

# ESKA Competition Rules

## Kata

### Individual Kata

Competitors will perform a Kata of their own choice and receive scores from 3 judges.

In categories with less than 4 entries, competitors will be required to perform two Kata. The scores of which will be added together to determine medal positions.

In categories with more than 4 competitors, the top 4 scores will progress to the Final.

Finalists below Brown belt may repeat their Kata.

Finalists Brown belt and above will have to perform a different Kata to any previous round or tie.

In the case of a draw, competitors will perform again. Competitors in the tie may perform a previously used Kata.

Competitors can only enter categories suitable for their age and grade.

### Individual Kumite

The result of a bout is determined by either competitor scoring Ippon (full point) or 2 Waza-ari (half points), or a majority score at the end of the bout.

To score Ippon a contestant must show good form, correct attitude, zanshin (focus), proper timing and correct distance.

Waza-ari is given for a technique almost as good as that needed to score Ippon.

Although its value is equal to half an Ippon, it is not half an Ippon in terms of technique - more like 90% of the technique needed to score an Ippon.

Utmost control in all techniques must be exercised against your opponent.

A result may also be obtained via disqualification.

#### **Forbidden Techniques**

Attacks to the groin or neck, attacks to the face with nukite (spear hand strike), or any

other open hand technique excluding haito (ridge hand strike).

Repeated direct attacks to arm or legs or any attacks to the hip, knee or instep.

Techniques which make excessive contact or which cannot be controlled (stamp kick, etc).

Grabbing, pushing or wrestling with the opponent.

Repeated exits from the fighting area (Jogi) or feigning injury.

### **Penalties**

Keikoku (warning) may be imposed for minor infractions of the rules as seen fit by the referee.

Hansoku (warning leading to disqualification) may be imposed for major or repeated minor infractions of the rules as seen fit by the referee.

Mu'bobi (defencelessness) may be imposed whereby the competitor puts themselves in a position of self-danger. (Examples could be turning away at the point of an attack, dropping the head down at the point of attack etc).

Shikkaku (expulsion) may be imposed for gross infractions of the rules with the opponent being awarded the bout. Competitors receiving Shikkaku may take no further part in the tournament.

### **Protective equipment**

White/Red PU Hand mitts and gum shields are compulsory. Groin protectors (males only) and chest guards (female only) are advised. Shin pads, body armour and head guards are NOT permitted.

### **System**

Kumite will use a main and mirror (1 judge / 1 mirror judge) or flag system (4 judges and 1 referee) for all events right through to the finals.

The events will run to an immediate conclusion with all the finals commencing straight after the elimination rounds.

In principle, the duration of each bout will be 1½ minutes with 2 minutes for the finals.