

BASIC RULES for KATA

- 1 Referee, 4 Corner Judges, the jury table takes note of the score.
- Score from 6 to 8 for the first turn, from 7 to 9 for the second turn, the lowest and highest scores will be discarded.
- the first turn qualifies the first 8 competitors or 8 teams for the final
- The second (and last) turn (sum of the scores of the two turns) decides the classification of the first three classified.

INDIVIDUAL COMPETITION 1st turn

- for all the belts**, the kata to be performed must be chosen among the five basic kata.
 - for the Shotokan and Shotokai styles among the Heian.
 - for the Wado ryu, Shito ryu, Shorin ryu and Shojukai styles among the Pinan.
 - for the Goju ryu style among the Gekisai, Saifa, Sanchin, Tensho and Senseru.
 - for the Sankukai style among the Heiwa.
 - for the Nanbudo style among the five Nanbu.
 - and so on

INDIVIDUAL COMPETITION 2nd turn

- for belts up to green**, the kata to perform can be the same as the first turn
- blue up to black belts**, the tokui kata to perform must be different from the first turn

TEAM COMPETITION 1st turn

- **for belts up to green**, the kata to be performed must be chosen among the five basic kata.
 - for the Shotokan and Shotokai styles among the Heian.
 - for the Wado ryu, Shito ryu, Shorin ryu and Shojukai styles among the Pinan.
 - for the Goju ryu style among the Gekisai, Saifa, Sanchin, Tensho and Senseru.
 - for the Sankukai style among the Heiwa.
 - for the Nanbudo style among the five Nanbu.
 - and so on
- **blue up to black belts**, the kata to be performed must be chosen among the:
 - Bassai dai for the Shotokan and Shotokai styles
 - Kushanku for Wado ryu style
 - Matsumora bassai for the Shito ryu style
 - Seienchin for the Goju ryu, Shojukai, Sankukai and Nanbudo styles.
 - Kushanku for the Shorin ryu style.
 - and so on

TEAM COMPETITION 2nd turn

- for belts up to green**, the kata to perform can be the same as the first turn
- blue up to black belts**, the tokui kata to perform must be different from the first turn

BASIC RULES for KUMITE SANBON

- 1 Referee, 2 Corner Judges, the jury table checks the time and takes note of the scores.
- Competitors with red belt (aka) and white belt (shiro).
- Matches of **2 minutes** of real time for the competitors between **15 and 35 years**.
- Matches of **1 minute** of real time for the competitors between **6 and 14 years**.
- **Encho sen**. In individual matches if the match ends in a draw an Encho-sen must be performed; all the penalties of the 1st match must be considered in the Encho-sen.

- **from 6 to 11 years** the following devices are **mandatory**: head guard, chest guard, small white gloves (maximum 2 cm thick), groin guard, mouth guard, shin and foot guard.
At jodan level to touch is forbidden. At jodan level it is allowed to attack only with circular blows; direct blows are forbidden.

- **from 12 to 14 years** the following devices are **mandatory**: chest guard, small white gloves (maximum 2 cm thick), groin guard, mouth guard, shin and foot guard.
At jodan level to touch is forbidden. At jodan level it is allowed to attack only with circular blows; direct blows are forbidden.

- **from 15 to 35 years** the following devices are **mandatory**: small white gloves (maximum 2 cm thick), groin guard, mouth guard.
The Skin Touch is allowed.

- The criterion applied to decide for **the winning team** is the following:
 1. number of victories
 2. number of ippon and waza ari
 3. additional match

- **Penalties are:**

ATENAI

KEIKOKU → WAZA ARI

HANSOKU CHUI → IPPON

HANSOKU → SANBON

JOGAI

JOGAI KEIKOKU → WAZA ARI

JOGAI HANSOKU → SANBON

BASIC RULES for KUMITE IPPON

- 1 Referee, 4 Corner Judges, the jury table checks the time and takes note of the scores.
- Competitors with red belt (aka) and white belt (shiro).
- Matches of **2 minutes** of real time.
- **Sai-shiai**. In individual matches if after two minutes the match ends in a draw a Sai-shiai must be performed; a new match should be considered.
- **The Skin Touch is allowed**.
- the following devices are **mandatory**: small white gloves (maximum 2 cm thick), groin guard, mouth guard.

- The criterion applied to decide for **the winning team** is the following:
 1. number of victories
 2. number of ippon
 3. number of waza ari (only of won matches)
 4. additional match

- **Penalties are:**

ATENAI

CHUI

HANSOKU

JOGAI

JOGAI CHUI

JOGAI HANSOKU