

2024 IWKA Isshinryu World Karate Championships

AAU Rules of Competition



AAU Karate tournaments are officiated under the direction of licensed AAU Karate Referees and Judges applying AAU Karate Rules professionally, fairly, and impartially with any modifications specific to the IWKA detailed within.

Please review the official flyer for any additional rules, standards and procedures unique and exclusive to that event.

Go to www.aaukarate.org for complete AAU Karate Rules

CATEGORIES

Athlete Divisions:

Gender: Male and Female

Age: An Athlete's age is determined by their age on July 1st of the calendar year of the 2024 IWKA Isshinryu World Karate Championships

Youth: Age 6-7, 8-9, 10-11, 12-13, 14-15, 16-17

Adult: Age 18-29

Senior: Age 30-44

Executive: Age 45-older

Experience: An Athlete's experience is determined by their years of karate training (Not years of competition) on July 1st of the calendar year of the 2024 IWKA Isshinryu World Karate Championships

Novice: Less than 1 year but less than 2 years: White, Yellow, and Orange Belts

Intermediate: 2 years but less than 4 years: Blue / Green Belts

Advanced: 4 years or more: Purple / Brown / Jr Black Belt

Black Belt (Black Belt: 1st - 2nd, 3rd - 5th, and 6+)

Divisions may be combined or divided at the discretion of the Tournament Directors!

Non-Athlete Clinics:

Referee (Ages 13 +)

Coach (Ages 13 +)

Volunteer (Ages 13+)

Note: Participants may register for both Athlete Divisions and 1 Non-Athlete Clinics if desired
Referees / Volunteers will be dismissed from their Ring Assignments in time to prepare for their divisions if competing.

DRESS CODE

Athlete: Clean white traditional uniform, only plain black belts with no rank designation are permitted (No red/white, red belts, or stripes)
The Isshinryu patch as well as your dojo and association patches can be displayed on the uniform
Correctly colored belt for competition based on your years of karate training (*See Categories*)
Long hair should be neatly gathered with discreet elastic bands (*No metal clips*),
Finger / toe nails should be short and neatly trimmed
(*No jewelry / earrings, hats, caps, headbands, and / or sweatbands*)

Coach: Clean white traditional uniform only
Coaches shall not wear their own team, organization, or club jackets.

Referee: Clean white traditional uniform, only black belts with no rank designation are permitted

Volunteer: Official 2024 IWKA tournament t-shirt (*New Volunteers will receive at Clinic*)

MEDAL PRESENTATION

1. Receive Division Charts for Kobudo, Kata and Kumite (If combined Divisions, award separately).
2. Instruct all Athletes in the Division to move to the right edge of the Ring.
3. Starting with Kobudo, call Division information (Age/Gender/Experience) and "Kobudo Results".
4. Call results in descending order as follows:
 1. BRONZE/3 Place: Athlete First Name, Last Name motion Medalist forward
 2. SILVER/2 Place: Athlete First Name, Last Name motion Medalist forward
 3. GOLD/1 Place: Athlete First Name, Last Name motion Medalist forward
5. When Kobudo medal presentation is complete, direct Kobudo Medalists to stay in line
Call Kata Medallists to step forward, lining up in front of Kobudo Medalists
Call Kumite Medallists to step forward, lining up in front of Kata Medalists
(If Athlete is receiving multiple medals, step forward until done)
7. Distribute Participation medals to all remaining Athletes and have everyone turn and face Spectators for photos.
8. Center Referee will formally dismiss entire Division.
9. The Athletes should immediately gather all equipment and be dismissed and escorted from secured competition area.

IWKA Grand Championship Divisions

1. All Black Belt Kata division winners will qualify for the Men's and Women's Kata Grand Championship Divisions. Each competitor will be required to perform Sunsu Kata.
2. All Black Belt Kumite division winners will qualify for the Men and Women's Kumite Grand Championship Division.

