

Pacific Coast Karate Championships

hosted by Shawn Danaher & Camarillo Shotokan Karate-Do

Tournament Venue: Pacifica High School (600 E. Gonzales Road, Oxnard, CA 93036)

Pre-Registration: CamarilloShotokan.com (online), 1330 Flynn Rd. #A, Camarillo, CA 93012 (mail)

Registration Deadline: Pre-Registration (before May 21), Walk-Up Registration (same day)

Check-In: Opens 8:00AM - Closes 12 (noon)

ALL Black Belt, Weapons, Special Needs, Flag Sparring, or Team Kata divisions MUST register/check-in before 9:30AM

Uniform Attire: *Competitor* – Clean white Gi, single school patch/name, NO cuffs/rolled sleeves

Judges/Referee – Blue blazer (suggested), white dress shirt, blue, red or organization tie, grey trousers, black socks & black shoes. Judges may opt to wear their Gi as their preferred attire. Please bring a WHISTLE.

Judges/Officials Meeting: Start promptly at **9:15AM**

Opening Ceremony: Begin promptly at **10AM**

Competition: Immediately following the Opening Ceremony

ALL Kobudo, Special Needs, Flag Sparring, Team Kata, and Adult Black Belt divisions MUST be registered and checked in before 9:30AM and be ready to compete at 10AM

Rank/Division Description

- 1) **Beginner (BEG):** White Belt to 7th Kyu
- 2) **Intermediate (INT):** 6th Kyu to 4th Kyu
- 3) **Brown (BRWN):** 3rd Kyu to 1st Kyu - *Adults (18+ years)*
- 4) ***Advanced (ADV):** 3rd Kyu to 1st Kyu & Black Belts – **Minors (under 18 years)*
- 5) **Black Belts (BLK):** ALL Dan Levels - *Adults (18+ years)*

Division Categories

- 1) **Flag Sparring** (Alternative to Kumite)
 - Beginners NOT participating in Kumite
 - Divisions for 7yrs old & Younger
- 2) **Kata** (Forms)
- 3) **Kumite** (Sparring)
- 4) **Kobudo** (Weapons – Long & Short)
- 5) **Special Needs** (Specially Challenged Divisions)
- 6) **TEAM Kata** (3-person Synchronized Form)
- 7) **TEAM Kumite** (3-person Accumulative Point Sparring)

FLAG SPARRING RULES

***Beginners NOT participating in INDIVIDUAL SPARRING – Divisions for 7 & Younger**

- 1) Headgear is mandatory and will be provided if competitor does not furnish their own
- 2) Both competitors will wear 2 flags (24 inch belts) draped through their belt at both hips
- 3) Objective is to remove both of opponent's flags before yours are removed
- 4) Competitors may **NOT** grab both flags at the exact same time – only one at a time
 - If both flags are grabbed at the same time, one flag will be put back on
- 5) 30 second running clock
- 6) YAME/STOP will **NOT** be called between each flag pulled
- 7) TIE: Sudden Death – Both flags back on, 30-second overtime, 1st person to remove a single flag wins
- 8) Competitors may block opponent's grabbing arm
- 9) Blocks that may cause harm/injury are not permitted
- 10) Competitors may not hold on to their own flag(s) as a blocking technique
- 11) Verbal warnings may be given for injurious blocking, falling, out of bounds, running w/out engaging
- 12) Penalty resulting in a loss of a flag will be at referee's discretion

KATA RULES

- 1) All contestants must perform a Japanese or Okinawan Kata
- 2) All Individual Kata divisions will be **Flag Eliminations**
 - Competitor's CHOICE of kata within rank parameters (*see below*)
- 3) Katas will be performed in pairs in ALL preliminary rounds and in all BEG. & INT. Final/Semi-final rounds.
- 4) Brown and/or Black Belts Finals/Semi-finals will be performed individually. After both competitors complete their respective kata, both competitors will re-enter the ring, flag decision.
- 5) Team Kata & Kobudo will be **Score Cards**
 - If 5 Judges, Highest & Lowest scores are eliminated, 3 remaining scores determine total score
 - If 3 Judges, all 3 scores determine total score
 - TIE: Lowest of the 3 scores determines winner, If still a tie the Highest score determines winner. Eliminated score are not used to break tie. If still a TIE, must perform a kata (may repeat).**Team Kata**
 - 3-person team
 - Mixed age and gender teams are permitted
 - Highest rank on team determines division**Kobudo**
 - Long & Short weapons
 - Loss of control of weapon will result in minimum score

PRELIMINARY ROUNDS: Competitor's CHOICE

- 1) **BEG:** Taikyoku, Heian/Pinan 1-3, Gekisai or Equivalent basic level kata (**NO Adv. Kata**)
 - May repeat kata
- 2) **INT:** Heian/Pinan 3-5, Gekisai, Saifa (Goju) or Equivalent basic level kata (**NO Adv. Kata**)
 - May repeat kata
- 3) **BROWN & BLACK:** Heian/Pinan 1-5, Gekisai, Saifa (Goju) or Equivalent basic level kata (**NO Adv. Kata**)
 - May repeat kata

