

# COMPETITION POLICY

---



*Note:*

*Solis Ortus holds the right to make changes to the policy as it is still in Draft Version.*

## 1. OBJECTIVE

The objective of the Competition policy is to set guidelines and dojo requirements for Solis Ortus karatekas entering competitions.

**These guidelines will ensure that:**

- All participants in competitions will be entered correctly with their entry form, indemnity form and payments per division;
- Clarity is provided with regards to the manner in which all documentation should be handled as well as expectations of all participants.

All Karate Clubs entering competitions need to adhere to certain rules as implemented by the Tournament Organiser. As the head of Solis Ortus, Sensei Eugene Oosthuizen will be held responsible if any of the Solis Ortus karatekas do not comply with the communicated requirements. Consequently, it is critical that any karateka wishing to participate in any competition familiarise themselves with the Solis Ortus Competition Policy and ensure full compliance at all times.

## 2. ELIGIBILITY

- a) **Any Solis Ortus karateka may compete. Should a karateka decide to take part in competing; there are many factors one has to be tolerant with.**
- One must accept that there will be challenges regarding incidents that may happen or matters of disagreement during tournaments.
  - Some tournaments will run smoothly, yet some, due to unforeseen factors, might run very erratically.
  - All these factors must be taken into consideration and must be accepted without criticism.
  - If you cannot agree to above matters, maybe competing is not an option.
- b) **If a student is interest in competing, the student's competing career must commence as soon as possible.**
- From white belt up to green. The earlier you start the better for your competitive career. The more exposure you can accumulate over time the more experience you can gain,

and this is very important in keeping up with the other students on the same level from other clubs.

- When you decide to compete it is necessary to make sure that you have enough self-discipline.
- Disappointing results in Tournaments must not be the reason for students to stop Traditional karate.
- They must always remember the reason why they started doing karate in the first place.
- One of the key reasons karatekas compete in competitions is to measure their own competence against their peers, whether within the JKA environment or from all other styles. Competitions are also very effective in helping you grow as an individual, e.g. improved discipline, concentration, confidence, self-defence, boosting socialization, skills encouragement, and physical activity, learning to set and achieve goals or to increase self-esteem, instilling a sense of respect, encouraging non-violent conflict resolution, improving listening skills, developing teamwork skills or improvement in other areas of life.
- Some karatekas are more competitive in nature and therefore want to compete.
- Rather stop competing if disappointments interfere with your traditional karate as this is much more beneficial overall to the student than sports karate.

### 3. HOW TO ENTER

- ✓ An invite will be sent to all Solis Ortus students by Sensei Eugene Oosthuizen for each tournament. It is the student's prerogative to enter or not to enter.
- ✓ All entries and proof of payments must be done electronically. All indemnity forms must be signed before returning it to Sensei Eugene Oosthuizen.
- ✓ Entry forms must please be completed correctly on the emailed forms and emailed back to Sensei Eugene Oosthuizen. Please **no handwritten and or scanned documents will be accepted**.
- ✓ The closing date of tournaments can vary from a month to 1 week before the tournament. As soon as the invite is received and the student is interested, please **make payments and entries as soon as possible** so as to avoid future mishaps.
- ✓ **All entries must be completed before the closing date.** This includes entry forms, indemnity forms and payments per division.
- ✓ All payments need to be paid into a specified bank account. All payments must be stated the name of the competition and the Students' name.
- ✓ **NO LATE ENTRIES WILL BE ACCEPTED.** Please take note of closing dates as these will be strictly adhered to. All payments need to be paid prior to closing date as the Karate Clubs need to make a batch payment to the Competition Organiser with entry and indemnity forms.
- ✓ **NO KARATEKA WILL BE ENTERED INTO ANY COMPETITION WITHOUT HAVING RECEIVED FULL PAYMENT.** No exceptions will be made. Not even by a promise of late payment.

## 4. WEIGHT AND WEIGH-INS

- ✓ Weight needs to be correct at all times. The weight category you qualified for will be the category when competing in higher events and or international events.
- ✓ If the weight you qualified for differs or fluctuates on the day you weigh-in prior to the tournament, the possibility of a penalty fee or disqualification can be ruled against you, according to the rules laid down by the tournament organiser.
- ✓ Make sure you adhere to these set rules to avoid disappointment and possible disqualifications.
- ✓ This also includes late weigh-ins prior to the tournament.

