

RECREATIONAL RULES - BLACK BELT

Competitors compete their age as of January 1. No Junior will compete in Adult Divisions.

No competitor can compete in both Advanced and Black Belt divisions.

Recreational KATA and WEAPONS Rules

Competitors compete in random order.

Judges will watch all competitors before giving out scores.

Judges will use the "2" point deviation rule before presenting scores.

There are no introductions before forms.

There are no re-starts. If a competitor drops his or her weapon or they forget their form, they cannot restart the form. If they pick up their weapon and finish the form, they receive a "zero" score.

In the traditional weapon division, only non-tapered staffs (bo) are allowed.

Competitors are responsible for their own music player.

No words or lyrics in the music.

KUMITE

All matches are one round of 2 minutes.

The winner is determined by who is ahead at the end of the round.

The winner must win by a 2-point margin of victory. If the match is tied or one competitor is ahead by one 1 point, the match resumes until the 2-point margin is achieved.

All competitors are required to wear OKF- or promoter-approved equipment: helmet, enclosed-finger open-palm hand pads, foam-dip kick pads, mouth guard, groin protection and shin guards. All equipment will be inspected and should be fitted and in good repair, to tape or rips. No ring star shoes. All hand pads must have fingers enclosed.

Competitors must wear long pants, belt and uniform.

All techniques thrown must display balance, focus and control and be targeted to legal striking area.

Techniques thrown without control will result in a penalty point or disqualification.

1 point for all hand techniques.

1 point for a body kick.

2 points for a head kick.

2 points for a jump kick to the body and 3 points for jump kick to the head.

Competitors are allowed one coach. Any abuse of officials or unsportsmanlike behaviour of the coach will result in a penalty point awarded to the other competitor.