KOBUDO

Paddle Scoring/Chart

RULES

1. Only traditional Isshinryu weapons KATA will be permitted (Toko Mini no Kun, Urashi Bo, Shi Shi No Kun, Kusanku Sai, Chatanyara No Sai, Kyan Sai, Tonfa Hamahiga, and Chiefa Tonfa)
2. Theatrical Kata presentations will not be permitted
3. Traditional Okinawan Weapons, (Long & Short Combined): Any weapon that, in the examiner's opinion, gives an unfair advantage to a competitor may not be used.
Long Weapons: Bo: Hardwood, slightly taller than Athlete (May be tapered if meets minimum diameter below)
 - a) Athletes 4' 10" and shorter/Minimum of 7/8" in diameter
 - b) Athletes 5' 10" and shorter/Minimum of 1" in diameter
 - c) Athletes over 5' 10"/Minimum of 1-1/16" in diameter (Athletes 132 lbs and less/Minimum of 1" in diameter)Short Weapons: Tonfa: Hardwood, 2 each, even with elbow
Sai: 2 each steel, the tip shall at a minimum extend to the competitor's elbow
4. Athletes are classified in the same Division for Kobudo, Kata & Kumite
5. Athletes with short weapons will be permitted to roll up their sleeves (Inside of sleeve)
6. Penalties:
 - a) Loss of Control:
Drop: Disqualification
Momentary: .1 - .3
Weapon touches floor: .1 - .3
 - b) Theatrical movements, excessive kicks: .4 - .6
 - c) Dangerous (Safety of Referees/Athletes): Disqualification
 - d) Note there is no out of bounds penalty
7. If a tie exists (In the top 3 scores for Medal consideration only):
 - a) Compare the low of the remaining scores.
 - b) If still tied, compare the high of the remaining scores
 - c) If still tied, re-run Kata: **Novice/Intermediate:** Same Kata
 Advanced/Black Belt: Different Kata

Scoring:

Novice:	5.0 - 7.0
Intermediate:	5.5 - 7.5
Advanced:	6.0 - 8.0
Black Belt:	6.5 - 8.5

RING PROCEDURES

1. Athletes/Charts arrive to ring.
2. Line up Athletes in order on right side of ring (Or opposite side if Division in progress)
3. If errors on Chart, do not change! (See Tournament Rules Arbitrator for final decision on Hand write vs Re-Chart)
4. Inspect Weapons (If rejected, Athlete will have 1 minute to exchange weapon)
5. Pull the first Athlete "Up" and direct to the upper center edge of ring in line with their marker.
6. Pull the second Athlete "On Deck" and direct to upper right corner of ring.
7. Athlete will be called 3 times, then disqualified.
8. The Athletes will perform 1 at a time.

KATA

Paddle Scoring/Chart

RULES

1. Only traditional Isshinryu KATA will be permitted (Seisan, Seuinchin, Naihanchi, Wansu, Chinto, Sanchin, Kusanku, Sunsu)
2. Theatrical Kata presentations will not be permitted.
3. Athletes must perform a Kata appropriate for their experience level (Beginners must do a beginner kata)
4. Criteria for decision:
 - a) Breathing
 - b) Control of tension and contraction
 - c) Smooth and even transition
 - d) Kia
 - e) Proper understanding of bunkai
 - f) Stability and balance
 - g) Control of rhythm and speed
 - h) Kata sequence
5. Penalties:
 - a) Fall, halt: Disqualification
 - b) Momentary hesitation: .1
 - c) Discernable pause: .2
 - d) Momentary loss of balance: .1 - .3
 - e) Instability: .2 - .3
6. If a tie exists (In the top 3 scores for Medal consideration only):
 - a) Compare the low of the remaining scores
 - b) If still tied, compare the high of the remaining scores
 - c) If still tied, re-run Kata: **Novice:** Same Kata
 Intermediate/Advanced/Black Belt: Different Kata

Scoring:

