
















Content

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General Regulations

All categories

- 1) Contestants must confirm their presence at the beginning of their category.
 - a) When the 90 seconds time is up, the participant with the most *wasa-ari* is declared winner.
 - b) In case of a tie, an additional one (1) minute period (*Ensho-sen*) will be granted. The participant who scores the most *wasa-ari* during this extension wins.
 - c) If still tied after the extra time a final extension (*Sai-Ensho-Sen*), of a maximum of one (1)

minute will be allowed. The first participant to score a *wasari* automatically wins. If the tie persists at the end of the second extension, then it is up to the judges and to the central referee to declare the winner based on the fighting spirit, initiative, combat control, and who dominated the opponent the most.

- 2) If an *ippon* (KO) is granted, if an injury causes withdrawal (*Kikken*) or if a participant is disqualified (*Hansoku/Shikkaku*), then victory is awarded to remaining participant.
- 3) Throws, sweeps and projections are only allowed on *tatamis*. Following the intentional or accidental fall of a participant, a short period of 1 to 3 seconds is permitted during which there could be:
 - a) A scoring technique to the chest protector (*do*) which could award one or several *wasari* or an *ippon* (these must follow the annex A guidelines).
 - b) When allowed by the category, a properly controlled technique, without contact, to the helmet (*men*) which could award *wasari* or an *ippon*.
 - c) When allowed by the category, a properly controlled technique, without contact, to the back or behind the head which could award *wasari* or an *ippon*.
- 4) A successful throw, sweep or projection is worth a (1) *wasari*.
- 5) It is prohibited to grab the *bogu*: the chest protector (*do*) and the helmet (*men*).
- 6) No contact is permitted behind the head, neck, back, knees, legs, thighs and groin.
- 7) The only allowed contact zone on the full-face *koshiki* protector (*men*) is the plexi glass. The only allowed body contact zone is the chest protector (*do*).
- 8) A controlled technique without contact to the back or to the back of the head scores one (1) *wasari*.
- 9) The following penalty formula applies to all prohibited acts except for *Jogai Keikoku*.
 - a) First incident: Responsible competitor is given a warning, opponent is awarded a *wasari*. (*Hanshoku chui*)
 - b) Second incident: Responsible competitor is given a warning, opponent is awarded two *wasari*. (*Hanshoku chui*)
 - c) Third incident: Responsible competitor is disqualified from fight (*Hanshoku*), opponent wins by *ippon*.

- 10) Excessive contact to prohibited areas (see General Regulations Rule # 6) or any deliberate technique made with the purpose of injuring the opponent results in an automatic disqualification.
- 11) Excessive contact to the head results in automatic disqualification.
- 12) Unsportsmanlike or disrespectful conducts result in automatic disqualification (*Hansoku/Shikkaku*). The adversary wins by *ippon*.
- 13) Contestants must stay in contact with the fighting area at all times. Stepping out of the boundaries of the fighting area the first time leads to a warning. Each following occurrences awards the opponent a *wasari*. There is no limit to the number of *Jogai chui* that may be given as these are not considered prohibited action (general regulations #9) and therefore, cannot cause disqualification.
- 14) Deliberately pushing the opponent outside the fighting area is prohibited and will be recorded as a prohibited act (see general regulations # 9).
- 15) Participants can score *wasari* as long as they have one foot within the fighting area (see general regulations #13).
- 16) Groin protector is mandatory for men whereas the pelvis protector is only recommended for women. Mouth guards are mandatory for all except those who are wearing the full face *koshiki* protectors to which they are still highly recommended.
- 17) In the case of an accidental injury, the time will be stopped so that medical assistance can evaluate the condition of the injured participant. If medical assistance decrees that the injured participant is unable to continue, then the opponent will win by forfeit (*Kikken*) of the opponent. On the other hand, if medical assistance decrees that the injured participant can continue, then it is up to that participant to decide if they wish to continue. In the case of children, parents have the final say.
- 18) If a competitor is clearly overwhelmed by his opponent or that his safety is threatened by a significantly better opponent, the referee may declare a winner by "*Kikken*". It is however suggested to validate whether the disadvantaged competitor wishes to continue the fight before announcing the decision.
- 19) Only protective equipment approved by the organizers of the competition will be permitted.
- 20) No jewellery may be worn during competition. Hair covering the eyes or longer than shoulder length must be tied and medium length hair should be held back by a neutral coloured

bandana. Participants who refuse to adhere to this rule will lose by forfeit (*Kikken*).

