

# WUKF ATHLETES AND COACHES COMMISSION ONLINE RULES SEMINAR

Rules: Version 27, 03 May 2023 (Released 10 May 2023)


Dated: 11 May 2023





# WUKF ATHLETES AND COACHES COMMISSION



 **Soren Helsted**  
Chairperson & Ex COM Delegate



 **Jozsef Drosca**  
Commission Member




 **Ian Cuthbert**  
Commission Member



 **Mari du Preez**  
Commission Member



 **Steve Robinson**  
Ref COM Delegate



 **Dan Woods**  
Commission Member



 **Omar Ocampo**  
Commission Member



 **Matthias Boge**  
Commission Member



# WUKF ATHLETES AND COACHES COMMISSION

Coach education program outline and summary  
for Coaches of the important articles in the WUKF  
Competition Rules.

*Excluded:*

*Rules for Kobudo, Inclusive Karate, Traditional Kata Rules & Karate Combat*





# WUKF VALUES

- We provide high Quality competition
- We are Together as One Team
- We work in the spirit of Friendship and cooperation
- We believe in Respect and Fairness
- We are Democratic non-profit making organisation
- We support the Confederation strategy
- We support Clean sport





# Coaches Education Program

Our World from outside in, as seen from the Coach's perspective.





# Why Coach education?



**To be a coach at a World, European and Continental Championship level, we need to make sure Coaches have a HIGH level of competency and professionalism.**

**Coaches therefor need to take part in the Coaches Education Program and pass a test just like the referees.**



# The Coaches Education Program



Item	Coach EQF 5	Senior Coach EQF 6	Master Coach EQF 7 (Advisory board)	Elite Coach EQF 8 (Advisory board)
<b>Rules understanding</b>	Webinar/ seminar pass with 80%	Webinar/ seminar pass with 90%	Webinar/ seminar pass with 95%	Webinar/ seminar pass with 100%
<b>Other Education</b>		Motivation, Coaching on elite level ( <i>Process, Expectations, Physical exercise, etc.</i> )	HIPE Program ( <i>Communication, Sports Diet, State Management &amp; Self-Talk, etc.</i> )	Role model Coach! <i>Min 10 inputs submitted to the Athletes and Coach Commission.</i>
<b>Dan</b>	1st Dan (Shodan)	3rd Dan (Sandan)	4th Dan (Yondan)	5th Dan (Godan)+
<b>Coach experience</b>	2 years coach experience	4 Title tournaments (Worlds, European or Continental Tournament)	8 Title tournaments (Worlds, European or Continental Tournament)	12 Title tournaments (Worlds, European or Continental Tournament)



**Programme will be phased in.**

WUKF Coaches Online Assessment on General Competition Rules: <https://forms.gle/87UdxdFrtAh3eUdRA>



# RULES SUMMARY FOR COACHES





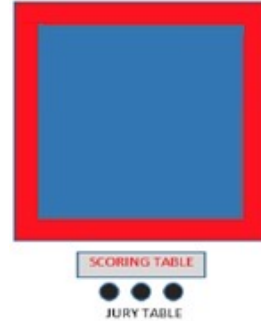
# ADMINISTRATIVE & OTHER RULES

## NEW RULE CHANGE



### MATCH AREA SIZES

- Kumite:  
8 x 8 meters (Ippon and Sanbon)  
6 x 6 meters (Nihon)  
1 meter safety space around tatami.
- Kata: The size of the area shall be large enough so that participants are able to safely perform the Kata.  
*PS: No disqualification if a competitor goes off the tatami during a kata performance.*



### OTHER

- All Karate-ka, including competitors, Coaches, etc., **must follow the Karate-Do ideals** of good character, sincerity, effort, etiquette and self-control.
- Coaches & competitors are **not permitted to loiter around the tatami area/ jury table area; speak to or distract or interfere** with the work of the Jury Table officials.
- Coaches **not permitted to accompany a Kata Competitor onto the tatami.**  
*Exception: Competitors with disabilities, as per the Inclusive Karate rules.*

### COMPETITORS

- Compete **ONLY in their own categories** of age, height, weight, belt, etc., with the exception of Kata Teams.  
**IE: A Junior can not compete in a Senior category**
- **Exception: Veterans can choose to compete in either the Senior or the Veteran age category, but not both and they are not allowed to mix individual or team age categories,** (for example: do Veteran Individual Kumite and Senior Sanbon Team Kumite).
- **Veterans CAN compete in an individual Veteran Ippon event and in a Veteran Sanbon team event**
- Veteran competitors **CAN referee, AFTER** their own “Veteran Competition” has finished.
- **Competitors can also enter an ‘Individual Open Category’** (Kumite and Kata)
- Compete in **EITHER Ippon or Sanbon**, not both.
- **Compete in EITHER general or inclusive categories, not both.**



# UNIFORMS: Competitor

## NEW RULE CHANGE



**Country badge**

Max 10cm

**Federation logo**

**WUKF logo**



**Sponsorship**

**advertising logo**  
**panel**

Max 30cm x 15cm

0123

0123



**Clean, white Karate-Gi** (jacket and pants), with the exception in Kobudo categories.

**Competition number CAN be worn on the back of the Gi-jacket.**

**IT IS NOT COMPULSORY.**

**Won't be disqualified if the number falls.**

**If requested, the competitor and/or coach must be able to show it before the category or pool starts.**

**NOT ALLOWED**



NO other world karate body logos or blue equipment.

**WUKF stickers will be supplied to cover it at the tatami.**



**Karate-Gi's with stripes or embroidery on shoulders are allowed.**



# UNIFORMS: Competitor



KATA

Sleeves must reach halfway down the forearm and must not be longer than the bend of the wrist.

Jacket must cover the hips, but not reach the knees.

Belt must leave around 15-30 cm of extra length, but it must not reach the knees.

Pants must cover two-thirds of the shin and must not reach the anklebone.



KUMITE

Muslim women may use a **white Scarf or Chador**.

Female competitors can **wear a plain white t-shirt** under the jacket.

**Kata** - wear a **belt** of their own grade.

When **flags** are used - wear a **red/white belt**.

The sleeves & trousers **must NOT be rolled up**.

**NO other world karate body badges** on belt, pants, jacket or equipment.



# UNIFORMS: Competitor

## NEW RULE CHANGE



### INAPPROPRIATELY DRESSED

**KATA:** If a Referee sees a competitor is inappropriately dressed, **BEFORE THE COMPETITOR WALKS ON TO THE FLOOR**, he/she will allow the competitor **2 MINUTES** to change his uniform to comply with the WUKF rules.

If the Referee sees it when the **competitor is already on the tatami**, then **it is too late to fix**, the competitor will then be **disqualified**.

**KUMITE:** If a Referee sees a competitor is inappropriately dressed, he/she will allow the competitor **2 MINUTES** to change his uniform to comply with the WUKF rules, (even if already in tatami).

If **after 2 MINUTES** the competitor has **not been able to change his uniform** the decision of the Referee will be **KIKEN (renunciation/disqualification)** for this competitor.

If the Referee sees something **AFTER he/she has said Hajime**, it the competitor will then be **disqualified**.

The competitor's **Coach is responsible for ensuring that the competitor is appropriately dressed** for the competition.

**NO disqualification** for taking longer than 2 minutes when replacing or repairing damaged equipment/uniform.





# UNIFORMS: Coaches

**NEW RULE CHANGE**



**Example**

**Official  
Style or  
Federation  
Badge**



**ID card**

Coaches must **wear a national tracksuit** (or trousers and national polo/golf shirt).

