



**WEST COAST OPEN 2008
MODIFIED USA-NKF / WKF KUMITE AND KATA RULES**

KUMITE RULES

I. REQUIRED EQUIPMENT

- Clean white karate-gi
- Red and blue WKF style fist pads
- Mouth guard
- Groin guard (male contestants)

II. DIVISIONS:

13 year olds and under

- Duration of bout 1:30
- 8 point ceiling
- Any Jodan (face, neck, or head) contact must be penalized (unless caused by recipient)

14-17 year olds

- Duration of bout 2:00
- 8 point ceiling
- Light touch to the face, head, or neck (Jodan) with kicks can score. Glove touch to the face, neck, or head cannot score but does not have to be penalized.

18+ year olds

- Duration of bout 2:00
- 8 point ceiling
- Light touch to the face, neck, or head can score

18+ advanced

WKF RULES APPLY



III. SCORING: Target areas Head, face, neck (including the throat), chest, side, back, abdomen

IPPON (1 point)

- Tsuki (punches) or uchi (strikes) to a target area*

NIHON (2 points)

- Keri (kicks) to the back, side, chest, or abdomen
- *Tsuki to the back (including the back of the head and neck)
- Legally off balancing the opponent and scoring
- Combination of punch and strikes that each score in their own right

SANBON (3 points)

- Kicks to the face, head, or neck
- Sweeping or throwing the opponent to the mat followed by a score

IV. PROHIBITED BEHAVIOR:

Category 1

- Techniques which make excessive contact, having regard to the scoring area attacked.
- Techniques which make contact with the throat.
- Attacks to the arms, legs, groin, joints, or instep.
- Attacks to the face with open hand techniques (e.g. teisho or nukite).
- Dangerous or forbidden throwing techniques. .

Category 2

- Feigning or exaggerating injury.
- Repeated exits (Jogai) from the competition area.
- Self-endangerment by indulging in behavior which exposes the contestant to injury by the opponent, or failing to take adequate measures for self-protection (Mubobi).
- Avoiding combat as a means of preventing the opponent having the opportunity to score.
- Clinching, wrestling, pushing, or seizing, without attempting a striking technique.
- Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks, whether they land or not.
- Attacks with the head, knees, or elbows.
- Talking to, or goading the opponent, failing to obey the orders of the Referee,



discourteous behavior towards the Refereeing Officials, or other breaches of etiquette.

KATA RULES

All divisions except 18+ advanced

- 3 or 5 Judges
- Red and blue flag system will be used
- Competitor can repeat the same kata in each round
- Competitors (aka and ao) perform their kata simultaneously
- Single elimination

18+ advanced

- WKF rules apply
- Competitors age 16 and above can compete in this division

KOBUDO

Traditional Kobudo

(Please refer to USANKF Rules)

- WEST COAST OPEN Staff reserves the right to check weapons and disqualify equipment or weapon deemed unsafe or inappropriate for competition.
- The Divisions & Rules for Kobudo are the same as the Kata.
- Weapon must be Traditional in construction
- Weapon may not touch the floor. No music or gymnastics are allowed
- Acceptable Weapons (Please download USANKF Rules)
- Coordinator reserves the right to move any athletes using non-conforming Weapons or more Creative movements into a different division even if they are considered traditional to the style of martial art being shown.

Coordinator reserves the right to add or eliminate divisions.

Competitors are required to wear their appropriate belt or sash to signify their proper rank.

Uniforms must be clean & un-torn.