## 5. TYPE OF TOURNAMENTS/COMPETITIONS

### a) The following tournaments/competitions are as follows:

#### ▪ **Traditional Karate Competitions (SA JKA only) – general points**

- GN JKA (Gauteng North JKA) or Interclub Gauteng Bulls (regional)
- SA JKA Nationals
- African Club (International)
- JKA (International) – Shotocup
- Unofficial Colours

#### ▪ **Sports Karate (all styles) – general points**

- Karate Tshwane (Regional level)
- Gauteng (Provincial level)
- KSA: Karate South Africa (National level)
- Zone 6 (International neighbouring Countries)
- UFAC: United Federation of Africa Karate (International – all Africa)
- Commonwealth (International)
- WKF: World Karate Federation

## 6. COMPETITION RULES AND REGULATIONS

### a) Time schedule

- Not all tournaments will provide time schedules to all relevant stakeholders in advance. When time schedules become available, Sensei Eugene Oosthuizen will communicate it via email to all competitors ASAP.
- When karatekas commence with the tournament the setup, rules and running of that specific tournament must be adhered to.
- Always respect the organisation and the referee as well as the time schedule.

- Always be on time for competitions. If you are late for your event, according to the rules of that tournament, the student stands a strong possibility of not being allowed to compete for that division he/she entered for.

## b) Basic etiquette

- Make sure your GI and karate apparel is spotless.
- Make sure your badge is sown on the correct side for a specific tournament.
- Adhere to the different rules regarding kumite. Use the correct mitts, gum guards and belt colours.
- Make sure you know the rules of the different tournaments you enter.
- If any uncertainty occurs, ask the Team Manager or Coach as appointed for that specific tournament by Solis Ortus.
- Always be a true ambassador for Solis Ortus with immaculate behaviour as a true sportsman or woman.

## c) Additional training Competition classes

Training for different competitions in different styles vary. There is traditional training which emphasises the JKA style methodology and cannot be mastered in the same way as All Styles training. Therefore it is advised to all competitors to familiarise yourself with what is applicable in the 2 different methodologies and be careful not to intertwine each other.

Each style is correct in its own way. For that reason Solis Ortus decided to help our students excel in both.

### ▪ All styles

#### Friday classes

- In addition to the normal classes that run from Mondays to Thursdays (attending a minimum of two classes per week is essential), you are required to attend competition classes on Friday afternoons with Sensei Lilian Mynhardt at an additional cost per class.
- Classes are from 16:00 – 17:00 Kumite and 17:00 – 18:00 Kata.
- These classes only concentrate on All Styles competition requirements and will help to improve the students' techniques and form.
- This will also ensure the student to become familiarised with relevant competition rules.

#### Tuesdays & Thursdays classes

- On Tuesdays at the Faerie Glen dojo, sensei Eugene will take kata competition classes for All Styles; and on Thursday evening's sensei Eduan will take the kumite classes.
- These classes are designed to improve the karateka in his/her kata and kumite techniques and therefore will be compulsory thereafter as the senseis work according to a plan.
- If classes are missed due to any circumstances, it is the responsibility of the student to catch up and be on par with the rest of the group.
- These classes only concentrate on JKA competition requirements and will help to improve the students' techniques and form.

- **JKA – Traditional Competition classes**

- JKA training will be on Friday afternoons from 16:45 – 18:00.
- Training are compulsory to students qualified in Tshwane and Gauteng Trial succeeding to Nationals.
- Training sessions will be planned and diarised according to events.

#### d) Competition Rules

- Familiarise yourself with the rules and regulations of the different competition styles you are entering in.
- Make sure you understand the difference between All Styles and JKA.

