

# 2023 AAU KARATE FLORIDA RULE BOOK

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*Go to [www.aaukarate.org](http://www.aaukarate.org) for official AAU Rules*

**RULES**

## 1. Traditional Okinawan Weapons, Long &amp; Short Combined (No AAU Stamp at Florida District/Regional Events):

Long Weapons: Bo: Hardwood, slightly taller than Athlete

- a) Athletes 4' 10" and shorter/Minimum of 7/8" in diameter
- b) Athletes 5' 10" and shorter/Minimum of 1" in diameter
- c) Athletes over 5' 10"/Minimum of 1-1/16" in diameter (Athletes 132 lbs and less/Minimum of 1" in diameter)

Ekū: Hardwood, from eyebrow to top of head

Short Weapons: Tonfa: Hardwood, 2 each, even with elbow

Nunchaku: Hardwood, 1 or 2 each with cord at least 12" in length

Kama: Hardwood, 2 each, metal blade with no holes or wrist cords

Sai: 2 each, past elbow

## 2. Athletes are classified in the same Division for Kobudo, Kata &amp; Kumite

## 3. Athletes with short weapons will be permitted to roll up their sleeves

## 4. Penalties: a) Loss of Control:

Drop: Disqualification

Momentary: .1 - .3

Weapon touches floor: .1 - .3

- b) Theatrical movements, excessive kicks: .4 - .6
- c) Dangerous (Safety of Referees/Athletes): Disqualification
- d) Note there is no out of bounds penalty

## 5. If a tie exists (In the top 3 scores for Medal consideration only):

- a) Compare the low of the remaining scores
- b) If still tied, compare the high of the remaining scores
- c) If still tied, re-run Kata: Beginner/Novice/Intermediate: Same Kata  
Advanced: Different Kata

**Scoring:**

Beginner: 5.0 - 7.0

Novice: 5.5 - 7.5

Intermediate: 6.0 - 8.0

Advanced: 6.5 - 8.5

**RING PROCEDURES**

1. Athletes/Charts arrive to ring
2. Line up Athletes in order on right side of ring
3. Inspect Weapons (If rejected, Athlete will have 1 minute to exchange weapon)
4. Pull the first Athlete "Up" and direct to the upper center edge of ring in line with their marker
5. Pull the second Athlete "On Deck" and direct to upper right corner of ring
6. Athlete will be called 3 times, then disqualified
7. The Athletes will perform 1 at a time
8. Referees will score each Athlete by holding up their paddle
9. When score is complete, direct Athlete to back out of Ring, past and around next Athlete up, and follow original path, slightly right of staged Athletes, to rear of line

**FIRST THREE BEFORE SCORING**

The Center Referee may choose to let the first 3 Athletes perform before scoring by motioning the first Athlete to the side of the ring upon the completion of their Kata to wait for their score. Then call the second Athlete "Up" and the third Athlete "On Deck" etc.. When complete, call the first Athlete back to the center for their score, then second, then third.

### RULES

1. Traditional Katas from recognized styles of Karate, all styles combined
2. Athletes must perform appropriate Kata for their experience level (Beginners must do Beginner/Shitei Kata)

From AAU Karate Rulebook:

APPENDIX D: BEGINNER KATA: In the beginner division the competitors will be restricted to performing a kata from the following: • Isshin Ryu Seisan • Heian / Pinan • Gekisai

APPENDIX E: NOVICE KATA: In the novice kata divisions, the competitors will be allowed to perform any kata

EXCEPT: • Nipaipo • Suparinpei / Hykuhachiho • Chatanyara Kushanku • Papurin • Sochin • Unsu / Unshu • Anan / Anan-Dai • Ohan / Ohan Dai • Paiho

3. Criteria for decision:
  - a) Breathing
  - b) Control of tension and contraction
  - c) Smooth and even transition
  - d) Kia
  - e) Proper understanding of bunkai
  - f) Stability and balance
  - g) Control of rhythm and speed
  - h) Kata sequence

#### **Scoring:**

Beginner:	5.0 - 7.0
Novice:	5.5 - 7.5
Intermediate:	6.0 - 8.0
Advanced:	6.5 - 8.5

4. Penalties:
  - a) Fall, halt: Disqualification
  - b) Momentary hesitation: .1
  - c) Discernable pause: .2
  - d) Momentary loss of balance: .1 - .3
  - e) Instability: .2 - .3
5. If a tie exists (In the top 3 scores for Medal consideration only):
  - a) Compare the low of the remaining scores
  - b) If still tied, compare the high of the remaining scores
  - c) If still tied, re-run Kata: Beginner: Same Kata, Novice/Intermediate/Advanced: Different Kata
6. 19-34 Advanced: Shitei, Sentei, Tokui (Different Kata for Each Round) \* Florida: 1 Round Only!