- 21) A shirt the color of the uniform will be allowed under the *gi* uniform.
- 22) The participants must all times be dressed in a traditional white or black uniform.
- 23) Participants cannot be coached during fight. Being coached will be counted as a prohibited act (see general regulations # 9 and annex F).
- 24) As much as possible, the central referee should not be the competitor's teacher.
- 25) The center referees and corner judges must be dressed as shown in Annex E. They must wear black trousers (jeans are not allowed), a white long-sleeved dress shirt and a red tie.
- 26) Any submission technique (arm bar, choke, pressure points etc.) will be prohibited and will be counted as a prohibited act (see general regulations # 9) or result in disqualification based on the severity of the act.
- 27) All brown and black belts (starting with the 2nd kyu) that are able to referee must make themselves available to arbitrate color belts. Otherwise, the subject may be banned from participating.
- 28) In kata, all categories will be scored between 8.0 and 9.9. except when the evaluation grids are used.
- 29) In kata or combat, no lack of respect or act of violence (verbal, physical, or psychological) towards a judge, referee, or scorekeeper will be tolerated. The *Kanza*, the chief referee of the competition area or of the event, has the authority to expel a coach, competitor, spectator, or any person who violates this rule of good conduct.
- 30) During the weapon kata presentation, the weapons used must be approved by the organizers. In the case of the *bo* (6' staff), participants aged 14 and over must use the *bo* provided by the competition for fairness.

Regulations - Black Belts

All ages

- 1) A punching technique with full contact to the body awards one (1) *wasa-ari*.
- 2) A punching technique with controlled contact to the head awards one (1) *wasa-ari*.
- 3) A kicking or knee technique with full contact to the body awards two (2) *wasa-ari*.
- 4) A kicking technique with controlled contact to the head awards three (3) *wasa-ari*.
- 5) Sweeps, throws and projections are only allowed on *tatamis*.
- 6) Sweeps, throws and projections award one (1) *wasa-ari*, in accordance with the criteria listed in annex A.
- 7) If a participant falls accidentally or not, the opponent may attempt:
 - a) One or several *Wasa-ari* by hitting the chest protector;
 - b) One or several *Wasa-ari* by controlling a technique (without contact) to the head;
 - c) An *ippon* by hitting the chest protector or to the head (without contact) according with the criteria listed in annex A.
- 8) All competitors must wear body and head protections:
 - a) Feet and shin guards are permitted at participant's discretion.
 - b) Hand guards with padding (maximum 1") are mandatory.
 - c) Competitors must wear the *koshiki* headgear.
- 9) Fights lasts a minute and a half (1:30), with stopped time.

Regulations – Brown and blue belts

1 Kyu, 2 Kyu, 3 Kyu, 4 Kyu

Ages 17 and older

- 1) A punching technique with full contact to the body awards one (1) *wasa-ari*.
- 2) A punching technique with controlled contact to the head awards one (1) *wasa-ari*.
- 3) A kicking or knee technique with full contact to the body awards two (2) *wasa-ari*.
- 4) A kicking technique with controlled contact to the head awards three (3) *wasa-ari*.
- 5) Sweeps, throws and projections are only allowed on *tatamis*.
- 6) When allowed, sweeps, throws and projections award one (1) *wasa-ari*, in accordance with the criteria listed in annex A.
- 7) If a participant falls accidentally or not, the opponent may attempt:
 - a) One or several *Wasa-ari* by hitting the chest protector;
 - b) One or several *Wasa-ari* by controlling a technique (without contact) to the head;
 - c) An *ippon* by hitting the chest protector or to the head (without contact) according with the criteria listed in annex A.
- 8) All competitors must wear body and head protections:
 - a) Feet and shin guards are permitted at participant's discretion.
 - b) Hand guards with padding (maximum 1”) are mandatory.
 - c) Competitors must wear the *koshiki* headgear.
- 9) Fight lasts a minute and a half (1:30), with stopped time.