**FORBIDDEN FOR A COACH TO WEAR** whilst Coaching:

- **Karate Gi**, even if they have a tracksuit jacket over it
- Tracksuit jacket **around the hips**
- **Shorts**
- Have **backpacks, camera, other badges, phones**, etc.

*PS: You can keep your draw sheet/notepad and pen/pencil with you while coaching.*

Coaches are **NOT ALLOWED TO ASSIST COMPETITORS** to wear or adjust their Karate-Gi or other clothes.

*PS: If the referee gives permission, a Coach may assist children.*

**2 MINUTES** to change if improperly dressed.

If **not able to change** his/her uniform, the Referee will **invite him/her to leave the match area**.



# EQUIPMENT



**MITTS:** White and/or red, corresponding to the colour of their kumite-belt for that round.

*PS: Traditional white material mitts can be used for Ippon kumite.*

**GUM SHIELDS:** White / Transparent (Clear/Colourless)

**GROIN PROTECTORS:** Worn under the Gi.

**CHEST PROTECTORS:** Female Mini-Cadet, Cadet, Junior, Senior and Veteran kumite. White in colour or colourless (transparent) and worn UNDER the Gi.



**BODY PROTECTOR:** Children Nihon Kumite. White or double face red/white. It can be worn OVER the Gi.

**HEAD GUARD:** Children Nihon Kumite. White (or red to correspond to the colour of their kumite belt for that round).

**Logos of other World Karate Bodies are NOT ALLOWED on uniforms or equipment!  
It must be removed / covered with WUKF stickers provided at tatami. DON'T COVER IT WITH TAPE!**



# EQUIPMENT: Compulsory & Allowed

NEW RULE CHANGE



## COMPULSARY

- **Mitts:** Nihon, Sanbon & Ippon (special WUKF ippon mitts or similar models, like traditional flat white material mitts)
- **Gum shields:** Sanbon & Ippon
- **Groin protectors:** Males **Nihon**, Sanbon & Ippon
- **Chest protectors:** Females Sanbon & Ippon
- **Body protectors:** Children Nihon
- **Helmets/Head Guard:** Children Nihon
- **WHITE Instep protectors:** Nihon & Sanbon (Red Instep allowed for AKA competitor)

## ALLOWED

- **Sport glasses** (approved by the doctor of the competition) or contact lenses at their own risk during kata and kumite.
- **Gum shields:** **Nihon**
- **Shin protectors:** **Nihon** & Sanbon (white or red if AKA)



# EQUIPMENT: Forbidden & Special

NEW RULE CHANGE



## FORBIDDEN

- **Spectacles** (glass or hard plastic) for kumite.
- **Shin protectors** and/or **Instep shin protector** for Ippon.



**NO blue equipment.**

## MEDICAL AND SPECIAL ITEMS

- It's mandatory that the **Coach informs the Competition Doctor** about any **item or medical device** (pacemaker, surveillance device, contact lenses, etc.) that a competitor wears.
- If the **referee discovers** an **item that is unauthorised by the WUKF Doctor** the competitor will be **disqualified**.
- Competitors need the **written approval of the Competition Doctor to wear special glasses or any special item and devices (see 5.9.1)**.

*PS: It must also be written on the competitor's ID badge*

## NAILS, METALLIC OBJECTS, HAIR & BANDAGES

- Finger and toenails **SHORT** (*PS: Nail polish is allowed on nails*)
- **No METALLIC** objects or **false eyelashes**
- Hair **CLEAN AND CUT OR TIED UP** (not obstruct their performance or put them at risk)
- Can wear **DISCREET HAIR CLIPS** (not metallic) during a Kata.
- **No HACHIMAKI** (Japanese headband), amulets or wristbands.

- Competition Doctor's **MUST APPROVE** the wearing of **BANDAGES** or **SUPPORTS**.

*PS: The Doctor's approval must be written on the competitor's ID badge in order for referees to refer to it.*





# KUMITE: General

## NEW RULE CHANGE



**SANBON**

- 13y and up
- Individual
- Team
- Team Rotation



**NIHON**

- 12y and under
- Individual
- Team Rotation



**IPPON**

- 13y and up
- Individual
- Team
- Team Rotation

Competitors must choose Ippon or Sanbon.

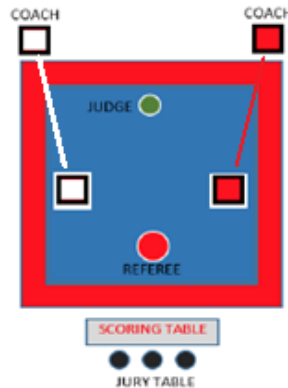
Veterans can choose to compete in either the SENIOR or the VETERAN age categories!

Veterans can't mix individual or team age categories (IE: Veteran Individual and a Senior Team event)

Veterans CAN compete in an individual Veteran Ippon event and in a Veteran Sanbon team event.

Kumite competitors must have their weight or height checked on the day of Registration. Competitor's ID Badge MUST be stamped as having their weight or height checked.

Coaches sit on the opposite side of the Tatami facing the Jury table.



KUMITE TEAMS can have 3 competitors from the same age category OR can use 1 or 2 competitors that is from the previous younger age category.

Competitors' and Coaches' badges must be given to the referees before a round.

Remember to collect it after the round again!



