



KATA COMPETITIONS RULES  
IJF KATA COMMISSION  
JANUARY 2009

1. KATA

The Kata recognised for the competitions will be five:

- Nage-no-kata;
- Kime-no-kata;
- Katame-no-kata;
- Kodokan goshin-jutsu;
- Ju-no-kata

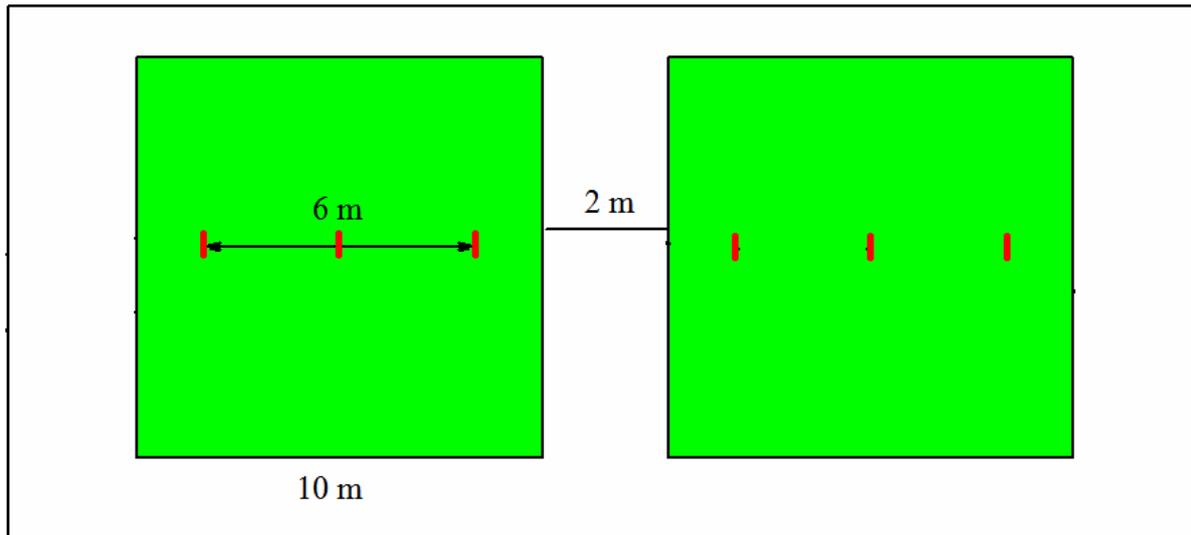
The Judges will evaluate these Kata on the basis of the official Kodokan Kata standard according and with reference to the official Kodokan edition of video.

2. COMPETITION AREA

The Competition area has dimensions 10 x 10 metres and shall be covered by Tatamis or similar acceptable material, generally green in colour.

The Competition area must be fixed to a resilient floor. When more adjoining competition areas are used, a common safety area of 2 metres is necessary.

A strip of visible colour adhesive tape, approximately 10 cm. wide and 50 cm. long, shall be fixed on the centre of the competition area 6 m. apart, to indicate the starting position of Tori and Uke. The centre of the Competition area shall be indicated with a strip adhesive tape of the same colour.



### 3. SCORE PROJECTION

During the competition, the scores of the Championship should be projected on a screen generally behind the IJF Delegates Table in order to give to the competitors the possibility to know the scores after their demonstration.

### 4. PARTECIPANTS

Each federation may enter up to a maximum of 2 couples per Kata, totalling up to a maximum of 10 couples. The competitors can only participate in one Kata.

The competitors must be of the same nationality as the country which enters them.

Competitors who have double nationality can only represent 1 participating country.

When a competitor changes nationality, he must wait 3 years before he can represent the new country, unless the two countries concerned (the old country and the new country) agree to authorize his entry for the new nationality and this is accepted by the IJF (According to the Olympic charter Art. 42).

Participants are to be 18 years of age and over, ranking 1st Dan or over.

Couples can be composed of either 2 males, 2 females, or a male and a female.

### 5. UNIFORM

Strongly made in cotton or similar material, in good condition (without rent or tear): the competitions will be held in white judogi.

The jacket shall be long enough to cover the thighs and shall at a minimum reach to the fists when the arms are fully extended downwards at the sides of the body. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20 cm. at the level of the bottom of the rib-cage.

The sleeves of the jacket must reach to the wrist joint at the maximum and 5 cm above the wrist joint at the minimum. A space of 10-15 cm. shall exist between the sleeve and the arm, along the entire length of the sleeve.

The trousers shall be long enough to cover the legs and shall at the maximum reach the ankle joint and at the minimum 5 cm. above the ankle joint. A space of 10-15 cm. shall exist between the trouser leg and the leg along the entire length of the trouser leg.

