

The E.K.O. competition rules and guidelines (2012)

Europe's Premier Karate Event!

The Championship is of course simply yet another benefit the E.K.O. Provides for us. There is no obligation to participate, however it gives every participating student an excellent opportunity to perform and witness some top quality Karate away from their own club.

The positive feeling at the venue is so tangible, so even if you are not competing, please try and give your support as a spectator; every one will have a great day and come away with a greater passion and enthusiasm for their karate.

- a) Doors open at 8.30am; the event will start at 9.00am sharp. The first four in each event will receive awards. Competitors must change prior to entering the championship hall.
- b) Events will run in the same order as the entry form, the competitor's category number will be displayed on the relevant area table and competitors must assemble immediately on this area and must be available to compete when their name is called.
- c) All team entries are to be made in the club chief instructor name and this name will be called on the day. The club chief instructors must make themselves available to officiate on the day. A representative will be nominated for any entry query on the day and ensure they have an exact photocopy of the entry form sent in to the EKO.
- d) We operate under EKO and European governing body rules and while these have been amply covered on our refereeing courses, competitors will of course not know them 100% and they should be advised to listen to and obey the referees at all times. All the referees and officials will do their utmost to help competitors and treat them fairly and they should be given the respect and courtesy they deserve by everyone.

Kata

- a) The traditional kata knockout rules apply to bring the entrant down to the final four.
- b) To clarify, two competitors are called and asked to perform any kata, upon completion, each of the judges will simultaneously award their choice, the majority winner moving through to the next round.
- c) The final four will then perform individually and be scored accordingly by 5 judges.
- d) In each round competitors may perform any kata although they should be aware that it is the performance of the kata that counts and not necessarily the complexity. A basic kata performed well may indeed 'beat' an advanced kata performed less well and of course basic kata's have lesser movements and therefore less chance of a hesitation or mistake. Often overlooked, this can be an important point, in the early rounds.
- e) No jewelry etc., of any description may be worn

Good luck!

Kumite

- a) Competitors must not make any facial or excessive body contact.
- b) The following protective equipment must be worn as a standard;
 - ✓ Hand mitts WKF/EKO approved
 - ✓ Shin protector
 - ✓ Shin & instep protectors
 - ✓ Foot protector
 - ✓ Gum shield
 - ✓ Male & Female groin guard
 - ✓ Female chest protector
 - ✓ No jewelry, glasses etc. may be worn

All Hand and leg protective gear must be W.K.F. or EKO approved!

NB:

Contest times may be reduced to ensure the competition finishing time is adhered to!