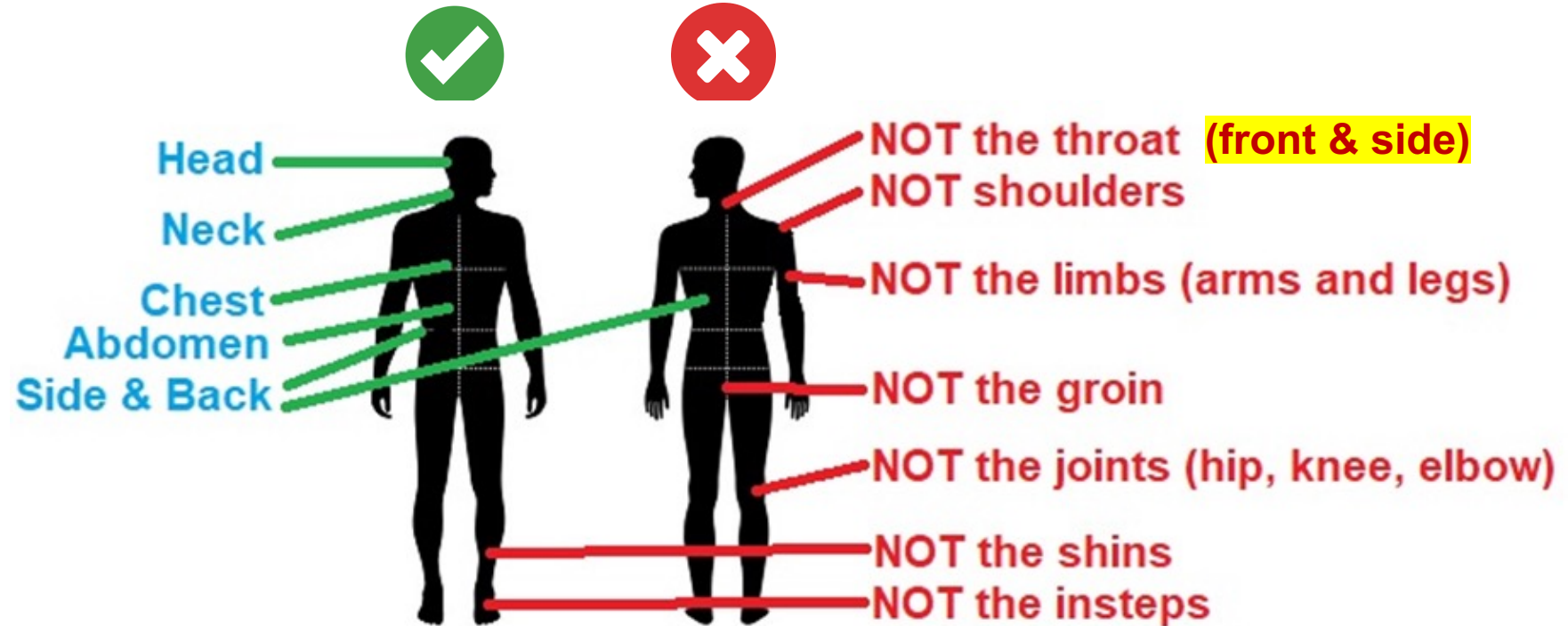
# KUMITE: Scoring Areas & Techniques

NEW RULE CHANGE



## NO POINT IF:

- An attack, even if effective, **delivered after the Time-up bell** signals
- Techniques **delivered outside the match area**
- Scoring techniques of the same value **simultaneously delivered** (Aiuchi).



## WILL COUNT IF:

- Effective **technique delivered simultaneously as the Time-up bell**.

However, if a competitor delivering a technique was within the boundary of the match area.

**The point at which "Yame" is called is helpful** in determining if Jogai has occurred.



# KUMITE: Nihon Individual Categories

**NEW RULE CHANGE**



## INDIVIDUAL

2



Category	Age	Belt	Height (M)	Height (F)	Notes
<b>Children A</b>	<b>06-08y</b>	All	Open	Open	<p><b>4 WAZA-ARI, 2 IPPON</b></p> <p>Mirror system</p> <p>1:30 min</p> <p>EFFECTIVE TIME</p> <p>TIE: <b>HANTEI</b> → <b>NO KACHI</b></p> <p><b>NO HIKIWAKE</b></p> <p><b>NO ENCHO-SEN</b></p> <p>WARNINGS (as per Art 28): Atenai (3) Kinshi (4)</p>
Children B	09y				
Children C	10y	All	-1.45m	-1.45m	
Children D			+1.45m	+1.45m	
Children E	11y	All	-1.50m	-1.50m	
Children F			+1.50m	+1.50m	
Children G	12y	All	-1.55m	-1.55m	
Children H			+1.55m	+1.55m	

# KUMITE: Sanbon Individual Categories

**NEW RULE CHANGE**



## INDIVIDUAL



Read Art. 25-26  
for info on Criteria  
For Deciding Ippon  
And Waza-Ari.

Category	Age	Belt	Weight (M)	Weight (F)	Duration	Notes
Mini-Cadets A-D	13y	All	-45 -55 -65 +65	-50 -55 -60 +60	2 min	6 WAZA-ARI, 3 IPPON
Cadets B B1-B4	14-15y	All	-55 -65 -75 +75	-50 -55 -60 +60	2 min	Mirror system
Cadets A A1-A4	16-17y	All	-55 -65 -75 +75	-50 -55 -60 +60	2 min	EFFECTIVE TIME
Juniors A-D	18-20y	All	-65 -75 -85 +85	-55 -60 -65 +65	3 min	TIE: <b>HANTEI</b> → <b>NO KACHI</b> OR <b>HAKIWAKE</b>
Seniors A-D	21-35y	All	-65 -75 -85 +85	-55 -60 -65 +65	3 min	↓ <b>ENCHO-SEN</b> 1 min
Veterans	36-40y	All	Open	Open	2 min	WARNINGS: Atenai (3) Kinshi (4)
	41-45y					
	46-50y					
	51-60y					
	60y+					

**In a TIE: Ippon should be considered  
as criteria for deciding the winner.**



# KUMITE: Ippon Individual Categories



## INDIVIDUAL



### SAI SHIAI

Scores and warnings are not carried into the Sai Shiai.

After the Sai Shiai, can't draw.

Category	Age	Belt	W/H (M)	W/H (F)	Notes
Mini-Cadets A	13y	All	-1.65m	-1.55m	<b>2 WAZA-ARI, 1 IPPON</b>  <b>Flag system</b> <b>Central Ref and 4 Corner Judges</b>  <b>2 Min</b>  <b>RUNNING TIME</b> The clock will stop only when the Referee requests "Time".  TIE: <b>HANTEI</b> ➔ <b>NO KACHI</b> OR <b>SAI SHIAI</b> (New match)  <b>WARNINGS (Art. 55):</b> Atenai (3) Jogai (3) Mubobi (3)
Mini-Cadets B			+1.65	+1.55m	
Cadets B	14-15y	All	Open	Open	
Cadets A					
Juniors					
Seniors A	21-35y	All	-70 kg	Open	
Seniors B			+70 kg		
Veterans A	36-40y	All	Open	Open	
Veterans B					41y+

# KUMITE: Ippon & Waza-Ari: NIHON

NEW RULE CHANGE



## INDIVIDUAL

2



NIHON

1



IPPON

A **POINT** IS AWARDED WHEN AN **EXACT, DECISIVE AND POWERFUL TECHNIQUE** is delivered, to scoring areas, with the following criteria:

- **Good form** (technique, synchronization, position and balance)
- **Strong vigor** (kime/ kiai)
- **Good attitude**
- **Zanshin**
- **Proper timing**
- **Correct distancing**

Some examples of effective techniques delivered under the following conditions **shall be considered as an IPPON**:

- When an **attack is delivered with perfect timing** and the opponent started to move towards the attacker.
- When an **attack is delivered immediately as the opponent was unbalanced** by the attacker.
- When a **combination of successive and effective techniques** is used.
- **Combined techniques that would have merited a waza-ari** will be elevated to an ippon.
- When the **opponent has lost their fighting spirit and turned their back** to the attacker and the attacker scores with a valid technique.
- Effective **attacks delivered on the undefended parts** of the opponent.

A **WAZA-ARI** is awarded for a technique almost comparable to that needed to score Ippon.

The refereeing panel must look for Ippon in the first instance and only award a Waza-ari in the second instance.

For waza-ari and ippon, **balance must be kept for an effective kick. NO points for kicking, while jumping on one leg.**



Waza-Ari



Ippon



# KUMITE: Ippon & Waza-Ari: SANBON

NEW RULE CHANGE



## INDIVIDUAL



A **POINT** IS AWARDED WHEN AN **EXACT, DECISIVE AND POWERFUL TECHNIQUE** is delivered, to scoring areas, with the following criteria:

1. Good form (technique, synchronization, position and balance)
2. Strong vigor (kime/ kiai)
3. Good attitude
4. Zanshin
5. Proper timing
6. Correct distancing

In SHOBU SANBON a **WAZA-ARI** will be given for **ALL techniques**.

An **IPPON** can **ONLY** be given for:

- A **controlled kick to the head (Jodan Geri)** or
- A **safe take down followed by scoring technique within 3 seconds while the competitor is on the floor or**
- A **break of balance immediately followed by a scoring technique.**

The **MAXIMUM** point, for **any punch and/or chudan kick**, will be a **WAZA-ARI!**

For waza-ari and ippon, **balance must be kept for an effective kick.**

**NO points for kicking, while jumping on one leg.**



*Waza-Ari*



*Ippon*

# KUMITE: Warnings & Penalties

NEW RULE CHANGE



**Atenai**

Excessive contact

## SANBON AND NIHON

- Excessive contact
- Prohibited scoring areas (throat, shoulders, limbs, joints (hip, knee, elbow), insteps, shins & groin)
- Open hand, knee/elbow, head-butts
- Jumping techniques
- Dangerous leg/foot sweeps & throws  
MUST assist with the fall in throw/take down!
- Uncontrollable techniques (like heel kick)



Number of warnings :

- First: Atenai
- Final: Atenai Chui
- Disqualification: Atenai Hansoku

Chui or Hansoku can be imposed directly, depending on the severity and if the majority of the referee panel agrees and after consultation with the Doctor.



