JAPAN KARATE FEDERATION
GOJUKAI AUSTRALIA

The JKFGA sanctioned tournaments run to the following rules and guidelines.

They are in accordance to WKF and JKF Goju Kai tournament rules.

This document is a guide for all officials, instructors, and competitors.

Reference to all WKF rules may also be found here:

https://bit.ly/WKF-KATA-2026

https://bit.ly/WKF-KUMITE-2026

KATA COMPETITION

1. Score to between 7.0 and 9.0 for all divisions.
2. Only Goju Ryu kata may be performed. NB: Sanchin & Tensho are **not** permitted in competition kata events.
3. Disqualification may result if a competitor fails to bow at the start and end of their kata, or for not announcing the kata, or for announcing/performing the wrong kata, or if their belt falls off during the kata performance.
   NB: discretion may be used for younger children.
4. Failure to complete a kata, or in the event of a disqualification, the competitor will be awarded the lowest score (7.0) by all judges.

SCORING CRITERIA FOR KATA

1. Correct stances
2. Correct and properly executed techniques
3. Transitional movements
4. Timing and synchronisation
5. Correct breathing
6. Showing good focus (Kime)
7. Strength
8. Speed
9. Balance

SCORING CRITERIA FOR KUMITE

All kumite events for competitors up to and including 13yrs: **NO CONTACT**

All kumite events for competitors 14yrs + : **TOUCH CONTACT (CONTROLLED)**

NOTE: Compulsory sparring equipment **MUST** be worn.
Failure to do so will result in disqualification from the event.

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KUMITE SCORING TECHNIQUES

- **YUKO** **(1 Point)** is awarded to TSUKI (straight punch), or UCHI (strike) to a scoring area.
- **WAZA-ARI** **(2 Points)** is awarded for CHUDAN kicks.
- **IPPON** **(3 Points)** is awarded for JODAN kicks or any hand techniques against an opponent whose any part of the body other than the feet is in contact with the mat, with the exception of HIZA GAMAE (one knee touching the the mat while executing a technique).

SCORING AREAS

1. Head
2. Face
3. Abdomen
4. Chest
5. Back
6. Side

NB: No Contact allowed to throat, spine, groin.

SCORING CRITERIA

1. Good form / technique
2. Attitude / non-malicious aggressive intent
3. Awareness (zanshin)
4. Good timing
5. Correct distance

*NB: Kiai is important but **not** a scoring requirement.*

COMPULSORY SAFETY EQUIPMENT

- Mouth guards and WKF approved red **or** blue gloves - **All competitors**
- Groin Guards - **Males 10yrs+**
- WKF approved red **or** blue combined shin/instep protectors. NB: Mens & Women's Open and Veteran Divisions must have **BOTH red & blue** gloves & shin/instep protectors.
- WKF approved chest protectors - **Females 12yrs+**
- WKF approved body protectors - all competitors: advisable but **not** compulsory

NB: It is the officials responsibility to check and confirm that all participants are wearing the required safety equipment before the event begins.

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EXPLANATION OF SCORING CRITERIA (KUMITE)

A technique with "**GOOD FORM**" is said to have characteristics conferring probable effectiveness within the framework of traditional Karate concepts.

SPORTING ATTITUDE is a component of good form and refers to a non-malicious attitude of great concentration, obvious during delivery of the scoring technique.

ZANCHIN is that criterion most often missed when a score is assessed. It is the state of continued commitment in which the Competitor maintains awareness of the opponent's potentiality to counter-attack. I.e.: He/she does not turn his/her face away during delivery of the technique, and remains facing the opponent afterwards.

GOOD TIMING means delivering a technique when it will have the greatest potential effect.

CORRECT DISTANCE similarly means delivering a technique at the precise distance where it will have the greatest potential effect. Thus, if the technique is delivered on an opponent who is rapidly moving away, the potential effect of that blow is reduced.

DISTANCING also relates to the point at which the completed technique comes to rest on or near the target. A punch or kick that comes somewhere between skin touch and 5 centimetres from the face, head, or neck may be said to have the correct distance. However, Jodan techniques, which come within 5 centimetres distance of the target and which the opponent makes no attempt to block or avoid will be scored, provided the technique meets the other criteria.

In Junior competition no contact to the head, face, or neck, is allowed other than a very light touch (previously known as a "skin touch") for Jodan kicks and the scoring distance is increased up to 10 centimetres.

