

# OFFICAL RULE BOOK



These are the official rules of the Canadian Budoka Karate Championship any alternation of the rules partially or completely from any judge without tournament promotor and arbitrator approval will result in the judge being asked to step down from their position as official for the remainder of the tournament.

## Chief Official Responsibilities

1. Ensure all health and safety requirements are followed
2. Ensure all competition equipment is safe and in good working order
3. Ensure that only registered competitors are participants
4. Ensure all competition rules are followed
5. Complete all medical injury forms as required

## General Rules

1. Each school has a different belt system. It is the competitor's responsibility to know what category they should enter {Novice, Intermediate, Advanced Black Belt}.
2. It is the competitor's responsibility to have a proper uniform {no shorts or tank tops, school t-shirt }
3. proper sparring equipment. {helmet, mouth guard, gloves, kicks, groin protection.} equipment must cover toes and fingers and be in good condition.
4. In the event of a concussion or suspected concussion from the tournament doctor the Canadian Budoka Karate Championships will follow the Ontario Karate Federation concussion policy
5. No appeal is to be made to the referee. If a competitor, coach, or spectator other any other individual wishes to make a protest it they must complete a protest form and the fee of \$20 and submitted to the head table for arbitration. If the protest is valid the fee will be refunded to the protester.

# Kata/Forms Open Hand & Weapons Solo Demonstration

1. The Individual Kata bout consists of individual performance in combined male and female divisions
2. All Weapons must be presented in a respectable manner to the center referee to ensure safety.
3. Participants will perform in random order
4. Juniors under the age of 10 are permitted to restart their form one time without penalty.
5. Juniors older than 10 but below black belt may restart their form with a 0.5 deduction from their total score
6. Junior Black belts may restart their form but will receive a base score of 5.0
7. Adults (older than 16) may not restart their form
8. Forms to music is not permitted.
9. Weapons are not permitted to strike the floor in an uncontrolled fashion. If a low strike is a necessary part of the form it must be done in a controlled manner.

Forms Open hand and weapons will be assessed on the following

Technical performance

- a. Stances
- b. Techniques
- c. Transitional movements
- d. Timing/Synchronization
- f. Focus
- g. Technical difficulty
- h. Conformance: Consistency in the performance of the style of the form (Hard Style / Soft Style)

## **Disqualification**

A competitor may be disqualified for any of the following reasons:

1. Interference with the function of the judges (such as the judge having to move for safety reasons or making physical contact with a judge).
2. Belt falling off during the performance.
3. Failure to follow the instructions of the center judge or other misconduct.

Fouls (1 point from total score for each occurrence to a maximum of 2)

1. Failing to bow at the beginning and completion of the kata performance.
2. Stepping outside the ring without prior approval from center judge

# Kumite/Sparring

1. Each colored belt match will be 3 Points 2 Min Round each black belt match will be 5 points 2 min
2. **Full safety equipment must be worn by the participant prior to competition.** Full Safety Equipment includes. Safety Helmet, Hand Gear that covers the fingers & Foot Protection (Foot protection must cover the heel and toes- shoes are not permitted) , Mouth Guard and Groin Protector.
3. Groin protection must be worn inside the uniform.
4. Shin forearm, face and chest protection is permitted.
5. If equipment is not worn or is in an unsafe condition participant will have 2 minutes to acquire proper equipment or they will not be permitted to participate.
6. There is **No Contact permitted during sparring.** No Strikes are permitted towards the mask area, joints, throat, spine, back of the head, or groin.
7. All legal techniques are 1 point
8. Techniques must have
  - a. Good Form
  - b. Sporting attitude
  - c. Vigorous Application
  - d. Awareness
  - e. Timing
  - f. Distance
  - g. Control
9. Legal striking areas are abdomen, chest rib cage and padded area of the helmet
10. Legal Strikes distance is the minimum to maximum distance required for a unblocked technique to be counted as a point
  - a. Beginner 3 Knuckles of the index finger distance to Uniform Touch
  - b. Intermediate 2 Knuckles of the index distance to uniform touch

- c. Advanced 1 Knuckles of the index finger distance to uniform touch
  - d. Black belt Finger Tip to Uniform Touch
11. Worthless techniques which is any technique that lacks good form or intent will score nothing.
  12. Illegal techniques include: kicks below the belt, sweeps of the base leg, grabbing/holding longer than 1 second, throws, knee strikes, elbow strike, and all blind techniques
  13. If a fighter throws an illegal technique or an uncontrolled technique, they will be penalized, hit or miss
  14. Participants will be disqualified for bad sportsmanship, drawing blood, excessive contact, redness or swelling and base leg sweeps.
  15. Participants will receive a warning for light contact (skin contact), striking towards an illegal zone, low kicks, running away from a fight, blind techniques, or coaching.
  16. Participants will be disqualified for heavy contact (skin contact with force)
  17. If a warning is given a point shall be awarded to the other side. At 2<sup>nd</sup> warning the participant is disqualified.
  18. Faking or exaggerated injuries will result in disqualification
  19. If any judge calls for contact time must be stopped and the medic must be called to assess the situation if an injury is called medical forms must be filled out and brought to the head table
  20. The Grand championship sparring match will be 3 mins 5 points. Participants cannot win by disqualification. If a second injury occurs to the same individual that results in a disqualification both participants will be disqualified.
  21. Junior Black belts are not permitted to participate in Grand Championship Sparring

## Self Defense/Techniques:

Participants will find it easier if their partner is in the same division

Participants and their partner's safety is the #1 concern. Participants will not be judged on the speed of the technique rather the flow, level of perfection, control of the partner efficiency and its effectiveness.

1. Participants must perform 3 separate self-defense techniques.
2. If more than three techniques are shown, the referees will only judge the first three.
3. If the techniques include a takedown or throw the participants partner must land on the matted area. If the partner lands off the matted area the participant will receive a 0.5 deduction from their total score for each occurrence to a maximum of 1.5
4. Any technique that involved a throw to the opponent the opponent must be held onto
5. Black belts are not permitted to be used as partners to colored belted however Black belts may use colored belts as partners.
6. If Participants are using a weapon/prop of any kind in their demonstration; it must be presented to the center referee in a respectable manner to ensure its safety.
7. Techniques using only the head where the neck is the fulcrum are not permitted
8. If the participants partner is injured due to negligence of the participant, the participant will be disqualified.