



WORLD SEIDO KARATE ORGANIZATION
33RD ANNIVERSARY TOURNAMENT – OCTOBER 17, 2009
RULES & REGULATIONS

KATA

DIVISIONS:

- ❖ There will be separate divisions for men and women.
- ❖ There will be a separate division for each kyu level (i.e., Brown and Advanced Brown will be separate divisions) regardless of the number of competitors in any division.
- ❖ First through Third place winners in each division will receive awards. In black belt divisions, the Fourth place winner, if competing for Sogo, will receive 1 (one) point.

▲ Master's (includes Bo & Sai)	(4 th & 5 th Dan only)
▲ Super Senior (includes Bo)	(Ages 60+)
▲ Senior (includes Bo)	(Ages 50-59)
▲ Sandan (includes Bo)	(All Adults)
▲ Nidan (includes Bo)	(All Adults)
▲ Shodan (includes Bo)	(All Adults)

▲ Brown Belt	(1 st & 2 nd Kyu - All Adults)
▲ Green Belt	(3 rd & 4 th Kyu – All Adults)
▲ Yellow Belt	(5 th & 6 th Kyu – All Adults)
▲ Blue Belt	(7 th & 8 th Kyu – All Adults)
▲ White Belt	(9 th & 10 th Kyu – All Adults)

GENERAL

The kata performed must be commensurate with the competitor's rank (this means up to and including the competitor's current rank).

- ❖ A competitor may not combine two or more katas.
- ❖ Katas may not be performed to music and no two-person katas are allowed.
- ❖ All katas must be part of the syllabus as recognized by the *World Seido Karate Organization*.
- ❖ The first 3 competitors will perform their katas without receiving a score. After the 3rd competitor completes his/her kata, the first competitor will return to the ring and receive his/her score, followed in order by the 2nd and 3rd competitors.
 - ▲ The remaining competitors will receive their scores immediately following their katas.

SCORING

- ❖ Scoring will be on a 6 to 10 point scale
 - ▲ 1/2-points will be allowed from 6– 8.5 (6, 6.5, 7, 7.5, 8, 8.5)
 - ▲ Tenths of a point will be allowed from 8.5 – 10 (8.5, 8.6, 8.7, 8.8, 8.9, 9.0, 9.1, 9.2, 9.3, etc.)

The numbers represent:	6	7	8	9	10
	Poor	Average	Good	Excellent	Perfect

- ❖ A competitor may start their kata over, however, every judge must subtract 1 point from the individual score they would have given the competitor had they not repeated the kata (e.g., if a judge would have scored the competitor a 9.5 upon completion without starting over, then the same judge must submit a score of 8.5 if that competitor starts over).
- ❖ The high and low score for each contestant will be dropped. The remaining 5 scores will then be added together, the sum of which will be the "Total Score" for the contestant's performance.
- ❖ In the event of a tie the following will be applied:
 - ▲ The high and low scores will be added back in for a new total;
 - ▲ If a tie still exists the high and low scores will be dropped along with the next lowest score
 - If a tie continues to exist, the lowest score will continue to be dropped until there is only one score left;
 - In the unlikely event there is still a tie, the tie will remain and the competitors will both place.

Scoring Criteria - A contestant's kata shall be evaluated on the following criteria:

- | | |
|------------------------------------|------------------------------|
| ▲ Strength / Energy | ▲ Eye position |
| ▲ Focus and crispness of technique | ▲ Accuracy of kata |
| ▲ Balance | ▲ Kiai / Spirit |
| ▲ Posture | ▲ Discipline / Presentation |
| ▲ Fluidity & rhythm | ▲ Attitude and concentration |



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INDIVIDUAL KUMITE

TOURNAMENT COMPETITION WILL BE BASED ON "POINT SYSTEM"

EQUIPMENT

MANDATORY EQUIPMENT

- ❖ Headgear
 - ▲ Back of head must be protected
- ❖ Mouth Guard
- ❖ Groin Cup (for men)
- ❖ Chest Guard (for women)
- ❖ Hand Protectors
 - ▲ Must be at least ½ inch thick and foam dipped (not vinyl covered)
 - ▲ Must cover the entire fist, knuckles and fingers
- ❖ Foot Protectors
 - ▲ Must be at least ½ inch thick and foam dipped (not vinyl covered)
 - ▲ Must cover the top, front (including toes), sides and back of the foot