# KUMITE: Warnings & Penalties

NEW RULE CHANGE



## SANBON AND NIHON

- **Time-wasting & constantly refusing to fight, running away, repeated interruption by clinching or unnecessary bodily contact** against the opponent.
- Repeated **grabbing/holding** ....
- **Exaggerated** actions and reactions (unsporting behaviour like faking injury...)
- Behaviour that **brings Karate into disrepute** (by Competitor, Coach, Managers, parents, etc)
- **Disrespectful and unnecessary actions** (like throwing their gloves, refusing to participate to bow, disagreeing with a ref, etc)
- **Show lack of regard for own safety by having their back turned to opponent.**
- **Touch the floor outside the match area (unless pushed)**
- **Grabbing (unless immediately followed up by a technique)**
- **Uncontrolled and dangerous attacks** (such as hook punches and/or kicking through the opponent)
- **NO Kinshi if a controlled technique misses the head or for avoiding the attack!**

Number of warnings:

1. Kinshi
2. Kinshi
3. Kinshi Chui
4. Kinshi Hansoku



## Kinshi

Prohibited  
behaviour and  
actions



# KUMITE: Warnings & Penalties

NEW RULE CHANGE



## INDIVIDUAL

2



### FORBIDDEN CONTACT AND TECHNIQUES



**Excessive contact to face, helmet or chest.**  
If there is a body contact and then an obvious marking, the referee must immediately punish the offender with a warning or penalty.



**“LIGHT” touches** to helmet allowed.



**Technique can't push or move back the head of the opponent.**



**Grabbing, grappling or dangerous throws**



**Art 48.3 Nage techniques (Ashi Barai etc.) has been deleted from the rules.**

**Children can do safe take downs, followed by scoring technique, within 3 seconds, while the competitor is on the floor, as per Art 25.3.**



# KUMITE: Warnings & Penalties



## Atenai

Excessive contact

### IPPON

- Excessive contact
- Prohibited scoring
- Open hand, knee, elbow techniques or head-butt
- Jumping techniques
- Dangerous leg/foot sweeps & throws  
MUST assist with the fall in throw/take down!
- Uncontrollable techniques (like a heel kick)

Number of warnings :

- Atenai
- Atenai Chui
- Atenai Hansoku

\* *Hansoku can be imposed directly.*



# KUMITE: Ippon Individual



## Mubobi

“Lack of regard for safety or integrity”

### IPPON

- **Time-wasting, refusing to fight, running away**
- **Repeated grabbing/holding, etc**
- **Exaggerated actions** and reactions, etc
- **Behaviour that brings Karate into disrepute** (for Competitor, Coach, Managers and anybody connected with the competitor)
- **Disrespectful and unnecessary actions** during the match, etc.
- Show lack of regard for own safety **when their back is turned.**
- **Grabbing** (unless followed up by a technique)
- **Uncontrolled attacks** (which exceed past or over target).

Number of warnings :

1. Mubobi
2. Mubobi Chui
3. Mubobi Hansoku





# KUMITE: Ippon Individual



## IPPON

- **Touching the floor, outside the match area**, with any part of the competitor's body)
- **Go out deliberately or to avoid** a technique
- **Delivers an unsuccessful technique** and then **exits immediately** afterwards
- Art 55.3 c-f: Examples of jogai scenarios.
  
- **No warning/penalty if a competitor is PUSHED** outside the match area by the opponent.

Number of warnings :

- First warning: Jogai
- Final warning: Jogai Chui
- Disqualification: Jogai Hansoku



**Jogai**

Touching the floor,  
outside the match  
area



# KUMITE: Warnings & Penalties



## Shikkaku

Disbarment from the entire competition

### SANBON , NIHON AND IPPON

- Do **not obey the orders of the Referee**
- Competitor **becomes aggressive**
- Commits an act which **harms the prestige and honour or violate the rules and spirit of Karate-Do**
- Competitors (or Coach, Managers, parents, etc) **make obscene or offensive gestures, make threats, or give verbal abuse** to the officials or other competitors
- Referee believes that a competitor has **acted maliciously**

**BEFORE SHIKKAKU** can be imposed, the Referee ➡ Tatami Manager ➡ WUKF-Ref Comm.

The competitor (or team) who receives Shikkaku in the **semi-final or finals, WILL NOT RECEIVE A MEDAL.**



**SHIKAKKU** is **DIFFERENT** from HANSOKU (Disqualification).

Shikkaku

= Leave the competition and some additional penalties may be imposed.

Hansoku

= Disqualified from the round.



# KUMITE: Team Categories



## TEAM



**SANBON**



**IPPON**

Categories	Age	Belt	Weight	Duration	NOTES
Cadets B	14-15y	ALL	OPEN  for Male & Female	2 min	<b>SANBON:</b>  EFFECTIVE time
Cadets A	16-17y			2min	TIE: <b>HIKIWAKE</b> → <b>EXTRA MATCH</b>  still TIE → <b>ENCHO-SEN 1 min</b>
Juniors	18-20y			3 min	Warnings: - Atenai (3)    - Kinshi (4)
Seniors	21-35y			3 min	<b>IPPON:</b>  EFFECTIVE time  TIE: <b>HANTEI</b> → <b>NO KACHI</b> OR <b>SAI SHIAI</b> (New match)  Warnings: - Atenai (3)    - Jogai (3)    - Mubobi (3)

3 individual matches, they are decided according to the **SANBON** OR **IPPON** kumite rules for individual kumite matches.

# KUMITE: Team Rules



## TEAM



**SANBON**

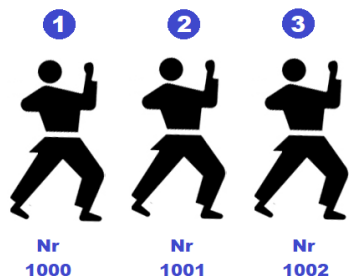


**IPPON**

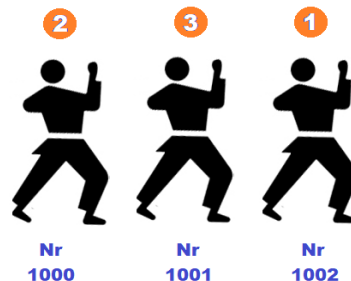
How points are rewarded in Team Sanbon (Art 36) and Team Ippon (Art 59).

Before a match, a team representative (coach/captain) must hand the official **FIGHTING ORDER LIST** to the Jury Table/Entrance officials.

