

JAP/OKI TRADITIONAL FORMS

OFFICIAL RULES V4



BASIC RULES

COMPETITOR: Each competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. If he/she is not prepared to compete as **deemed by the centre referee**, the competitor may be penalized for delay of time.

DELAY OF TIME PENALTY: .01 points will be deducted from the offending competitor's final score. Each minute the competitor is not ready to compete, .01 points will be deducted for his/her final score. If a competitor is still not ready to compete after 3 minutes, he/she will be disqualified.

RANK RULE: A competitor must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a division of which he/she had not earned that rank. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

PROOF OF AGE RULE: All competitors must have a proof of age document. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents) to prove his/her age.

LEGAL AGE RULE: All competitors must compete in the age division relevant to the age they are on the date the competition takes place. Competitors may opt to enter the age division that is one above their own as well as their own age division should they wish to. Veteran competitors only may opt to compete in the 18-34 age division should they so wish.

COMPETITOR RESPONSIBILITIES: It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins, he/she will not be able to compete (see delay of time rule). If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified (see delay of time rule).

NUMBER OF OFFICIALS: 3 or 5 judges are allowed in all forms divisions (5 or 7 judges are allowed in forms grand championships). If only three judges are used in the forms divisions, the "Maximum Deviation Rule" will be used in all forms divisions.

MAXIMUM DEVIATION RULE: Since the high and low scores are not dropped when three officials are used in forms, the maximum deviation rule limits the impact of a single judge's score. When a performance is scored, the score keeper will note down the scores given, if any judge is more than 0.2 points away from the middle score of all three judges the table official will notify the centre judge. The middle score is the score that is between the highest score given and the lowest score given i.e. if the judges score 7.9, 7.7 and 7.3 then 7.7 is the middle score. The other two judges cannot be higher or lower than 0.2 points of that middle score. If their score is higher or lower than 0.2 they must adjust their score up or down accordingly. i.e. the judge who scored 7.3 would have to adjust their score to 7.5 to be within 0.2 of the middle score.

PROTEST: A competitor has the right to protest an infraction of the rules or if a possible mistake was made (not a judgment call). If a competitor wishes to protest, he/she should first let the referee know he/she believes there has been an infraction of the rules or a mistake has been made. The referee will summon the arbitrator to the ring (if the referee cannot properly settle the protest to the players satisfaction) to render a decision. **All protests must be made in an orderly, proper and sportsmanlike manner. All protests must be made immediately. Protests are not allowed once competition has resumed (after the fact protest). A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause.**

JAP/OKI TRADITIONAL FORMS

OFFICIAL RULES V4



LATE ENTRIES: Once a division has started (the first competitor has started his/her form routine) no competitor/s can be added to that division. **BE ON TIME! Only exception to this rule is the "Fairness Rule" at the end of this rules summary.**

THE RING: The size of the fighting and form adult black belt rings shall be approximately 20' (6m) x 20' (6m). Starting lines should be marked approximately six feet apart in the middle of the ring. Additionally, each ring should be posted with a ring number visible to competitors, officials, and medical personnel from across the floor. All youth and under black belt adult rings can be a minimum of 16' to a maximum of 20'.

ORDER OF COMPETITION: The order in which the competitors will compete will be pre-drawn by a randomiser programme, competitors will be informed as to the order at ringside prior to the division beginning. As per the **Relative Ranking Rule** the judges will look at all the competitors before they give their final scores. This rule allows judges to adjust their scores if they feel other competitors that come later are better or worse than the competitors who came first.

