

Christmas Game 2014 Rules

1 The purpose of the tournament rules is to provide for the smooth and fair administration of the tournament event and to ensure the safety of its participants and the enjoyment of its spectators.

3 All participants, athletes and non-athletes alike must adhere to the tournament rules and act in accordance with the spirit of Karate-Do or risk being censured from participating in all or part of the tournament event at the discretion of the Chief Judge.

4 Any and all problems, issues or circumstances not clearly regulated by the tournament rules will be decided at the discretion of the Chief Judge.

Rules for Kumite/Fighting

The following actions are prohibited and may result in Disqualification

- 1) Excessive contact**
- 2) Biting or scratching**
- 3) Excessive Grabbing and holding**
- 4) Using dangerous throws, joint locks or uncontrolled techniques**
- 5) Using foul language or un-sportsman like conduct**
- 6) Attacking after yame/stop has been called**
- 7) Attacking the legs intending to cause injury.**
- 8) Attacking vital areas such as the groin and eyes**

In an obvious case of rules violation a competitor may be given a "Hansoku chui" (warning). Two "Hansoku chui" in one-match results in a defeat and the opponent is declared the winner. For minor infractions a "Keikoku" may be given. However, two "keikoku" in one match will be an automatic "hansoku chui" For a serious infraction

In a Kumite Event, two competitors enter the court and within the Allowed time, perform various kinds of techniques freely against each other hoping to hold victory. 1 point will be giving for punches, kicks, strikes that are done with control. The distance required to do the techniques should be close enough to be effective. There should be no damage done to the opponent. In the beginners to intermediate the first competitor to reach 3 point will be declare the winner. Advance and black belts will be a total of five points.

Criteria for judging Kata

1. proper sequence of movement and correct accuracy of the techniques
2. Observing the 3 key elements of Kata(/. levels of strength, contraction and expansion of the body and change in the speed of the techniques
3. Following the proper course of direction and showing smoothness in feet movements
4. Demonstrating an understanding of the meaning of each movement
5. Overall performance and illustrating the essential characteristics of the chosen Kata
6. Correct eye contact
7. Power and accuracy in performance of basic techniques
8. Fighting spirit and effort
9. Proper use of stance and posture or Kamae and the ability to focus the mind or Zanshin
10. Proper frame of mind
11. Accuracy in returning to the starting position
12. Accuracy in transforming the body parts into "weapons" of attack and defense
13. Accuracy in reaching the point of target
14. If there are any exaggerated movements (allow in creative forms)
15. Intentional change to the set flow of the Kata

Deduction

16. Points are deducted as per the following situations:
17. The competitor makes a mistake, but continues to perform
18. The competitor pauses for no apparent reason but continues afterwards

The competitor is disqualified as per the following situations:

19. The competitor does not finish the Kata
20. The competitor does a different Kata from the one announced
21. The competitor uses profane verbal or body language

Kata Scoring

Kata will be scored on a Point System: 1 competitor at a time perform a Kata and each Judge gives points on the performance of that competitor. The points are added up for a total score and a winner is declared.