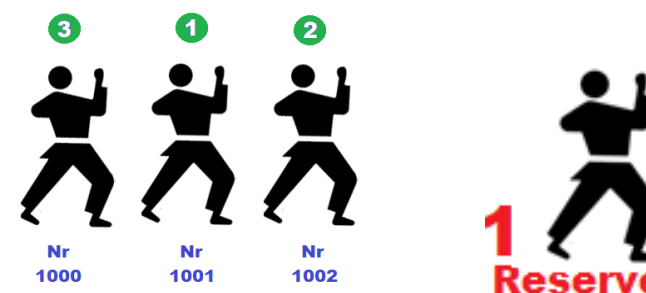
### ROUND 1



### ROUND 2



### ROUND 3



### FIGHTING ORDER

- Order **can be changed** for each round
- **Once notified, NO amendment**
- Use of a **reserve is a change in fighting order.**
- If **order is changed, without notifying the Jury Table** before the start of match, the **team will be disqualified.**

### TEAM MEMBERS

- Must be **3 competitors**
- If there **are NOT 3 competitors at the start** of the first round = **KIKEN**
- Can have **1 reserve**, who may be **substituted** for an injured competitor or if the Coach requires, **in the NEXT ROUND.**
- Team **CAN** continue to fight if **2 team members are injured.**





# KUMITE: Rotational Team Rules



## ROTATIONAL TEAM



### TEAM MEMBERS

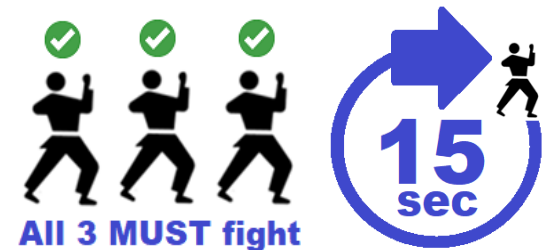
- Team = **3 competitors** & **1 reserve**, who may be substituted for an injured competitor or if the Coach requires it, during the round.
- Each member **must fight** at least **once, for at least 15 sec.**
- May make as **many substitutions** between the 3 team members as you like.
- **In the last fight**, a competitor can fight for **less than 15 sec.**
- **NO CHANGES** after **Atoshi Baraku** (last 15 sec of the match).



**WINNER:** Team who scored **MOST POINTS** during **6 min** OR  
Team with **ADVANTAGE OF "6 POINTS"** within **6 min** – even if not all fought.

### DISQUALIFICATION

- If there are **NOT 3 competitors** at the start of each round.
- If someone has **NOT fought** at the end of match.



### TIE AND ENCHO-SEN

- Team who has the **MOST IPPON will win** ... OTHERWISE go to **ENCHO-SEN (2min).**
- Each **Coach will choose 1 competitor** from their team **to fight** in the extension.
- Competitor **may be changed** after the **extension has begun.**

# KUMITE: Rotational Team Substitutions



## ROTATIONAL TEAM



SANBON



NIHON



IPPON



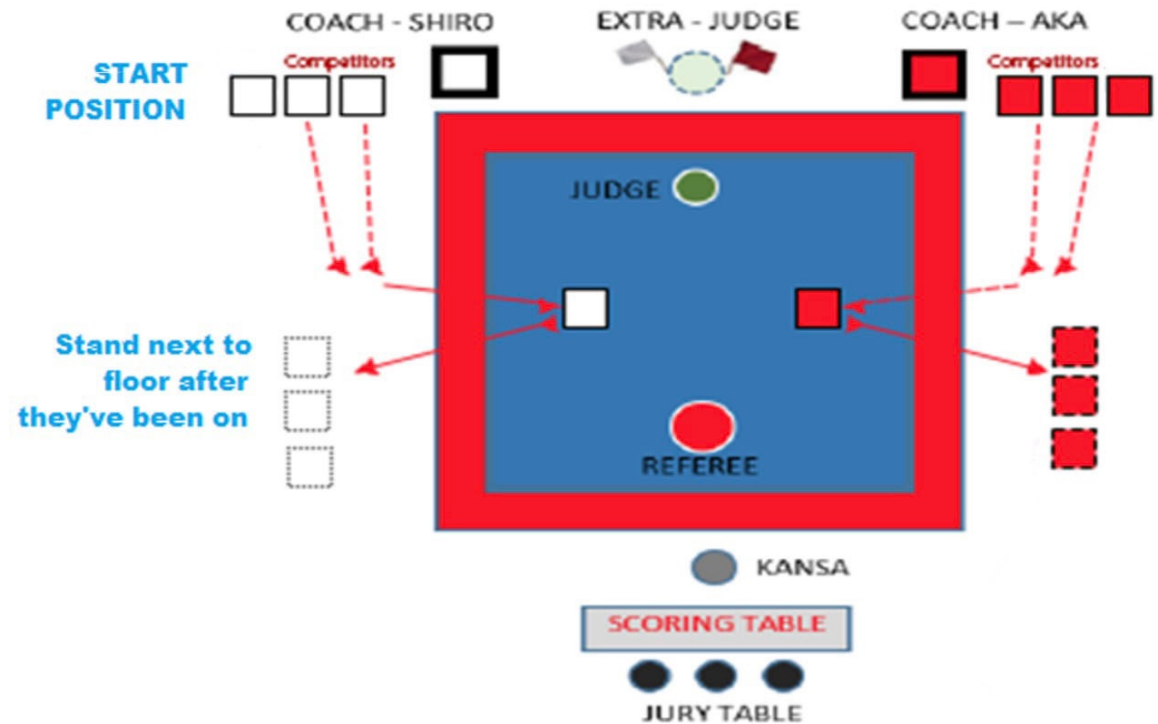
Coaches must **sit down** next to Change Judge.

Team members **starts next** to Coach.

Waiting team members **MUST be ready**.

**Substitute within 3 sec!**

In **exceptional circumstances** and with WUKF Ref Com permission, **the team captain**, may make **substitutions**, **if there is NO COACH**.





# KUMITE: Rotational Team "CHANGE"



## ROTATIONAL TEAM



1<sup>st</sup> Fighter



Start of match  
OR after last  
change

Aka	Tokuri	Shiro
15	2	1:22
IP 2	WA 1	IP 0 WA 3
1000 Name	1203 Name	
Scoreboard Example		

1<sup>st</sup> Coach to shout "CHANGE"  
will be **validated** by Change  
Judge



CHANGE



Coach/  
Captian



Referee calls  
"YAME"



Next Fighter  
goes on **ONLY** when  
REF says "CHANGE"!



### PENALTIES:

- Don't change within 3 sec = **KINSHI**
- Substitute without Ref command = **KINSHI**
- Warning/penalties = **WHOLE TEAM**

# KUMITE: Rotational Team

**NEW RULE CHANGE**



## ROTATIONAL TEAM

2



Category	Age	Belt	Weight (M)	Weight (F)	Duration	Notes
Children A	10y & under	All	Open	Open	4 min	Mirror system  RUNNING TIME  TIE: <b>HANTEI</b> → <b>NO KACHI</b>  <b>NO HIKIWAKE</b> <b>NO ENCHO-SEN</b>  Warnings (as per Art 28): - Atenai (3)    - Kinshi (4)
Children B	11-12y					

Articles 40, 43 and 44 for rotation team **SANBON** kumite (team members, substitution and penalties), remain valid for ROTATION TEAM **NIHON** KUMITE.

**WINNER:** Team who scored MOST POINTS during 4 min  
 OR  
 Team with advantage of "4 points" within 4 min – even if not all members fought.



