



Regulation Changes 2010 USA Karate National Championships and US Team Trials

- **Usage of WKF face mask and body armor for 2010 USA Karate Nationals.**
 - Usage of the new WKF equipment of “Face Mask” and “Body armor” will be optional for all team trial divisions for the 2010 Nationals. The lack of supplier and the cost of these supplies were the main concern for this decision. *(2009)*
- **Elimination of usage of head gear with face shield or metallic bars.**
 - The usage of traditional head gear with plastic face shield will be allowed but the head gear with metallic bars will be prohibited. *(2009)*
- **Mandatory usage of ONLY USA-NKF/WKF foot and shin step protector for all divisions.**
 - All competitors **MUST** have approved foot pads/shin instep and no cloth shin protectors are allowed for any divisions. The team trial division competitors must have approved WKF red and blue shin pads/instep and all non team trials must have either USA-NKF or WKF instep protector. **The equipment must be checked at the staging in order to prevent any delay in processing of the competition.** *(2009)*
- **Kata performance in all divisions.**
 - All Beginner, Novice and Intermediate Divisions for competitors UNDER 18 years of age, and all Advanced Divisions for UNDER 14 years of age competitors will perform kata simultaneously. ALL divisions for competitors OVER 18 will compete individually. ALL ELITE (TEAM TRIAL) DIVISIONS WILL PERFORM INDIVIDUALLY. *(2009)*
- **Repetition of kata.**
 - ALL Beginner, Novice and Intermediate Divisions may repeat kata in all rounds. All Advanced NON-Team Trial Divisions can repeat kata UNTIL the final round. In the FINAL ROUND, Advanced non-Team Trial competitors must perform a different kata from previous rounds. *(2009)*

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ALL ELITE DIVISIONS will follow WKF rules and must perform a different kata each round (*this is not a regulation change*).

- **Kata limitations for Beginner and Novice Divisions**

- Competitors in beginner and novice divisions may only perform kata from the following list:
 - Taikyoku
 - Heian/Pinan
 - Gekisai
 - Fukyu kata
 - Kihon kata

This requirement is intended to eliminate advanced kata from the being performed in the beginner and novice divisions.

Style/school specific kihon kata will be permitted in the beginner and novice divisions provided they are similar in nature to the kata above.

(2009)

- **Style Specific Kata Divisions**

- Competitors in Style Specific Kata Divisions must compete using kata from the WKF tokui or shitei lists for the specific style they have registered for. (2010)

- GOJU-RYU KATA

1. Sanchin
2. Saifa
3. Seiyunchin
4. Shisochin
5. Sanseru
6. Seisan
7. Seipai
8. Kururunfa
9. Suparimpei
10. Tensho

- WADO-RYU KATA

1. Kushanku
2. Naihanchi
3. Seishan
4. Chinto
5. Passai
6. Niseishi

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7. Rohai
8. Wanshu
9. Jion
10. Jitte

▪ SHOTOKAN KATA

1. Bassai-Dai
2. Bassai-Sho
3. Kanku-Dai
4. Kanku-Sho
5. Tekki - Shodan
6. Tekki - Nidan
7. Tekki - Sandan
8. Hangetsu
9. Jitte
10. Enpi
11. Gankaku
12. Jion
13. Sochin
14. Nijushiho Sho
15. Goju Shiho-Dai
16. Goju Shiho-Sho
17. Chinte
18. Unsu
19. Meikyo
20. Wankan
21. Jiin

▪ SHITO-RYU KATA

1. Jitte
2. Jion
3. Jiin
4. Matsukaze
5. Wanshu
6. Rohai
7. Bassai Dai
8. Bassai Sho
9. Tomari Bassai
10. Matsumura Bassai
11. Kosokun Dai

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12. Kosokun Sho
13. Kosokun Shiho
14. Chinto
15. Chinte
16. Seienchin
17. Sochin
18. Niseishi
19. Gojushiho
20. Unshu
21. Seisan
22. Naifanchin Shodan
23. Naifanchin Nidan
24. Naifanchin Sandan
25. Aoyagi (Seiryu)
26. Jyuroku
27. Nipaipo
28. Sanchin
29. Tensho
30. Seipai
31. Sanseiru
32. Saifa
33. Shisochin
34. Kururunfa
35. Suparimpei
36. Hakucho
37. Pachu
38. Heiku
39. Paiku
40. Annan
41. Annanko
42. Papuren
43. Chatanyara Kushanku

- **Division Limitations**

- To reduce the number of conflicts between divisions and increase the efficiency of the tournament, athletes may be limited on the number of divisions they are allowed to compete in.
 - Athletes may not register for both Elite Kata AND Style Specific Kata divisions. *(2010)*

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- **Weigh Control for Team Trial Divisions**
 - All athletes registered for an Elite Kumite (Team Trial) Division, must weigh-in during one of the scheduled weigh-in times. **If an athlete fails to weigh in at one of the scheduled designated weigh-in times, the athlete will be disqualified from competition for failure to comply with weight control regulations. (2010)**
 - Weigh-ins will be held for all Elite Kumite (Team Trial) Divisions categories, including 12-13, 14-15 & 16-17 Team Trial categories. All athletes must weigh-in and can be moved to the appropriate weigh division if the athlete is outside the registered weight division. (2009)

- **Coaching Protocol (2010)**
 - All Coaches must have a Coaching Pass to have access to the Staging Area and/or the Competition Floor. Coaches without a pass will be removed from the Competition Floor.
 - All Coaches must be in proper attire. Proper attire is defined as a complete tracksuit (warm-ups), shirt and shoes. No hats, bandanas or shorts are allowed to be worn on the Competition Floor.
 - Coaches on the Competition Floor must be with an athlete assigned to a ring. Coaches cannot be on the Competition Floor without an athlete. Due to space limitations, Coaches may not move around the floor freely and must remain with their athlete.
 - Only one Coach is allowed per athlete on the Competition Floor. If two Coaches are found to be with a single athlete, one will be removed from the Competition Floor and the Coach pass maybe revoked.
 - Coaches are not allowed behind the score table or to communicate with the table staff. Protests or questions about the activity or bracketing of the division should be addressed to the Official in the ring and not the volunteer table staff. Coaches behind the score table represent a serious infraction of the regulation and jeopardize the integrity of the scoreboard and scoresheet. Any Coach found behind the score table will be removed from the Competition Floor and the Coach pass may be revoked.
 - Only certified Coaches will be given brackets for divisions. Event Staff will only provide brackets for Elite Divisions. Non-Team Trial Divisions will not be supplied. Elite Division brackets may be requested in Staging the day of competition.
 - All formal protests must be submitted in writing with a \$100 fee. The fee will be refunded to the Coach should the protest be found to be valid.
 - USA Karate has a zero tolerance policy for regulation infractions committed by Coaches. Because of the access given to Coaches,

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inappropriate or questionable behavior cannot be allowed. A Coach Pass may be revoked by the Event Staff without a warning issued.

These regulation changes have been approved and accepted by the USA-NKF. Any conflicts with previously printed or distributed rules or regulations should be referred to this document which supersedes any previous documents, including Section 3 of the USA-NKF Rules of Kata Competition.

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