

2025 AAU KARATE FLORIDA

Supplemental Rules & Event Administration



AAU Karate Florida tournaments are officiated under the direction of licensed AAU Karate Florida Referees and Judges applying AAU Karate Rules professionally, fairly and impartially with any modifications specific to Florida detailed within.

Please review the official flyer for any additional rules, standards and procedures unique and exclusive to that event.

Go to www.aaukarate.org for complete AAU Karate Rules

CATEGORIES

Athlete Divisions:

Gender: Male and Female

Age: An Athlete's age is determined by their age on July 1st of the calendar year of the National Championships

Youth: Age 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

NEW for 2025: If you are age 18 you may now elect to participate in Adult 19-34 or Youth Age 5-18 but not both!

To participate in Adult your Sensei must submit a petition on your behalf for authorization to change your Division:

- * Petitions must be submitted by January 15 of that calendar year (No petitions will be considered after that date)
- * Submit petitions to your District Sport Director by email at admin@sporteventadministrators.com
- * If your petition is approved, you must remain in the Adult Category for all AAU Karate Florida events that year

Adult: Age 19-34

Senior: Age 35-75

Experience / Competition Belt Color:

* An Athlete's experience level is determined by their years of Karate training (Not years of competition)

* An Athlete's competition belt color reflects their experience (Not the rank that they earn in Karate / Wear in their Dojo)

Beginner: Less than 1 year / White Belt

Novice: 1 year but less than 2 years / Green Belt

Intermediate: 2 years but less than 4 years / Brown Belt

Advanced: 4 years or more / Black Belt

NEW for 2025: Remove / Strike (If you are a Black Belt you MUST participate in the Advanced Division)

Divisions may be combined or divided at the discretion of the Event Directors!

Non-Athlete Clinics: Referee (Ages 13 +) / Coach (Ages 13 +) / Volunteer (Ages 13+)

Note: Participants may register for both Athlete Divisions and 1 Non-Athlete Clinics if desired

Referees / Volunteers will be dismissed from their Ring Assignments in time to prepare for their Divisions if competing

DRESS CODE

Athlete: Clean white traditional uniform (No rolled sleeves / cuffs, trademarks, embroidery, logos, piping or stripes)

AAU Patch on left chest of uniform

Correctly colored belt for competition based on your years of karate training (*See Categories*)

Long hair should be neatly gathered with discreet elastic bands (*No metal clips*),

Finger / toe nails should be short and neatly trimmed

(*No jewelry / earrings, hats, caps, headbands, and / or sweatbands*)

Coach: Florida Gray or National Blue AAU Coach Shirt

Technical Only: Florida Green or National Red AAU Coaches Shirt

White Uniform Pants or Black Track Pants

Athletic Shoes

Coaches shall not wear their own team, organization or club jackets

(Note: If you were certified at the AAU National Karate Championships as a Technical Coach you may wear

A Florida Green or National Red AAU Coach Shirt. If you are wearing a Green or Red Shirt you must have your

AAU National Coach License (Received at the AAU National Karate Championships) available if challenged!

Referee: AAU Tie

White Shirt / Blue Blazer (*Optional*)

