

As of 2023

Capital District Karate Tournament

Rules

Uniforms

- Competitors will be required to wear a White Traditional Karate Uniform, School Patches or Logos are permitted. No other colors permitted.

Kata

- Katas must be of a traditional karate system genre.
- Katas will be judged on a Point Scale.
- We realize that every school does different katas at different ranks and there will be no judging based on the kata performed in comparison to the rank.
- We realize that every school does the same katas a little differently and will not be judging on the exact technical accuracy of one particular school. Katas judging will be based on universal principles we all know, not the technically way each of us do a kata at our own school, it is a known fact each local school does each kata differently.

Weapons

- Weapons kata must be of a traditional karate system genre.
- Only Traditional Japanese/Okinawan weapons are permitted; bo, tonfa, eku (oar), sai, kama, swords, nunchukus. *If in doubt, ask.*
- Weapons kata will be judged on a Point Scale.
- Weapons kata will be judges first and foremost on the effective use and handling of the weapons for distinct offensive and defensive actions.

Kumite*

**May be adjusted slightly day of event.*

Required Protective Gear: Foam Dipped or WKF Style Gloves/Mitts, Foam Dipped Head Gear (face shield optional), Mouth Guard, Groin Protector for males.

- Optional Protective Gear; Shin Guards, Chest Guard, or Foot Coverings (Foam Dipped boots or Instep Guards).
- 2 Minute Long Rounds, half and full points, win by: ahead on points at end of match, total of 3 full points, or opponent forfeits/disqualified.
- Legal Target Areas: Head, Face*, Neck (No throat), Chest, Abdomen (above pelvic bone), sides, back (not top of shoulders),.
- *Face Point: Adults may make light contact to the face, under 18 year old competitors may target the face, but must pull technique before completion to successfully earn a point.
- Leg Sweeps & Controlled take downs, immediately followed by a scoring technique are allowed.
- Warnings & Penalties will be given for illegal techniques, excessive force, bad sportsmanship, failure to defend and failure to follow directions from referee.
- Competitors may have an assigned coach, who will be permitted to sit ringside during the match and may advice between rounds.

Breaking

- Breaking will be judges on a Point Scale.
- Color Belts: 3 Breaks max, Black Belts 5 Breaks max
- What is a break? 1 strike or multiple Simultaneous strikes breaking the materials at the exact same time. ie:
 - Downward Hammer Fist= 1 break, Roundhouse kick=1 break
 - Scissor Kick; 2 kicks executed and breaking boards at exact same time= 1 break
 - Roundhouse Low High Combo= 2 Breaks! Because it is one kick/break following another
 - Double downward hammer fist= 1 Break (each hand simultaneously strikes its own boards and both hands break both boards/stacks at the same time)
 - Round House Spin Hook Kick= 2 Breaks (one kick following another is NOT same time)
- Spacers allowed but not supplied
- Competitors must supply their own stands. No concrete stands allowed
- All Boards must be purchased from the Event on the Day of the Event
- Board Size: 7 & Under: ½"x6"x12", 8-12 years old: ½"x10"x12", 13 Years and Older: 1"x10"x12"