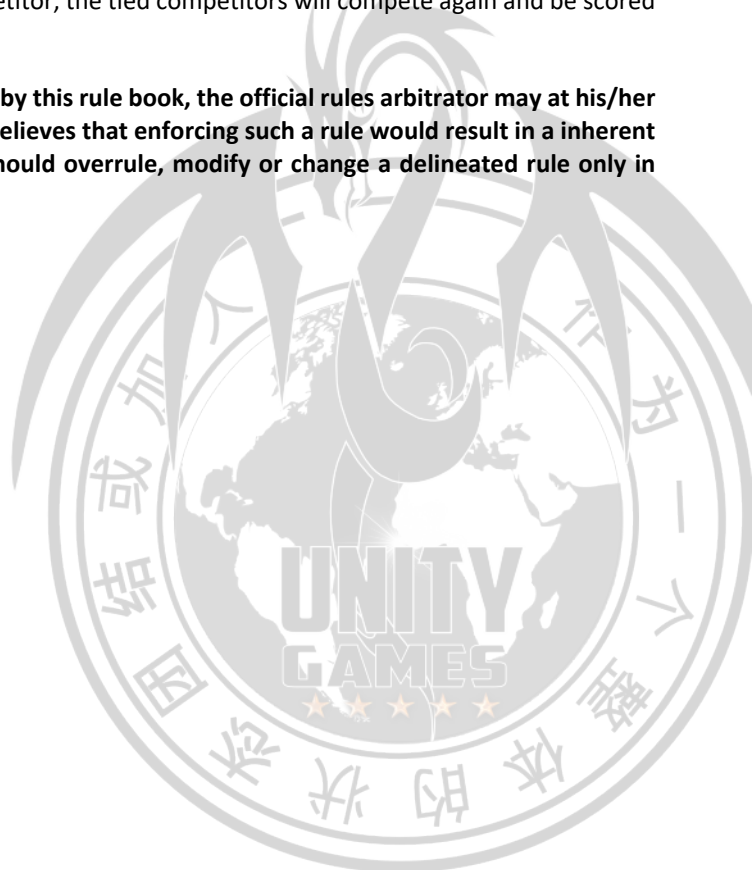
SCORING RANGES OF FORMS

The scoring range for Traditional Japanese/Okinawan divisions will be 6.0 to 8.0 see specific section in this document.

In the night time finals the range for scoring grand champions form rounds is 9.95 to 10.00. The centre official should always discuss the scoring range with all the officials before the division starts.

TIES: If there is a tie for 1st thru 4th place, the majority of the judge's scores determine the winner. If there is not a majority of judges for one competitor and one judge or more gave the same score for the tied competitor, the judge that gave the same scores must be asked to make a decision and break the tie. All judges must make scoring decisions by giving different scores to the competitors. Ties for 5th through 8th place are never broken. They will remain tied. If there is a tie and there is not a majority judge's decision and no judge gave the same score to any one competitor, the tied competitors will compete again and be scored again.

FAIRNESS RULE: If a question arises that is not completely covered by this rule book, the official rules arbitrator may at his/her discretion, overrule, modify or change a delineated rule if he/she believes that enforcing such a rule would result in an inherent unfair outcome to a competitor. However, the rules arbitrator should overrule, modify or change a delineated rule only in extreme cases.



JAP/OKI TRADITIONAL FORMS

OFFICIAL RULES V4



Traditional Japanese/Okinawan Kata Rules

GENERAL: These divisions are for traditional unaltered kata – see appendix 1. for the list of kata permitted, excessive use of power techniques i.e. over emphasised breathing, excessive use of kiai's etc are not permitted. Competitors wishing to use these techniques should enter the Traditional Hardstyle divisions (see separate rules).

Please note that competitors will be required to give the name of the kata they are going to perform to the scoring table prior to their division starting.

UNIFORM AND RANK RULES: All competitors must wear a complete uniform in a good state of repair along with their currently held belt. **No jewellery is permitted to be worn.** All competitors must compete at the belt level of the highest belt they have earned in the martial arts. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

OFFICIALS: There will be three judges, the centre judge will sit in the centre position facing the competitors, the other two judges will sit in opposing corners to the main judge.

