



## Rules for Kata - FRFK



# Traditional Kata Rules Japanese, Korean, Chinese.



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## **Rules for Kata - FRFK**

### **Art. 1. Definition**

Kata is a battle with one or more imaginary opponents, being a succession of combinations in a predetermined order specific to each martial arts school.

The purpose of kata competitions is to offer martial arts practitioners the opportunity to measure their knowledge and craftsmanship in presenting their most effective techniques.

### **Art. 2. Categories**

- ✧ Girls /boys/ mixture
- ✧ Individual or sincron (team)
- ✧ Children (6-8 years), younger cadets (9-12 years), older cadets (13-15 years), juniors (16-18 years), seniors (19-45 years)

#### Supplementary clarifications about categories

Taking in account the number of participants, the organizer of the competition may decide to change the age categories, or to split them according to their belt degree or the provenance of their styles.

All the changes will be done after noticing first the coaches or the assistant coaches(instructors) of the competitors.

An athlete can participate to a superior age category(but no more than two categories above).

### **Art. 3. Uniform and appearance**

The athletes will be equipped with a karate uniform(karate gi) or the one specific to their practiced style. The uniform must be clean and ironed. Belt is mandatory. The kickboxing uniform is not allowed.

Under the kimono, boys are not allowed to wear anything, and girls may wear a white t-shirt(or a white bra). Competitors with long hair will enter the tatami only with the hair held in discrete, but not metallic, hairpins or clips.

Athletes are not allowed to wear bandages or any other medical protections, without competition's doctor approval.

In case of any hard or soft categories, the uniform of the soft category's competitors must be the traditional one for the Chinese styles.

### **Art. 4. Competitional area**

The competitional area must be at least 6x6m, consisting of tatami plates, at least 3m away from other surfaces and at least 1m away from the official table.



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### **Art. 5. Organising the competition**

The order of entry into the competition is decided by drawing and will be announced in advance.

The athletes in the following category, will align at the edge of the area in order of entry into the competition and salute the referees.

The chief referee will announce the first contestant. Following the first form from the category, next athlete will start his form without announcing the first competitor's grades.

Subsequent, the refereeing committee will show, in turn, the marks for each of the two athletes, while they wait on the competition area where the referees indicate them. Marks will be shown after the chief referee's command "hantei". After showing marks facing the athletes, the referees will turn the marks towards the official table remaining with the hands up till the announcer notes them down.

The following competitors will be marked immediately after they perform the form.

In the case of kata synchronic, the members of the team will use the "triangle" formation spiking towards the chief referee.

### **Art. 6. Officials**

The committee of referees is formed by three or five referees and an announcer. The decision forming it of three or five referees belongs to the organizer and the chief referee of the competition. One of the referees is delegated as chief referee, and the others as side referees.

The referees must be traditional karate practitioners or any other traditional style. The ones practicing only kickboxing, can't referee kata forms.

### **Art. 7. The chief referee's powers**

The chief referee:

- Is responsible for the smooth running of the competition;
- Designates the side referees;
- Runs the competition and the drawing lots of the competitors;
- Is responsible for respecting the kata rules;
- During competition, he stays in front of the competition area;
- Supervises the ongoing of the competition.

### **Art. 8. The announcer**

The announcer stays at the official table. He has the following powers:

- ✧ Announces the contestants in the order of drawing slots;
- ✧ Reads the marks;
- ✧ Registers each competitor's marks;



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- ✧ Summes up the marks and communicates the rankings.

### **Art. 9. The committee's equipment**

- ✧ Whistle for the chief referee;
- ✧ Scoring tables;
- ✧ Seats for the referees;
- ✧ Audio system for the announcer(microphone, speakers,etc.)

### **Art. 10. The referees' positioning on the surface**

In the beginning of the competition, the committee of referees will decide the positioning of the referees on the area of contest. This can be:

- ✧ All referees stay in front of the area, with the back to the official table;
- ✧ On the sides of the area.

### **Art. 11. Criteria for scoring the form**

Performing a kata must not be qualified ambiguously as good or bad, it must be taken into consideration the followings:

- The succession of the moves;
- The correct position and movement;
- The balance;
- The rithm;
- The battle cry(kiai);
- A correct breathing;
- The enforcement force;
- The focus;
- The spirit alert(zanshin).

For a higher mark, the referees will take into consideration also the craftsmanship of the performed technique, the difficulty of the form and the contestant's attitude, being reflected through the demonstration of a perfect understanding of the form.

In kata synchronic(team) the synchronized moves and salute will also be taken into consideration.

### **Art. 12. Scoring system**

Marks will be between 7 and 9.



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### **Art. 13. Competitor's errors and minus points**

For each minor error it will count minus 0,1 points, for each medium error minus 0,2 or 0,3 points and minus 0,4 or 0,5 points for major errors.

Minor errors are: positioning with small „mistakes”, the expression is not appropriate, small imbalances, momentary hesitations quickly fixed, etc.

Medium errors are: incorrect blows and blocks, noticeable pauses in execution, etc.

Major errors are: the direction of the gaze, too high positions, lack of kiai(battle cry), the rhythm of execution has medium speed, forgetting a move, insecure execution, altering a kata, etc.

The athlete who stops in the middle of an execution more than 5(five) seconds or loses his balance falling down, is disqualified, receiving mark 7(seven).

The athlete who exits the area during the execution, receives a 7(seven) as mark and he is also disqualified .

### **Art. 14. Calculating marks and ranking**

Final mark is done by cutting off the smallest and the biggest one and summing up the other 3(three) marks. If there will be a draw, they will add the initial result with the highest and smallest mark(cut marks), obtaining a new result. If in this case too there is a draw, competitors will be asked to perform again kata.

When competitors perform again the kata, they have to choose another one. If they present the same one, referees will cut one point from their mark.