

Power of Won Tournament Rules

Please read all Tournament Rules below and feel free to speak to Sensei Michael for any clarification

Uniform: Traditional white Gi is to be worn, unless the student is a registered 10th Kyu Power of Won member.

Referees (Shimpan):

For Kumite and Sumo Wrestling there will be one or two Shimpan (Referees). Only one centre Shimpan will take control of a particular match. The second Shimpan may be there to mirror and assist in any matters of concern or question.

Ring or Fighting arena: This will be 6m x 6m (or 5m x 5m) for Sumo and Kumite.

Match Times: Sumo Wrestling and Kumite bouts will be for 60 seconds.

Scoring/Points: One half of a point (Wazari), one full point (Ippon) or a Match point may be given.

All competitors will compete in at least two Sumo Wrestling or Kumite matches. Competitors with sufficient amount of tallied points between two matches will qualify to then be involved in a knockout type scoring system. Therefore, if a competitor scores fewer points than their opponent after their second match (third or more) they will automatically be eliminated.

Please refer to kumite, or Sumo Wrestling rules for a list of techniques needed to earn points. The first competitor to reach 3 points will win the match. If 3 points are not reached in the time given, then the competitor with the most tallied points wins the match.

In the event of a tie, at the conclusion of time, the match will continue until the point is awarded. The competitor who is the first to be awarded with any point will then be declared the winner.

Illegal Techniques: Please refer to Kumite and Sumo Wrestling rules.

Warnings/ Point Deduction: Please refer to Kumite and Sumo Wrestling rules.

Miscellaneous:

The following items are **COMPULSORY**:

- 1) Mouthguards (fitted)
- 2) Groin Protectors
- 3) Breast Protectors (if necessary)
- 4) Hand mitts (Kumite only)

Without the above mentioned items, a competitor is unable to participate in the Sumo Wrestling or Kumite areas of the Tournament.

Competitors will compete against other competitors of the same age or size division. Therefore, competitors may compete against other competitors or different rank or of different sex. This will be left to the discretion of Sensei Michael Caruana.

Remember to bow to the Shimpan and your opponent at the start and end of each match.

Remember to shake your opponent's hand and to aim to enjoy each and every match, irrespective of the score. Always remember: to compete is to win! Give it your best and enjoy the day.

KATA

There will be two or three judges to each score an individual's Kata out of 50.

When judging kata, the following items will be considered: Knowledge, fluency, timing, strength and correctness of techniques, complexity of movements, age, rank, kias and embusen.

A student should stand up and then bow when their name is announced. Then proceed to the cross or mark indicating the place to begin the kata. Once there, the student should wait for acknowledgement from the judge(s). Once acknowledged, the student needs to confidently as possible:

- 1) Announce their name.
- 2) Their club name.
- 3) The Kata being performed. Endeavour to say the Japanese name, if too difficult, then it may be necessary for the competitor to announce the colour belt of the kata.

Example: "My name is Michael Caruana, from Power of Won Karate, and I would like to perform Basai Dai Kata."

After this, the judge(s) will acknowledge the competitor, then the competitor will need to announce his/her kata with confidence in Heisoku Dachi (Feet together stance), then bow with eyes down and hands open by side. Then proceed into Yoi Dachi (Ready stance) and then begin and perform kata. Remember: fluency, timing, strength, kias and correctness of techniques.

Once the kata is concluded, the competitor goes into Heisoku Dachi (Feet together stance), with arms bent in front and then bows to then go back into Yoi Dachi (Ready stance) and wait for the judges to acknowledge to walk off the kata area. When walking away, the competitor should walk backwards to respect the judges, and then bow once at the edge of the kata area and then sit back down.

SUMO WRESTLING

Two opponents bow into the ring, walk to the middle of ring or Kumite line, bow to the Shimpan (Referee) with hands open by their side, looking down when bowing, then to their opponent with fists closed by their side, looking up at their opponent when bowing. The Shimpan will motion for the two competitions to go into a kiba dachi (horse riding) stance and on the Shimpan's signal, the wrestle begins.

Both competitors endeavour to get the other to step out of the ring, or to the other to fall to their knee, hand or body to the mat. The Shimpan will award a half a point every time one of these factors occurs. A match will go for one continuous minute. If the Shimpan stops the match for any reason, the timer will continue, unless he/she signals to the time keeper to stop and then the timer will re-start on the Shimpan's signal.

A match concludes, 1) at the end of the sixty second period, 2) If a competitor reaches three full points before the one minute time period or 3) in the result of a disqualification. The competitor who has the greatest number of points at the conclusion of time is declared winner. In the event of a tie at the conclusion of time, the match continues until a point is awarded. The competitor who is the first to be awarded with any point, will then be declared the winner.

SUMO WRESTLING continued

No score/ Simultaneous action:

In the event of two competitors falling to the mat at the same time, or stepping out of the ring together, the Shimpan will announce *Al Uchi* (Simultaneous attack/ occurrence) and no points will be awarded to either of the two competitors. However, if a person is deemed to have dominated or been the stronger of the two competitors to evoke the fall or step out, then the Shimpan will award a half point to that competitor.

Scoring: Half Point (Wazari):

The following techniques will be awarded (Wazari) if successful:

- To get an opponent to step out of the ring with one foot or both feet.
- To get an opponent to fall to the mat landing on a knee or both knees.
- To get an opponent to fall to the mat and land on a hand or both hands.
- To get an opponent to touch the mat with any body parts other than their feet.
- If both competitors fall onto the mat, or go out of the ring at the same time, the competitor who is judged to have over powered the other will be awarded a half a point.