SEMI/FINAL ROUNDS: Competitor's CHOICE

- 1) **BEG:** Taikyoku, Heian/Pinan 1-3, Gekisai or Equivalent basic level kata. May repeat. (**NO Adv. Kata**)
 - May repeat kata
- 2) **INT:** Heian/Pinan 3-5, Gekisai, Saifa (Goju) or Equivalent basic level kata. May repeat. (**NO Adv. Kata**)
 - May repeat kata
- 3) **BROWN and BLACK:** Any Kata (Tokui) – *May repeat kata in Semi & Final Rounds*

KUMITE RULES

IPPON & SANBON SHOBU, TEAM KUMITE

EQUIPMENT

- 1) Mandatory mouth guards in all kumite matches, Mandatory groin protector for all males
- 2) Optional headgear, Optional chest protector for females only
- 3) Shin guards and foot pads are not permitted unless for medical reasons
- 4) Red, white, or blue WKF type fist guards only
- 5) Only sport safety glasses with restraining band or soft contact lenses are allowed
 - All other types of eyewear are not permitted
- 6) No jewelry allowed

RULES

- 1) Shobu Ippon/Sanbon Rules (**NOT** WKF)
- 2) All judges/referee have an equal vote
- 3) Decision (Hantei) is called by referee in the case of time expiration prior a determined winner (No Kachi)
 - Judges may choose a winner (No Kachi) or draw (Hikiwake), **MAJORITY DECIDES**
- 5) In the event of draw (Hikiwake), Sudden Death (Encho-sen), 1-minute overtime

- 6) In the event of another draw, a decision (Hantei) must be made, NO 2nd overtime
- 7) Illegal targets: Striking to leg, groin, contact to throat, joints, strike to eyes, spine, or inside-leg sweep (safety reasons) are not permitted.
- 8) Outside-leg sweep allowed
- 9) NO Grabbing, Holding, strikes with Elbow, Knee, or Head are NOT permitted. Grab and let go before strike permitted in Black Belt divisions ONLY.
- 10) NO Face/Head contact allowed in Beginner or Intermediate Divisions
- 11) Non-injurious, controlled, light face/head skin touch is permitted in Brown, Advanced (Brown/Black combined), and Black Belt divisions ONLY
- 12) Light controlled contact to the body is permitted in all divisions.

ALL BEG, INT, BRWN, ADV.

Sanbon Shobu:

- 1) All points scored as one-point (ippon)
- 2) Matches are 2-minutes running time
- 3) **BEG & INT:** NO FACE/HEAD CONTACT ALLOWED
- 4) **BRWN & ADV:** LIGHT SKIN TOUCH NON-INJURIOUS FACE/HEAD CONTACT PERMITTED

BLACK BELTS (18-34yrs)

Sanbon Shobu:

- 1) Points scored as ½ point (wazari) or one-point (ippon)
- 2) Matches are 3-minutes running time
- 3) LIGHT skin touch non-injurious face/head contact permitted

BLACK BELTS (ages 35 & Older)

Ippon Shobu

- 1) Points scored as ½ point (wazari) or one-point (ippon)
- 2) Matches are 2-minutes running time
- 3) LIGHT skin touch non-injurious face/head contact permitted

TEAM KUMITE

- 1) 3-person teams
 - Points scored as ½ point (wazari) or one-point (ippon)
 - 2-minute running time
 - **4+ Teams** (Elimination Bracket)
 - Total accumulated points after set of 3 matches determines winner
 - **3 or less** (Round Robin Bracket)
 - Winning team is determined by total accumulated points from all matches

CONTACT VIOLATIONS

Illegal/Excessive Contact:

- 1st contact: keikoku (warning): no point awarded
 - 2nd contact: hansoku chui (warning to be disqualified):
 - 1 point awarded to opponent (under black belt)
 - ½ point awarded to opponent (black belt divisions)
 - 3rd contact: hansoku (disqualified): disqualification
 - **TEAM:** 3+ times result in 1-point penalty or disqualification/forfeit of match (judges discretion)
- 1) Dangerous and/or uncontrolled techniques such as a punch thrown to the head area that misses but passes through the target by at least one fist, uncontrolled spinning hook kick, open-hand strike to eyes, and/or throwing the opponent without control will be considered a contact violation.
 - 2) Depending on the severity of a contact, the penalty may be one of the following: keikoku, hansoku chui, or hansoku (disqualification) pending judges decision.
 - 3) Excessive contact to any body area may result in immediate disqualification pending judges decision.

NON-CONTACT VIOLATIONS

- 1st violation: keikoku (warning): no point awarded

- 2nd violation: hansoku chui (warning to be disqualified): no point awarded
 - 3rd violation: hansoku (disqualified): disqualification
 - **TEAM:** 3+ times result in 1-point penalty awarded to non-violating team without disqualification
- 1) Jogai (out of bounds)
 - 2) Holding, clinching, pushing, wrestling
 - 3) Failing to follow the referee's order and discourteous behavior

SPECIAL NEEDS

We are proud to have Specially Challenged Divisions.

*Please contact Kyoshi Anthony Marquez for rules, registration, and all other inquiries.
amkyoshi@earthlink.net or (626) 963-9959*

See you at the Pacific Coast Karate Championships!

Tournament Director: Shawn Danaher
Contact: (805) 915-7468

Host: Camarillo Shotokan Karate-Do
Contact: (805) 482-0307

Venue: Pacifica High School
*Address: 600 E. Gonzales Rd.
Oxnard, CA 93030*

Date: Saturday, June 3
10am - 5pm