Regulations – Green and orange belts

5 Kyu, 6 Kyu, 7 Kyu, 8 Kyu

Ages 17 and older

- 1) A punching technique with full contact to the body awards one (1) *wasari*.
- 2) A controlled punching technique with safe contact (bubble touch) to the head awards one (1) *wasari*.
- 3) A kicking or knee technique with full contact to the body awards two (2) *wasari*.
- 4) A controlled kicking technique with safe contact (bubble touch) to the head awards three (3) *wasari*.
- 5) Sweeps are only allowed on *tatamis*. Throws and projections are prohibited.
- 6) Sweeps award one (1) *wasari*, in accordance with the criteria listed in annex A.
- 7) If a participant falls accidentally or not, the opponent may attempt:
 - a) One or several *Wasari* by hitting the chest protector;
 - b) One or several *Wasari* by controlling a technique (without contact) to the head;
 - c) An *ippon* by hitting the chest protector or to the head (without contact) according with the criteria listed in annex A.
- 8) All competitors must wear body and head protections:
 - a) Feet and shin guards are permitted at participant's discretion.
 - b) Hand guards with padding (maximum 1”) are mandatory.
 - c) Competitors must wear the *koshiki* headgear.
- 9) Fight lasts a minute and a half (1:30), with stopped time.

Regulations – Yellow and white belts

9 Kyu, 10 Kyu

Ages 17 and older

- 1) A punching technique with full contact to the body awards one (1) *was-a-ari*.
- 2) A controlled punching technique with no contact to the head awards one (1) *was-a-ari*.
- 3) A kicking or knee technique with full contact to the body awards two (2) *was-a-ari*.
- 4) A controlled kicking technique with no contact to the head awards three (3) *was-a-ari*.
- 5) Sweeps, throws and projections are prohibited.
- 6) If a participant falls accidentally, the opponent may attempt:
 - a) One or several *Wasa-ari* by hitting the chest protector;
 - b) One or several *Wasa-ari* by controlling a technique (without contact) to the head;
 - c) An *ippon* by hitting the chest protector or to the head (without contact) according with the criteria listed in annex A.
- 7) All competitors must wear body and head protections:
 - a) Feet and shin guards are permitted at participant's discretion.
 - b) Hand guards with padding (maximum 1") are mandatory.
 - c) Competitors must wear the *koshiki* headgear.
- 1) Fight lasts a minute and a half (1:30), with stopped time.

Regulations – Brown and blue belts

1 Kyu, 2 Kyu, 3 Kyu, 4 Kyu

Ages 10 - 16

- 1) A punching technique with full contact to the body awards one (1) *wasu-ari*.
- 2) A controlled punching technique with safe contact (bubble touch) to the head awards one (1) *wasu-ari*.
- 3) A kicking or knee technique with full contact to the body awards two (2) *wasu-ari*.
- 4) A controlled kicking technique with safe contact (bubble touch) to the head awards three (3) *wasu-ari*.
- 5) Sweeps, throws and projections are only allowed on *tatamis*.
- 6) Sweeps, throws and projections award one (1) *wasu-ari*, in accordance with the criteria listed in annex A.
- 7) If a participant falls accidentally or not, the opponent may attempt:
 - a) One or several *wasu-ari* by hitting the chest protector ;
 - b) One or several *wasu-ari* by controlling a technique (without contact) to the head ;
 - c) An *ippon* by hitting the chest protector or to the head (without contact) according with the criteria listed in annex A.
- 8) All competitors must wear body and head protections:
 - a) Feet and shin guards are mandatory.
 - b) Hand guards with padding (maximum 1”) are mandatory.
 - c) Competitors must wear the *koshiki* headgear.
- 8) Fight lasts a minute and a half (1:30), with stopped timed.

Regulations – Green and orange belts

5 Kyu, 6 Kyu, 7 Kyu, 8 Kyu

Ages 10 - 16

- 1) A punching technique with full contact to the body awards one (1) *wasari*.
- 2) A controlled punching technique with safe contact (bubble touch) to the head awards one (1) *wasari*.
- 3) A kicking or knee technique with full contact to the body awards two (2) *wasari*.
- 4) A controlled kicking technique with safe contact (bubble touch) to the head awards three (3) *wasari*.
- 5) Sweeps are only allowed on *tatamis*. Throws and projections are prohibited.
- 6) Sweeps award one (1) *wasari*, in accordance with the criteria listed in annex A.
- 7) If a participant falls accidentally or not, the opponent may attempt:
 - a) One or several *wasari* by hitting the chest protector;
 - b) One or several *wasari* by controlling a technique (without contact) to the head;
 - c) An *ippon* by hitting the chest protector or to the head (without contact) according with the criteria listed in annex A.
- 8) All competitors must wear body and head protections:
 - a) Feet and shin guards are mandatory.
 - b) Hand guards with padding (maximum 1”) are mandatory.
 - c) Competitors must wear the *koshiki* headgear.
- 9) Fight lasts a minute and a half (1:30), with stopped time.

