

**2023 AAU Hawaii District Karate Championships**  
**Tournament Rules**

**I. Kobudo & Team Kata Rules**

- Will be judged by point card system.
- In case of tie, “Beginners to Novice” competitors can repeat kobudo kata.
- “Intermediate to Advanced” competitors must perform a different kobudo kata in case of a tie. You are allowed to use another weapon just as long it is within the classification of “long weapon” or “short weapon”.
- All “Team Kata” competitors can repeat kata in case of tie.

**II. Kata Rules**

- Judges will use red/blue flag system.
- Will be judged with a minimum of 3 referees/judges.
- Beginner to Intermediate divisions – You can repeat same kata over & over.
- Advanced divisions – Must alternate between 2 katas every round or change kata every single round.
- Exception: Men’s Black Belt (18 – 34 yrs.) and Women’s Black Belt (18 – 34 yrs.) division; competitors must change their kata every single round.

**III. Kumite Rules: WKF Rules – Modified**

**All divisions except Men’s & Women’s Black Belt 18 – 34 yrs. will follow the rules below:**

- **Match duration:** 1½ minute: Stop Time. “Ato Shibaraku” is at 15 seconds.
- **Maximun Points:** 6 point ceiling on all divisions. However, if both contestants score exactly at the same time and score reaches the 6 point ceiling simultaneously, the winner will be determined by “Senshu/Advantage”.
- **Single Elimination Format:** “No Repechage” will be conducted for 3<sup>rd</sup> place winners.
- **Tie Breaker:** 1) In case of a tie and the end of the bout, the winner will be determined by “Senshu/Advantage”. 2) If there is a tie score at the end of the bout and neither competitor has a “Senshu/Advantage”, the winner will be determined by “Hantei”.
- **Mandatory Equipment:**
  - 1) For Beginner to Intermediate Divisions: White foam headgear, Mizuno headgear, or WKF approved face shield. Red/White/Blue hand pads.
  - 2) Advanced Divisions: White foam headgear, Mizuno headgear, or WKF approved face shield. Red & Blue hand pads. Mouth Piece and Groin Protector.
  - 3) *Competitors must remember to use the correct color if they choose to use red or blue. Absolutely no dipped foam or elastic cloth hand pads will be allowed. Headgear is optional for divisions: (18 to 34 yrs.) & (35 yrs. & above).*
- **Optional Equipment:** Mouthpiece and groin protector are highly recommended but are not mandatory for all beginner to intermediate divisions. Shin and instep guards, chest protectors, certified sport glasses that are shatter proof, and soft contact lenses are also optional. *Absolutely no eyeglasses will be allowed during kumite matches and no dipped foam or elastic cloth shin and instep guards will be allowed.*
- **Contact Rule:** There will be absolutely no face contact allowed in the competition. No matter how effective a score maybe, if it touches the face or facemask, it will be penalized and not scored. The only technique where skin touch is allowed is Jodan Geri/head kicks: this will only be allowed in the Jr. Cadet (12 – 13 yrs.), Cadet (14 – 15 yrs.), Junior (16 – 17 yrs.), and Men & Women (35 yrs. & up) “Advanced” divisions.