



Summary *of* Rules

5th Mediterranean Karate Grand Prix

This is not an official WKA Event.



A. Choice of Kata for the Individual Categories - MAINSTREAM

1. Table 1 shows the choice of kata for the individual categories.

TABLE 1: Individual Kata

Category/ Ages	1 Round	In case of a TIE
Children (Boys and Girls) – up to 12 years		
Novices – 7th Kyu	Shitei	May repeat Kata
6th Kyu – 4th Kyu	Shitei or Sentei	Cannot repeat Kata
3rd Kyu – DAN Grades	Shitei or Sentei or Tokui	Cannot repeat kata
13 Years & Above		
Novices – 7th Kyu	Shitei	May repeat Kata
6th Kyu – 4th Kyu	Shitei or Sentei or Tokui	Cannot repeat kata
3rd Kyu – DAN Grades	Shitei or Sentei or Tokui	Cannot repeat kata

2. In the case of a tie, flags may be used.
3. Contact lenses or spectacles may be worn during the kata performance at the competitor's own risk. If spectacles fall on the tatami, competitor will be disqualified.
4. Medals will be awarded to the 1st, 2nd, and 3rd place.
5. No jewelry, no piercings, no heavy make-up. Nails must be kept clean and short – for both Kata and kumite. Nail polish is allowed. Head bands or bandanas are not allowed. Female competitors must wear a white t-shirt or white crop top underneath the karate gi jacket. Karate gi jacket sleeves and karate gi pants must not be rolled up.
6. When 5 points are given for kata, the lowest and highest points are cancelled (discarded). The remaining 3 points will be added together to give the total point for that round. If there is a tie, the lower point of the remaining 3 points will be compared. If tie persists due to competitors having the same lowest point among the 3 points, the highest point of these 3 points is compared. In the case of a further tie, depending on the age and category, competitors will be asked to perform another kata (repeat or same kata). Competitors will be asked to change their belts to red and blue/ white



and asked to perform – red belt competes first. Decision will be made by Hantei using flags. (In the case where 3 points instead of 5 points are given for the kata performance, no points will be cancelled.)

7. Disqualification (the lowest point in that round will be given) will occur if the competitor:

a) Announces a kata and performs another kata; b) adds or forgets a technique in the kata; c) stops or pauses for more than 5 seconds during the kata performance; d) loses balance and falls during kata performance; e) does not perform the kata of the style asked in the respective category, or (f) objects fall from the karate gi during kata performance, or any other accessories not allowed during performance are seen during performance on tatami. Coaches ensure that competitors are appropriately dressed.

NOTE: For the individual categories, competitors are allowed to enroll as is the usual practice - in their appropriate age and belt category. They may compete also in the next higher age and belt category; however, they MUST FOLLOW THE RULES of that category as shown in Table 1 (for example, they must change kata if they are participating in the category of 6th kyu accordingly) even though the competitor is of a lower grade.

Higher belts cannot compete in lower belt categories; however, veterans (masters) can compete in lower categories – Juniors or Seniors.

B. Choice of kata for Pairs and Team Categories

Table 2 displays the choice of kata. In case of a tie, kata may be repeated in all categories, for all ages; flags may be used. Both pairs and team categories, are mixed; that is, competitors may be males and females together.

TABLE 2: Pairs and Teams Kata

Category/ Ages	One Round
Up to 15 years	Shitei & Sentei
16 Years & above	Shitei or Sentei or Tokui



KUMITE *For Kumite categories, competitors must enter their own age category*

For all kumite categories contact lenses or special kumite glasses may be worn at the competitor's own risk – sign sheet accordingly. Glass spectacles are not allowed.

1. Shobu Nihon Individual Kumite - For 12 years and below

- (1) Each bout in Shobu Nihon stops when 2 Ippon or 4 waza-ari are reached or when time is up (1 minute 30 seconds effective time). Points reached may be a combination of Ippon and waza-ari.
- (2) **Compulsory equipment:** white helmet (or blue or red to match belt), white chest guard, red and blue/ white gloves, red and blue/ white belts, red and blue/ shin guards underneath karate gi trousers with insteps which match the gloves during the bouts. **In this place, MONTALTO DI CASTRO, groin guards and shin guards with insteps for 12 years and under are compulsory.**
- (3) If there is a tie, Hantei will be implemented, and judges will vote for the best fighter. The mirror system will be used in all bouts. Ashibarai (leg sweeps) are NOT allowed. Grabbing an opponent or other inappropriate body contact with opponent is NOT allowed, and these will be penalised. Atoshibaraku is 15 seconds from end of bout. Warnings and penalties are: Atenai, Kinshi, Shikkaku. Warnings and penalties may be skipped and a chui or hansoku may be imposed directly depending on the severity of the foul. Different categories of warnings and penalties do not cross-cumulate.

2. Shobu Sanbon Kumite Individual – (13 years & above)

- (1) Each bout in Shobu Sanbon will end when points reach 3 Ippon or 6 waza-ari or when time is up (1 minute 30 seconds effective time).
- (2) **Compulsory equipment:** white/ transparent gum shield, white breast guard underneath karate gi jacket for females, red and blue/ white gloves, red and blue/ white belts, groin guard for males underneath karate gi trousers. **In this place, MONTALTO DI CASTRO, shin guards with insteps for all shobu sanbon fights are compulsory. CHEST GUARDS for 13, 14, and 15 years are compulsory. For 16 and 17 years, chest guards are optional.**
- (3) If there is a tie, decision may be implemented by Hantei depending on the penalties present, or decision goes directly to enchoson (1-minute extra time). The first to score wins. Warnings and penalties are brought forward.
- (4) The mirror system will be used in all bouts. Atoshibaraku is 15 seconds before time is up.
- (5) Penalties and warnings: Atenai, Kinshi, Shikkaku. Warnings and penalties may be skipped and chui and hansoku may be imposed directly, depending on the severity of the foul. The different categories of penalties and warnings do not cross-cumulate.