Legal Techniques:

The following techniques have been deemed legal and may be performed with care in sumo wrestling:

*Grabbing *Pushing *Pulling *Lifting *Take downs *Tripping

Illegal Techniques:

The following techniques have been deemed as unsafe and are not to be performed in Sumo Wrestling:

*Interlocking - twisting fingers *Kicking *Punching *Hair pulling *Striking *Pinching

*Scratching *Performing any attack on a fallen opponent

Sumo Warnings/ Point Deduction(s):

- If any illegal techniques are performed, a warning will be issued. If this is repeated, point(s) will be deducted at the discretion of the Shimpan.
- If a competitor displays undisciplined behaviour, ie queries a decision, swears or displays excessive or over confidence, a warning will be issued or point(s) deducted, depending on the severity of the situation.
- If accidentally, illegal technique contact occurs, one warning will be given. If this is repeated, point(s) will be deducted.
- If accidental severe contact occurs, an automatic disqualification will be issued. The offending competitor must turn and stay kneeling at their kamae line until told otherwise.

Special Note:

Sensei Michael Caruana reserves the right to override, change or add any rules at any time. This would only be in the event of an unforeseen occurrence and would only be enforced in the best interest of all competitors.

KUMITE

(Fighting / Sparring. 7y.o. & over)

Two opponents bow into the ring, walk to the middle of ring or Kumite line, bow to the Shimpan (Referee) with hands open by their side, looking down when bowing, then to their opponent with fists closed by their side, looking up at their opponent when bowing. The Shimpan will motion for the two competitors to go into fighting stance at their line and the kumite (fight) begins.

The opponents endeavour to attack with techniques above the belt, remembering to kiai (shout) when attacking. The Shimpan will award either a half or one full point, if an attack penetrates through their opponents defence. In the case of an absolutely devastating attack, or to have attacked their opponent to the back, declaring a match point may be awarded. A kumite match will go on for one continuous minute. The time clock continues, unless the time-keeper is informed otherwise and will resume again on the Shimpan's signal.

A match concludes, 1) at the end of the one minute period, 2) if a competitor reaches three full points before the one minute period 3) if a match point is awarded, or 4) in the result of a disqualification. The competitor who has the greatest number of points at the conclusion of time is declared the winner.

In the event of a tie at the conclusion of time, the match continues until the next point is awarded. The competitor who is the first to be awarded with any point will then be declared the winner.

Scoring: Half Point (Wazari):

The following techniques will be awarded one half of a point (Wazari), if the attempted attack penetrates a block or is partially effective.

- Straight Punch- Choku zuki
- Lunge punch- Oi zuki
- Reverse punch- Gyaku zuki
- Vertical punch- Tate zuki
- Jab punch- Kizami zuki
- Front kick- Mae keru
- Side kick- Yoko keru
- Crescent kick- Mikazuki keru
- Back kick- Ushiro keru
- Side jumping kick- Yoko tobi keru
- Backfist strike- Uraken uchi
- Roundhouse kick- Mawashi keru
- Back roundhouse kick- Mawashi ushiro keru
- Reverse roundhouse kick- Gyaku Mawashi keru
- Stomping or cutting kick (fallen opponent)- Fumikomi/ Fumikeru
- Hammerfist strike- Tetsui uchi
- To force opponent out of ring: warning; then half point deduction

Scoring: One Full Point (Ippon):

One full point (Ippon) will be awarded if any of the previously mentioned one half point (Wazari) technique(s) are performed cleanly, with notable strength and is totally unblocked by an opponent.

Scoring: Match Point:

If a competitor turns around and the other competitor attacks successfully with one of the following techniques to the back, then a match point may be awarded. The technique must be performed cleanly, be unblocked and executed powerfully. If a match point is given, the receiving competitor is automatically declared the winner of that match.

KUMITE continued

- Straight punch- Choku zuki
- Straight kick- Mae keru
- Side kick- Yoko keru
- Lunge punch- Oi zuki
- Reverse punch- Gyaku zuki

No score/ Simultaneous event:

In the event of two opponents attacking at the same moment, with neither attack being blocked successfully, the Shimpan will either allow the match to continue, or announce Ai uchi (simultaneous attack/ occurrence) and no point will be awarded to either of the two opponents.

Illegal Techniques:

The following techniques have been deemed to be too strong and unnecessarily powerful for a Non Contact Tournament. These techniques require precision and may cause injury if not performed correctly.

- Grabbing/ Grappling
- Elbow strikes
- Uppercut punch
- Roundhouse punch
- Knee kicks
- ANY open hand technique. E.g. Knifehand, spearhand, palm, finger strikes etc.
- ANY technique below the waist. E.g. foot sweeps, thigh or groin kicks etc.

Warnings/ Point Deductions:

- If any of the illegal techniques are performed, a warning will be issued. If this is repeated, point(s) will be deducted at the discretion of the Shimpan.
- If a competitor displays undisciplined behaviour, ie queries a decision, swears or displays excessive or over confidence, a warning will be issued or point(s) deducted, depending on the severity of the situation.
- If accidental contact or an illegal technique occurs, one warning will be given. If this is repeated, point(s) will be deducted.
- If accidental severe contact occurs, an automatic disqualification will be issued. The offending competitor must turn and stay kneeling at their kamae line until told otherwise.

Special Note:

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