



Rules of Competitions Organized by International Karate Association Poland

1. Kata

Kata is graded using a point system with 0,1 precision. Grading is done in 6,0 to 8,0 scale. 7,0 is the baseline score from which score is deducted or added to depending on the performance. There are 2 rounds: Eliminations and Finals. Only 5 participants advance to the final round.

When 5 judges are grading the performance only 3 middle scores are taken into account. In case of a draw only the highest and lowest scores are taken into account. If there's a draw again rematch is done using flags as scores. In a rematch draw isn't possible the judge always has to select a winner. In categories for younger participants up to age 14 kata can be redone.

2. Fantom

During eliminations rounds are 15 seconds long. In finales they are 20 seconds long. Tipping the fantom over doesn't automatically lose the round but is classified as a mistake. Please remember to confirm participants surnames. There is no round for 3rd place instead 2 bronze medals are awarded.

3. Kumite

(Round is 2 minutes long regardless of category. Only head judge can stop the time. One hit equates to one point (IPPON). The fight last until one competitor scores 3 points (SANBON SHOBU or one point (IPPON SHOBU) depending on the category.)

There are two penalties present:

- I. Leaving the designated fight arena(JOGAI) avoiding fighting, usage of forbidden techniques, clinging,wrestling,pushing or not following judges orders.)
- II. Penalty for excessive or illegal contact

There are four types of penalties in both categories:

- a. **CHUKOKU** - reminder.
- b. **KEIKOKU** - warning and allocation of wazari (half points are given to the oponent.
- c. **HANSOKU-CHUI**- penalty equating to awarding one point to the opponent.In case of IPPON SHOBU is equal to defeat of the offender.
- d. **HANSOKU** - disqualification which equates to defeat of the offender.

In case of serious rule violations or bad sportsmanship,Judge is allowed to give out harsher penalties including HANSOKU.

Please remember to confirm participants surnames. Theres is no fight for 3rd place instead 2 bronze medals are awarded.

PROTECTIVE EQUIPMENT

- a. **up to age 12** (gloves, shin and feet protection,helmet plus hogo),
- b. **age 13 to 17**(gloves, mouth protector,groin protection, groin and feet protection, breast protection for girls),
- c. **above 18** (gloves, mouth protection,groin protection and breast protection for women).