3. Shobu IPPON Individual Kumite

- a) **Each bout in Shobu Ippon** is stopped when scores reach 1 Ippon or 2 waza-ari or when time is up (2 minutes running time). Time is stopped only when Referee requests 'TIME'.
- b) **Compulsory equipment:** white or transparent gum shield, white breast guard for females (underneath karate Gi jacket), **red & white gloves** (like sanbon gloves but **WHITE NOT blue**), red & white belts, groin guards for males
- c) **In the case of a draw**, Hantei is implemented, and Sai Shiai (extra match) is announced if decision is Hikiwake. Atoshibaraku is at 15 seconds before bout ends.
- d) **Warnings/ Penalties** are: Atenai, mubobi, Jogai.

4. Team Kumite

The rules for shobu Nihon, shobu Sanbon, and shobu Ippon team kumite are like those of individual bouts, however, during ties in individual bouts, the scores remain as a draw. Hantei is not given to determine the winner in shobu Nihon; Nor enchosen in shobu Sanbon, or sai shiai in shobu Ippon. These are only implemented if there is a tie between the teams, in which case, an extra fight must be done between a member of each team, chosen by their coaches. At the beginning of each bout, only the 3 team members are allowed on the tatami.

Teams which do not have the 3 members at the beginning of the 1st round cannot participate and will be declared kiken (renunciation). Only 1 reserve is allowed per team and will fight only if the competition doctor confirms that a team member is injured and cannot continue. The injured team member may be substituted from the 2nd round onwards.

Before each bout, the coaches must hand in the fighting order of their teams to the officials on their tatami. The fighting order can be changed for each round, however, once notified, it cannot be changed. Team will be disqualified if the coach changes the fighting order or members change their fighting order without informing the referees. Once a team member finishes his/her fight, he/she must sit down on the tatami.

In the case of kiken, where one team is disqualified, the points awarded will be nihon, sanbon, or Ippon, depending on the category.

5. Shadow Kumite

- Performance duration is 30 seconds. Stopwatch starts after 'hajime' is announced.
- Competitors must wear red or blue/ white gloves, red or blue/ white belts.
- Shin guards/ helmets/ gumshields are optional.



- If standing bag falls, it must be put up again and competitors continue as time will not stop.
- Once 30 seconds finish, disqualification will be given to those whose standing bag fell.
- If both standing bags fall, at some time during the 30 seconds, hantei must be given to determine the winner – decision is taken on the best techniques shown.

6. KOBUDO

1. ONE ROUND.
2. Any choice of TRADITIONAL kata. Name of kata must be clearly pronounced before performance on tatami. Kata may be repeated in case of a TIE.
3. KAMA, Bo, Eku, and Jo must be made of WOOD.
4. Nunchaku must be wooden (or soft), with rope in between (NOT chain).
5. Tekko and Sai must be made of metal. Sai must NOT have a pointy tip due to safety.
6. TIMBE must not have any stickers or writing on the shield.
7. Piercings, jewellery, bandanas, or head bands are NOT allowed. Full uniform is expected to be worn. No fancy attire is allowed. No compliance to the rules means competitor would be disqualified.
8. Any weapon considered to be dangerous will not be allowed.

7. PARA

1. ONE ROUND.
2. Any choice of Kata. Kata may be repeated in case of a TIE.
3. Kata or Combos can be repeated.

GENERAL INFORMATION

At the start of every category, competitors are called and lined up by members of the Refereeing panel. Name tags are collected and checked. These are then handed back when category finishes.

In all Kata categories, Medals will be awarded to the 1st, 2nd, and 3rd place.

In the Kumite Categories, MEDALS will be awarded to the 1st, 2nd, and Joined 3rd Place.

Once lined up, competitors are checked for any irregularities, i.e., jewellery, piercings, long nails, heavy make up, inadequate hair style (which obstructs vision, headbands, etc.) Coaches must ensure that their students present themselves according to rules. If competitors' presentation does not conform to the rules, they are given only 1 minute to redress. These rules apply to both Kata and Kumite. (A correct punch or closed fist cannot be performed correctly with long nails, even during kata performance).



Any competitor who is not present on the tatami area will be called twice on the microphone. If there is still no sign of the competitor towards the end of the round, competitor will be declared Kiken (renunciation).

- ✚ For Kumite, SCORING areas are head, sides of the neck, chest and Back (excluding shoulder blades), abdomen, sides from beneath arm pits downwards up till above hip bone.
- ✚ It is forbidden to attack the throat, groin, and the sides and back of the neck. Attacks to the joints will be penalised.
- ✚ Forbidden techniques include open hand techniques, hiza -geri, empi- uchi, atama- uchi (head butt strikes), flying/ jumping kicks, jumping uraken- uchi, kakato -geri, leg sweeping techniques which land high on the leg and which may cause knee injuries, dangerous throws with no safe landing.
- ✚ For Shobu Nihon Categories (12 years under), ashibarai is not allowed and will be penalised.
- ✚ For Shobu Sanbon kumite, ashibarai as distractions with no follow up techniques are ALLOWED. If inappropriate, however, these will be penalised.

NOTE TO COACHES

Coaches are to wear their uniform (not in karate Gi) and their name tags. If rules are not followed, they will be asked to leave. Respectful behaviour is always expected. Referees' final decisions will not be contested. Coaches are not the referees for these Championships, so they are expected to perform the duty of a competent coach, who encourages his/ her students to give their best, be polite, view success as well deserved and view any defeat to improve, without any unnecessary shouting.
