



# WORLD SEIDO KARATE ORGANIZATION ADULT TOURNAMENT RULES & REGULATIONS

TOURNAMENT IS ABOUT GOOD SPORTSMANSHIP AND SUPPORT OF YOUR PEERS.  
COMPETITORS SHOULD ALWAYS SHOW PROPER RESPECT TO YOUR OPPONENTS AND OFFICIALS.

## KATA

### DIVISIONS

- ⇒ 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
- ⇒ Men and women will compete together

Masters – Sensei to Sei Shihan (includes Bo & Sai)	Adv. Brown Belt (1 <sup>st</sup> kyu)	Yellow Belt (6 <sup>th</sup> kyu)
Sandan (includes Bo)	Brown Belt (2 <sup>nd</sup> kyu)	Adv. Blue Belt (7 <sup>th</sup> kyu)
Nidan (includes Bo)	Adv. Green Belt (3 <sup>rd</sup> kyu)	Blue Belt (8 <sup>th</sup> kyu)
Shodan (includes Bo)	Green Belt (4 <sup>th</sup> kyu)	Adv. White Belt (9 <sup>th</sup> kyu)
Kari Shodan	Adv. Yellow Belt (5 <sup>th</sup> kyu)	

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

**Note regarding Masters Division:** Sei Shihan scores are not factored in when awarding Sogo points

### GENERAL

- ⇒ All katas must be part of the syllabus as recognized by the *World Seido Karate Organization*
- ⇒ The kata performed must be up to or equal to the competitor's current age and rank
- ⇒ A competitor may not combine two or more katas
- ⇒ Katas may not be performed to music and no two-person katas are allowed

### FORMAT

- ⇒ The first 3 competitors will perform their katas without receiving a score. After the third competitor completes his/her kata, those competitors will return to the ring one at a time, in the order of performance, and receive his/her score
  - The remaining competitors will receive their scores immediately following their katas  
**NOT APPLICABLE TO MASTERS DIVISION – EACH MASTERS COMPETITOR WILL BE SCORED IMMEDIATELY**
  - The first competitor does **not** have the option to go again

### JUDGING AND SCORING

- ⇒ There will be 7 judges per ring.
- ⇒ Chief judge will say “Yoi” / “Hajime” / “Naore”
- ⇒ A competitor may restart his/her kata over, however, each judge must subtract **1** point from the individual score they would have given the competitor had the kata not been restarted (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)
- ⇒ 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.)

	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
The numbers represent:	Poor	Average	Good	Excellent	Perfect

- ⇒ The high and low score for each contestant will be dropped. The remaining 5 scores will then be added together, and the sum 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 both competitors will place.

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

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



# WORLD SEIDO KARATE ORGANIZATION ADULT TOURNAMENT RULES & REGULATIONS

## 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 (no tape will be permitted on the striking surface)
  - Must be at least ½ inch thick and foam dipped (not vinyl covered) ; no boxing, kick boxing or bag gloves
  - Must cover the entire fist, knuckles and fingers
- ⇒ Foot Protectors (no tape will be permitted on the striking surface)
  - 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

- ⇒ 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 for health or medical reasons.
- ⇒ Tape will not be permitted on the striking surface
- ⇒ No other protective equipment is allowed without the prior consent of the Tournament Review Committee

***KUMITE EQUIPMENT MUST BE INSPECTED AND APPROVED PRIOR TO THE MATCH***

### TECHNIQUES AND CONTACT

#### LEGAL TECHNIQUES

- ⇒ **Hands:** 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:** [BLACK BELTS ONLY] must be immediately followed by a legal technique that is delivered before the opponent hits the floor
  - If a legal technique is attempted but misses, there will be no warning
  - If no legal technique is attempted, a warning will be issued
- ⇒ **Target Areas:** Midsection and sides of body (above the belt, below the neck)

#### ILLEGAL TECHNIQUES

- ⇒ **Hands:** 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)

#### 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*.



# WORLD SEIDO KARATE ORGANIZATION ADULT TOURNAMENT RULES & REGULATIONS

## DIVISIONS

### KYU BELT DIVISION

- ⇒ Green through Advanced Brown Belts only
- ⇒ There will be separate divisions for men and women
- ⇒ No weight class or age class
- ⇒ Divisions will be as follows -
  - **Green / Adv. Green** (3<sup>rd</sup> & 4<sup>th</sup> kyu)
  - **Brown / Adv. Brown** (1<sup>st</sup> & 2<sup>nd</sup> kyu)

