Sport Karate Kata Rules

Rules and Requirements:

1. Competitors must compete in their respective age, gender and belt level divisions.
2. Competitors must compete in proper Karate Gi (Uniform) as per deemed by the Chief Director of Sport Karate

Awarding Points:

1. Katas to be scored by 5 Judges.
2. Elements to be taken account include focus, power, rhythm, balance, speed, stances, body postures and quality of movements
3. No restriction in respect to the particular Kata to be performed in the competition
4. Final score for each competitor = the sum of the middle 3 scores. The highest and lowest scores will not be counted.