A worthless technique is a worthless technique - regardless of where and how it is delivered. A technique, which is badly deficient in good form, or lacking power, will score nothing.

SENSHU is awarded to the first point and this gives the fighter an advantage. Should the fight end up in a draw, the fighter with SENSHU is declared the winner. Should a Competitor that has been awarded SENSHU receive a CHUI warning for avoiding combat for the following incidents: Jogai, running away, clinching, grabbing, wrestling, pushing or standing chest to chest when there is less than 15 seconds left of the bout – the Competitor will automatically forfeit this advantage.

FACE CONTACT — Up to 12yrs-13yrs: For competitors up to the 12-13yrs division contact is not allowed to the face, head and neck. Any contact will result in a penalty.

FACE CONTACT — From 14yrs+: For these competitors, non-injurious, light, controlled "touch" contact to the face, head, and neck is allowed (but not to the throat). Where contact is deemed by the Referee to be too strong, but does not diminish the competitor's chances of winning, a warning (CHUI). Any contact significant enough to influence the opponent's chances of winning may result in will still result in HANSOKU CHUI (warning of disqualification in the event of further infractions).

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PENALTIES & WARNINGS

CHUI	**(Warning)** is given, up to 3 times, for smaller infractions that do not diminish the other competitors chances of winning.
HANSOKU-CHUI	**(Warning of disqualification in the event of further infractions)** is given for more serious infractions that reduces the other competitors chances of winning, or to a competitor for any further infraction if three CHUI has already been given.
HANSOKU	**(Disqualification from the bout).** This is the penalty of disqualification following a very serious infraction or when a HANSOKU CHUI has already been given.
SHIKKAKU	**(Disqualification from the entire tournament)**. This is a disqualification from the entire tournament including any subsequent category the offender may have been registered for. SHIKKAKU may be invoked when a competitor fails to obey the orders of the Referee, acts maliciously, or commits an act which harms the prestige and honour of Karate.

INFORMAL WARNINGS

Informal warnings are used to facilitate the continuity of action without stopping the bout. They are not meant to replace formal warnings when these are appropriate, and the Referee should proceed with formal warnings or penalties as appropriate if the informal warning is not reacted upon by the Competitors.

There are two types of Informal Warnings.

TSUZUKETE

For encouraging activity

WAKARETE

For breaking up a clinch

To urge the Competitors to commence activity by gesturing in the same way as is customary for making the Competitors stepping on to the TATAMI, combined with the instruction “TSUZUKETE”.

To break-up a clinch, using the same gesture as is customary for making the Competitors step back on the TATAMI combined with giving the order “WAKARETE” to temporarily stop the action without stopping the clock. The Competitors must separate – after which the order “TSUZUKETE” is given for resuming action.

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WARNING & PENALTY APPLICATION

1. Techniques which make excessive contact, having regard to the scoring area attacked, and techniques which make contact with the throat.

2. Attacks to the arms or legs, groin, joints, or instep.

3. Attacks to the face with open hand techniques.

4. Techniques executed after “WAKARETE” before “TSUZUKETE HAJIME” has been called.

5. Dangerous or forbidden throwing techniques.

6. Feigning, or exaggerating injury.

7. Exit from the competition area (JOGAI) not caused by the opponent or following a score.

8. Self-endangerment by indulging in behaviour, which exposes the Competitor to injury by the opponent, or failing to take adequate measures for self-protection, (MUBOBI).

9. Avoiding combat as a means of preventing the opponent having the opportunity to score.

10. Passivity – not attempting to engage in combat (Cannot be given in the first 15 seconds of the bout or to a competitor that has a lead on points or SENSHU).

11. Clinching, wrestling, pushing, or standing chest to chest without attempting a scoring technique or takedown.

12. Grabbing the opponent with both hands for any other reasons than executing a takedown upon catching the opponents kicking leg.

13. Grabbing the opponent’s arm or Karate gi with one hand without immediately attempting a scoring technique or takedown.

14. Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.

15. Simulated or actual attacks with the head, knees, or elbows.

16. Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behaviour towards the Refereeing officials, or other violations of etiquette.

17. Controlled take downs are allowed, and can only be followed up by a punch (TSUKI) or strike (UCHI). Kicking attacks to an opponent who is on the floor is not allowed.