

Youth

~KATA Rules~

Age	6~9yr	10~11 yrs	12~17yr
Belt Rank	Green and up		Brown and up
Final Kata No Preliminary in this competition	Pinan Sono-yon, Pinan Sono-go, Gekisai Dai, Gekisai Sho, Yantsu, Saifa, Tsukino-kata, Seienchin	Gekisai Dai, Gekisai Sho, Yantsu, Saifa, Tsukino-kata, Seienchin	Tsukino-kata, Saifa, Garyu, Seienchin, Seipai, Kanku, Sushihou

Any Kata in *Ura, Sanchin, Tensho, Bassai Dai, Tekki will NOT score points.
Competitors' age as on the date April 1, 2013 is the age division to be categorized.

~KUMITE Rules~

Age	5~14 yr	15~17 yr
Match Duration	90sec → 90sec → Weight → 90sec → Weight	120sec → 120sec → Weight → 120sec → Weight
Weight Difference	3 kg	5 kg

Competitors' AGE as on the date April 1, 2013 is the age division to be categorized.

*If the match goes to 2nd weight difference, a fighter with smaller weight will be declared as a winner.

~PROTECTIVE Gears~

Age	5~11 yr	12~14yr	15~17 yr
Head Gear	IKO standard head gear WITH face cover	IKO standard head gear WITH NO face cover	
Mouth Guard	Optional	Required	
Body Protector	No	Up to quarterfinals. Remove thereafter**	
Fist Guards	IKO standard Fist Guard		IKO standard Ichigeki Open Finger Glove
Knee Pads	IKO standard Knee Pads		
Shin Pads	IKO standard Shin Pads		
Boys Groin Cup	Required		
Girls Groin Guard	Optional	IKO standard Girls Groin Guard	
Girls Breast pads	Optional	IKO standard Girls Breast Pads	

**Honbu will provide body protectors.

All protective gears are available for purchasing during the team registration on April 25 in Honbu-dojo.

Women's World

~KATA Rules~

Age	+18 yr
Belt Rank	Brown and up
Final Kata No Preliminary in this competition	Tsukino-kata Saifa Garyu Seienchin Seipai Kanku Sushihou (Any kata in Ura, Sanchin, Tensho, Bassai dai, Tekki will not score any points)

Competitors' age as on the date April 1, 2013 is the age division to be categorized.

*Any Kata in Ura, Sanchin, Tensho, Bassai Dai, Tekki will NOT score points.

~KUMITE Rules~

Age	+18 yr
Belt Rank	Green and up
Match Duration Up to Quarterfinal	120sec → 120sec → Weight → Shingi*
Match Duration Semifinals, 3rd Place & Finals	180sec → 120sec → 120sec → Tameshiwari → Weight → Shingi
Weight Difference	3 kg
Sudden Death Tameshiwari (Min. 2 boards)	Semin final - shuto-enpi-sokuto-seiken 3rd place fightoff - enpi-i-sokuto-seiken-shuto Final - sokuto-seiken-shuto-enpi

Competitors' AGE as on the date April 1, 2013 is the age division to be categorized.

*Shingi : Supreme Judge, Referee and Judges will talk over.

~PROTECTIVE Gears~

Head Gear	No
Mouth Guard	Required
Fist Guards	No
Knee Pads	No
Shin Pads	No
Breast pads	IKO standard Breast Pads
Groin Guard	IKO standard Groin Guard

All protective gears are available for purchasing during the team registration on April 25 in Honbu-dojo.

Senior (Men)

~KUMITE Rules~

Age	+35 yr
Belt Rank	Green and up
Match Duration Up to Quarterfinals	90sec → 90 sec → Weight → Shingi*
Match Duration Semifinals & Finals	120sec → 90sec → Weight → 90sec → Shingi*
Weight Difference	3 kg
Tameshiwari	No

Competitors' age as on the date **April 26, 2013** is the age division to be categorized.

*Shingi : Supreme Judge, Referee and Judges will talk over.

~PROTECTIVE Gears~

Head Gear	IKO standard Head Gear NO face cover
Mouth Guard	Required
Fist Guards	IKO standard ichigeki Open Finger Glove
Knee Pads	IKO standard Knee Pads
Shin Pads	IKO standard Shin Pads
Groin Cup	Required

All protective gears are available for purchasing during the team registration on April 25 in Honbu-dojo.

Kata (Men)

Age	+18 yr
Belt Rank	Brown and up
Final Kata No Preliminary in this competition	Tsukino-kata Saifa Garyu Seienchin Seipai Kanku Sushihou (Any kata in Ura, Sanchin, Tensho, Bassai dai, Tekki will NOT score points)

Competitors' age as on the date April 1, 2013 is the age division to be categorized.

*Any Kata in Ura, Sanchin, Tensho, Bassai Dai, Tekki will NOT score points.

Team Kata

~Rules~

Team	3 to 5 person per team
Qualification	Open to all age, rank & gender
Kata Selection	Select one Kata from all Kyokushin Kata (Any kata in Ura, Sanchin, Tensho, Bassai dai, Tekki will NOT score points)
Performing Time	Maximum 5 min.
Required Elements	1. Perform one Kata by all team members. 2. Perform same Kata a second time demonstrating the Kata's "Bunkai" in a free style format. Note: No Music, No Breaking, No Props (fake weapons & kives etc.) Wear Karate Dogi.