Regulations – Yellow and white belts

9 Kyu, 10 Kyu

Ages 10 to 16

- 1) A punching technique with full contact to the body awards one (1) *wasari*.
- 2) A controlled punching technique with no contact to the head awards one (1) *wasari*.
- 3) A kicking or knee technique with full contact to the body awards two (2) *wasari*.
- 4) A controlled kicking technique with no contact to the head awards three (3) *wasari*.
- 5) Sweeps, throws and projections are prohibited.
- 6) If a participant falls accidentally, the opponent may attempt:
 - a) One or several *wasari* by hitting the chest protector;
 - b) One or several *wasari* by controlling a technique (without contact) to the head;
 - c) An *ippon* by hitting the chest protector or to the head (without contact) according with the criteria listed in annex A.
- 7) All competitors must wear body and head protections:
 - a) Feet and shin guards are mandatory.
 - b) Hand guards with padding (maximum 1”) are mandatory.
 - c) Competitors must wear the *koshiki* headgear.
- 8) Fight lasts a minute and a half (1:30), with stopped time.

Regulations – All colours

Ages 9 and younger

- 1) A punching technique with full contact to the body awards one (1) *wasa-ari*.
- 2) Punching techniques aiming the head are prohibited and will be recorded as a non-permitted action (refer to the general regulations
- 3) A kicking or knee technique with full contact to the body awards two (2) *wasa-ari*.
- 4) 'Kicking techniques aiming the head are prohibited and will be recorded as prohibited acts (refer to the general regulations).
- 5) Sweeps, throws and projections are prohibited.
- 6) If a participant falls accidentally, the opponent may attempt:
 - a) One or several *wasa-ari* by hitting the chest protector;
 - b) An *ippon* by hitting the chest protector according with the criteria listed in annex A.
- 7) All competitors must wear body and head protections:
 - a) Feet and shin guards are mandatory.
 - b) Hand guards with padding (maximum 1”) are mandatory.
 - c) Competitors must wear a headgear or a full face *koshiki* headgear.
- 8) Fight lasts a minute and a half (1:30), with stopped time.

Kata Scoring Criteria – Black and brown belts

Évaluation kata / Kata evaluation			
Nom du participant / Name of participant		Nom de l'arbitre/juge Name of referee/judge	
Nom du kata / Kata name			
Éléments de l'esprit / Mind components	Contrôle du regard / Eye control	1 2 3 4 5 6 7 8 9 10	
	Contrôle de la respiration / Breathing control	1 2 3 4 5 6 7 8 9 10	
	Présentation & esprit martial / Presentation & martial spirit	1 2 3 4 5 6 7 8 9 10	
Éléments techniques / Technical components	Contrôle du rythme / Rhythm control	1 2 3 4 5 6 7 8 9 10	
	Contrôle de la puissance / Power control	1 2 3 4 5 6 7 8 9 10	
	Contrôle du corps / Body control	1 2 3 4 5 6 7 8 9 10	
	Coefficient de difficulté / Degree of difficulty	1 2 3 4 5 6 7 8 9 10	
Total des points / Score			

Name of Participant: This field is to ensure that the right competitors will be judged.

Kata name: This field is to ensure that, in case of a tie, participants will present a new *kata*. Also, in the event that the participant has to perform a qualification kata as well as a final kata, this field ensures that different katas are presented.

Name of referee/judge: This field helps identify any mistakes of commission or omission in the evaluation of the *kata*.

The 7 objective criteria that judges must consider when evaluating a *kata*:

- (a) **Mettsuke.** Gaze control - Understanding and visualizing targets, opponents' intentions as well as their techniques and strategies; showing a proper attitude, confidence and fighting spirit.
- (b) **Kokyu.** Breath control - Inhaling and exhaling at the right moments, and properly managing breathing during certain sequences; becoming one and executing techniques with harmony of body and mind.