### RING PROCEDURES

1. Athletes/Charts arrive to ring
2. Line up Athletes in order on right side of ring
3. Pull the first Athlete "Up" and direct to the upper center edge of ring in line with their marker
4. Pull the second Athlete "On Deck" and direct to upper right corner of ring
5. Athlete will be called 3 times, then disqualified
6. The Athletes will perform 1 at a time
7. Referees will score each Athlete by holding up their paddle
8. When score is complete, direct Athlete to back out of Ring, past and around next Athlete up, and follow original path, slightly right of staged Athletes, to rear of line

# KATA (Adult 19-34 Beginner-Novice-Intermediate/Youth 5-18 All)

## Single Elimination Flag Scoring/Bracket Chart

### RULES

1. Traditional Katas from recognized styles of Karate, all styles combined
2. Athletes must perform appropriate Kata for their experience level (Beginners must do Beginner/Shitei Kata)

#### From AAU Karate Rulebook:

APPENDIX D: BEGINNER KATA: In the beginner division the competitors will be restricted to performing a kata from the following: • Isshin Ryu Seisan • Heian / Pinan • Gekisai

APPENDIX E: NOVICE KATA: In the novice kata divisions, the competitors will be allowed to perform any kata

EXCEPT: • Nipaipo • Suparinpei / Hykuhachiho • Chatanyara Kushanku • Papurin • Sochin • Unsu / Unshu • Anan / Anan-Dai • Ohan / Ohan Dai • Paiho

3. Criteria for decision:
  - a) Breathing
  - b) Control of tension and contraction
  - c) Smooth and even transition
  - d) Kia
  - e) Proper understanding of bunkai
  - f) Stability and balance
  - g) Control of rhythm and speed
  - h) Kata sequence
4. Penalties:
  - a) Fall, halt: Disqualification
  - b) Momentary hesitation: .1
  - c) Discernible pause: .2
  - d) Momentary loss of balance: .1 - .3
  - e) Instability: .2 - .3
5. Athletes will perform 2 at a time
6. At conclusion of Kata, Center Referee blows whistle to indicate raise flag for Winner
7. Center Referee blows whistle to indicate lower flags
8. Center Referee indicates Winner

### RING PROCEDURES

1. Athletes/Charts arrive to ring
2. Line up Athletes in order on right side of ring (They should not leave this area unless they are "Up")
3. Pull Athletes "Up" for Match 1) **SHIRO** & **AKA**
4. Call Athletes "On Deck" for Match 2) **SHIRO** & **AKA** to start warming up

#### Match 1)

5. Verify with Coaches that **SHIRO** & **AKA** are ready to go
6. Direct **SHIRO** & **AKA** to go behind J2 to upper center edge of ring, in line with their marker
7. When match is complete, direct Learner to go behind J1 to upper left corner of ring
8. Direct Winner to go around J2 to Table to verify Name and then to lower right corner of ring (Behind staged matches)

#### Match 2)

9. During Match 1), on right side of ring, pull match 2) **SHIRO** & **AKA**
10. Verify with Coaches that **SHIRO** & **AKA** are ready to go
11. Direct **SHIRO** & **AKA** to go behind the J2 to upper center edge of ring, in line with their marker
12. Pull Athletes for Match 3) **SHIRO** & **AKA** as "On Deck" etc.
13. Repeat process until Division is complete

**BRIEF RULES**

Penalties				Timer	
	Contact	Out of bounds	Lack of concern	Ages 13+ Adv.	2 minutes, stop time
1. Warning	Chukoku	Jogai 1 / Jogai 2	Mubobi	Youth	2 minutes, running time
2. Penalty	Chui	Jogai chui	Mubobi chui	19-34 Adv.	3 minutes, stop time
3. Disqualification	Hansoku	Jogai hansoku	Mubobi hansoku	Adult / Senior	2 minutes, running time