Gray Pants / Black Belt

Black Shoes / Black Socks

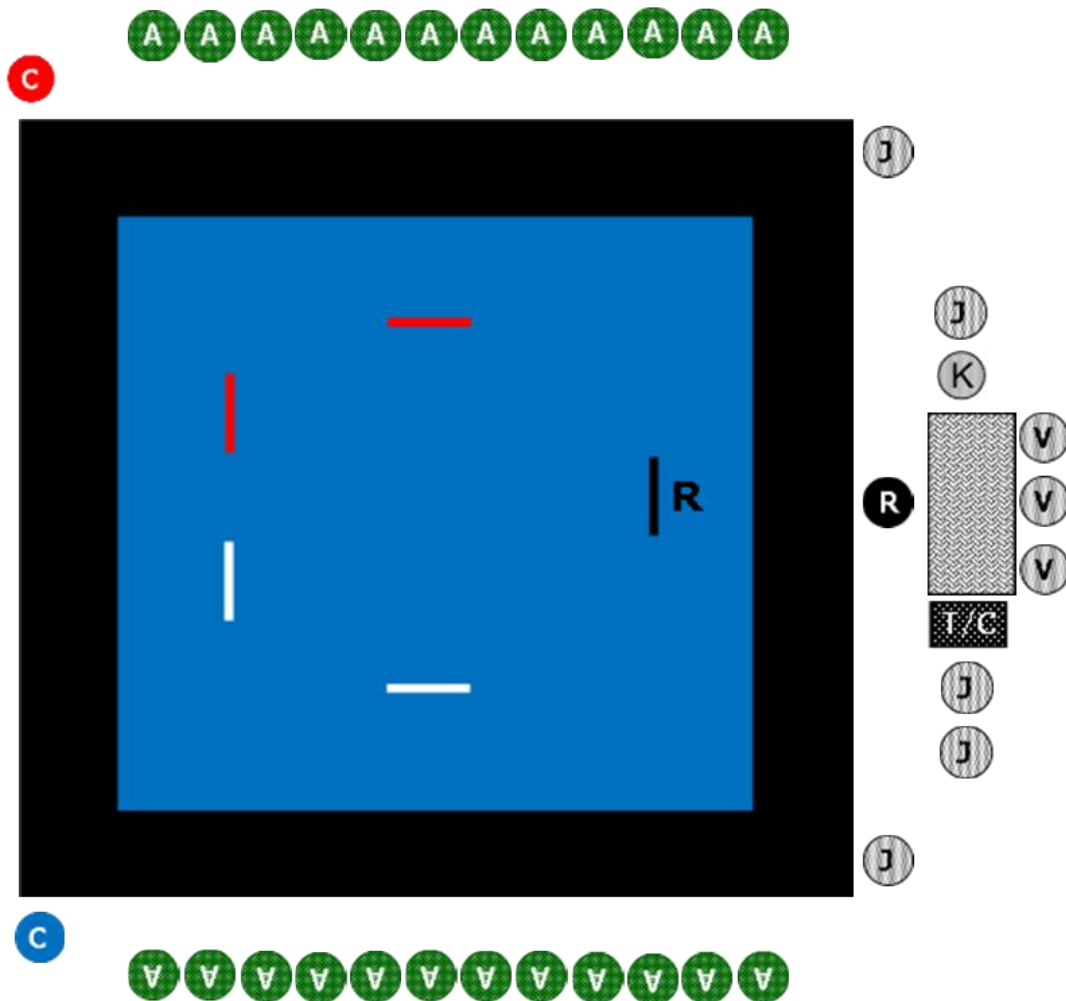
Volunteer: AAU Karate Florida Volunteer T-Shirt (*New Volunteers will receive at Clinic*)

(Go to <http://www.companycasuals.com/AAUFLKARATE/start.jsp> to order AAU Apparel)

RING / TABLE ETIQUETTE / CHARTS

1. No distracting activities at the table, i.e. cell phone, texting, gaming, excessive talking, cheering or coaching
2. Keep the table area neat and free of trash, store all personal items under the table, R/J water bottles in flip card stand
3. Only Referees/Judges/Volunteers are allowed in the table area. No Coaches/Athletes!
4. Referees must remain seated if not navigating from one area to another. Please DO NOT stand around a ring in order to observe your own athletes
5. Referees/Judges must sign their Charts as part of the official record
6. Ring Schedules will be provided to assist Ring Staff in efficiency and time management
7. Charts will clarify scoring range for Kobudo / Kata charts and time specifications for Kumite charts for each Division
8. Chief Referees will turn in evaluations and promotions for Officials assigned to their ring after each tournament
9. Some Divisions will have the same Report Time. This is because one or more of the Divisions is small and may require an exhibition match for Kumite. By reporting simultaneously it will place all prospective Athletes for exhibitions in the same ring at the same time.
10. Do not change the charts or allow anyone to change the charts except Mark or Deanna Pinner. This includes combining divisions, writing in athletes, moving athletes from one chart to another etc. as this could drastically affect results and points.