### BLACK BELT DIVISION

- ⇒ There will be separate weight class divisions for men and women as follows -

WEIGHT DIVISION	MEN	WOMEN
Lightweight	Under 165 lbs (under 74.8 kgs)	under 135 lbs (under 61.2 kgs)
Middleweight	165-179 lbs (74.8 – 81.5 kgs)	135-149 lbs (61.2 – 67.9 kgs)
Light Heavyweight	180-194 lbs (81.6 – 88.4 kgs)	150-164 lbs (68 – 74.7 kgs)
Heavyweight	195 lbs and over (88.5 kgs and over)	165 lbs and over (74.8 kgs and over)
Seniors (Ages 55 +)	All weights	All weights

- ⇒ Senior Division does not qualify for Sogo or Grand Champion
- ⇒ Weigh-in
  - All competitors will weigh in wearing full gi and belt
  - No weight differential will be allowed for clothing (i.e. a black belt man weighing in at 195, 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 FIRST PLACE WINNERS IN ALL WEIGHTED BLACK BELT DIVISIONS ARE TO STAY AND PARTICIPATE IN THE GRAND CHAMPIONSHIP

## FORMAT

- ⇒ Each match will consist of a single **2 minute continuous round**.
  - Timekeepers will call out when there is **30** seconds **and 10** seconds remaining in the round.

## JUDGING AND SCORING

- ⇒ There will be 1 Chief Referee and 4 corner judges
- ⇒ All corner judges must remain seated
- ⇒ Upon completion of each match, the chief referee will call “score” at which time each of the 4 corner judges along with the chief referee will simultaneously hold up a flag representing his/her decision
- ⇒ In the event of a simultaneous Point and Warning, a point is awarded AND a warning is given
- ⇒ If any corner judge sees a point missed by the Chief Ref, the corner judge should try to alert the Chief Ref immediately
  - If the Chief Ref acknowledges, he/she stops the fight and prompts the corner judges to make their call
  - If the Chief Ref does not acknowledge, the fight continues until the next technique occurs. Corner judges must call their points based on the technique for which the fight was stopped, not for any previous techniques.
- ⇒ A competitor is considered to be “in the ring” as long as one foot maintains contact with the floor within the boundaries of the ring
- ⇒ The Chief Referee cannot overrule points with the following exception -
  - In kyu division: if head contact is made and corner judges call a point, the chief ref can overrule as there is no head contact whatsoever in kyu division.
- ⇒ In the unlikely event a judge must recuse him/herself from determining a winner, the lowest rank judge will not make a call and the 3 remaining judges will determine the winner



# WORLD SEIDO KARATE ORGANIZATION ADULT TOURNAMENT RULES & REGULATIONS

## ⇒ WARNINGS AND 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; 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
  - Kyu ranks: if a competitor is disqualified from his/her first fight, he/she will receive 0 points for that fight, however he/she will still be allowed to compete in the second fight

## ⇒ WINNING THE MATCH

- The competitor who accumulates the most points within the round will be the winner of the match
- 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 (whoever scores the first point will be declared the winner and the round ends immediately even if time remains on the clock)
- 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 (all judges need not agree, the competitor who receives the majority of votes will be declared the winner)

## BREAKING

### DIVISIONS

- ⇒ Black Belts only
- ⇒ There will be separate weight class divisions for men and women as follows –

WEIGHT DIVISION	MEN	WOMEN
Lightweight	Under 165 lbs (under 74.8 kgs)	under 135 lbs (under 61.2 kgs)
Middleweight	165-179 lbs (74.8 – 81.5 kgs)	135-149 lbs (61.2 – 67.9 kgs)
Light Heavyweight	180-194 lbs (81.6 – 88.4 kgs)	150-164 lbs (68 – 74.7 kgs)
Heavyweight	195 lbs and over (88.5 kgs and over)	165 lbs and over (74.8 kgs and over)
Seniors (Ages 55 +)	All weights	All weights

- ⇒ Weight divisions may be combined in the event there are less than 4 competitors in any weight division