Official Kata List: Only kata from the list shown in the Appendix can be performed:

<< see Appendix 1 >>

ASSESSMENT OF THE KATA: The performance is evaluated from the start of kata until the ending of the kata (competitors may bow/salute if they wish at beginning and end). In assessing the performance of a competitor the judges will evaluate the performance based on the main criteria listed below. All of the criteria are to be given equal importance in the evaluation of the performance.

1. CONFORMANCE to the form itself and the standards of the applicable style (ryu-ha).

2. DIFFICULTY

a. COMPLEXITY: A kata's difficulty is indicated by its degree of complexity and the techniques contained therein. A variety of directional changes, numerous variations of speed, the length of the kata and multiple combinations may point to a high degree of difficulty. High risk techniques such as flying kicks, jumps or a single leg balance may also influence the difficulty factor.

b. LEVEL: This is related to the correct choice of kata by the competitor. A kata should be selected which is of an appropriate level for the competitors skill and experience. An inexperienced competitor who performs a high level kata risks being penalised if the performance does not match the demands of that kata. Similarly an experienced competitor will not be rewarded if a low level kata is performed unless a higher level of mastery is evident compared to the same kata performed by a less experienced competitor.

3. EXECUTION

a. CORRECT TECHNIQUE: involves the correct demonstration of stance, posture and balance. Crucial aspects are also the correct application (start and finish positions) of strikes, blocks, kicks, jumps and transitions. These must be delivered with accuracy and, especially when in combination, they must be fully completed. All stances must be functional and clearly identifiable. Embusen is a vital part of correct technique.

b. POWER: Power refers to the correct application of force as dictated by the appropriate combination of speed, body movement, breath control, strength, tension and contraction. An excess of any of these or a deficiency of any diminishes the effective transmission of power. The application of power relies also on maintaining the correct centre of gravity throughout a sequence.

JAP/OKI TRADITIONAL FORMS

OFFICIAL RULES V4



c. FOCUS: Focus refers to the concentration of energy, eye intensity, precision of technique the competitors shows during the performance. Kiai is seen as a necessary aspect of focus/concentration as is timing.

d. TIMING/RHYTHM: This adds aesthetic appeal to the kata in line with the above points. It balances hard and soft aspects, contrasts the fast and the slow. It provides the constancy and the continuity of the kata so that it is not merely a series of unrelated movements. Excessive (or not enough) pauses disrupt Timing/Balance as does loss of stability/balance. Timing/Balance with Correct Techniques reflects the competitor's coordination.

FOULS: The following fouls, if apparent in the performance of the kata, will be taken into account on assessing the kata and the relevant deduction made from the final score:

- a. Quickly remedied loss of balance/hesitation - 0.1 deduction
- b. No Kiai - 0.1 deduction
- c. momentary but discernable pause/loss of balance - 0.2 deduction
- d. Performing a movement in an incorrect or incomplete manner such as failure to fully execute a block or punching off target - deduction of 0.1 for each occurrence, or, 0.2 max.
- e. Asynchronous movement, such as delivering a technique before the body transition is completed - deduction of 0.1 for each occurrence, or, 0.2 max.

f. Use of audible cues (from any other person, including other team members) or theatrics such as stamping the feet, striking the chest, arms, or karate-gi, or inappropriate exhalation (that which is accompanied with vocalised sound) is not permitted and will result in deduction 0.2 for each of these fouls

DISQUALIFICATION: A competitor may be disqualified for the following reasons:

- a. After having announced the kata to be performed the competitor then performs the wrong kata. *With the exception of the 6 years and under division where the competitor would be permitted to start again with a deduction of 0.5.*
- b. A distinct and apparent pause or stop in the performance that is not part of the Kata.
- c. Interference with the function of the judges (such as the judge having to move for safety reasons or making physical contact with a judge). A few minutes warm-up time will be allowed on the performance area prior to start of each Category.
- d. Belt coming loose or falling off during the performance (however, the belt knot accidentally untying during performance will not be penalised)
- e. Exceeding the total time limit of 6 minutes duration.
- f. Failure to follow the instructions of the Chief Judge or other misconduct.