OPTIONAL EQUIPMENT

- ❖ Chest Protector for men
- ❖ Groin cup for women
- ❖ Forearm guards
- ❖ Shin guards

EQUIPMENT NOT ALLOWED

The acceptability of a competitor's protection and equipment is subject to the sole decision of the Chief Referee for that match

- ❖ Torn safeties
- ❖ Boxing, Kick Boxing, or Bag Gloves (leather-covered boxing equipment)
- ❖ No hand wraps or taping of hands will be allowed
 - ▲ Without a note from a medical doctor, the decision will be made by the Chief Referee as to whether or not to allow for taping or wrapping.
- ❖ Tape will not be permitted on the striking surface
- ❖ No other protective equipment is allowed without the prior consent of the Tournament Review Committee



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INDIVIDUAL KUMITE (CONTINUED)

TECHNIQUES

LEGAL TECHNIQUES

- ❖ Hand
 - ▲ Punch (forefist)
 - ▲ Backfist (though spinning backfists are prohibited)
 - ▲ Ridgehand
- ❖ Legs
 - ▲ Kicks: Front Snap, Roundhouse, Hook, Side, Back straight, Back spin, Inside-outside and Outside-inside Axe
 - ▲ Sweeps (only when followed immediately by a legal technique that is delivered before the opponent hits the floor)
- ❖ Target Areas
 - ▲ Midsection and sides of body (above the belt, below the neck)
 - ▲ Face and head area (see division rules for details)
 - A warning will be issued for punching past the head or face

ILLEGAL TECHNIQUES

- ❖ Hand
 - ▲ Grabbing
 - ▲ Ground-fighting (no points will be awarded for techniques delivered from the ground)
 - ▲ Spear hand
 - ▲ Knife hand
 - ▲ Palm heel
 - ▲ Hammerfist
 - ▲ Elbows
 - ▲ Spinning backfists
- ❖ Legs
 - ▲ Knee kicks
 - ▲ Low leg kicks
- ❖ Target Areas
 - ▲ Eyes
 - ▲ Neck (front, sides & back)
 - ▲ Top/back of head
 - ▲ Back
 - ▲ Groin
 - ▲ Kidneys
 - ▲ All other areas below the waist (there is no kicking to legs or joints)



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INDIVIDUAL KUMITE (CONTINUED)

DIVISIONS

- ❖ **Black Belt Division:** There will be separate weight class divisions for men and women.

WEIGHT DIVISION	MEN	WOMEN
Lightweight	Under 150 lbs (under 67.5 kgs)	under 125 lbs (under 56.25 kgs)
Middleweight	150-174 lbs (67.5 – 78.9 kgs)	125-139 lbs (56.25 – 63 kgs)
Light Heavyweight	175-189 lbs (79.5 - 85.7 kgs)	140-154 lbs (63.5 – 69.9 kgs)
Heavyweight	190 lbs and over (86.2 kgs and over)	155 lbs and over (70.3 kgs and over)
Seniors (Ages 50-59)	All weights	All weights
Super Seniors (Ages 60+)	All weights	All weights

WEIGH-IN: *All competitors will weigh in wearing their full gis and belts. No weight differential will be allowed for clothing (i.e. a black belt man weighing in at 190, wearing his gi and belt, will fight in the heavyweight division)*

If a competitor does not weigh in by 10:00 a.m., he/she will automatically be placed in heavyweight division.

