

USA Karate Federation Competition Rules and Regulations For the USA Karate Federation National Championships

The USA Karate Federation follows the [World Karate Federation Competition Rules](#) (current version 6 Madrid January 2009) as modified by The USA Karate Federation for the USA Karate Federation's National Championships. We do not follow the rule modifications of the USA NKF. While both the USAKF and the USA NKF follow the rules of the World Karate Federation, the modifications used by the USA NKF may not be the same as those of the USAKF. At USAKF events, USAKF rules apply. In the event of a dual sanction by The USA Karate Federation and the USA NKF, the tournament director will dictate whether the rule modifications are those of the USA NKF or those of The USA Karate Federation. For the USAKF National Championships the rules of the USAKF will apply.

Other Rules Systems

USA Karate Federation also approves use of other rule systems for its sanctioned competitions other than the WKF rules at the determination of the tournament promoter.

USA Karate Rule Modifications of the WKF Rules for The USA Karate Federation National Championships – Notable Changes

KUMITE RULES

Article 2: Official Dress

Items 1 and 2 are replaced by the following:

Referees and judges must wear the official uniform designated by The USA Karate Referee Council.

The official uniform will be as follows, a black short sleeve 3 button golf shirt with grey slacks, black socks and black slip-on shoes that do not leave marks on the mats.

USA NKF or AAU Karate referees at USA Karate Federation events may wear the approved uniform of that organization.

Contestants

Modified to allow dojo and other patches on the karate-gi. Proper, courteous designs on the back of the uniform may be permitted if in good taste as determined by the USA Karate Referee Council.

Item 8 amended as below

Items 8.1-8.6 are deleted and replaced.

The following equipment is compulsory:

Approved handmits of the USA Karate Federation. Currently WKF, USANKF and dipped foam handmits are permitted with no weighing of or in the grip.

Mouthpiece (Use of the double mouth piece is encouraged)

Red and White belts – each competitor must bring their own.

Groin cups for male competitors.

Headgear if required by the current insurance program, otherwise it is optional.

8.2) The below equipment is optional at the choice of the competitor:

Headgear unless the current insurance program requires it, then it is compulsory.

Female chest protectors, shin pads, shin-instep pads, foot protection - WKF, USANKF and dipped foam, face mask, body protectors, arm pads.

Item 9 is amended to allow for safety glasses.

Item 11 is deleted.

Coaches
Item 1 is deleted.

Article 4: The Referee Panel

Item 1 is amended to permit use of the mirror and split mirror methods of conducting a match. The decision is the choice of the tournament director.
Item 2 is deleted.

Article 5: Duration of a bout

The duration of all bouts shall be 2 minutes except for divisions declared specifically as *WKF*¹ divisions. *WKF* divisions shall follow Item 1 of the rules.

Article 7: Criteria for Decision

Amended to allow the result of a bout to be determined by the first contestant to reach eight points unless the division is clearly stated to be a *WKF*² division.

Other items

While the *WKF* rules do not specifically state repechage is applicable to kumite competition, USA Karate Rules and Regulations permit single, double, repechage and modified repechage elimination systems. USA Karate Federation Rules also permit the mixing of elimination systems at its championships.

KATA RULES

Article 3; Organization of Kata Competition

Item 2 is amended to permit the individual scoring, single, double, repechage and modified repechage elimination systems. Items 3-9 are deleted except for clearly defined *WKF* divisions³. USA Karate Federation Rules also permit the mixing of elimination systems at its championships.

Article 6: Operation of the Match

Item 1 is amended to allow two competitors to compete at the same time and be judged immediately upon completion of both contestant's performances.

¹ A *WKF* division is one where the tournament director clearly states the division is to be run by strict *WKF* standards as respects the rule in question. For example, 14-17 year old divisions will be run by USA Karate Federation Rules where the first competitor to reach 8 points wins. If it is declared to be a *WKF* division, then the *WKF* rule pertaining to this item, you must be ahead by 8 points applies.

² See footnote 1.

³ For example, 14, 15, 16 and 17 year old kata divisions are not *WKF* divisions at the USA Karate Federation National Championships as there is a separate 14-17 *WKF* division. Only the separate 14-17 *WKF* division follows Article 3 of the Kata Rules.