



ESKA Karate

Competition Rules 2026

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Individual Kata

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



Pairs/Team Kata

Pairs/Team kata will be one round.

Pairs/Teams will perform a Kata of their own choice and receive scores from 3 judges.

In the case of a draw, tied Pairs/Teams will perform again. Pairs/Teams can perform the same Kata.

Pairs/Teams can be made up from competitors from different categories, however they will be entered into the category of the Highest Grade/ Oldest Competitor.

Competitors can only be part of 1 Pair/Team.



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.

Team Kumite

Team Kumite will follow the above stated rules on a best of 3 bouts basis.

Teams can be made up from competitors from different categories, however they will be entered into the category of the Highest Grade/ Oldest Competitor.



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 30 seconds to 'Re-Fight' the standing bag.



Competition Category Eligibility

ESKA competitions may include Male, Female and Open category options depending on the event, age group, grade, number of entries and competition format.

Kata Categories

Kata is a non-contact event.

ESKA may offer the following kata categories:

- Male Kata
- Female Kata
- Open Kata

Open Kata is available to all competitors where offered.

Kumite Categories

Kumite is a contact event. For safety and fairness, ESKA runs the following kumite category types:

- Female-Only Kumite
- Male & Open Eligibility Kumite

Female-Only Kumite is for competitors recorded female at birth.

Male & Open Eligibility Kumite is for competitors recorded male at birth and competitors who are not eligible for Female-Only Kumite.

A competitor recorded female at birth who does not identify as female, or for whom entering Female-Only Kumite would not be appropriate for reasons relating to their gender identity or related personal circumstances, may request to be considered for Male & Open Eligibility Kumite.

Approval is not automatic and will depend on safety, fairness, age, grade, height, size, weight where relevant, experience, confidence, parental consent where the competitor is under 18, and referee discretion.

Competitors may not enter both Female-Only Kumite and Male & Open Eligibility Kumite at the same competition.