

RULE CHANGES

AOK – 2016

DIVISION CHANGES:

- 1) 6 & 7 Intermediate and Advanced Kata are now combined into one division:
F-3 6-7 Int/Adv Kata
- 2) Kata divisions for Beg/Int/Adv Women are now combined with Beg Exec/Int Exec/Adv Exec Women into the following divisions:
F-23 Beg/Beg Exec Women 18+
F-24 Int/Int Exec Women 18+
F-25 Adv/Adv Exec Women 18+
- 3) Kata divisions for Beg/Int/Adv Men are now combined with Beg Exec/Int Exec/Adv Exec Men into the following divisions:
F-26 Beg/Beg Exec Men 18+
F-27 Int/Int Exec Men 18+
F-28 Adv/Adv Exec Men 18+
- 4) Sparring division for Black Belt Sr. Exec Men 45+ has been split into two divisions:
S-71 Black Belt Sr. Exec Men 45+ Lt Wt (185 lbs and under)
S-72 Black Belt Sr. Exec Men 45+ Hvy Wt (186 lbs and over)
- 5) Jr Teams and Adult teams have now been combined into one division:
(This will allow junior and adults to compete on the same team- this is the only division that adults and juniors will be allowed to compete in the same division)
M-13 Jr/Adult Teams

RULE CHANGES:

The following Rules for Traditional divisions now apply to the following divisions:

- F-35 Black Belt Adult Traditional M/W 18-34
- F-36 Black Belt Exec Traditional M/W 35+
- F-37 Black Belt Jr Traditional B/G 10-17

Rules for Traditional Divisions:

- A. No Jewelry.
- B. No more than 5 Kias.

- C. No music, no weapons or props can be used.
- D. Start and end (relatively) in front of the head judge.
- E. No wasted movements, each movement has a reason.
- F. No more that three kicks without setting foot down.
- G. No gymnastics: Flips, Splits, Cartwheels or Handstands.
- H. Competitors wear traditional type uniforms either white or black (exception for Kung Fu).
- I. Traditional Katas should incorporate techniques learned in basic karate classes and in karate books provided by the founders of major karate styles.

The following Rule will be changed:

III. COMPETITION AREA:

D. Two starting lines, each three feet in length, will be centered in the middle of the ring six to twelve feet apart.

Will be changed to read:

D. Two Starting lines, each three feet in length, will be centered in the middle of the ring six to twelve feet apart. Both competitors must start with both feet behind the starting line before match begins.