



Traditional Forms

Rules

ART.1 TATAMI

- 1) The tatami must be smooth and free of any obstacles or hazards.
- 2) The tatami has no fixed size however, it must be large enough in size to allow the execution of kata.

ART.2 OFFICIAL UNIFORM

1 The Competitor

- The colour of the karategi must represent the karate style
- The flag of the representing country or the federal coat of arms may be worn on the left upper left side of the karategi.
- An identification number assigned by the Organizing Committee may be worn on the shoulder.
- Women and children are permitted to wear a plain white t-shirt under the kimono
- Sleeves and pants cannot be rolled up
- Band and hair clips are prohibited
- The Competitor must have short fingernails and is prohibited from wearing metallic or other objects (watches, rings, bracelets)
- Eyeglasses are permitted under the discretion of the Competitor.
- Use of bandages or support for an injury must be approved by the Director after consultation with the Medic.
- The Federation may authorize the display of special labels or trademarks of sponsors.

A Competitor will only have ONE minute to dress appropriately should they arrive at the tatami not in the official uniform as outlined above.

2 The Trainer

- The trainer must wear an appropriate Trainer suit.
- During the competition, the Trainer must remain in the designated area.

ART. 3 REFEREES

- 1) Consists of one Referee (shushin) and two or four judges (Fukushin).
- 2) The Jury is formed by the Timekeeper, Speaker and the Presidents of the Jury for the calculations of scores.
- 3) The Central Referee (shushin) will call the category and put the Competitors in order for the greeting. The Referee will give the Competitors a number pull, which will show the order of the entry position.
- 4) At the beginning of the competition, the Referee is outside the area of competition, on the right and left side of the judges. After the traditional exchange of greetings among competitors and the public, the Referee takes a step forward, turns around and with the Judges they will bow together.
The Judges must sit at the four corners of the area of competition (four judges), or at the two opposite corners of the central station (two judges).
- 5) The arbitration group must remain the same until the end of a round of competition. Not one Judge can be changed.

ART. 4. THE SCORE

- 1- The score is between 7.0 and 9.0
- 2- If the pool is only with 4 competitors or less, the score will be given at the end of all forms
- 3- If there are more than 5 competitors, the referees will award the scores after the first 3 have completed their form.
- 4- If there are 5 referees, the lowest score and the highest will be deleted and the other 3 scores will be added. If there are 3 referees, the 3 scores will be added
- 5- If there are 8 competitors or less the final ranking will be immediately
- 6- If there are more than 8 competitors, only 4 of them may go to the final. The new score does not apply to any previous scores.
- 7- If there is a draw, the competitors must perform a new form. If there is a draw a second time, the referee will make the final decision.

ART. 5 Judgment Parameters

- attitude
- direction of the eyes
- zanshin
- balance
- speed and rhythm
- breath
- contraction
- power
- knowledge of the form

ART. 6 START AND END OF THE FORM

- The Central Referee sits at the center, in front of the competitors and takes the lead of the competition. He may consult with the other judges
- Once the name is called, the Competitor must proceed directly to the middle of the tatami and bow to the Referees. The Competitor will say the name of the kata and begins the form. Once the kata is complete, the Competitor returns to his line and waits for the score.
- After 10 seconds, the referee says "HANTEI" and the Judges will reveal the score
- The Fukushin Shugo applies only if the Referee sees an error and consults with the other Judges. They may not consult about the execution of the form.

ART.7 DISQUALIFICATION

The competitor may be disqualified when:

- He performs a different form
- He stops during the form
- He falls down