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# PARA-KARATE MANUAL

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*Note: This manual has been created and developed by the following people:*

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**Shintani Wado-Kai Karate Federation has adopted a statement of inclusion as part of the federation's rules, regulations, policies and procedures that states:**

**"The Shintani Wado-Kai Karate is an inclusive organization and welcomes full participation of all individuals in our programs and activities, irrespective of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or impairment. In line with other sport organizations/universities, SWKKF members will be eligible to compete which corresponds with either their sex assigned at birth or their gender identity."**

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# Accessible Canada Act



## Accessible Canada Act – Barrier-Free Canada

The Accessible Canada Act is to ensure that all persons, especially those with disabilities, experience a barrier-free Canada by the identification, removal and prevention of barriers in the following areas:

- (a) employment;
- (b) the built environment;
- (c) information and communication technologies;
- (d) the procurement of goods and services;
- (e) the delivery of programs and services;**
- (f) transportation; and
- (g) areas designated under regulations made under paragraph 117(1)(b).

This Act is to be enacted under the following **principles**:

- (a) all persons must be treated with dignity regardless of their abilities or disabilities;
- (b) all persons must have the same opportunity to make for themselves the lives that they are able and wish to have regardless of their abilities or disabilities or of how their disabilities interact with their personal and social characteristics;
- (c) all persons must have barrier-free access to full and equal participation in society, regardless of their abilities or disabilities;**
- (d) all persons must have meaningful options and be free to make their own choices, with support if they desire, regardless of their abilities or disabilities; and
- (e) laws, policies, programs, services and structures must take into account the abilities and disabilities of persons and the different ways that persons interact with their environments, and persons with disabilities must be involved in their development or design.**

### **\*\*For more details**

<https://www.parl.ca/DocumentViewer/en/42-1/bill/C-81/first-reading#enH973>

### **\*\*For provincial Accessibility Acts see the following:**

#### **British Columbia**

<https://www2.gov.bc.ca/gov/content/governments/about-the-bc-government/accessibility>

#### **Alberta**

<https://www.alberta.ca/accessibility.aspx>

#### **Saskatchewan**

<https://saskatchewanhumanrights.ca/accessibility/>

#### **Manitoba**

<http://www.accessibilitymb.ca/>

#### **Quebec**

<http://www.quebec-accessible.ca/en/index.php/resources/laws/canada/quebec/>

#### **Ontario**

<https://aoda.ca/what-are-aoda-standards/>

<https://aoda.ca/free-online-training/>

# Rules and Regulations



**Important:** Please realize that although these rules and regulations apply to the tournament situation – the **facility requirements** apply to the **dojo environment** as well.

## **INTRODUCTION**

These rules and regulations are to provide SWKKF Para-Karate division events with standards that are representative of the World Karate Federation's Para-Karate competition rules. When SWKKF tournaments include the Para-Karate division competitive event, the following rules and regulations are mandatory. All SWKKF rules and regulations remain the same but for the exceptions described below.

The Para-Karate division will include the following events:

- Individual Kata
- Flag Kumite

## **TOURNAMENT FACILITIES**

The tournament facilities must provide accessible change rooms, washrooms etc. (according to the Accessibility Canada Act).

*Important:* In any unforeseen incident, such as a fire or case of evacuation, the competitor's Instructor or designate is responsible to ensure the athlete's safety.

## **SET-UP OF RING**

The set up of the ring will be consistent with SWKKF tournament ring regulations.

The competition area must be flat and devoid of any hazards. For proper performance of kata and kumite a smooth surface is required.

The competition area must be of sufficient size to allow uninterrupted performance of the kata and kumite.

The whole competition area must be without any form of barriers.

## **SCOREKEEPING AND PAPER WORK**

All necessary paperwork to record competitors' kata scores and kumite results will be provided by the tournament coordinator. It is recommended that the scorekeepers/table people have been orientated to complete this paperwork accurately.

## **JUDGES**

All judges are required to be specifically SWKKF trained on how to run the Para-Karate division competition, judge the Para-Karate division kata and kumite categories, and guide the table people accordingly.

The number of judges in a ring will be 3 as a minimum and 7 as the maximum.

## **CATEGORIES FOR COMPETITION**

- Athletes with a wheelchair mobility
- Athletes with a visual impairment
- Athletes with an intellectual and/or developmental disability
- Athletes with a standing mobility impairment

Depending on the registration of the above categories, the above categories may compete in the same event but be judged separately, according to their specific category and rank; with gender categories assigned only when it seems applicable (eg: for adult kumite).

