

| # | USA Karate Kata Questions Based on March 2023 Rules of Competition |
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| 1 | All competitors must wear a white unmarked Karate-Gi without stripes or piping or personal embroidery. |
| 2 | The belts are to be of plain red and blue color, without any personal embroidery, advertising, or markings other than the manufacturer's label. |
| 3 | In Kata competition the sleeves of the Karate-Gi jacket may not be rolled up. |
| 4 | The Karate-Gi trousers may be slightly shorter so as to only cover half of the shin. |
| 5 | Religious headwear designated for both genders (Competitors, Officials, and Coaches) approved by USA Karate will be allowed. |
| 6 | Female competitors may wear a plain white T-shirt beneath the Karate-Gi jacket. |
| 7 | Hair slides ("scrunchies") and metal hair grips ("barrettes") are prohibited in kumite but are permitted in kata competition. |
| 8 | Although ribbons and other decorations for the hair are not allowed in kumite, they are permissible in Kata. |
| 9 | 1-2 discreet plain hair ties on a single ponytail are permitted. |
| 10 | Only one discreet hair tie on a single ponytail is permitted. |
| 11 | Competitors may use approved religiously mandated headwear covering the hair and throat area. |
| 12 | The competition area must be of sufficient size to permit the uninterrupted performance of Kata. |
| 13 | Where an elevated competition area is used, the safety area should be of an additional one (1) meter on each side. |
| 14 | Where an elevated competition area is used, the safety area should be of an additional two (2) meters on each side. |
| 15 | For kata competition, the mats turned over to mark the red area starting points for kumite competitors are to be turned back over to form a uniformed colored surface. |
| 16 | Competitors and Judges must wear the official uniform as defined in the USA Karate Kumite Rules of Competition. |
| 17 | The Karate-Gi jacket may be removed during the performance of Kata. |
| 18 | Competitors who present themselves incorrectly dressed shall be given one minute in which to remedy matters. |
| 19 | Competitors who present themselves incorrectly dressed shall be given two-minutes in which to remedy matters. |
| 20 | Strength, Power and Speed are some of the criteria of evaluation for Kata. |
| 21 | Kata must demonstrate strength, power, and speed, as well as grace, rhythm, and balance. |
| 22 | Kata performance must be realistic in fighting terms and display concentration, power, and potential impact in its techniques. |
| 23 | An athlete who participates in an Elite Division may not compete in an Advanced Division in another category. |
| 24 | The placement of athletes in the correct skill level is the responsibility of both the athlete and their Coach/Instructor. |
| 25 | Team Kata matches consist of competition between three person teams. |
| 26 | A "performance" only refers to an individual's performance of a kata. |

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| 27 | In a matrix, or “Round-robin” competition, a round allows all competitors in a group one performance against each of the other competitors. |
| 28 | A “round” is a discrete stage in a competition leading to the eventual identification of finalists. |
| 29 | In single elimination Kata competition, a round eliminates fifty percent of competitors within it, counting byes as competitors. |
| 30 | Variations of kata as taught by the competitor’s style (RYU-HA) of Karate will be permitted. |
| 31 | In all Advanced divisions, of every age category, competitors must perform a different kata in the “medal” round. |
| 32 | Beginner and Novice divisions may perform any kata on the "Official Kata List". |
| 33 | It is the responsibility of the coach or competitor to notify the name and the number of the Kata to the score table prior each round. |
| 34 | When Intermediate and Advanced divisions are combined the competitors may only perform Intermediate katas from the "Official Kata List" and may repeat the same kata in every round. |
| 35 | Kata teams consist of 3 or 4 competitors, of which 3 compete in each round. |
| 36 | Kata teams consist of 3 competitors and may have a 4th person as an alternate. |
| 37 | In Team Kata, all three members must start facing the Judges. |
| 38 | The members of the team must demonstrate competence in all aspects of the Kata performance, as well as synchronization. |
| 39 | In USA Karate Signature Events, if sufficient personnel are available, a panel of five (5) Judges for each match shall be designated by the Tatami Manager. |
| 40 | Judge 1 will sit in the center position facing the competitor and the other four Judges will be seated at the corners of the competition area. |
| 41 | Officials shall not officiate any competitor which whom their relationship may project an appearance of bias or conflict of interest. |
| 42 | There are 10 criteria for Kata evaluation. |
| 43 | There are 5 criteria in each Kata evaluation. |
| 44 | Strength is one of the criteria of Kata evaluation. |
| 45 | The performance is evaluated from the bow starting the Kata until the bow ending the Kata. |
| 46 | In Kata competition variations as taught by the competitor's style (RYU-HA) are permitted. |
| 47 | Minor loss of balance must not be considered in the evaluation of the Kata performance. |
| 48 | Performing a movement in an incorrect or incomplete manner is considered a foul. |
| 49 | Failure to fully execute a block or punching off target is considered a foul. |
| 50 | Asynchronous movement, such as delivering a technique before the body transition is completed is considered a foul. |
| 51 | In team Kata, failing to do a movement in unison is not considered a foul. |
| 52 | The use of audible cues from any other person, including other team members is considered a foul. |
| 53 | Inappropriate exhalation will be taken into account by the Judges when arriving at a decision. |