Novice:	5.0 - 7.0
Intermediate:	5.5 - 7.5
Advanced:	6.0 - 8.0
Black Belt:	6.5 - 8.5

RING PROCEDURES

1. Athletes/Charts arrive to ring.
2. Line up Athletes in order on right side of ring (Or opposite side if Division in progress)
3. If errors on Chart, do not change! (See Tournament Rules Arbitrator for final decision on Hand write vs Re-Chart)
4. Pull the first Athlete "Up" and direct to the upper center edge of ring in line with their marker.
5. Pull the second Athlete "On Deck" and direct to upper right corner of ring.
6. Athlete will be called 3 times, then disqualified.
7. The Athletes will perform 1 at a time.
8. Referees will score each Athlete by holding up their paddle.
9. When score is complete, direct Athlete to back out of Ring, past and around next Athlete up, and follow original path, behind staged Athletes, to rear of line.

KATA/KOBUDO

Flag Scoring / Bracket Chart

RULES

1. Only traditional Isshinryu Kata will be permitted (Seisan, Seuinchin, Naihanchi, Wansu, Chinto, Sanchin, Kusanku, Sunsu).
2. Only traditional Isshinryu weapons KATA will be permitted (Toko Mini no Kun, Urashi Bo, Shi Shi No Kun, Kusanku Sai, Chatanyara No Sai, Kyan Sai, Tonfa Hamahiga, and Chiefa Tonfa).
3. Theatrical Kata presentations will not be permitted.
4. Athletes must perform appropriate Kata for their experience level.
5. Criteria for decision:
 - a) Breathing
 - b) Control of tension and contraction
 - c) Smooth and even transition
 - d) Kiai
 - e) Proper understanding of bunkai
 - f) Stability and balance
 - g) Control of rhythm and speed
 - h) Kata sequence
6. Penalties:
 - a) Fall, halt: Disqualification
 - b) Momentary hesitation: .1
 - c) Discernible pause: .2
 - d) Momentary loss of balance: .1 - .3
 - e) Instability: .2 - .3
7. Athletes will perform 1 at a time.
8. At conclusion of Kata, Center Referee blows whistle to indicate raise flag for Winner.
9. Center Referee blows whistle to indicate lower flags.
10. Center Referee indicates Winner.

RING PROCEDURES

1. Athletes/Charts arrive to ring (Or opposite side if Division in progress)
2. Line up Athletes in order on right side of ring (They should not leave this area unless they are "Up")
3. If errors on Chart, do not change! (See Tournament Rules Arbitrator for final decision on Hand write vs Re-Chart)
4. Pull Athletes "Up" for Match 1) SHIRO & AKA
5. Call Athletes "On Deck" for Match 2) SHIRO & AKA to start warming up

Match 1)

6. Verify with Coaches that SHIRO & AKA are ready to go
7. Direct SHIRO & AKA to go to upper center edge of ring, in line with their marker
8. When match is complete, direct Learner to go to upper left corner of ring
9. Direct Winner to Table to verify Name and then to lower right corner of ring (Behind staged matches)

Match 2)

10. During Match 1), on right side of ring, pull match 2) SHIRO & AKA
11. Verify with Coaches that SHIRO & AKA are ready to go
12. Direct SHIRO & AKA to go to upper center edge of ring, in line with their marker
13. Pull Athletes for Match 3) SHIRO & AKA as "On Deck" etc.
14. Repeat process until Division is complete.