SCORING: The scores will be awarded between 6.0 and 8.0. All competitors in a division will perform before any scores are given. Once all competitors have performed they will be required to return to the mat in the order in which they competed to receive their scores.

In the event of a large division of 10 or more competitors, top 3 scores will progress into the final round (previous scores are not carried into the final). For 'A' Novice divisions the competitors may perform the same kata again, for 'AA' advanced divisions the competitor must perform a different Kata in the final. In the event of a draw in the final, 'A' divisions may perform the same Kata again, but 'AA' MUST perform a different Kata from those performed in the first or final round.

Name of Kata to be performed must be submitted to the Scoring Table at Name check-in and prior to start of Category and Finals.

The scoring system will utilise a standard deviation of 0.2

JAP/OKI TRADITIONAL FORMS

OFFICIAL RULES V4



Run-offs & Grand Championships:

All competitors must compete in any run-offs or Grand Championship with the style of form (not exact form) they won with in their division (example: a winner of a creative form cannot compete with a musical form in the grand championships) If a competitor wins more than one division, they have the option to select the style of form of the divisions they won.

All competitors have the option to use music with their forms in all Grand Championship Run-offs and Grand Championships; however, the judges shall not downgrade a competitor who chooses not to use music or give extra credit to one who does use music.

Team Forms

Teams may perform Traditional or Free Style Forms. Teams may perform either synchronized forms or demonstration forms. Where the form is synchronized the form will be graded on how well a team is working in a cooperative joint effort with the majority of techniques being executed together, at the same time, in unison and/or in a domino sequence effect. All technical Martial Arts skills are graded for execution, presentation and difficulty in both synchronized or demonstration forms.

End of rules v4 dated 02/06/2017



JAP/OKI TRADITIONAL FORMS

OFFICIAL RULES V4



APPENDIX 1 : APPROVED LIST OF KATA

GOJU RYU

Gekisai Ichi
Gekisai Ni
Kururunfa
Saifa
Sanchin
Sanseru
Seipai
Seisan
Seiunchin
Shisochin
Suparinpei
Tensho

SHITO RYU

Pinan Nidan
Pinan Shodan
Pinan Sandan
Pinan Yodan
Pinan Godan
Matsu Kazi
Jiin
Jurokano
Annanku
Sanchin
Tensho
Bassai Dai
Saif
Wanshu
Seiryu
Seinchin
Jion
Rohai
Shiho kosoken
Seipai
Chinto
Kururmfa
Seisan
Sanseiryu
Shisochin
Niseishi

Nipaipo
Suparinpei
Chatanyara Kushanku
Ananku
Unshu
Naihanchi Shodan
Naihanchi Nidan
Naihanchi Sandan
Bassai Sho
Kosokun Sho
Kosokun Dai
Tomari no Bassai
Paiku
Gojushiho Sho
Papuren
Heiku
Paipo
Unshu
Shinpa
Chinte
Jitte
Myojo
Aoyagi
Shinsei
Kensho

SHOTOKAN

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yodan
Heian Godan
Tekki Shodan
Tekki Nidan
Tekki Sandan
Bassai Dai
Bassai Sho
Kanku Dai
Kanku Sho
Enpi
Jion
Gankaku
Hangetsu
Jitte
Chinte
Sochin
Meikyu
Jiin
Gojushiho Sho
Gojushiho Dai
Nijushiho
Wankan
Unsu

WADO RYU

Pinan Nidan
Pinan Shodan
Pinan Sandan
Pinan Yodan
Pinan Godan
Naihanchi
Kushanku
Chinto
Passai
Seishan
Rohai
Niseishi
Wanshu
Jitte
Jion
Suparinpei