#### e) All Styles

- **Team Kata Rules**

- The performance is evaluated from the bow starting the kata until the bow ending the kata with the exception of team medal matches, where the performance, as well as the timekeeping starts at the bow in the beginning of the kata and ends when the performers bow after completing the Bunkai.



| Kata Performance   | Bunkai Performance<br>(applicable to team bouts for medals)  |
|--|--|
| <b>1. Conformance</b><br>to the form itself and the standards of the applicable style (ryu-ha).  | <b>1. Conformance (to kata)</b><br>using the actual movements as performed in the kata.  |
| <b>2. Technical performance</b> <ol style="list-style-type: none"> <li>Stances</li> <li>Techniques</li> <li>Transitional movements</li> <li>Timing/Synchronisation</li> <li>Correct breathing</li> <li>Focus (kime)</li> <li>Technical difficulty</li> </ol> | <b>2. Technical performance</b> <ol style="list-style-type: none"> <li>Stances</li> <li>Techniques</li> <li>Transitional movements</li> <li>Timing</li> <li>Control</li> <li>Focus (kime)</li> <li>Difficulty of techniques performed</li> </ol> |
| <b>3. Athletic performance</b> <ol style="list-style-type: none"> <li>Strength</li> <li>Speed</li> <li>Balance</li> <li>Rhythm</li> </ol>  | <b>3. Athletic performance</b> <ol style="list-style-type: none"> <li>Strength</li> <li>Speed</li> <li>Balance</li> <li>Timing</li> </ol>  |

- Kata is not a dance or theatrical performance. It must adhere to the traditional values and principles. It must be realistic in fighting terms and display concentration, power, and potential impact in its techniques. It must demonstrate strength, power, and speed — as well as grace, rhythm, and balance.
- In Team Kata, all three team members must start the Kata facing in the same direction and towards the Chief Judge.
- The members of the team must demonstrate competence in all aspects of the Kata performance, as well as synchronisation.
- It is the sole responsibility of the coach or the competitor to ensure that the Kata as notified to the score table is appropriate for that particular round

## ▪ Kata Rules

- Official kata list
- **Only kata from the official kata list may be performed:**

|                      |                             |                     |
|----------------------|-----------------------------|---------------------|
| Anan                 | Jion                        | Papuren             |
| Anan Dai             | Jitte                       | Passai              |
| Annanko              | Jyuroku                     | Pinan 1-5           |
| Aoyagi               | Kanchin                     | Rohai               |
| Bassai Dai           | Kanku Dai                   | Saifa (Saiha)       |
| Bassai Sho           | Kanku Sho                   | Sanchin             |
| Chatanyara Kushanku  | Kanshu                      | Sanseiru            |
| Chinte               | Kosokun (Kushanku)          | Sanseru             |
| Chinto               | Kosokun (Kushanku) Dai      | Seichin             |
| Enpi                 | Kosokun (Kushanku) Sho      | Seienchin           |
| Fukyugata 1-2        | Kosokun Shiho               | Seipai              |
| Gankaku              | Kururunfa                   | Seirui              |
| Garyu                | Kusanku                     | Seisan (Seishan)    |
| Gekisai (Geksai) 1-2 | Matsumura Rohai             | Shinpa              |
| Gojushiho            | Matsukaze                   | Shinsei             |
| Gojushiho Dai        | Matusumura Bassai           | Shisochin           |
| Gojushiho Sho        | Meikyo                      | Sochin              |
| Hakucho              | Myojo                       | Suparinpei          |
| Hangetsu             | Naifanchin (Naihanshin) 1-3 | Tekki 1-3           |
| Haufa                | Nijushiho                   | Tensho              |
| Heian 1-5            | Nipaipo                     | Tomari Bassai       |
| Heiku                | Niseishi                    | Useishi (Gojushiho) |
| Ishimine Bassai      | Ohan                        | Unsu (Unshu)        |
| Itosu Rohai 1-3      | Pachu                       | Wankan              |
| Jiin                 | Paiku                       | Wanshu              |

*Note: Names of some kata are duplicated due to the variations customary in spelling in Romanization. In several instances a kata may be known under a different name from style (Ryu-ha) to style, - and in exceptional instances an identical name may in fact be a different kata from style to style.*

Assessment In assessing the performance of a contestant or team the Judges will evaluate the performance based on equal weight of each of the three (3) main criteria (conformance, technical performance and athletic performance).