The belt is black, 4 to 5 cm wide and long enough to go twice around the waist and leave 20 to 30 cm protruding from each side of the knot when tied.

Female competitors shall wear under the jacket a plain white T-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers.

IJF Kata Championship back number must be applied on the back of the jacket: no old back numbers are allowed.

Zori or mules are part of the uniform.

Acceptable markings:

- National emblem on left breast of jacket maximum size 100 cm<sup>2</sup>
- Manufacturer's trade mark on bottom-front of the jacket, on bottom front of the left leg of the trousers and on the belt. Maximum size 20 cm<sup>2</sup>
- Shoulder markings from collar, across shoulder down the arm on both sides of the

jacket with the same advertising or national colours on both sides. Maximum length = 25 cm – Maximum width 5 cm.

## 6. HYGIENE

- a) The judogi shall be clean, dry and without unpleasant odour.
- b) The nails of the feet and hands shall be cut short.
- c) The personal hygiene of the athletes shall be of a high standard
- d) Long hair has to be bound with an elastic band.
- e) Spectacles, jewellery pieces are prohibited.
- f) Make up is not allowed.

## 7. JUDGES

Each Kata shall be evaluated by five judges under the supervision of the IJF Kata Commission. The five judges will be positioned on the Shomen side and they will seat at about 1 m distance each other.

The position of the five judges will be the same for all the competition.

If one judge is temporary replaced, he will take place in the same original position when he reenters the competition.

A Judge cannot be a competitor.

## 8. KATA EVALUATION SYSTEM

Each judge will award points on the official IJF scoring sheet. The Maximum points and the Minimum Points awarded for each technique (included open and close ceremony) are cancelled and the remaining three are totalled to get the final score.

Each technique is evaluated with the following method:

- Open and close ceremony and each technique are evaluated with a maximum positive score of 10 points.

The positive score is decreased by mistakes marking crosses on the scoring sheet:

- Small: value of the mistake = 1

maximum number of crosses = 2

- Medium: value of the mistake = 3

maximum number of crosses = 1

- Big or wrong technique : The score starts from 5 instead of 10

maximum number of crosses = 1

(Small and medium can be added if necessary).

Forgotten technique: the score of the technique is Zero and the total score of Kata is halved. If the forgotten technique is more than one, Zero score will be given to the technique but total score will be not halved again.

If halved total value is not a whole number, approximation in defect will be applied.

A global evaluation of the Kata will be given in the row : fluidity, course and rhythm with a positive score from 0 to 10. If there is a forgotten technique this score shall be Zero.

For Nage no Kata right and left techniques will be evaluated globally (only one score).

The resulting scores correspond to the following judgements:

1-2 Poor

3-4 Nearly correct

5-6 Correct

7-8 Good

9-10 Excellent

In case of equal score between pairs the following criteria will be applied:

- total value of big mistakes. Wins who makes less mistakes;

if still equal score, total value of medium mistakes will be considered. Wins the pair who makes less mistakes;

if still equal score, total value of small mistakes will be considered. Wins the pair who makes less mistakes;

if still equal score the score of fluidity will decide. Wins the pair who has a better score.

The top three pairs with the maximum points in every Kata, will compete in the finals. The pair with the maximum points will be awarded the gold medal and will be the International Champion for that Kata.

The couple with the second maximum points will be awarded the silver medal; and the third, the

Bronze medal.

#### 9. START AND END OF THE KATA

The judges shall always be in their position before the arrival of the couple in the competition area.

The couple enters the competition area at the opposite side of shomen in the centre, then they reach their corner.

The judge in the centre at shomen side gets up and, with tense arms and palms of the hands turned upward, invites the couple to enter the competition area. Each competitor reaches their position.

After the bow, at the end of the Kata, the couple leaves the competition area walking until they reach the same side they entered.

#### 10. INJURY, ILLNESS OR ACCIDENT

When Tori or Uke is unable to continue because of injury, illness or accident during the execution of the Kata, the couple will be considered out of competition.

In case of Minor injury like bloody wound, broken nail or a problem with contact lenses, according to the decision of the judges, the Kata execution will be stopped and the athlete will be assisted by a Doctor out of the competition area.

The competition will continue and the couple will repeat entirely the Kata soon after the last called couple. In case a new Minor injury happens at the same athletes during the second execution of Kata, the couple will be considered out of competition.

In the case that Minor injury happens after a forgotten technique, the couple will be considered out of competition.

#### 11. SITUATIONS NOT COVERED BY THE RULES

Where any situation arises which is not covered by the rules, it shall be dealt with a decision of IJF Kata Commission.