- (c) ***Reigi Saho To Taido tanren no do-ai/seishin ryoku.*** Presentation and martial spirit - Presenting a *kata* while expressing a martial etiquette which displays rigor, courtesy and discipline; the attitude and the expression while entering the area of presentation, during the course of the *kata*, to the exit of the presentation area.
- (d) ***Chikara No Kyojaku.*** Power control - When to use a lot of power and when to relax; managing energy throughout the *kata*.
- (e) ***Waza No Kankyu.*** Speed control – When to be fast and when to be slow; harmonizing proper rhythm when executing sequences of motion according to their interpretation.
- (f) ***Tai No Shinshuku.*** Body control – When to extend the body and when to contract it; being in full control of their techniques and balance, demonstrating adequate motor skills based on techniques executed.
- (g) Degree of difficulty – Weighing the *kata* based on the difficulty level, taking into account the length of the *kata*, the complexity of its sequences, and the balance required by certain postures and techniques.

Correspondence of ratings (must reflect the evaluated category)¹:

- 1- Insufficient
- 2- Very poor
- 3- Poor
- 4- Mediocre
- 5- Average
- 6- Normal
- 7- Good
- 8- Very good
- 9- Excellent
- 10- Perfect

¹ A score of 0 is given to any participant who does not complete their *kata*

Annex A

Definition of an *Ippon*

An *Ippon* is awarded:

- a) For a powerful, effective, accurate and fully controlled technique is legally performed to the body. The technique must also be properly completed (*zanshin*).
- b) When a sweep, throw, projection or an accidental fall is followed by a technique to the chest protector within 3 seconds which meets all the criteria mentioned in clause a).
Please note that jumping technique (*tobi wasa*) will not be tolerated on an opponent on the ground and could be punished with a disqualification depending on the severity of the act. (see General Regulations # 9)
- i) Examples:
 - (1) Punches or kicks to the chest protectors with contact. Jumping techniques are prohibited.
 - (2) Punches or kicks to the head or to the back (without contact). Jumping techniques are prohibited.
- c) If a participant manages to score three consecutive *wasari* to the body or face, without being countered or interrupted by the opponent.

Definition of a *wasari*

Wasari will be awarded if a legal technique is performed efficiently, but without gathering all the criteria for the definition of an *ippon*.

Authorised striking techniques

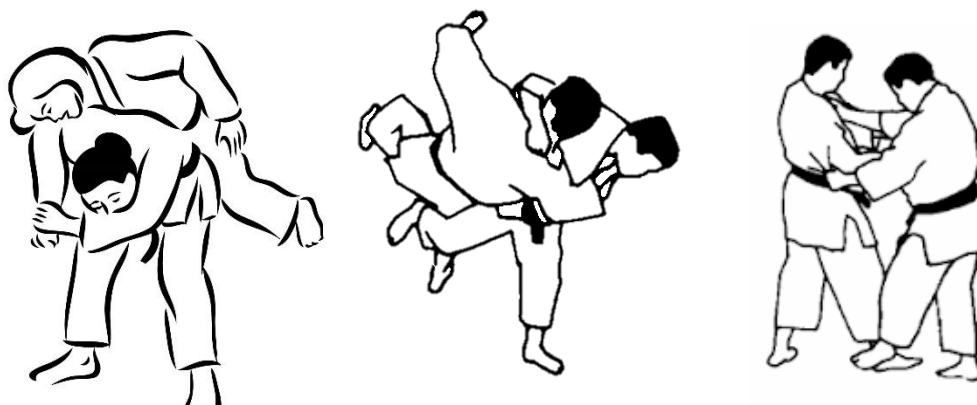
Techniques to the chest protector (<i>Do</i>)	Techniques to the head (<i>Men</i>)
Punching techniques (<i>Tzuki</i>)	Punching techniques (<i>Tzuki</i>)
Kicking techniques (<i>Geru</i>) *including the 1/3 distal tibia (shin)	Kicking techniques (<i>Geru</i>) *excluding the shin
Back knuckle fist (<i>Uraken Uchi</i>)	Back knuckle fist (<i>Uraken Uchi</i>)

Palm punch (<i>Shotei Uchi</i>)	Palm punch (<i>Shotei Uchi</i>)
Knife hand (<i>Shuto Uchi</i>)	Knife hand (<i>Shuto Uchi</i>)
Side of the hand (<i>Haïto/Kensui/Tetsui Uchi</i>)	Jumping kicks and punches (<i>tobi wasa</i>)
Knee strike (<i>Hiza Geri</i>)	
Elbow strike (<i>Empi Uchi</i>)	
Jumping kicks and punches (<i>tobi wasa</i>)	

Sweeps, throws and projections

A (1) *wasari* will be granted upon a sweep, a throw or a projection resulting in the fall of the opponent. Upon one or several successful strike on the opponent on the ground, one (1) or several wasa-ari will be awarded.