**Hantei (Call for decision)**

1. Referee checks score and announces score to judges
2. Referee steps back calls "Hantei" blows whistle
3. Judges signal aka, shiro, or tie
4. Hikiwake (Tie) – Referee signals tie to competitors
5. Enchosen (Overtime) – Referee call for extension of match
6. Penalties remain
7. 1 minute overtime
8. Winner determined by first to score or loss by penalty
9. If tied Referee calls for Hantei again judges must signal for Aka or Shiro

**Misc Rules**

1. 10-second rule – A competitor must get back to their feet within 10 seconds of yame or they forfeit the match
2. Non-contact penalty for holding longer than 2 seconds
3. A competitor has 2 seconds to follow up when the opponent is on the ground

**RING PROCEDURES**

1. Athletes/Charts arrive to ring
2. Line up Athletes in order on right side of ring
3. Ensure that competitors are not lined up next to another from the same dojo in first round
4. Check for proper gear: gnawgahyde gloves, mouthpiece, headgear (youth), cup (males)
5. Athlete will be called 3 times, then disqualified
6. Call Athletes "Up" for Match 1) SHIRO & AKA
7. Call Athletes "On Deck" for Match 2) SHIRO & AKA to start warming up

**Match 1)**

8. Verify with Coaches that SHIRO & AKA are ready to go
9. Direct SHIRO & AKA to line with their marker
10. When match is over direct Winner to go Table to verify Name

**Match 2)**

11. During Match 1), pull match 2) SHIRO & AKA
12. Verify with Coaches that SHIRO & AKA are ready to go
13. Direct SHIRO & AKA to line with their marker
14. Pull Athletes for Match 3) SHIRO & AKA as "On Deck" etc.
15. Repeat process until Division is complete

## Target Areas

1. Head
2. Face (Open hand techniques prohibited)
3. Neck (Advanced 19-34yr.)
4. Abdomen (Bladder, watch for belts high)
5. Chest
6. Back (except top of shoulders)

## Criteria for Decision

1. Good Form
2. Correct attitude
3. Vigorous application
4. Zanchin
5. Proper timing
6. Correct Distance

## Ippon Techniques

1. Jodan Geri — (Ippon or nothing, Skin touch contact) All Divisions
2. Sweep/throw and score — (not above hips, only need to disrupt balance)

## Waza - Ari Techniques

All punches

All body kicks

## Head Contact

### Beginner / White & Novice / Green

No Contact

Warning / Penalty / Disqualification

### Intermediate / Brown & Advanced / Black Only

Contact can be skin touch/Light contact

No transfer of power

Warning / Penalty / Disqualification

## Safety Equipment

Mandatory: AAU approved White naugahyde mitts  
Gum shield  
Groin cup (Males)  
AAU approved White headgear with face-shield (Youth)

Optional: AAU approved Red & Blue mitts & boot/instep pads  
Aka can wear White or Red and Shiro can wear White or Blue  
(The boot /instep pad color must match the mitt color worn during the match)

White cloth shin / instep pads (Youth / Adult / Senior)

Chest protector (Must be worn under the uniform top)

AAU approved White headgear with face-shield (Adult / Senior)

## **MEDAL PRESENTATION**

1. Receive Division Charts for Kobudo, Kata and Kumite (If combined Divisions, award separately)
2. Instruct all Athletes in the Division move to the center rear edge of the Ring
3. Starting with Kobudo, call Division information (Age/Gender/Experience) and "Kobudo Results"
4. Call results in descending order as follows:
  1. BRONZE/3 Place: Athlete First Name, Last Name motion Medalist forward and point left center
  2. SILVER/2 Place: Athlete First Name, Last Name motion Medalist forward and point center
  3. GOLD/1 Place: Athlete First Name, Last Name motion Medalist forward and point right center
5. When Kobudo medal presentation is complete, direct Kobudo Medalists to stay in line  
Call Kata Medallists to step forward, lining up in front of Kobudo Medalists  
Call Kumite Medallists to step forward, lining up in front of Kata Medalists  
(If Athlete is receiving multiple medals, step forward until done)
7. Distribute Participation medals to all remaining Athletes
8. Center Referee will formally dismiss entire Division
9. The Athletes should immediately gather all equipment and be escorted from secured competition area

The Expeditor can assist by managing the current Division in the center rear of ring and prepping Medalists for presentation

# RING CONFIGURATIONS