## ▪ Basic Kumite Rules

**The following are mandatory and need to be WKF approved**

- A gum shield
- Body protection (and extra chest protection for females)
- Shin pads (blue/red)
- Foot protectors (blue/red)
- Blue and red belts

**A score is awarded when a technique is performed according to the following criteria to a scoring area:**

- Good form
- Sporting attitude
- Vigorous application
- Awareness (ZANSHIN)
- Good timing
- Accurate distance

**Scores are as follows:**

- IPPON Three points
- WAZA-ARI Two points
- YUKO One point

**IPPON is awarded for**

- Jodan kicks
- Any scoring technique delivered on a thrown or fallen opponent.

**WAZA-ARI is awarded for**

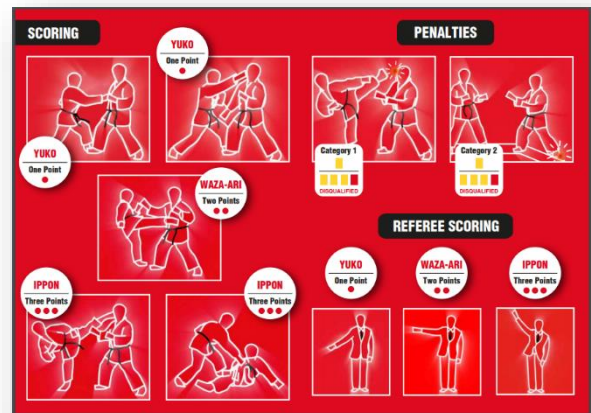
- Chudan kicks

**YUKO is awarded for**

- Chudan or Jodan Tsuki
- Jodan or Chudan Uchi

**Attacks are limited to the following areas**

- Head
- Face
- Neck
- Chest
- Back
- Side



For a more comprehensive insight on WKF Rules, click on following link:

<http://www.hkkaratedo.com.hk/images/documents/2017/WKFCompetitionRules2017.pdf>

**f) JKA – Traditional Style**

- There are Special Needs (SND), Junior Novice and Senior, Elite rules. These rules set out the requirements per belt group and age.
- Sections A and B explain the following divisions



**SECTION A: SPECIAL NEEDS DIVISION (SND)**

White Belts and up (Minimum age of 8 years)

**Kata:** Any kata

**Kumite:** Sanbon Kumite /Kihon Ippon Kumite / Jiyu Ippon Kumite

**At the discretion of the tournament organizers on the day**

## SECTION B: NOVICE DIVISION

### NOVICE KATA & KUMITE RULES (White to Red Belts only)

#### NOVICE AGE GROUPS / DIVISIONS

|                     |   |                         |
|---------------------|---|-------------------------|
| Junior Novice:      | 6yrs to 15yrs (split by age, gender and belt colour)  |                         |
| Youth Novice:       | 16yrs to 18yrs (split by age, gender and belt colour) |                         |
| Young Adult Novice: | 19yrs to 20yrs (split by belt colour and gender)      |                         |
| Senior Novice:      | 21+ yrs   |                         |
| Veteran Novice:     |   |                         |
|                     | Men (40yrs to 49yrs)                                  | } these may be combined |
|                     | Men (50+ yrs)   |                         |
|                     | Women (40yrs to 49yrs)                                |                         |
|                     | Women (50+ yrs)                                       |                         |

#### ▪ Novice Kata Rules

- Flag system
- No repechage system
- 4 Medals will be awarded (1<sup>st</sup> place – gold/2<sup>nd</sup> place – silver/joint 3<sup>rd</sup> place – bronze)

#### NOVICE KATA SELECTION (up to and including finals)

| Belt   | Kata (free choice)              |
|--------|---------------------------------|
| White  | Heian-Shodan up to Tekki-Shodan |
| Yellow | Heian-Shodan up to Tekki-Shodan |
| Orange | Heian-Shodan up to Tekki-Shodan |
| Green  | Heian-Nidan up to Tekki-Shodan  |
| Blue   | Heian-Nidan up to Tekki-Shodan  |
| Purple | Heian-Nidan up to Tekki-Shodan  |
| Red    | Heian-Nidan up to Tekki-Shodan  |

#### ▪ Novice Kumite Rules

- No contact is allowed for the attacker or defender
- Gum guards are optional
- Only Purple – Red belts are allowed to do “take downs”
- Make sure you have JKA mitts for kumite

For more information, see rules as distributed/published by SA JKA.