RING CONFIGURATION



MEDAL PRESENTATION

1. Receive Division Charts for Kobudo, Kata and Kumite (If combined Divisions, award separately)
2. Instruct all Athletes in the Division to move to the right edge of the Ring
3. Starting with Kobudo, call Division information (Age/Gender/Experience) and "Kobudo Results"
4. Call results in descending order as follows:
 1. BRONZE / 3 Place: Athlete First Name, Last Name motion Medalist forward
 2. SILVER / 2 Place: Athlete First Name, Last Name motion Medalist forward
 3. GOLD / 1 Place: Athlete First Name, Last Name motion Medalist forward
5. When Kobudo medal presentation is complete, direct Kobudo Medalists to stay in line
Call Kata Medalists to step forward, lining up in front of Kobudo Medalists
Call Kumite Medalists to step forward, lining up in front of Kata Medalists
(If Athlete is receiving multiple medals, step forward until done)
7. Distribute Participation medals to all remaining Athletes and have everyone turn and face Spectators for photos
8. Center Referee will formally dismiss entire Division
9. The Athletes should immediately gather all equipment and be dismissed and escorted from secured competition area

POINTS

1. Approved Events and Point standings are posted on your Page at: <https://sporteventadministrators.com/>
2. Always use the All Points tab to check your Points and to see current 1st Place Winners as that is the official record.
(From All Points you can select the Division to see Athletes and then Athlete to see the Events for that Athlete)
3. Athletes will earn points at AAU Karate Florida Championship Series events as follows:
 - 1st Place: 30 points
 - 2nd Place: 20 points
 - 3rd Place: 10 points
 - Participant: 5 points
4. Award categories are not further divided by Light & Heavy. If a Division is split at one or more events during the season, the Athletes in both groups will receive separate medals and equal points for that Division.
5. If an Athlete changes Divisions after earning points, those points are not transferred to the new Division.
6. To request a point correction, please email admin@sporteventadministrators.com on or before June 30th. All results become final as posted on July 1st.
7. Adaptive Athletes do not receive official Results or Points for Exhibition performances.
(See Adaptive Exhibitions Page 11)

Awards

1. Athletes with the highest accumulative points in their Division at the end of the season will be eligible to receive Athlete of the Year Awards.
2. Only those Athletes posted as 1st place for each category at the end of the season will be eligible to receive an award.
3. Only the points earned for the Division that the Athlete is in at the close of the season in May will be considered for awards.
4. Winners can pick up their awards at the first event, the AAU Karate Florida Kick-Off Tournament & Clinics. From 10:00 AM - 3:00 PM each Club should designate a representative to pick up all of the trophies from that Club and then distribute them to their Winners. Remember that these trophies are 36" tall and very heavy so please arrange appropriate labor and transportation if picking up multiple awards. Note that all awards MUST be picked up at this event! Due to the size and weight of these trophies we can no longer store or transport unclaimed awards.

RULES

1. Traditional Okinawan Weapons, Long & Short Combined (No AAU Stamp at Florida District/Regional Events):

Any weapon that, in the examiner's opinion, gives an unfair advantage to a competitor may not be used.

Long Weapons: Bo: Hardwood, slightly taller than Athlete (May be tapered if meets minimum diameter below)

a) Athletes 4' 10" and shorter/Minimum of 7/8" in diameter

b) Athletes 5' 10" and shorter/Minimum of 1" in diameter

c) Athletes over 5' 10"/Minimum of 1-1/16" in diameter (Athletes 132 lbs and less/Minimum of 1" in diameter)

Ekku: Hardwood, from eye level to top of head

Short Weapons: Tonfa: Hardwood, 2 each, even with elbow

Nunchaku: Hardwood, handles at least 12" in length, 1 or 2 each connected with cord (No Chain)

Kama: Hardwood, 2 each, unsharpened steel metal blade with no holes or wrist cords