All 1st place winners in all black belt divisions are to stay and participate in the Grand Championship

- ❖ **Green / Brown Belt Division:** There will be separate divisions for men and women:
- **Green:** 3rd & 4th kyu All weights & ages
 - **Brown:** 1st & 2nd kyu All weights & ages



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INDIVIDUAL KUMITE (CONTINUED)

GENERAL RULES

❖ **CONTACT LEVEL**

- ▲ Black Belt Division
 - Light to medium contact to permitted target areas
 - **Controlled/Light** contact permitted to the sides of headgear. **No** contact to face, top/back of head, neck or groin area
- ▲ Green and Brown Belt Division
 - Light to medium contact to permitted target areas
 - **No** contact to the face or head area will be allowed *whatsoever*

❖ **WARNINGS & DISQUALIFICATION**

- ▲ **Warnings** shall be issued for, but may not be limited to, the following:
 - Running out of the ring, turning one's back to avoid fighting, falling to avoid fighting, using illegal techniques, striking illegal target areas, excessive contact.
- ▲ **Disqualification** shall immediately occur for, but may not be limited to, the following:
 - The issuance of a 2nd warning to the same competitor (the 2nd warning may be for a different infraction from the 1st warning); disrespectful attitude or poor sportsmanship as determined by the Judging Team; striking an illegal target area, using an illegal technique or using excessive contact that results in the inability of the opponent to continue the match as determined by the chief referee and/or medic.

❖ **ROUNDS**

- ▲ Each match will consist of a single 2 minute continuous round.
- ▲ If the score is tied at end of the round, there will be a 30 second rest period followed by a single 1 minute Sudden Death Extension Round.
 - If there is still no winner after the extension round, all five judges will have one vote each (four corner judges plus the chief referee for a total of 5 votes) to determine the winner.

❖ **WINNING THE MATCH**

The competitor who accumulates the most points within the round will be the winner of the match.

❖ **PLACING:**

First through Third place winners in each division will receive awards. In black belt divisions, the Fourth place winner, if competing for Sogo, will receive 1 (one) point.



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TEAM KUMITE

CRITERIA

- ❖ In order to qualify for team kumite, a requirement of 6 competitors comprised of the following must be met:
 - 2 Black belts (1 man and 1 woman - any dan rank)
 - 2 Brown belts (1 man and 1 woman - 1st or 2nd kyu)
 - 2 Green belts (1 man and 1 woman - 3rd or 4th kyu)
- ❖ In the event any team has less than the required 6 (due to injury, illness or no show):
 - Less one team member (5): The respective member of the opposing team will not fight and the team with 6 members will automatically be awarded 4 points; the remaining matches will take place;
 - Less 2 or more team members: That team automatically forfeits and the opposing team is declared the winner.

PRELIMINARY COMPETITION

- ❖ Each match will consist of six 45 second continuous rounds.
- ❖ Each team member will fight one round with the respective member of the opposing team (green vs. green, man vs. man) beginning with green belt level, followed by brown belt level and ending with black belt level.
- ❖ One point will be awarded for techniques as laid out in the “Individual Kumite” section above.
- ❖ In the event of a disqualification, the disqualified competitor will lose all points he/she accumulated in the individual match. The opposing competitor will keep the points he/she accumulated in addition to receiving two additional points.
- ❖ After completion of all rounds, points from all 6 rounds will be totaled and the team who accumulates the most points will be the winner of the match.
- ❖ In the event of a tie, there will be a 30-second rest period followed by a 1 minute Sudden Death Extension Round between the last two competitors.
 - ▲ If there is still no winner after a single extension round, all five judges will have one vote each (four corner judges plus the chief referee for a total of 5 votes) to determine the winner.
- ❖ 4 teams will move onto the Championship competition.

CHAMPIONSHIP COMPETITION

- ❖ Each match will consist of six 1 ½ minute continuous rounds.
 - ❖ All other rules per the “Preliminary Competition” will apply.
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BREAKING

DIVISIONS:

- ❖ There will be two divisions each for men and women

MEN'S DIVISIONS

CLASSIFICATION (ALL AGES)	WEIGHT
Light – Middleweight	under 175 lbs (under 79.5 kgs)
Light Heavy - Heavy	175-and over (79.5 kgs and over)

WOMEN'S DIVISIONS

CLASSIFICATION (ALL AGES)	WEIGHT
Light – Middleweight	under 140 lbs (under 63.5 kgs)
Light Heavy - Heavyweight	140 lbs and over (63.5 kgs and over)

- ❖ First through Third place winners in each division will receive awards. In black belt divisions, the Fourth place winner, if competing for Sogo, will receive 1 (one) point.

