



**2025 West Coast Open**  
**International Martial Arts Championships**  
[www.westcoast-open.com](http://www.westcoast-open.com)



## **Modified USA-NKF / WKF Kumite and Kata Rules of Competition**

### **KUMITE RULES**

#### **I. Required Equipment**

- Clean white karate-gi
  - Red and blue WKF style fist pads, red and blue belt
  - Mouth guard
  - Groin guard (male contestants)
- USA Karate/WKF style Shin and instep protection (recommended)

#### **II. DIVISIONS**

All kumite and kata divisions will use the repechage system to determine third place. The contestant that scores unopposed first (Senshu) wins the bout if it ends in a tie score. If there is no senshu, and the score is tied, the winner is automatically decided by who scored the most ippons, or waza-ari's. otherwise, the judges will decide the winner (Hantei) based upon who showed superior tactics during the bout.

##### 13 year olds and under

- **Duration of bout 1:00 (Int/Adv 1:30)**
- **8 point spread**
- No contact to the head, face, or neck is allowed and must be warned or penalized – unless caused by the recipient. (mubobi). Jodan techniques can score when stopped within 10 cm of the target.

##### 14-17 year olds

- **Duration of bout 1:30 (Int/Adv 2:00)**
- **8 point spread**
- For ages 14-15, glove touch to the face, neck, or head is prohibited and must be warned or penalized – unless caused by the recipient. (mubobi). Skin touch is allowed for jodan kicks
- For ages 16-17, skin touch for jodan techniques is allowed and can score.

##### 18+ year olds

- Duration of bout 2:00
- 8 point spread
- Light touch to the face, neck, or head can score

##### 18+ advanced WKF rules apply



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**III. SCORING:** Target areas = head, face, neck (including the throat), chest, side, back, abdomen. In order to score, the technique must meet all six of the scoring criteria.

YUKO (1 point)

- Tsuki (punches) or uchi (strikes) to any of the seven target areas

WAZA ARI (2 points)

- Keri (kicks) to the back, side, chest, or abdomen

IPPON (3 points)

- Kicks to the face, head, or neck
- Any scoring technique which is delivered on an opponent while any part of the opponent's body, other than their feet, is on the tatami.

### IV. PROHIBITED BEHAVIOR

- Techniques which make **excessive contact**, having regard to the scoring area attacked, and techniques which make contact with the throat.
- Attacks to the arms, legs, groin, joints, or instep.
- Attacks to the face with open hand techniques (e.g. teisho or nukite).
- Dangerous or forbidden throwing techniques.
- Feigning or exaggerating injury.
- Exit from the competition area (**Jogai**) not caused by the opponent.
- Self-endangerment by indulging in behavior which exposes the contestant to injury by the opponent, or failing to take adequate measures for self-protection (**Mubobi**).
- **Avoiding combat** as a means of preventing the opponent having the opportunity to score.
- **Passivity**. Not attempting to engage in combat after a short period of time.
- Clinching, wrestling, pushing, or seizing, or standing chest to chest without attempting a throw or other technique.
- Grabbing the opponent with both hands for any other reasons than executing a takedown upon catching the opponents kicking leg.
- Grabbing the opponent's arm or karate gi with one hand without immediately attempting a scoring technique or takedown.
- Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
- Attacks with the head, knees, or elbows.
- Talking to, or goading the opponent, failing to obey the orders of the Referee.
- **Discourteous behavior** towards the Refereeing Officials, or other breaches of etiquette.

### V. WARNINGS AND PENALTIES

- Chui1, Chui 2, Chui 3, and Hansoku Chui are warnings.
- Hansoku and Shikkaku penalties that result in disqualification.