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| 54 | Giving a command to start and finish the Kata by a team member is not considered to be an external cue. |
| 55 | The use of audible cues is not considered a foul. |
| 56 | Audible cues must be considered very serious fouls by the judges in their evaluation of the performance of the Kata. |
| 57 | Audible cues are on the same level as one would penalize a temporary loss of balance. |
| 58 | Stamping the feet, slapping the chest, arms, or Karate-Gi, will be taken into account by the Judges when arriving at a decision. |
| 59 | When the belt comes loose to the extent that it is coming off the hips during the performance is a foul. |
| 60 | Time wasting, including prolonged marching, excessive bowing or prolonged pause before starting the performance is considered a foul. |
| 61 | Excessive bowing before starting the performance is considered a foul. |
| 62 | There are 8 criteria for disqualification. |
| 63 | Performing the wrong Kata or announcing the wrong Kata leads to disqualification. |
| 64 | Not announcing the Kata, is not considered as disqualification. |
| 65 | A team which does not perform the bow at the beginning and completion of the performance will be disqualified. |
| 66 | A competitor will not be disqualified if he/she does a distinct pause or stop in the performance for several seconds. |
| 67 | Omitting or adding movements - or otherwise substantially changing the performance from its original form is a disqualification. |
| 68 | If the competitor's belt falls off during the performance of Kata, the competitor will be disqualified. |
| 69 | The belt coming loose to the extent that it is coming off the hips during the performance is a disqualification. |
| 70 | The failure to follow the instructions of the Chief Judge or other misconduct is considered a foul. |
| 71 | The failure to follow the instructions of the Chief Judge or other misconduct leads to disqualification. |
| 72 | The interference with the function of the Judges (such as the Judge having to move for safety reasons or making physical contact with a Judge) is a foul. |
| 73 | The failure to follow the instructions of Judge 1, or other misconduct is a disqualification. |
| 74 | An Advanced competitor in a medal round who repeats the previously performed Kata is a disqualification. |
| 75 | The Chief Referee shall determine if the competitors will perform Kata Individually or Simultaneously. |
| 76 | The starting point for Kata performance is anywhere within the perimeter of the competition area. |
| 77 | After the bow the Kata Competitor must clearly announce the name of the Kata that is to be performed and then start the performance. |
| 78 | The Competitor must wait on the tatami for the announcement of the evaluation at the end of performance. |

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| 79 | If a competitor is disqualified Judge 1 shall cross and uncross the flags (as in Kumite Torimasen signal) and raise the flag indicating the winner. |
| 80 | In Kata competition no ties are permitted. |
| 81 | Individual competitors or teams that do not present themselves when called will be disqualified (KIKEN) from that category. |
| 82 | Individual competitors or teams that do not present themselves when called will be disqualified (KIKEN) from all categories. |
| 83 | There are 100 Kata on the "Official Kata List". |
| 84 | In Kobudo the jacket and hakama colors may differ. |
| 85 | In Kobudo competitors may elect to wear a red, white, blue, or black jacket and hakama. |
| 86 | In Kobudo if the competitor chooses to wear a Karate-Gi, both the jacket and the trousers must be solid white without stripes or piping. |
| 87 | Kobudo competition only consists of long-weapons competition. |
| 88 | Kobudo competition takes the form of team and individual matches. |
| 89 | Kobudo competition takes the form of only individual matches. |
| 90 | In Kobudo competition the competitors must perform a traditional Kobudo Kata. |
| 91 | Weapons must be of traditional design and any decision as to a weapon's eligibility will be made by the Chief Referee and/or Tournament Director. |
| 92 | In Kobudo competition a panel of three or five (3 or 5) Judges for each match shall be designated by the Tatami Manager before the match. |
| 93 | In Kobudo if the competitor loses balance completely and/or falls, a foul and not a disqualification is the correct call. |
| 94 | Para-Karate competitions only consist of Kata Competitions. |
| 95 | Intellectual impaired athletes will perform the Kata standing up. |
| 96 | Visually Impaired Athletes competition is only divided into one category. |
| 97 | The straps to fix the legs of wheelchair Athletes must be of white color and without logos. |
| 98 | Therapy animals or emotional-support animals are not allowed in the competition area or its perimeter. |
| 99 | There are three general Categories in Para Karate competitions: Visually Impaired, Intellectually Impaired and Wheelchair Users. |
| 100 | Prostheses, canes, crutches, and other equipment used for physical support are not allowed in Para-Karate competitions. |