Sai: 2 each steel, the tip shall at a minimum extend to the competitor's elbow

2. Athletes are classified in the same Division for Kobudo, Kata & Kumite

3. Athletes with short weapons will be permitted to roll up their sleeves (Inside of sleeve)

4. Penalties: a) Loss of Control:

Drop: Disqualification

Momentary: .1 - .3

Weapon touches floor: .1 - .3

b) Theatrical movements, excessive kicks: .4 - .6

c) Dangerous (Safety of Referees/Athletes): Disqualification

d) Note there is no out of bounds penalty

5. If a tie exists (In the top 3 scores for Medal consideration only):

a) Compare the low of the remaining scores

b) If still tied, compare the high of the remaining scores

c) If still tied, re-run Kata: Beginner/Novice/Intermediate: Same Kata

Advanced: Different Kata

Scoring:

Beginner: 5.0 - 7.0

Novice: 5.5 - 7.5

Intermediate: 6.0 - 8.0

Advanced: 6.5 - 8.5

RING PROCEDURES

1. Athletes/Charts arrive to ring

2. Line up Athletes in order on right side of ring (Or opposite side if Division in progress)

3. If errors on Chart, do not change! (See Sensei Pinner for final decision on Hand write vs Re-Chart)

4. Inspect Weapons (If rejected, Athlete will have 1 minute to exchange weapon)

5. Pull the first Athlete "Up" and direct to the upper center edge of ring in line with their marker

6. Pull the second Athlete "On Deck" and direct to upper right corner of ring

7. Athlete will be called 3 times, then disqualified

8. The Athletes will perform 1 at a time

9. Referees will score each Athlete by holding up their paddle

10. When score is complete, direct Athlete to back out of Ring, past and around next Athlete up, and follow original path, behind staged Athletes, to rear of line

RULES

1. Traditional Katas from recognized styles of Karate, single elimination, all styles combined
2. Athletes must perform appropriate Kata for their experience level (Beginners must do Beginner/Shitei Kata)

From AAU Karate Rulebook:

APPENDIX D: BEGINNER KATA: In the beginner division the competitors will be restricted to performing a kata from the following: • Isshin Ryu Seisan • Heian / Pinan • Gekisai

APPENDIX E: NOVICE KATA: In the novice kata divisions, the competitors will be allowed to perform any kata ***(From the Shitei / Sentei list for their specific style)** EXCEPT: • Nipaipo • Suparinpei / Hykuhachiho • Chatanyara Kushanku • Papurin • Sochin • Unsu / Unshu • Anan / Anan-Dai • Ohan / Ohan Dai • Paiho

*** = Florida Clarification**

3. Criteria for decision:
 - a) Breathing
 - b) Control of tension and contraction
 - c) Smooth and even transition
 - d) Kia
 - e) Proper understanding of bunkai
 - f) Stability and balance
 - g) Control of rhythm and speed
 - h) Kata sequence

Scoring:	
Beginner:	5.0 - 7.0
Novice:	5.5 - 7.5
Intermediate:	6.0 - 8.0
Advanced:	6.5 - 8.5

4. Penalties:
 - a) Fall, halt: Disqualification
 - b) Momentary hesitation: .1
 - c) Discernable pause: .2
 - d) Momentary loss of balance: .1 - .3
 - e) Instability: .2 - .3
5. If a tie exists (In the top 3 scores for Medal consideration only):
 - a) Compare the low of the remaining scores
 - b) If still tied, compare the high of the remaining scores
 - c) If still tied, re-run Kata: Beginner: Same Kata
Novice/Intermediate/Advanced: Different Kata
6. 19-34 Advanced: Shitei, Sentei, Tokui * Florida: 1 Round Only!

