

ESKA Competition Rules

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. The scores of both rounds will be added together to determine medal positions.

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.

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

A result may also be obtained via disqualification.

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.

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.

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.

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

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.

SEN Kata

Competitors will perform a Kata of their own choice and receive scores from 3 or 5 judges.

This Kata may be performed independently or with the help of a coach.

This event will be one round with the overall score determining medal positions.

The event will be scored using a Rainbow Scoring System (Whereby competitors will be awarded an additional score comparative to their impairment).

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.

SEN Juruken

Competitors will have 60 seconds to attack the standing bag with valid Kumite techniques and receive scores from 3 or 5 judges.

These techniques will be scored on: Speed, Power, Targeting, Spirit, KiAis & Variety of Technique.

Scores will be awarded by score card.

The event will be scored using a Rainbow Scoring System (Whereby competitors will be awarded an additional score comparative to their impairment).

In the case of a draw, competitors will have 30seconds to 'Re-Fight' the standing bag.

Rainbow Adjustment System (RAS)

The Rainbow Adjustment System is used in SEN events to support fair and inclusive competition.

The purpose of the system is to recognise that some competitors may experience additional barriers in performance due to disability, neurodivergence, or additional needs.

Adjustments are made to promote equitable competition based on ability, not disability.

Competitors may be assigned an adjustment score as follows:

Band Descriptor Adjustment

Yellow Mild additional needs +0.1

Orange Moderate additional needs +0.2

Pink Significant additional needs +0.3

Blue High additional support needs +0.4

Purple Profound/complex support needs +0.5

Classification will be determined by the event organisers in consultation with the competitor's coach where required.

Factors considered for classification may include:

mobility

balance

coordination

communication

concentration

sensory regulation

processing/response time

ability to perform independently or with support

Adjustments will be applied after judging scores have been calculated.

The Chief Referee's decision on classification and adjustment will be final.

The purpose of this system is inclusion and fairness, not competitive advantage.

EASTERN SHOTOKAN KARATE ASSOCIATION