat after a short period of time.
- Clinching, wrestling, pushing, or seizing, or standing chest to chest without attempting a throw or other technique.
- Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
- Attacks with the head, knees, or elbows.
- Talking to, or goading the opponent, failing to obey the orders of the Referee.
- **Discourteous behavior** towards the Refereeing Officials, or other breaches of etiquette.



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KATA RULES

All divisions will use the repechage system to determine third place

All divisions except 18+ advanced

- 3 or 5 Judges
- Red and blue flag system will be used
- Competitor can repeat the same kata in each round
- Beginner and Novice competitors must perform only the following kata:
- Taikyoku, Heian- Pinan, Gekisai, Fukyu kata, Kihon kata.
- Competitors (aka and ao) will perform their kata simultaneously
- Advanced divisions must perform a different kata in the medal match than in the previous round.

18+ advanced

- WKF rules apply
- Competitors age 16 and above can compete in this division

KOBUDO

- Traditional Kobudo (Please refer to USANKF Rules)
 - WEST COAST OPEN Staff reserves the right to check weapons and disqualify equipment or weapon deemed unsafe or inappropriate for competition.
 - The Divisions & Rules for Kobudo are the same as the Kata.
 - Weapon must be Traditional in construction
 - Weapon may not touch the floor. No music or gymnastics are allowed
- Score cards will be used for all kobudo divisions

Tournament Director reserves the right to add, eliminate, combine, or split divisions.

Intermediate and advanced divisions will be separated/split whenever possible.

Beginner and novice divisions will be separated/split whenever possible.