RING PROCEDURES

1. Athletes/Charts arrive to ring
2. Line up Athletes in order on right side of ring (Or opposite side if Division in progress)
3. If errors on Chart, do not change! (See Sensei Pinner for final decision on Hand write vs Re-Chart)
4. Pull the first Athlete "Up" and direct to the upper center edge of ring in line with their marker
5. Pull the second Athlete "On Deck" and direct to upper right corner of ring
6. Athlete will be called 3 times, then disqualified
7. The Athletes will perform 1 at a time
8. Referees will score each Athlete by holding up their paddle
9. When score is complete, direct Athlete to back out of Ring, past and around next Athlete up, and follow original path, behind staged Athletes, to rear of line

KATA (Adult 19-34 Beginner-Novice-Intermediate/Youth 5-18 All)

Flag Scoring / Bracket Chart

RULES

1. Traditional Katas from recognized styles of Karate, single elimination, all styles combined
2. Athletes must perform appropriate Kata for their experience level (Beginners must do Beginner/Shitei Kata)

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APPENDIX D: BEGINNER KATA: In the beginner division the competitors will be restricted to performing a kata from the following: • Isshin Ryu Seisan • Heian / Pinan • Gekisai

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3. Criteria for decision:
 - a) Breathing
 - b) Control of tension and contraction
 - c) Smooth and even transition
 - d) Kia
 - e) Proper understanding of bunkai
 - f) Stability and balance
 - g) Control of rhythm and speed
 - h) Kata sequence
4. Penalties:
 - a) Fall, halt: Disqualification
 - b) Momentary hesitation: .1
 - c) Discernible pause: .2
 - d) Momentary loss of balance: .1 - .3
 - e) Instability: .2 - .3
5. Athletes will perform 2 at a time
6. At conclusion of Kata, Center Referee blows whistle to indicate raise flag for Winner
7. Center Referee blows whistle to indicate lower flags
8. Center Referee indicates Winner

RING PROCEDURES

1. Athletes/Charts arrive to ring (Or opposite side if Division in progress)
2. Line up Athletes in order on right side of ring (They should not leave this area unless they are "Up")
3. If errors on Chart, do not change! (See Sensei Pinner for final decision on Hand write vs Re-Chart)
4. Pull Athletes "Up" for Match 1) **SHIRO & AKA**
5. Call Athletes "On Deck" for Match 2) **SHIRO & AKA** to start warming up

Match 1)

6. Verify with Coaches that **SHIRO & AKA** are ready to go
7. Direct **SHIRO & AKA** to go to upper center edge of ring, in line with their marker
8. When match is complete, direct Learner to go to upper left corner of ring
9. Direct Winner to Table to verify Name and then to lower right corner of ring (Behind staged matches)

Match 2)

10. During Match 1), on right side of ring, pull match 2) **SHIRO & AKA**
11. Verify with Coaches that **SHIRO & AKA** are ready to go
12. Direct **SHIRO & AKA** to go to upper center edge of ring, in line with their marker
13. Pull Athletes for Match 3) **SHIRO & AKA** as "On Deck" etc.
14. Repeat process until Division is complete

RULES

1. Sanbon / 3 Points
2. Half and full point scoring
3. Single elimination / All weights combined

Target Areas

1. Head
2. Face (Open hand techniques prohibited)
3. Neck (Advanced 19-34) No throat contact
4. Abdomen (Bladder, watch for belts high)
5. Chest
6. Back (except top of shoulders)
7. Sides

Criteria for Decision

1. Good Form
2. Correct attitude
3. Vigorous application
4. Zanchin
5. Proper timing
6. Correct Distance

Ippon Techniques

1. Jodan Geri — (Ippon or nothing, skin touch contact) Intermediate / Advanced only
2. Sweep/throw and score — (not above hips, only need to disrupt balance)

Waza - Ari Techniques

All punches
All body kicks

Head ContactBeginner / White Belt & Novice / Green Belt

No Contact

Warning / Penalty / Disqualification

Intermediate / Brown Belt & Advanced / Black Belt

Contact can be skin touch / Light contact

No transfer of power

Warning / Penalty / Disqualification

Safety Equipment

Mandatory: AAU approved White naugahyde mitts
Gum shield (White or Clear)
Groin cup (Males)
AAU approved White headgear with face-shield (Youth)