Rules regarding **forbidden contact and techniques** (Art 48) of Individual Nihon Kumite apply.  
**Criteria for scoring is listed in Art 25.**

# KUMITE: Rotational Team



## ROTATIONAL TEAM



**IPPON**



Category	Age	Belt	Weight (M/F)	Duration	Notes
Mini-Cadets	13y	All	Open	4 min	Flag system
Cadets B	14-15y				RUNNING TIME The clock will stop only when the Referee requests "Time" (Art. 61.1)
Cadets A	16-17y				
Juniors	18-20y				TIE: Nr of IPPON.
Seniors	21-35y				STILL a TIE: <b>HANTEI</b> → <b>NO KACHI</b> OR <b>SAI SHIAI</b> (New match)
Veterans	36y +				Warnings: - Atenai (3)    - Jogai (3)    - Mubobi (3)

Rules for rotation team **SANBON kumite**" (team members, substitution, deciding the winning team and penalties), **remain valid** for ROTATION TEAM **IPPON KUMITE**, with exception to the following:



If 1 (or 2) competitor(s) is/are **SCORED BY IPPON**, (s)he/they **WILL BE ELIMINATED FOR REMAINDER** of the match.

The competitor(s) will sit down close to the tatami.

However, (s)he/they **MAY COMPETE IN A SAI SHIAI MATCH**.



**PENALTIES EXCEPTION:** KINSHI penalty is replaced with a **MUBOBI** penalty.





### GENERAL:

- Veterans can **compete only in 1 Veteran kata category.**
- Competitors must **choose to compete in either general or inclusive categories.**
- Juniors can't compete in senior categories.
- Veterans can choose to compete in either the Senior or the Veteran age category, **not both.**
- Compete in **1 Kata Style ONLY** and perform kata only from a style that has a kata list.
- Competitors **MUST perform a kata** from his/her **style that they were registered in;** and the style must be written on their ID badge.

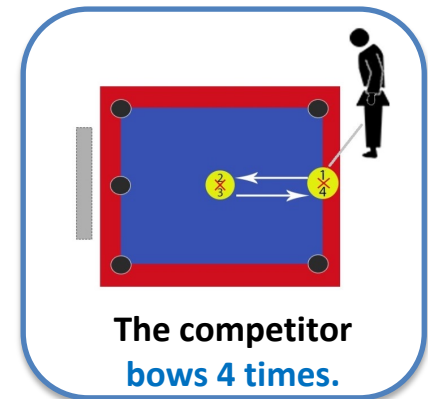
Main styles (separated): Shotokan, Wadoryu, Goju-Ryu, Shito-Ryu and Shorin Ryu

Other styles (all together): Uechi Ryu, Kyokushinkai, Shukokai, Sankukai, Gosoku Ryu, Budokan

Main styles categories that do not have 3 competitors will be included in "Other styles" category.

### PROCEDURE FOR KATA

- **MUST BOW** to the Central Referee and the competitor must **CLEARLY announce** the name of the Kata.
- Central Referee will clearly **repeat the name of the Kata to the athlete and Jury Table.**  
*PS: Your competitor must LISTEN be sure the Referee repeats the correct name.*
- **Jury Table must check if it is the correct kata BEFORE the kata is started.**
- **If the kata is NOT allowed,** the Central Referee will tell the athlete it is not allowed and **they can announce a new kata,** to avoid disqualification.  
**THIS CAN HAPPEN ONLY ONCE!**



The competitor bows 4 times.

# KATA: Individual Categories

**NEW RULE CHANGE**



**TOKUI KATA = ANY KATA** from the Shitei or Sentei or Tokui lists, **not yet performed.**

## Individual kata round summary (Male & Female)

CATEGORY	AGE	STYLE	BELT	ROUND 1	ROUND 2	ROUND 3	REPEAT
Children A	06-08 y	ALL	Kyu 9-7 kyu (White-Orange)	Shitei	Shitei	Shitei	Yes
Children B	09 y						
Children C	10 y						
Children D	11 y						
Children E	12 y						
Children A	06-08 y	ALL	Kyu 6-4 kyu (Green-Blue/Purple)	Shitei	Shitei	Sentei	NO*
Children B	09 y						
Children C	10 y						
Children D	11 y						
Children E	12 y						
Children A	06-08 y	ALL	Kyu 3 – Dan (Brown-Black)	Shitei	Sentei	Sentei	NO*
Children B	09 y						
Children C	10 y						
Children D	11 y						
Children E	12y	ALL	Kyu 3 – Dan (Brown-Black)	Shitei	Sentei	Tokui	NO*

\* **NO** = Can't repeat a kata once it has been performed. **Not even in a tie situation.**

# KATA: Individual Categories

**NEW RULE CHANGE**



## Individual kata round summary (Male & Female)

CATEGORY	AGE	STYLE	BELT	ROUND 1	ROUND 2	ROUND 3	REPEAT
Mini-Cadets	13y	<b>STYLE BLOCKS</b> - Shotokan      - Goju Ryu - Shito Ryo      - Wado Ryu - Shorin Ryu      - Other Styles	ALL White-Black	Shitei or Sentei	Shitei or Sentei or Tokui	Shitei or Sentei or Tokui	NO*
Cadets B	14-15y	<b>STYLE BLOCKS</b> - Shotokan      - Goju Ryu - Shito Ryo      - Wado Ryu - Shorin Ryu      - Other Styles	ALL White-Black	Shitei or Sentei	Shitei or Sentei or Tokui	Shitei or Sentei or Tokui	NO*
Cadets A	16-17y	<b>STYLE BLOCKS</b> - Shotokan      - Goju Ryu - Shito Ryo      - Wado Ryu - Shorin Ryu      - Other Styles	ALL White-Black	Shitei or Sentei	Shitei or Sentei or Tokui	Shitei or Sentei or Tokui	NO*

\* **NO** = Can't repeat a kata once it has been performed. **Not even in a tie situation.**



# KATA: Individual Categories

**NEW RULE CHANGE**



## Individual kata round summary (Male & Female)

CATEGORY	AGE	STYLE	BELT	ROUND 1	ROUND 2	ROUND 3	REPEAT
Juniors	18-20y	STYLE BLOCKS - Shotokan - Goju Ryu - Shito Ryu - Wado Ryu - Shorin Ryu - Other Styles	ALL White-Black	Shitei or <b>Sentei</b>	Shitei or <b>Sentei</b> or <b>Tokui</b>	Shitei or <b>Sentei</b> or <b>Tokui</b>	<b>NO*</b>
Seniors	21-35y	STYLE BLOCKS - Shotokan - Goju Ryu - Shito Ryu - Wado Ryu - Shorin Ryu - Other Styles	ALL White-Black	Shitei or <b>Sentei</b>	Shitei or <b>Sentei</b> or <b>Tokui</b>	Shitei or <b>Sentei</b> or <b>Tokui</b>	<b>NO*</b>
Veterans A Veterans B Veterans C Veterans D Veterans E	36-40y 41-45y 46-50y 51-60y 61y +	ALL	ALL White-Black	Shitei or <b>Sentei</b>	Shitei or <b>Sentei</b> or <b>Tokui</b>	Shitei or <b>Sentei</b> or <b>Tokui</b>	<b>NO*</b>

\* **NO** = Can't repeat a kata once it has been performed. Not even in a tie situation.

**Veterans can choose to compete in either the Senior or the Veteran age category, not both.**

# KATA: Team Categories



## TEAM KATA "TRIANGLE" FORMATION



## Team (Unison) Kata round summary (Male & Female)

CATEGORY	AGE	STYLE	BELT	ROUND 1	ROUND 2	ROUND 3	REPEAT
Children A	10y & under	ALL	All belts	Shitei	Shitei	Sentei	NO*
Children B	11-12y	ALL	All belts	Shitei	Shitei	Sentei	NO*
Mini-Cadets	13y	ALL	All belts	Shitei or	Shitei or	Shitei or	NO*
Cadets B	14-15y			Sentei	Sentei or	Sentei or	
Cadets A	16-17y				Tokui	Tokui	
Juniors	18-20y						
Seniors	21-35y						
Veterans	36 up						

KATA TEAMS must have **3 competitors** from the **same age** category OR can use **1 or 2 competitors** from the **previous younger age category**.