All competitors will follow official uniform as defined by SWKKF regulations unless officially approved by Para-Karate Committee Member. Addition of wearing white sports shoes if required and straps to fix the legs of athletes with wheelchairs are allowed. The straps are to be white in colour and have no logo. Other accommodations may be deemed necessary (such as ear muffs to control sound intake level etc) to ensure ultimate performance for the athlete.

### **Organization of Para-Karate Individual Kata**

- Individual kata competition involves the individual performance of each athlete, one at a time. This performance may include instructor support. This support may involve the instructor guiding the athlete to their position in the ring, modelling each technique or sequence of techniques in the kata, and/or exiting the ring.
  - Instructor supporters must guide and assist athletes to ensure smooth and proper performance (i.e., see written procedures in the SWKKF Para-Karate Program Manual).
- In the individual kata event, the kata is freely selected from the SWKKF kata list as shown in the tournament flyer.
- Deviations to kata performance will be accepted in acknowledgment of the athlete's abilities.
- The performance of the competitor is evaluated from the bow starting the kata until the bow ending the kata. It is important to judge the athlete's abilities and their performance in accordance to their capacity. For example, the kata should adhere to the traditional SWKKF values and principles, be realistic, show balance, speed, power, proper sequence, the potential of impact of the techniques, and overall presentation.
- A point system will be designated by the Center Judge at the onset of the event ranging from:
  - 6.0 to 7.0 (average 6.5) for children
  - 7.0 to 8.0 (average 7.5) for adults
  - 8.0 to 9.0 (average 8.5) for black belts
- If a kata is incomplete, kyu belts can redo their kata, black belts cannot. Scoring will be presented in accordance with SWKKF regulations and procedures. For example, when there are 5 judges, the high and low scores will be eliminated, using the sum of the remaining scores. This procedure is not possible if there are only 3 judges in the ring.

### **Organization of Para-Karate Kumite Competition**

#### **Flag kumite**

- Each competitor will have a vest that has 3-5 velcro patches that flags will be attached to. The number of flags will depend upon the age and rank of the competitors (eg; more flags available for youth and lower ranks). All flags will be positioned on the frontal chest and abdomen area of the vest.



- There are 3 flag length options (short, medium and long). The length of flag used on a competitor's vest will be determined by the needs of the athlete.
- To score a point, a sparring competitor must be able to touch, grab and remove one of the flags from their opponent's vest.

**\*\*NOTE: At the Local and Regional Competition Level**

**An added Team Kata category can be included as an event.**

- Team kata competition involves the performance of more than one athlete performing at the same time in a synchronized fashion. The team will receive one score as a group.
- For Team kata synchronization will also be evaluated.

**Flag Kumite rules can accommodate the following adjustments.**

- The allotted time for a match will be 2 minutes – stopped time. The increased time will provide Para-Karate division competitors the leeway to experience a meaningful sparring match.
- Competitors are allotted 4 warnings before being disqualified.
- All warning criteria and any other types of disqualifications would follow SWKKF regulations, in accordance with the call of the Center Judge and other judges in the ring.

*Note: These rules and regulations were developed, reviewed and revised as necessary by the National Tournament Planning Committee's Para Division Planning Sub-Committee (September 2019).*

*As of January 2020, these rules and regulations will be reviewed and revised as necessary by the SWKKF Para-Karate Committee.*

# JUDGING PARA-KARATE EVENTS



## JUDGING REQUIREMENTS

All black belts who judge in the Para-Karate division at a tournament must be knowledgeable and qualified for Para-Karate competition. This knowledge and qualifications are determined by the black belt's attendance at Para-Karate training sessions and clinics hosted by the Para-Karate Committee. This qualification is acknowledged in the black belt's passport with Para-Karate sticker(s).

NB: If there are not enough qualified Para-Karate black belts to run a ring, the next option is for the tournament adjudicator to designate the appropriate black belts with the mandatory condition that the **centre judge** must be Para-Karate qualified even if the corner judges are of higher rank.

### **Modified Ring Etiquette**

- The centre judge must be aware of who are the designated ring steward(s) that will be supporting the competitors and must be in close communication with them throughout the competition as needed.
- All judges must be knowledgeable regarding the Rules and Regulations for this specific division and a copy of the rules and regulations from this manual are to be available at the score keeping table as a reference document.
- SWKKF etiquette is encouraged and modelled at all times. However, if a student exhibits etiquette infractions, it is always dealt with in a positive and motivational way – never any form of disciplinary fashion.

# TOURNAMENT ORGANIZATION AND REQUIREMENTS