### ALLOWABLE MATERIALS

- ⇒ 1" Pine boards (*refers to the nominal size, or size by which it is known and sold in the US market. Actual thickness is approximately ¾"*)
  - Boards and spacers may be purchased via online registration or may be provided by the competitor
- ⇒ Actual Board Dimensions must be 12" wide by 10" long (*width refers to the nominal size, or size by which it is known and sold in the US market. Actual width is approximately 11 ¾"*)
- ⇒ Grain of the board should run along the direction of the 10" edge
- ⇒ Boards must not have any cracks or defects in them and will be examined for acceptability prior to the competition
- ⇒ Spacer Dimensions are 10" x 3/4" x 3/4"
- ⇒ Competitors not using authorized materials will be automatically disqualified

*Each competitor is responsible for both setting up and cleaning up his/her break(s)*

### QUALIFYING ROUND

- ⇒ Number of boards required in the qualifying round – with or without spacers
  - Men Light and Middleweight divisions 2
  - Men Light Heavy and Heavyweight divisions 3
  - Women Light and Middleweight divisions 1
  - Women Light Heavy and Heavyweight divisions 2
- ⇒ Only forefist (seiken) break will be allowed for the qualifying round
- ⇒ Supports for the boards will be supplied in the form of concrete blocks



# WORLD SEIDO KARATE ORGANIZATION ADULT TOURNAMENT RULES & REGULATIONS

- ⇒ Each contestant will be required to successfully complete the qualifying round in order to advance to the competition round
  - Partial breaks will not be counted
- ⇒ Only one attempt will be allowed
- ⇒ After the attempt is complete, the contestant is to move back (away) from the boards and sit in seiza until the break can be inspected
  - Competitor should not touch any boards prior to inspection by the judges
- ⇒ If any competitor fails to complete the Qualifying Round, he/she will not advance to the next round

## COMPETITION ROUND

- ⇒ Each contestant successfully completing the **QUALIFYING ROUND** decides how many boards, *with spacers*, he/she wishes to attempt in the **Competition Round**
- ⇒ Only Seiken or Shuto breaks are allowed
- ⇒ Supports for the boards will be supplied in the form of concrete blocks
- ⇒ Only one attempt will be allowed
- ⇒ **All** boards set up must be broken in order to collect points
  - If ALL boards are *completely* broken, the competitor will receive **1** point for **each** board
  - If any board remains unbroken, the competitor will not receive any points
    - Partial breaks will not be counted
- ⇒ After the attempt is completed, the contestant must move back (away) from the boards and sit in seiza until the break can be inspected
  - Competitor should not touch any boards prior to inspection by the judges
- ⇒ In the event of a tie, the lighter of the competitors will be the winner

## SOGO (OVERALL) CHAMPIONSHIP

### ELIGIBILITY

- ⇒ Open for black belt competitors only
- ⇒ There will be one men's division winner and one women's division winner
- ⇒ A competitor must participate in **all events** (Kata, Weighted Kumite **and** Breaking) to qualify for Sogo
  - Senior Kumite division (55+) does not count toward Sogo points
- ⇒ There must be a minimum of 4 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 -

1 <sup>st</sup> Place = 5 Points	2 <sup>nd</sup> Place = 3 Points	3 <sup>rd</sup> Place = 2 Points	4 <sup>th</sup> Place = 1 Points
----------------------------------	----------------------------------	----------------------------------	----------------------------------
- ⇒ If a competitor places (1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup>) in all three events he/she will be automatically awarded 2 additional Sogo points

## KUMITE GRAND CHAMPIONSHIP

- ⇒ Open for Black Belt competitors only
- ⇒ There will be a separate divisions for men and women
- ⇒ Only weighted divisions can qualify for Grand Champion
  - Competitors entering Senior divisions do not qualify for Grand Champion
- ⇒ The championship will be determined as follows:

### SEMI FINALS:

- 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.

### FINALS:

- 3) The winners of 1 and 2 above will then compete for Grand Champion for **two continuous 2 minute** rounds; there will be a 30 second rest period between rounds.

### DEFENDING CHAMPION:

If the previous year's Grand Champion chooses to defend his/her title, there will be another **two continuous 2 minute** rounds 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:



## WORLD SEIDO KARATE ORGANIZATION ADULT TOURNAMENT RULES & REGULATIONS

---

- 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 (all judges need not agree, the competitor who receives the majority of votes will be declared the winner).
  - Corner judges will remain seated. The center ref will ask judges to call (as if calling a point). Corner judges and center ref must simultaneously make the call for a winner
  - In the unlikely event a judge must recuse him/herself from determining a winner, the lowest rank judge will not make a call and the 3 remaining judges will determine the winner