

TECHNICAL RULES – NATIONAL TOURNAMENT

Note: Subject to change by Chief Judge, Arbitrator or Tournament Director

Standard Rules:

- All contestants must wear a clean, unmarked white karate gi.
- The gi must be IKD regulation gi with the length of the sleeves falling about midway between the elbow and the wrist. Gi sleeves shall not be rolled up on the outside.
- The pants length must fall about midway between the knee and the ankle.
- Forearm and/or shin guards, and sweat bands are not allowed.
- Jewellery or sharp objects in the hair are not allowed.

Team Kata Bunkai Rules:

- Three person teams are free to choose any kata.
- All bunkai must adhere to the traditional kata, which must flow from movement to movement. For the defender, free stances between movements are not allowed.
- Slight deviations and in-between techniques are acceptable and are limited to about 10% of the kata movements.
- Only one person shall defend against the other two attackers throughout the bunkai (not like WKF rules).
- There shall be a slight pause whenever a todome waza (finishing blow technique) is executed.
- Bunkai is judged the same as team kata.
- May use ‘stunt’ weapons (rubber knife/club, bo, or shinai bamboo stick) but no real weapons
- No dangerous techniques or throws, comical movements, or “skit” theatrics

Team Enbu Rules:

- Each team member shall take turns defending against the other two attackers.
- There is no time limit, except enbu shall not be longer than the time it takes to perform team bunkai.
- One may evade attacks, but must follow through with a todome waza before confronting the other attacker.
- Members are free to use their own choreography and imagination in enbu, but must use the three elements of karate – correct application of power, speed of technique, and body expansion and contraction, as well as budo spirit.
- Enbu is judged the same as team kata and bunkai.
- May use ‘stunt’ weapons (rubber knife/club, bo, or shinai bamboo stick) but no real weapons
- No dangerous techniques or throws, comical movements, or “skit” theatrics are prohibited

YOUTH COMPETITION

- Rank 6b kyu or above
- All competitors must have own red & blue belts, red & blue WKF/IKD approved kumite gloves and own mouthguard

INDIVIDUAL KATA	ELIMINATIONS (Flag system)	FINALS (Point system)
Green, Blue, Purple Age 11 & under Age 12-14 Age 15-17	Shitei Kata • Heian Nidan – Heian Yondan	Tokui Kata • May choose Heian Shodan to Tekki Shodan • In the case of a tie, competitors may perform the same kata
Brown & Black Age 11 & under Age 12-14 Age 15-17	Shitei Kata • Heian Nidan – Tekki Shodan	Tokui Kata • May choose any kata • In the case of a tie, competitors must perform a different kata
INDIVIDUAL KUMITE	ELIMINATIONS	FINALS
Green, Blue, Purple Age 11 & under Age 12-14 Age 15-17	Ippon kumite – (one-step BUT from free stance) Jodan oi-zuki, chudan oi-zuki, chudan mae-geri, chudan yoko-geri kekomi (favorite side)	Same as eliminations.
Brown & Black Age 11 & under Age 12-14	Jiyu ippon kumite – (Semi-free) Jodan oi-zuki, chudan oi-zuki, chudan mae-geri, chudan yoko-geri kekomi and chudan mawashi-geri (favorite side)	Jiyu kumite – Free sparring
Brown & Black Age 15-17	Jiyu kumite – Free sparring	Jiyu kumite – Free sparring
Team Enbu (3 member teams) Age 13 & under (separate male & female divisions) Age 14-17 (separate male & female divisions)		Demonstration of attack/defense.

Jiyu Ippon Kumite Rules:

- Red side shall attack first
- Attacker
 - Must announce target area before initiating each attack
 - Attacks are: jodan, chudan, chudan mae-geri, chudan kekomi and chudan mawashi-geri.
 - Favourite side for each attack, however, once announced, attacker cannot change side.
 - Once distance is established, the attack must begin. At the end of each attack, the attacker must hold their position. No evading or blocking counter attacks.
 - No deceptive pre-actions are allowed (no- feinting).