Example:



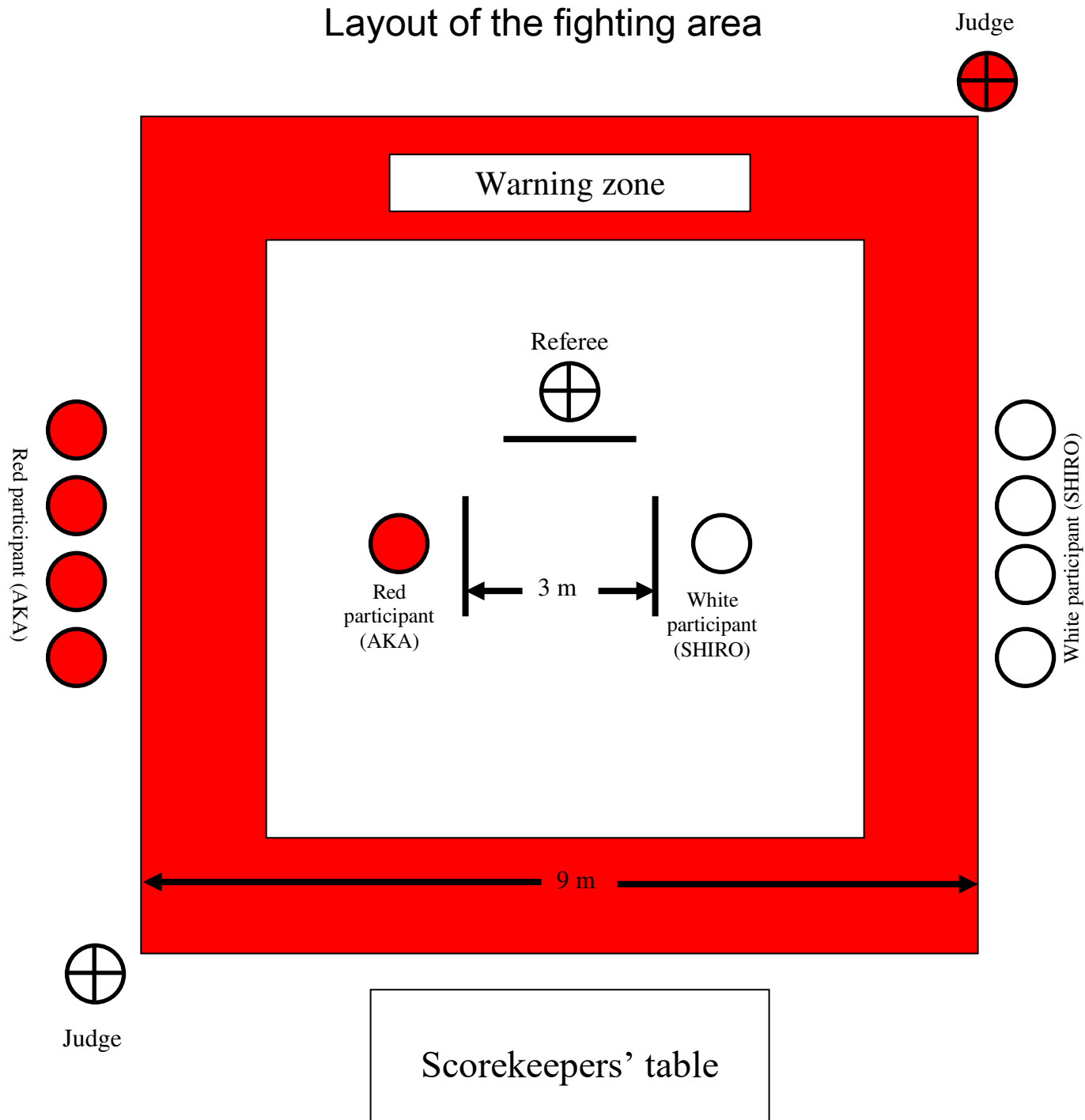
Nage-Wasa, Gari-Wasa & Barai-waza

Equipment

The organizers may refuse the use of any equipment whose nature does not satisfy the competition regulations. As such, the padding thickness of the fist protectors must be inferior to one inch. Handwraps, safety punches and MMA-style combat gloves are permitted, yet, subject to refusal according to the organisers' standards.