**MUST COMPETE** in the **OLDEST COMPETITORS' AGE GROUP!**

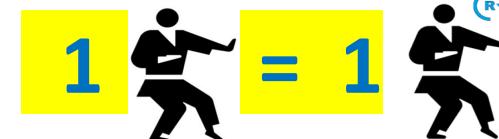
**NO\*** = Can't repeat a kata once it has been performed. Not even in a tie situation.

# KATA: Rounds

## NEW RULE CHANGE



Referee to inform the Competitors and Coaches **how many KATA rounds** there will be in the category.



If only 1 competitor then 1 round kata.

Round

Nr of Competitors

Nr of Rounds

**R1**

**= ↑ 30**



**=**

**3 rounds**



Round 1: TOP 18 through

Round 2: TOP 06 through  
Round 3: TOP 03 receive medals

**R1**

**= ↓ 30**



**=**

**3 rounds**



Round 1: TOP 12 through

Round 2: TOP 06 through  
Round 3: TOP 03 receive medals

**R1**

**= ↓ 12**



**=**

**2 rounds**



Round 1: FALLS AWAY

Round 2: TOP 06 through

Round 3: TOP 03 receive medals

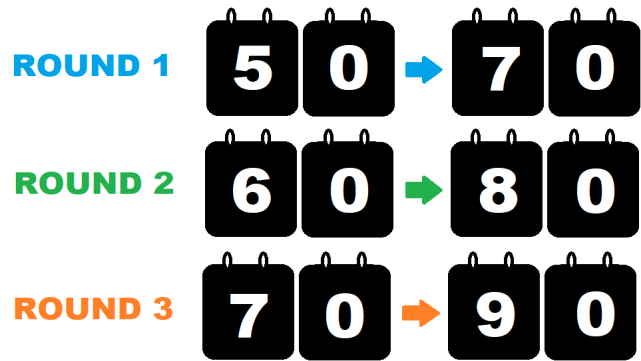


# KATA: Scores & Ties

## NEW RULE CHANGE



### SCORING RANGE



Scoring is based on 20-point scale in the above ranges. Each of the 4 main criteria will receive a numerical grade (1-5) and added to the base for the final score.

Judges are to award points only based on judging criteria

1	2	3	4	5
Unsatisfactory	Satisfactory	Good	Very Good	Excellent



When **DISQUALIFIED** the score, for all competitors, will be the **LOWEST SCORE** (5.0/6.0/7.0) according to the round.

Of the original 5 SCORES the **HIGHEST** and **LOWEST** score is **deleted/cancelled and NOT USED AGAIN**.

The **TOTAL** of the **REMAINING 3 SCORES ARE CALCULATED** for the round result.

#### Competitor A

Round 1 Kata	<del>6.8</del>	6.9	7.0	7.1	<del>7.1</del>	= 21
Round 2 Kata	<del>7.7</del>	7.8	8.1	<del>8.2</del>	8.0	= 23.9
Round 3 Kata	7.9	<del>7.6</del>	<del>8.2</del>	8.0	8.1	= 24
<b>Final Score (R2 + R3)</b>						<b>= 23.9 + 24 = 47.9</b>

### TIE SITUATION (All rounds)

**IF THERE IS A TIE** IN ROUND 1 OR 2 ... **ADD** the **LOWEST** ↓ of the 3 remaining scores again.

**IF THERE IS STILL A TIE** ... **ADD** the **HIGHEST** ↑ of the 3 remaining scores again.

**IF THERE IS STILL A TIE** ... perform a **TIE Kata** - use flags (red/white belts).

**If all competitors who competed in tie round are disqualified**, each competitor must perform an imposed SHITEI kata from their Kata style.

# KATA: Criteria for Decision

## NEW RULE CHANGE



### MAIN CRITERIA FOR DECISION: BASIC PERFORMANCE

#### 1. Create Structure (Technique)

- Correct body geometry;
- Correct body posture;
- Proper Stance structure;
- Proper connection between Stance and Posture;
- Proper Balance and stability in structure;
- Proper Embusen;
- Proper Eye vector.

#### 2. Create power

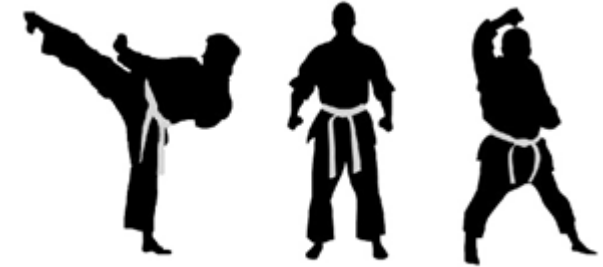
- Expansion and contraction of body;
- Control of Tension and Contraction;
- Proper execution and utilization of Kiai;
- Proper Breathing;
- Methods of creating power:
  - Body shift
  - Body rotation
  - Lifting body
  - Dropping body
  - Body vibration

#### 3. Kime (Transfer of power)

- Synchronization;
- Timing;
- Proper interval;

#### 4. Other elements

- Rhythm;
- Understanding the feature of kata (specific to the performed kata);
- Proper attitude, spirit;
- Concentration.
- The degree of difficulty, rhythm, and risk in the performance of the Kata.
- The Budo and fighting spirit attitude of the competitor.

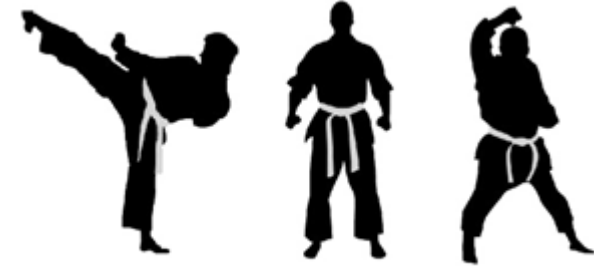


Source pngall.com

Scoring is based on 20-point scale in the range or 5.0-7.0 / 6.0-8.0 / 7.0-9.0. Each of the 4 main criteria will receive a numerical grade (1-5) and added to the base for the final score.

1	2	3	4	5
Unsatisfactory	Satisfactory	Good	Very Good	Excellent

# KATA: Sample Score, Range 6.0-8.0



Source pngall.com

6.0	1	2	3	4	5	
	Unsatisfactory	Satisfactory	Good	Very Good	Excellent	
Structure (Technique)	.1	.1	.1			
Create power	.1	.1	.1			
Kime (Transfer of power)	.1	.1	.1			
Other Elements	.1	.1	.1			
						8.0

Scoring is based on 20-point scale in the range of 5.0-7.0 / 6.0-8.0 / 7.0-9.0. Each of the 4 main criteria will receive a numerical grade (1-5) and added to the base for the final score.

Adding the points awarded OR subtracting points NOT awarded arrives at 7.2

$$\begin{array}{r} 6.0 \\ + 1.2 \\ \hline 7.2 \end{array}$$

$$\begin{array}{r} 8.0 \\ - 0.8 \\ \hline 7.2 \end{array}$$





## GUIDELINE ON HOW KATA CAN BE JUDGED

### EXAMPLE:

Round 2

Scoring 6.0 – 8.0

SCORE RANGE	KATA GUIDELINE
<6.7	Unsatisfactory
6.8	Satisfactory
7.2	Good
7.6	Very Good
7.7>	Excellent

# KATA: Deductions & Disqualification

NEW RULE CHANGE



## MINUS POINTS

Points (0.1) will be deducted for the following:



- A discernible pause or a slight imbalance
- The absence of EACH kiai
- In TEAM KATA if there is excessive breathing or slapping the body

## DISQUALIFICATION

For disqualification, the score will be 5.0/6.0/7.0 (according to the round) in all age categories.