MATERIALS ALLOWED

- ❖ There will be 4 materials allowed:
 - ▲ Boards – Standard Pine Lumber [dimensions = 1" x 12" x 10"]
 - Spacer size is 1" x 1" x 10"
 - ▲ Wooden baseball bats [Adult – 32"]
 - ▲ Solid Concrete Lightweight Blocks [dimensions = 1.5" x 16" x 8"]
 - ▲ Bricks –Standard Red (no holes) [dimensions = 2" x 8" x 4"]
- ❖ Competitors must supply their own material (*NO SUPPLIES WILL BE AVAILABLE FOR PURCHASE AT THE TOURNAMENT*)
- ❖ All materials will be checked by a breaking coordinator
- ❖ Concrete blocks, if needed for support, will be provided
- ❖ Competitors not using authorized materials will be automatically disqualified
- ❖ Each competitor is responsible for setting up and cleaning up after his/her break

COMPETITION

- ❖ Each competitor ***must*** perform no more and no less than ***two*** breaks.
 - ❖ Each break may consist of different material and different weapon (e.g., the first break may consist of 3 boards broken with a shuto and the second break may consist of a mawashi geri through 2 cinderblocks).
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BREAKING (CONTINUED)

SCORING

- ❖ The first 3 competitors will perform their breaks without receiving a score. After the 3rd competitor completes his/her break, the first competitor will return to the ring and receive his/her score, followed in order by the 2nd and 3rd competitors.
 - ▲ The remaining competitors will receive their scores immediately following their breaks
- ❖ Scoring will be on a 6 to 10 point scale
 - ▲ 1/2-points will be allowed from 6– 8.5 (6, 6.5, 7, 7.5, 8, 8.5)
 - ▲ Tenths of a point will be allowed from 8.5 – 10 (8.5, 8.6, 8.7, 8.8, 8.9, 9.0, 9.1, 9.2, 9.3, etc.)
- ❖ Two attempts will be allowed, however, every judge must subtract 1 point from the individual score they would have given the competitor had the break been completed on the first attempt (e.g., if a judge would have scored the competitor a 9.5 with one attempt, then the same judge must submit a score of 8.5 for 2 attempts)
- ❖ In order to be scored, **all** material must be cleanly broken.
- ❖ Scoring may be based on some, all, or any combination of the following criteria:
 - ▲ Successful execution as described on application
 - ▲ Originality / Creativity
 - ▲ Difficulty (e.g., use of spacers vs. no spacers)
 - ▲ Composure
 - ▲ Focus
 - ▲ Spirit
- ❖ In the event of a tie the following will be applied:
 - ▲ The high and low scores will be added back in for a new total
 - ▲ If a tie still exists the high and low scores will be dropped along with the next lowest score
 - If a tie continues to exist, the lowest score will continue to be dropped until there is only one score left
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SOGO (OVERALL) CHAMPIONSHIP

ELIGIBILITY

- ❖ Open for black belt competitors only
- ❖ A competitor must participate in **all events** (Kata, Kumite, and Breaking)
- ❖ There must be a minimum of 6 competitors in each division to qualify for Sogo

DETERMINING A WINNER

- ❖ The competitor who has accumulated the most points from each event will be the Sogo champion. Points are awarded as follows:

First Place	5 points
Second Place	3 points
Third Place	2 points
Fourth Place	1 point

- ❖ *There will be one men's division winner and one women's division winner*
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GRAND CHAMPIONSHIP