RULES

KUMITE

Mirror System / Bracket Chart

1. Sanbon / 3 Points
2. Half and full point scoring
3. Single elimination / All weights combined

Target Areas

1. Head
2. Face (Open hand techniques prohibited)
3. Neck (No throat contact)
4. Abdomen (Bladder, watch for belts high)
5. Chest
6. Back (except top of shoulders & Spine)
7. Sides

Criteria for Decision

1. Good Form
2. Correct attitude
3. Vigorous application
4. Zanchin
5. Proper timing
6. Correct Distance

Ippon Techniques

1. Jodan Geri — (Ippon or nothing, skin touch contact/light contact) Black Belt Only
2. Sweep/throw and score — (not above hips, only need to disrupt balance)

Waza - Ari Techniques

All punches
All body kicks

Head Contact

Beginner / White Belt & Novice / Green Belt / Advanced / Brown Belt

No Contact (4-inch halo in effect)
Warning / Penalty / Disqualification

Black Belt

Contact can be skin touch / Light contact
No transfer of power
Warning / Penalty / Disqualification

Note: Aka can wear White or Red and Shiro can wear White or Blue.

KUMITE EQUIPMENT REQUIREMENTS

Mandatory: All children and adult kyu competitors will be required to wear the following:

1. AAU approved sparring mitts.
2. AAU approved boot/instep pads.
3. Gum shield
4. Groin cup (Males)
5. AAU approved headgear (Youth) (Adult/Senior)

Black Belts: Black Belt competitors are required to comply with the following requirements:

1. Are required to wear AAU approved sparring mitts.
2. No boot/instep pads are required. (Optional)
3. No headgear is required. (Optional)
4. White cloth shin/instep pads are not required. (Optional)
5. Groin cups are required. (Male Competitors)
6. Gum shields are required.

KUMITE - Continued

RULES (Continued)

Penalties			
	Contact / Non-Contact	Out of bounds	Lack of concern
1. Warning	Chukoku	Jogai 1 / Jogai 2	Mubobi
2. Penalty	Chui	Jogai chui	Mubobi chui
3. Disqualification	Hansoku	Jogai hansoku	Mubobi hansoku

Timer	
Ages 13+ Adv.	2 minutes, stop time
Youth	2 minutes, stop time
18-29 Adv.	3 minutes, stop time
Adult / Senior	3 minutes, stop time

Hantei (Call for decision)

1. Referee checks score and announces score to judges.
2. Referee steps back calls "Hantei" blows whistle and signals decision.
3. Judges signal Aka, Shiro, or tie
4. Hikiwake (Tie) – Referee signals tie to competitors.
5. Encho-Sen (Overtime) – Referee call for extension of match.
6. Penalties remain
7. 1 minute overtime
8. Winner determined by first to score or loss by penalty.
9. If tied Referee calls for Hantei again Referee / Judges signal for Aka or Shiro.

Other

1. 10-second rule – A competitor must get back to their feet within 10 seconds of yame or they forfeit the match.
2. Non-contact penalty for holding longer than 2 seconds.
3. A competitor has 2 seconds to follow up when the opponent is on the ground.
4. 30-second rule - Avoiding the opponent, running around the ring and generally disengaging from the match is a non-contact violation and may result in a penalty.

RING PROCEDURES

1. Athletes/Charts arrive to ring.
2. Line up Athletes in order on right side of ring (Or opposite side if Division in progress)
3. Ensure that competitors are not lined up next to another from the same dojo in first round.
4. If errors on Chart, do not change! (See Tournament Rules Arbitrator for final decision on hand write vs re-chart)
5. Check for proper gear: AAU approved mitts, mouthpiece, headgear (Youth), cup (Males)
6. Athlete will be called 3 times, then disqualified.
7. Call Athletes "Up" for Match 1) SHIRO & AKA
8. Call Athletes "On Deck" for Match 2) SHIRO & AKA to start warming up

Match 1)

9. Verify with Coaches that SHIRO & AKA are ready to go.
10. Direct SHIRO & AKA to line with their marker
11. When match is over direct Winner to go Table to verify Name

Match 2)

12. During Match 1), pull match 2) SHIRO & AKA
13. Verify with Coaches that SHIRO & AKA are ready to go.
14. Direct SHIRO & AKA to line with their marker
15. Pull Athletes for Match 3) SHIRO & AKA as "On Deck" etc.
16. Repeat process until Division is complete.