- Sections C explains the following divisions

**SECTION C: ELITE DIVISION**

**ELITE AGE GROUPS / DIVISIONS (Male and Female)**

- Junior Elite: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15yrs (**separated by gender**). (Brown, Junior Black and Black belts combined).
- Youth Elite :16yrs to 18yrs (**combined age and separated by gender**), (Brown, Junior Black and Black belts combined).
- Young Adult Elite 19yrs to 20yrs (**combined age and separated by gender**), (Brown and Black belts combined).
- Senior Elite (21+ years) : (Brown Belts) separated by gender.
- Senior Elite Open (21+ years) : (Black Belts) separated by gender.
- Veteran Elite Events
  - Brown belts
    - Men (40yrs to 49yrs)
    - Men (50 + yrs)
    - Women (40yrs to 49yrs)
    - Women (50 + yrs)
  - Black belts
    - Men (40yrs to 49yrs)
    - Men (50yrs to 59yrs)
    - Men (60yrs to 69yrs )
    - Men (70+ yrs)
    - Women (40yrs to 49yrs)
    - Women (50 + yrs)

We may combine divisions

- Team Kata                      Senior Kata 18yrs+: Must know 2 different senior Kata's (no Heian 1 - 6)

- Elite Kata Rules

- All the entries for Kata must be allocated to a division as per their age on the 18th August 2017.
- The entries will be per age division (as specified above).
- 3 medals will be awarded (1<sup>st</sup> = gold, 2<sup>nd</sup> = silver, 3<sup>rd</sup> = bronze).
- Rules of this tournament pack apply to all sections with repechage and point system for Kata ( See page 25 ).
- All Elite contestants may only enter one age division.
- Team Kata rules to apply to team kata
- In all flag matches competitors to start the nominated kata on "Hajime" and wait on the last move for "Yamè " in all flag matches.
- Tokui Kata everything on own time. The Chief Judge only confirms Kata name, in all points matches competitors to walk onto the floor and nominate their kata. The chief judge to confirm the kata. Competitor to start in own time.
- Point Average :-
  - Junior Point average - 7
  - Senior Point average – 8 (round of 16)
  - Senior Point average – 9 (final 8)
- Competitors **must** select to compete **either** as Novice or Elite. They cannot enter Novice on Friday and Elite on Saturday.
- Competitors **cannot** enter Elite black belt U/21 and Senior divisions. They **must** select one or the other.

## ▪ Elite Kumite Rules

### ELITE KUMITE RULES (No weight divisions)

#### AGE GROUPS / DIVISIONS (MALE AND FEMALE)

1. Junior Elite : 9yrs to 15yrs (in separate sections by age & gender, Brown, Junior Black and Black belts combined)
  2. Youth Elite : 16yrs to 18yrs (combined age group, separated by gender, Brown, Junior Black and Black belts combined)
  3. Young Adult Elite 19yrs to 20yrs (combined age group, separated by gender, Brown and black belts combined)
  4. Senior Elite (21+ years) : (Brown Belts) separated by gender
  5. Senior Elite Open (21+ years) : (Black Belts) separated by gender
  6. Veteran Elite Events
    - Brown belts
      - Men (40yrs to 49yrs)
      - Men (50 + yrs)
      - Women (40yrs to 49yrs)
      - Women (50 + yrs)
    - Black belts
      - Men (40yrs to 49yrs)
      - Men (50yrs to 59yrs)
      - Men (60yrs to 69yrs )
      - Men (70+ yrs)
      - Women (40yrs to 49yrs)
      - Women (50 + yrs)
- We may combine divisions

- All kumite will be Shobu Ippon;
- Repechage for all Junior to Under 21 Elite kumite and Black belt Senior kumite;
- 4 Medals will be awarded (1<sup>st</sup> place – gold/2<sup>nd</sup> place – silver/joint 3<sup>rd</sup> place – bronze);
- All Elite contestants may only enter 1 age division;
- Light contact (skin touch) to the head is allowed in the Junior divisions and no excessive contact is allowed in the Youth and Senior divisions;
- For Jiyu Ippon (free style) all contestants must wear CLEAR (no colour) gum guards and WHITE JKA MITTS;
- A groin protector is optional
- A chest protector is strongly advised for female contestants.

For more information on Elite Kata (selection and rules for the draw), see rules as distributed/published by SA JKA.