- ❖ There will be a Grand Championship competition for kumite with a separate division for men and women.
 - ❖ Only weighted divisions can qualify for Grand Champion (competitors entering Senior or Super Senior divisions cannot qualify for Grand Champion).
 - ❖ The championship will be determined as follows:
 - 1) The winners of the Lightweight and Middleweight divisions will fight each other for a single 3 minute round.
 - 2) The winners of the Light Heavyweight and Heavyweight divisions will fight each other for a single 3 minute round.
 - 3) The winners of 1 and 2 above will then compete for Grand Champion for a single 4 minute round.
 - ▲ If the previous year's Grand Champion chooses to defend his/her title, there will be a 2nd 4 minute round between the winner of 3 above and the previous year's Grand Champion.
 - ❖ If the score is tied at end of any of the Grand Champion matches above, the following will apply:
 - ▲ There will be a 30-second rest period followed by a 1 minute (point accumulating) extension round;
 - ▲ If there is still no winner after the first extension round, there will be another 30-second rest period followed by a 1 minute Sudden Death Extension round;
 - ▲ If there is still no winner after the Sudden Death Extension round, all five judges will have one vote each (four corner judges plus the chief referee for a total of 5 votes) to determine the winner.
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CHILDREN'S COMPETITION

Age Group	Age
Pee Wee	4 and 5 years
Junior	6 through 8 years
Youth	9 years and up

Category	Age and Rank Allowed
Kata	All Ages / All Ranks
Technique Shiai	All Ages / White through Adv. Yellow
Kumite	Junior & Youth / Green belt and up

TECHNIQUE SHIAI

The set up will be similar to a kumite competition

- ❖ There will be 1 Chief Referee and 4 corner judges
- ❖ 2 children will stand behind a line of tape with a 3 foot gap between the lines of tape separating the competitors
- ❖ Both competitors will compete simultaneously
- ❖ Chief Referee will call “Hajime” and “Yame”
- ❖ Round duration will be 45 seconds
- ❖ Upon completion of the round, the judges will declare a “winner”

KATA

- ❖ There will be 5 judges per ring
- ❖ **KYU BELTS**
 - ⤴ Judges will say “Yoi / Hajime” and “Naore” for Junior and Youth competitors; Counting will be permitted for the Pee Wee competitors only
 - ⤴ First competitor does not have the option to go again
 - ⤴ An automatic one-point deduction will occur in the event of a “start over”, meaning the competitor cannot receive a score over 9 from any judge
 - ⤴ Scoring will be on a 8 to 10 point scale with 1/2-points (8, 8.5, 9, 9.5, 10)
 - ⤴ Final score will be the combined total of points awarded by each of the five judges
- ❖ **JUNIOR BLACK BELTS**
 - ⤴ Judges will say “Yoi / Hajime” and “Naore”
 - ⤴ The first 3 competitors will perform their katas without receiving a score. After the 3rd competitor completes his/her kata, the first competitor will return to the ring and receive his/her score, followed in order by the 2nd and 3rd competitors.
 - ⤴ The remaining competitors will receive their scores immediately following their kata
 - ⤴ First competitor does not have the option to go again
 - ⤴ An automatic one-point deduction will occur in the event of a “start over”, meaning the competitor cannot receive a score over 9 from any judge

SCORING

- ❖ Scoring will be on a 6 to 10 point scale
 - ⤴ 1/2-points will be allowed from 6– 8.5 (6, 6.5, 7, 7.5, 8, 8.5)
 - ⤴ Tenths of a point will be allowed from 8.5 – 10 (8.5, 8.6, 8.7, 8.8, 8.9, 9.0, 9.1, 9.2, 9.3, etc.)

The numbers represent:	6	7	8	9	10
	Poor	Average	Good	Excellent	Perfect

- ⤴ Final score will be the combined total of points awarded by each of the five judges



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CHILDREN'S COMPETITION (continued)

KUMITE

- ❖ Point system rules (see Adult Kumite Rules & Regulations – green and brown belt division)
- ❖ Each match will consist of a single 1-minute continuous round
- ❖ The competitor who accumulates the most points by the end of one round will be the winner
- ❖ If there is a tie at end of one round, there will be one sudden death 30-second round (first point wins)
- ❖ If there is still no winner after the sudden death round, all five judges will have one vote each (four corner judges plus the chief referee for a total of 5 votes) to determine the winner (based on technique, spirit, etc.)

TROPHIES AND AWARDS

- ❖ **Kyu ranks**: All children will receive one award even if they compete in more than one event
 - ❖ **Jr. Black Belt**: There will be 1st – 3rd place winner awards
-