A competitor can be disqualified for the following:

- If competitor stop for more than 5 sec
- If competitor forgets or add a technique
- Loose balance completely and falls
- Absence of all kiai (no kiai at all)
- If belt, trouser, a device, etc. (but not the number), falls during the kata performance.
- If competitor announces a kata which is NOT ALLOWED twice (Art 66.4).



Can't be disqualified if a competitor performs a nominated kata, allowed in that round, but the table records the wrong kata.

For example, in a Sentei kata round, if the competitor announces Jion, but the table official records Bassai Dai, the performed kata must be scored and there will be no disqualification.

The Tatami Chief or Central Referee can call for Shugo to disqualify or to discuss an issue.

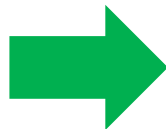
# OFFICIAL PROTEST



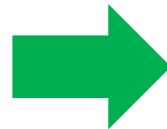
## PROTEST PROCEDURE



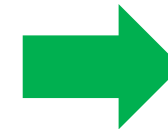
Coach announces



Tatami Manager



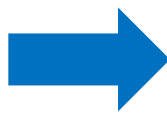
intend to protest



Directly after the match is finished, BEFORE the next match

The Tatami Manager will stop the whole round and will inform the WUKF-Referee Commission about it.

BEFORE



PAY PROTEST FEE

€200

The fee will be returned if the protest is upheld.

In writing by completing the Protest sheet



Tatami Manager



WUKF Ref Comm.

Feedback on the outcome will be given from the Ref Comm to the Tatami Manager to the Coach.



Only the Coach of the team involved may protest to the Tatami Manager against a decision.

Competitors can't protest against a decision.

WHEN the category is finished, and the medalists are notified NO ONE CAN APPEAL THE DECISION.



# OFFICIAL PROTEST



## CAN PROTEST A DECISION:

- that might have **VIOLATED THE RULES OF THE MATCH OR OF JUDGING.**
- if there is an **ADMINISTRATIVE ERROR** during the match.
- **not a technical decision or point call** (even if you have video evidence).



**Administrative errors can be solved quickly, on the floor, with out official protest.**

## COACH **MUST PROVIDE EVIDENCE** FOR THE PROTEST, BUT



**Video proof, regarding an assumptive technical evaluation error, IS NOT ACCEPTED** as evidence for the protest.



**Video proof is accepted**, as evidence, only for **administrative errors** and only if the incident is **clearly visible.**



**Notify the Tatami Manager of ANY ADMINISTRATIVE ERROR** as soon as it is detected!

**For example:**

- Wrong competitor called or put through to round
- Points given not being shown on scoreboard
- Wrong points shown on scoreboard
- Wrong calculation of points in kata
- Wrong kumite format for age group
- Wrong kata done for round, but allowed
- Forget to stop time
- Wrong number of penalties given are shown
- If a kata judge gives, for example, 7.5 in the 6.0 round

# WARNINGS & PENALTIES: Coaches



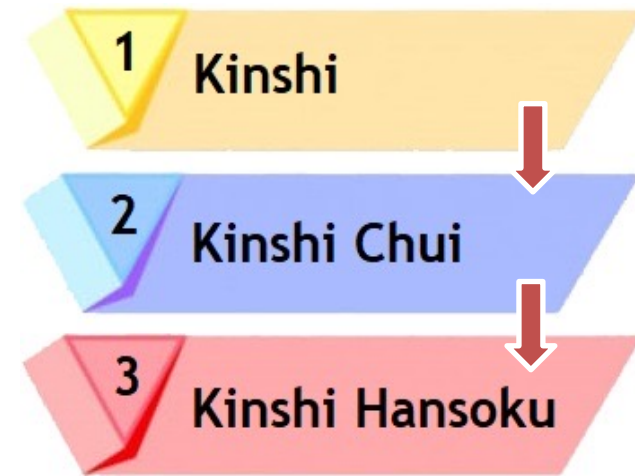
Coaches can be **penalized for bad behaviour** (verbal abuse, physical aggressiveness) **against officials or against their own students.**

The **decision to warn or penalize** a Coach will be taken by the **Referee panel and the Tatami Manager.**

To warn a Coach, the **Tatami Manager will mark an X** on the back of **Coach's badge** and certify this with his signature.

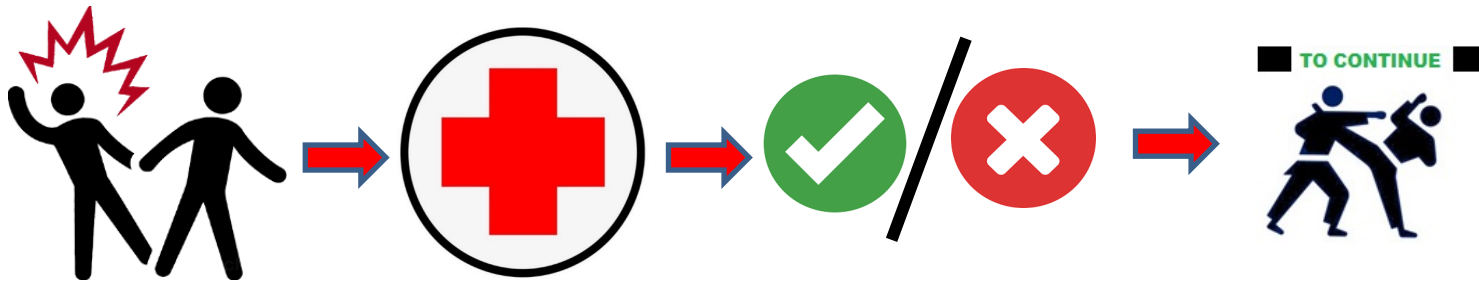
- After the **3rd mark**, you will **not be allowed to act as a Coach** during the remainder of the competition.
- WUKF Referee Commission can also **impose a suspension for a period of time**, from all competitions under the WUKF umbrella.

The penalty scale for Coaches will have 3 steps:



In special situations **KINSHI HANSOKU** can be imposed directly.

# INJURIES & ACCIDENTS



Depending on the **Competition Doctor's decision** the **competitor will or will not be allowed to continue** the round. He/she will record a competitor's injury on an **"INJURY Form/Sheet"** and indicate if the competitor can continue to compete.

Coaches and parents **DO NOT go on the floor and assist** with an injury!

**ONLY the Doctor/Paramedic can decide to continue, NOT** the competitor, coach or parent.

PS: Remember to ask/check if the injury form sheet has been submitted, if your competitor can continue!

**NO POINT** shall be awarded if the competitor injures the opponent even if the injury is only very minor.

## EXCESSIVE INJURY

If competitor **causes an excessive injury** to another competitor, **based on the doctor and referees report and the medical documents**, the WUKF-RefComm **may impose additional penalties**, such as:

1. A **written warning**.
2. A **suspension of between 1 – 2 years** from all WUKF international competition events.
3. Competitor can be **banned from all Kumite Competitions** in WUKF events.



# THANK YOU!

Questions can be sent to  
[athletescoaches@wukf.org](mailto:athletescoaches@wukf.org)  
for attention: Mr Søren Helsted

