

## Tournament rules

### **RULES FOR THE 2025 CHAMPIONSHIPS:**

#### **AGE CATEGORIES**

##### • **JUNIORS**

- Kumite : 16 - 17 years old ONLY
- Kata : 16 - 17 years old ONLY

**Juniors may choose to compete in KATA in the Senior category. However, they will no longer be eligible to compete in the Juniors Kata and Kata Team category.**

**Note: For kumite events, Juniors cannot upgrade to the Seniors category.**

**For REGISTRATION OF JUNIORS IN KATA SENIORS: Please send a registration email to [jkaeuropechampionship@gmail.com](mailto:jkaeuropechampionship@gmail.com)**

##### • **SENIORS**

- Kumite : 18, 19, 20 years old ONLY
- Kata : 18, 19, 20 years old ONLY

**Seniors may choose to compete in KATA or KUMITE in the Adults category, however, they will then no longer be eligible to compete in any Seniors categories (this includes Team).**

##### • **ADULTS**

- Kumite : 21 years and over
- Kata : 21 years and over

##### • **DEFINITION OF AGE**

**The age of contestants for each division is considered as that of the day of the tournament, 10 May 2025.**

- **Please note**

- **All competitors must have a JKA dan grade or minimum 1<sup>st</sup> kyu.**
- **A copy of the certificate of Dan or 1<sup>st</sup> Kyu grade will be asked for as verification & all licenses will be checked.**

### **CHAMPIONSHIP CATEGORIES FOR EACH AGE CATEGORY**

**Kumite individuals: Men, Women; max. 3 competitors in each category.**

**Kata individuals: Men, Women; max.3 competitors in each category.**

**Kumite Team: 3 Men (+ 1 Reserve), 3 Women (+ 1 Reserve).**

**Kata Team: 3 Men (+ 1 Reserve), 3 Women (+ 1 Reserve).**

<b>KATA</b>
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### **ELIMINATIONS**

Until 16 - Flag System	:	SHITEI KATA	: Heian 2 -> Tekki 1
Until 8 - Flag System	:	SENTEI KATA	: Bassai Dai, Kanku Dai, Jion, Enpi
Until 4 - Point System	:	SENTEI KATA	: Bassai Dai, Kanku Dai, Jion, Enpi

### **FINALS**

#### **Point System**

#### **Juniors**

**Choice between: BASSAI DAI – KANKU DAI – JION – ENPI (other than elimination kata) – TEKKI 2 – TEKKI 3 – JITTE - GANKAKU**

#### **Seniors – Adults:**

**TOKUI KATA: JKA SHOTOKAN KATA**

### **STANDARDIZATION OF KATA**

**Standardization of Kata for this championship will be according to the current JKA Karate-Do Kata books**

**Kata: VOLUME 1 – 2 – 3 – 4**

## KUMITE

**Eliminations:** IPPON SHOBU by JKA Rules

**Finals:** IPPON SHOBU by JKA Rules  
except ADULTS MEN = SANBON SHOBU by JKA RULES

### Disqualification

Any contestant who is required to stop or withdraw from the match by the officially appointed tournament medical doctor will be disqualified and unable to continue.

### Preparation of protection gear

- Each contestant should bring one's own protection gear: gloves, teeth protection (**translucent**), chest protectors (for ladies) are compulsory. Groin protections are recommended for men. Gloves should be JKA-approved types (**only white**).
- Any contestant wearing contact lenses should bring one's own spare lenses. In case of loss during a match, the contestant must attach a spare lens within 2 minutes.
- **One country = one delegation:**

For countries with more than one organization, leaders must agree on one delegation as per JKA regulations.

### **Other matters**

- Officially appointed tournament doctors and staff will be present and administer first aid. The doctors hold the decision-making authority to decide whether an injured contestant can continue the event or should withdraw. Any contestant who is required to stop or withdraw from the match by the official appointed tournament medical doctor will be disqualified and unable to continue.
- Each contestant must carry personal health insurance, is responsible for his/her own healthcare and shall have no claims against the tournament medical team nor the tournament organizers.
- It is each representative country's responsibility to check their visa requirements for entry into the country. The organizing country cannot be held responsible for any refusal of entry to the country.
- Each contestant must have a valid JKA dan (or minimum 1<sup>st</sup> kyu for Juniors and Seniors) registration number.
- **The Championship will be run on SIX tatami.**

### **Referees**

- The Technical Director for this year's Championship will be chosen by the JKA Technical Committee.
- Each country is allowed to send maximum 6 referees.
- Only referees with a JKA Europe or JKA World Federation C-license and above are accepted.

### **Dress Code for JKA European Championships Judges:**

- Judges must wear the official uniform designated by the JKA Technical Committee. This uniform must be worn at all tournaments, courses and examinations.
- The official uniform is as follows:
  - a single-breasted navy-blue blazer, only with JKA referee badge,
  - a long-sleeved white shirt,
  - an official JKA judge tie,
  - plain light grey trousers,
  - unpatterned dark blue or black socks, and black shoes for use outside the match area,
  - no shoes or socks will be allowed when refereeing or judging a match.

### Contestants

- The contestants shall wear a clean, white and unfigured karate-gi.
- **No taping** to cover publicity or advertising. Publicity or advertising on the uniform is not permitted.
- The jacket, when tightened around the waist with the belt, must be of an overall length that covers the hips.
- The sleeves of the jacket must at least reach halfway down the forearm and must not be rolled up externally. **The sleeves must not cover the wrists.**
- The trousers must be long enough to cover at least two-thirds of the shin. **They must not cover the ankle.**
- The belt must be of an overall length that leaves approx. 15 centimetres of length on both ends after it has been properly tied around the waist. It should also be around 5 centimetres in width.
- A national badge may be worn. The maximum size of the badge is 10 cm by 10 cm. The position of the badge on the karate-gi is on the left breast.
- Teeth protectors: translucent.

### Other matters

- Each contestant must keep his/her hair clean and cut to a length that does not obstruct the smooth conduct of the match. Beads and fancy colouring, etc. is not permitted.
- Hachimaki (head bands) is not permitted.
- Should the Referee consider any contestant's hair too long and/or unclean, he may, with the Chief Judge's approval, disbar the contestant from the match.
- Hair slides are prohibited, as are metal and hard-plastic hair grips.
- Contestants must have short toenails and fingernails and must not wear metallic or similar objects.
- Soft contact lenses can be worn at the contestant's own risk.
- The wearing of unauthorized clothing or equipment is forbidden.
- In the case of women, a plain white tee-shirt may be worn beneath the karate jacket.
- Women may wear the authorized additional protective equipment approved by the JKA Technical Committee.
- Each competitor must wear an identification number on the chest or on the back.
- In all Kumite matches and in all Kata Flag System matches, one of the contestants shall, for identification purposes, fasten a red belt around the waist. The contestants do not have to take off their own belt.