Optional: AAU approved Red & Blue mitts & boot/instep pads
Aka can wear White or Red and Shiro can wear White or Blue
(The boot /instep pad color must match the mitt color worn during the match)
White cloth shin / instep pads (Youth / Adult / Senior)
Chest protector (Females)
AAU approved White headgear with face-shield (Adult / Senior)

RULES (Continued)

Penalties			
	Contact / Non Contact	Out of bounds	Lack of concern
1. Warning	Chukoku	Jogai 1 / Jogai 2	Mubobi
2. Penalty	Chui	Jogai chui	Mubobi chui
3. Disqualification	Hansoku	Jogai hansoku	Mubobi hansoku

Timer	
Ages 13+ Adv.	2 minutes, stop time
Youth	2 minutes, running time
19-34 Adv.	3 minutes, stop time
Adult / Senior	2 minutes, running time

Hantei (Call for decision)

1. Referee checks score and announces score to judges
2. Referee steps back calls "Hantei" blows whistle and signals decision
3. Judges signal Aka, Shiro, or tie
4. Hikiwake (Tie) – Referee signals tie to competitors
5. Encho-Sen (Overtime) – Referee call for extension of match
6. Penalties remain
7. 1 minute overtime
8. Winner determined by first to score or loss by penalty
9. If tied Referee calls for Hantei again Referee / Judges signal for Aka or Shiro

Other

1. 10-second rule – A competitor must get back to their feet within 10 seconds of yame or they forfeit the match
2. Non-contact penalty for holding longer than 2 seconds
3. A competitor has 2 seconds to follow up when the opponent is on the ground
4. 30-second rule - Avoiding the opponent, running around the ring and generally disengaging from the match is a non-contact violation and may result in a penalty

RING PROCEDURES

1. Athletes/Charts arrive to ring
2. Line up Athletes in order on right side of ring (Or opposite side if Division in progress)
3. Ensure that competitors are not lined up next to another from the same dojo in first round
4. If errors on Chart, do not change! (See Sensei Pinner for final decision on hand write vs re-chart)
5. Check for proper gear: Naugahyde gloves, mouthpiece, headgear (Youth), cup (Males)
6. Athlete will be called 3 times, then disqualified
7. Call Athletes "Up" for Match 1) SHIRO & AKA
8. Call Athletes "On Deck" for Match 2) SHIRO & AKA to start warming up

Match 1)

9. Verify with Coaches that SHIRO & AKA are ready to go
10. Direct SHIRO & AKA to line with their marker
11. When match is over direct Winner to go Table to verify Name

Match 2)

12. During Match 1), pull match 2) SHIRO & AKA
13. Verify with Coaches that SHIRO & AKA are ready to go
14. Direct SHIRO & AKA to line with their marker
15. Pull Athletes for Match 3) SHIRO & AKA as "On Deck" etc.
16. Repeat process until Division is complete

Adaptive Exhibitions (All Ages/All Experience Combined)

Exhibition Kobudo / Exhibition Kata / Exhibition Kumite

RULES

1. Due to considerable differences in ages, experience levels and abilities of our Adaptive Athletes it makes it difficult to determine fair and safe matches for actual competition. Therefore Adaptive Athletes will perform controlled exhibitions called Exhibition Kobudo, Exhibition Kata and Exhibition Kumite.
2. Adaptive Athletes must have a dedicated Coach at ringside to assist them for the duration of their Exhibition(s).
3. Adaptive Athletes may compete in Standard Athlete Divisions or Adaptive Athlete Exhibitions but not both.
4. If an Adaptive Athlete is participating in Exhibition Kumite it will be their Coaches' sole responsibility to pre-arrange a suitable opponent who is familiar with the Adaptive Athlete and can safely showcase their skills in an exhibition match. If the Coach cannot locate a suitable opponent then the Athlete will be scratched from Exhibition Kumite.
5. Adaptive Athletes will receive a Gold medal for each Exhibition performed (Kobudo / Kata / Kumite)
6. Adaptive Athletes who perform in all 5 AAU Karate Florida Events in a given year will receive AAU Karate Florida High Five Awards at the Kick-Off Tournament & Clinics in January of the following year.