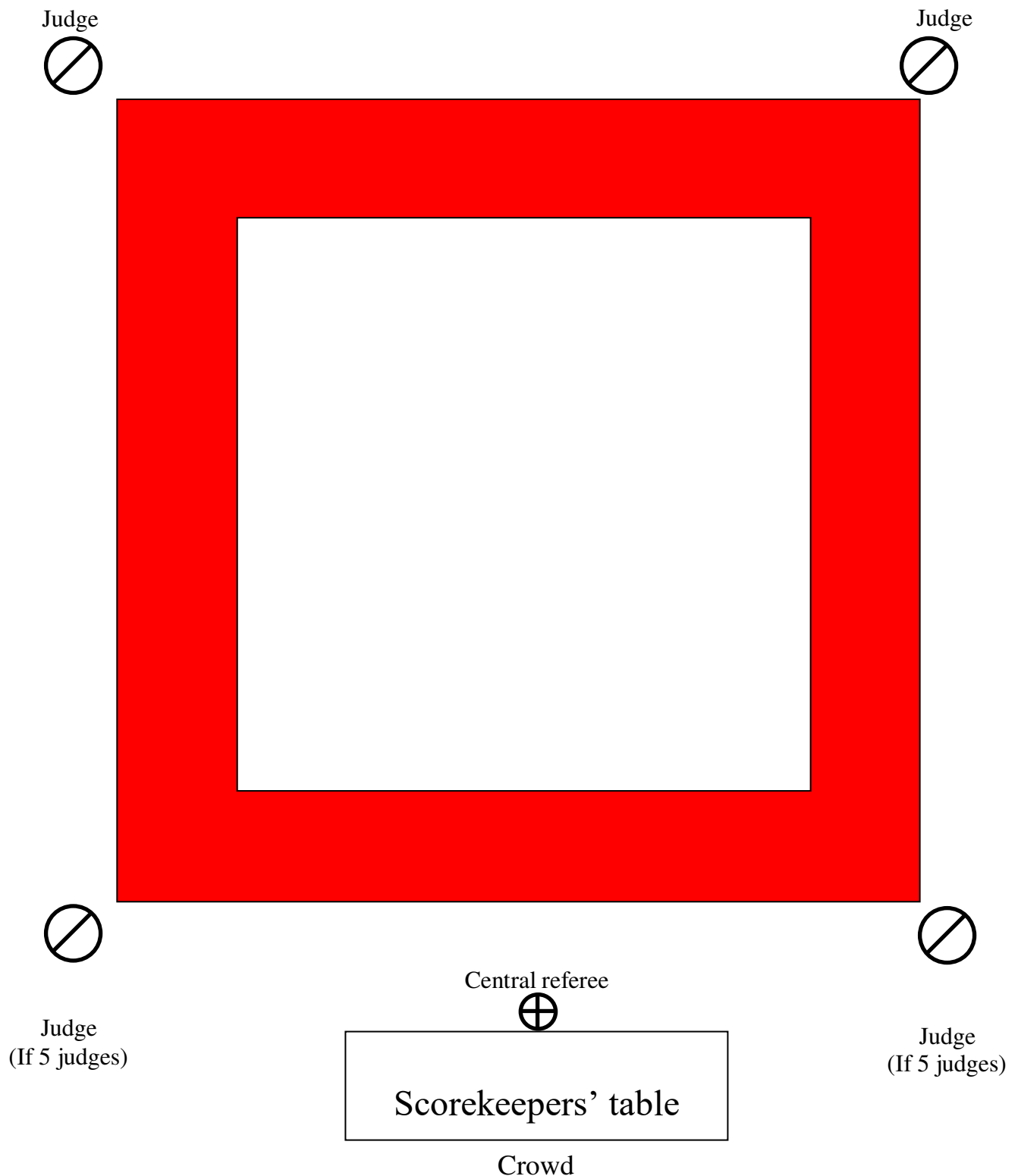
Annex B

Layout of the fighting area



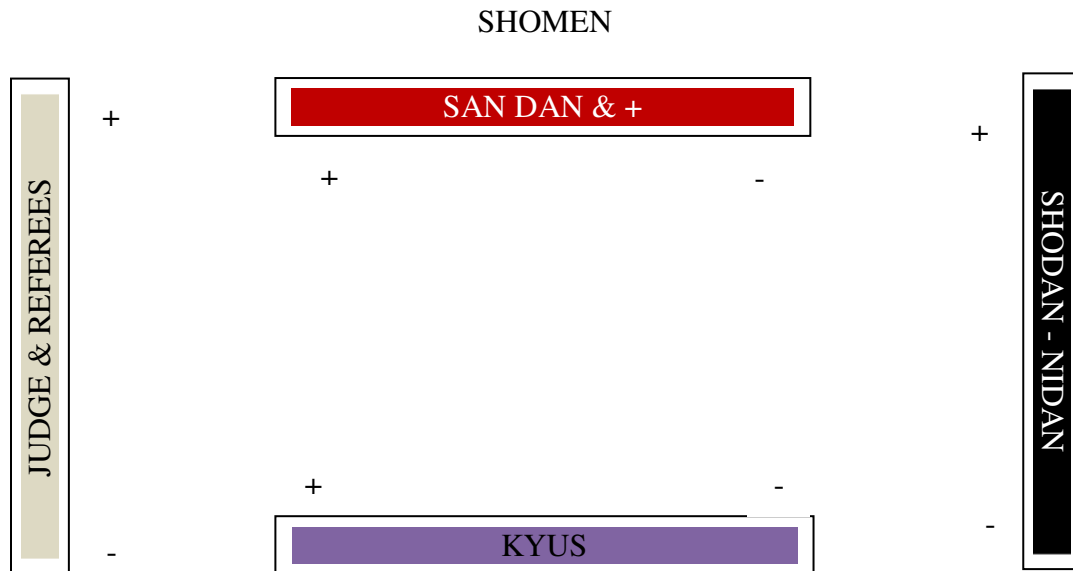
Annex C

Layout of the kata area



Annexe D

Cérémonie d'ouverture et de fermeture de la compétition



Salutations

- Shomen-Ni
- Yudansha-Ni
- Shinpa-Ni
- Otoga-Ni

Annexe E

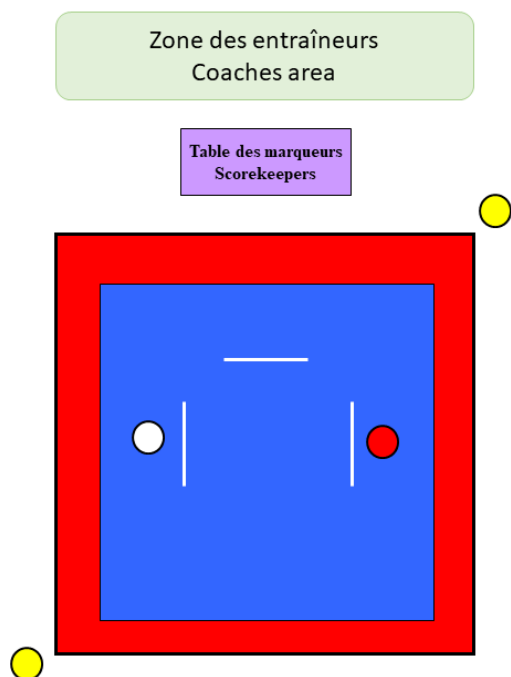
Referee's uniform



In accordance with art. 25 of the general regulations above, referees and judges must wear black dress pants (jeans are not allowed), a white long-sleeved dress shirt and a red tie. Black socks are acceptable.

Annexe F

Coaches area



NEW RULE COACHES AREA

In order to help enforce the rule forbidding « coaching » during the Est Canadian Championship, stricter directives will be implemented this year.

The coach is allowed to view his participant's performance as an observer behind the scorekeepers table. The coach will be allowed to give advices prior or after his participant's performance in the coaches area.

The coach must not influence ongoing performances.

The head referee will inform the competition's organizer of any infraction to this rule.

Any infraction to this rule will automatically result in

- 1- An eviction from the coaches area and a relocation in the spectator stands.
- 2- In the event consequence #1 is ignored, the coach will be evicted from the premises and banished from future competitions.