

Karate

(Offline & Online Format)

1.Global Identity of Karate

Karate is a globally recognised martial art, known for its disciplined movements, strikes, and self-defence techniques. While the term “Karate” is universally accepted, it is also known by different names or adapted styles in various countries:

- Russia: Kapatə (Karate)
- Japan: 空手道 (Karatedō)
- Korea: Gwonbeop (권법) – historical martial arts with similarities
- China: Wushu or Quanfa (拳法) – foundational martial roots
- India: Karate or Desi Martial Arts (in some regional adaptations)
- Middle East & Africa: Recognized broadly as Karate, with local martial art influences

2.Vision of the Pythian Karate Event

The Modern Pythian Games aim to unite cultures through arts, sports, and traditional games. Karate, being both an art and a discipline, promotes respect, focus, physical fitness, and inner strength. This competition provides equal opportunities to general and disabled participants, both online and offline, with Gold, Silver, and Bronze medals in each category.

3.Description of Karate as a Competition

Karate is a traditional martial art involving a combination of:

- Kata (forms) – Demonstrating pre-arranged sequences of movements
- Kumite (sparring) – Controlled fight between two participants (Offline only)
- Kihon (basics) – Fundamental techniques and stances (mainly in lower age or special categories)

In the online mode, participants perform Kata and/or Kihon.

In the offline mode, all three – Kata, Kumite, and Kihon – may be included depending on the category.

4. Online mode– How It Is Played

1. Participants submit a video of their performance (Kata or Kihon) within the assigned timeline.
2. The video must be:
 - Shot in landscape mode
 - Clearly display full body from head to toe
 - Unedited and in one single take
 - Performed in proper Karate attire
3. The video is uploaded through the official registration portal or via provided Google Drive link.
4. Jury evaluates the video based on predefined scoring criteria.

5. Offline mode – How It Is Played

1. Participants perform Kata, Kumite, or Kihon live at the competition venue.
2. Matches are held according to their category and division.
3. Trained referees and jury members judge and score performances on the spot.
4. Protective gear is mandatory for Kumite participants.

6. Registration Process

1. Visit the official Modern Pythian Games portal.
2. Select Karate Competition – Online or Offline mode.
3. Fill in the required details:
 - Name, Age, Gender, Disability (if applicable), Country, Belt Rank
4. Upload valid ID and martial arts certificate (if available).
5. Pay the registration fee (if applicable).
6. Receive confirmation and category allocation via email.

7. Eligibility Criteria

- Open to all genders, all countries, and all age groups.
- Minimum age: 6 years
- No upper age limit
- Participants must mention their belt rank and martial arts school/style.
- Separate divisions for:
 - General participants
 - Para/Disabled participants (visually impaired, physically disabled, hearing impaired, etc.)

8. Dress Code

- Karate Gi (Uniform): White, with appropriate belt (colour to reflect rank)
- Clean and presentable attire mandatory
- For Kumite: mandatory protective gear (gloves, shin guards, mouthguard, headgear for youth)

9. Competition Categories

Each category will have Gold, Silver, and Bronze medal winners.

By Mode:

- Online: Kata, Kihon (General and Para)
- Offline: Kata, Kihon, Kumite (General and Para)

By Age Groups:

- Sub-Junior (6–9 years)
- Junior (10–14 years)
- Youth (15–20 years)
- Senior (21–40 years)
- Masters (41 years and above)

By Belt Rank:

- Beginners (White to Yellow)
- Intermediate (Orange to Green)
- Advanced (Blue to Brown)
- Black Belt Category

10. Jury Panel & Referees

Jury Composition:

- 3 to 5 qualified judges per performance panel
- 1 Head Judge for each event (with minimum 5 years of experience)

Qualifications:

- Must hold Black Belt (1st Dan or above)
- Certified from recognised Karate federations or schools
- Trained in digital evaluation methods (for online judges)

11. Scoring Criteria

Kata / Kihon (Both Online & Offline):

- Technique accuracy (30%)
- Balance and posture (20%)
- Speed and power (20%)
- Rhythm and timing (10%)
- Expression of energy (10%)
- Presentation and discipline (10%)

12. Kumite (Offline Only):

- Points awarded for:
 - Clean strike to permitted target area
 - Timing, distancing, and control
 - Penalties for illegal contact or unsporting behavior
- Victory by:
 - Highest score at end of bout
 - Sudden victory (first to score in case of tie)
 - Disqualification of opponent

13. Winning Criteria

- The highest total score in each category will determine winners.
- In case of tie:
 - For Kata: Head judge's decision is final
 - For Kumite: Additional bout may be conducted or referee decision considered

14. Other Rules and Regulations

1. Transparency:

- All judging is documented and video-recorded
- Online submissions are blind reviewed (judge cannot see participant's name or location)
- No jury member can judge their own student or academy

2. Disqualification Grounds:

- Inappropriate attire
- Late submission (online)
- Editing or manipulating video
- Misbehavior or disrespect

3. Appeals:

- Appeals allowed within 24 hours of result announcement
- Must be submitted in writing with valid reasoning

4. Anti-Cheating Measures:

- AI or manual checks for duplicate or edited video entries
- Use of time-stamped videos for online events

15. Inclusivity for Disabled Participants

- Events adapted based on disability category
- Extra time, guided assistance, or visual cues may be permitted
- Special jury training for evaluating Para Karate events
- Medals awarded in separate disabled categories, ensuring fair representation