- The offensive side cannot jump or slide with the lunge attacks. All attacks shall be stepping in.
- Defender
 - Must block each attack prior to counter attacking.
 - Any counter attack is acceptable as long as it has the three elements of kime – power (includes correct stance and posture), speed, sharpness, and ki.
 - May use the same counter attack each time.
- In the case of a tie, they shall have a rematch. Judges shall observe the three elements of kime.
- No grabbing or holding will be permitted by the offensive or defensive side.
- Escaping out of bounds by the defensive side will result in the following:
 - 1st time - *jogai keikoku*: out of bounds
 - 2nd time - *jogai chui*: warning
 - 3rd time - *jogai hansoku*: disqualification, loss of match
- **Contact is not permitted and is likely to result in disqualification.**

YOUTH TEAM EVENTS

- Each team shall consist of 3 members
- Each province may enter any number of teams in each event
- Age of majority of team members determines competition category (e.g. if two members are 13 and one is 14, the team will compete in the 9-13 category). No adult members allowed on youth teams.
- Teams may contain mixed genders, majority of team members determines competition category (e.g. if two members are female and one is male, the team will compete in the female category)

TEAM KATA	
Green, Blue, Purple Age 13 & under (male & female combined) Age 14-17 (male & female combined)	Tokui Kata <ul style="list-style-type: none">• May choose Heian Shodan to Tekki Shodan.• In the case of a tie, team may perform the same kata
Brown & Black Age 13 & under (separate male & female divisions) Age 14-17 (separate male & female divisions)	Tokui Kata <ul style="list-style-type: none">• May choose any kata.• In the case of a tie, team must perform a different kata
TEAM KATA BUNKAI	
Brown & Black Age 13 & under (separate male & female divisions) Age 14-17 (separate male & female divisions)	Perform one kata fully with traditional movements against two attackers
TEAM ENBU	
Brown & Black Age 13 & under (separate male & female divisions) Age 14-17 (separate male & female divisions)	Demonstration of attack/defense.

ADULT TOURNAMENT

- Age 18+ years
- Separate female and male events
- All competitors must have own red & blue belts, red & blue WKF/IKD approved kumite gloves and own mouthguard

INDIVIDUAL KATA	ELIMINATIONS (Flag system)	FINALS (Point system)
Green, Blue, Purple Age 18+	Shitei Kata • Heian Nidan – Heian Yondan	Tokui Kata • May choose Heian Shodan to Tekki Shodan In the case of a tie, competitors may perform the same kata
Brown Age 18+	Shitei Kata • Heian Nidan – Tekki Shodan	Tokui Kata • May choose any kata • In the case of a tie, competitors must perform a different kata
Black Age 18+	Shitei Kata • Heian Nidan – Tekki Shodan Sentei Kata (semi-final) • Bassai Dai, Kanku Dai, Empi, Jion	
INDIVIDUAL KUMITE	ELIMINATIONS	FINALS
Green, Blue, Purple Age 18+	Jiyu ippon kumite – semi-free sparring Jodan oi-zuki, Chudan oi-zuki, Chudan mae-geri	Same as eliminations
Brown Age 18+ Black Age 18+	Jiyu kumite – free sparring	Jiyu kumite

ADULT TEAM EVENTS

- Each team shall consist of 3 members
- Each province may enter any number of teams in each event
- Youth members are allowed in Team Kata, Team Kata Bunkai or in Team Enbu, but not in Team Kumite
- Age of majority of team members determines competition category (e.g. if two members are aged 18-39 and one is 40+, the team will compete in the 18-39 category).

TEAM KATA	
Green, Blue, Purple Age 18+ (male & female combined)	Tokui Kata <ul style="list-style-type: none"> • May choose Heian Shodan to Tekki Shodan. • In the case of a tie, team may perform the same kata
Brown & Black Age 18-39 (separate male & female divisions) Age 40+ (separate male & female divisions)	Tokui Kata <ul style="list-style-type: none"> • May choose any kata. • In the case of a tie, team must perform a different kata
TEAM KATA BUNKAI	
Brown & Black Age 18-39 (separate male & female divisions) Age 40+ (separate male & female divisions)	Perform one kata fully with traditional movements against two attackers
TEAM ENBU	
Brown & Black Age 18-39 (separate male & female divisions) Age 40+ (separate male & female divisions)	Demonstration of attack/defense.
TEAM KUMITE	
Brown & Black Age 18-39 (separate male & female divisions) Age 40+ (separate male & female divisions)	