



## **KUMITE, KATA COMPETITION RULES**

# KUMITE RULES

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## ARTICLE 1: KUMITE COMPETITION AREA

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1. The competition area must be flat and devoid of hazard.
2. The competition area will be a flat or matted square, with sides of eight metres (measured from the outside) with an additional 1 meter on all sides as a safety area. There will be a clear safety area of a meter on each side. The area may be elevated to a height of up to one metre above floor level. The elevated platform must measure at least twelve metres a side, in order to include both the competition and the safety areas.
3. A line half a metre long must be drawn two metres from the centre of the competition area for positioning the Referee.
4. Two parallel lines each one metre long and at right angles to the Referee's line, must be drawn at a distance of one and a half metres from the centre of the competition area for positioning the competitors.
5. The Judges will be seated in the safety area, one on each corner of the square. Each will be equipped with a red and a white flag and a whistle.
6. The Arbitrator will be seated just outside the safety area, behind the Referee.
7. The score-supervisor will be seated at the official score table, between the scorekeeper and the timekeeper.
8. The one meter border should be in a different colour from the rest of the area.

### **EXPLANATION:**

1. *There must be no advertisement hoardings, walls, pillars etc. within one metre of the safety area's outer perimeter.*

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## ARTICLE 2: OFFICIAL DRESS

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1. Contestants and their coaches must wear the official uniform as herein defined.
2. The Referee Council may disbar any official or competitor who does not comply with this regulation.

### **REFEREES**

1. Referees and Judges must wear the official uniform designated by the Referee Council. This uniform must be worn at all tournaments and courses.
2. The official uniform will be as follows:

A single breasted navy blue blazer bearing two silver buttons.  
A white shirt with short sleeves.  
An official tie, worn without tiepin.  
Plain light-grey trousers without turn-ups.  
Plain dark blue or black socks and black slip-on shoes for use on the match area.  
Female referees and judges may wear a hairclip.

## **CONTESTANTS**

1. Contestants must wear a white unmarked karate gi without stripes or piping. The national emblem or flag of the country may be worn on the left breast of the jacket and may not exceed an overall size of ten centimetres square (100mm by 100mm). Only the original manufacturer's labels may be displayed on the gi. In addition, an identifying number issued by the Organising Committee may be worn on the back. One contestant must wear a red belt and the other a blue belt. The red and white belts must be around five centimetres wide and of a length sufficient to allow fifteen centimetres free on each side of the knot.
2. Notwithstanding paragraph 1 above, the Directing Committee may authorise the display of special labels or trademarks of approved sponsors.
3. The jacket, when tightened around the waist with the belt, must be of a minimum length that covers the hips, but must not be more than three-quarters thigh length. Female competitors may wear a plain white T-shirt beneath the Karate jacket.
4. The maximum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. Jacket sleeves may not be rolled up.
5. The trousers must be long enough to cover at least two thirds of the shin and must not reach below the anklebone. Trouser legs may not be rolled up.
6. Contestants must keep their hair clean and cut to a length that does not obstruct smooth bout conduct. Hachimaki (headband) will not be allowed. Should the Referee consider any contestant's hair too long and/or unclean, he may disbar the contestant from the bout. In Kumite matches hair slides are prohibited, as are metal hairgrips. In Kata, a discreet hair clip is permitted. Ribbons and other decorations are prohibited.
7. Contestants must have short fingernails and must not wear metallic or other objects, which might injure their opponents. The use of metallic teeth braces must be approved by the Referee and the Official Doctor. The contestant accepts full responsibility for any injury.
8. IJKA approved mitts are compulsory.
9. Gum shields are compulsory.
10. Boxes and soft shin pads shin/instep protectors are forbidden.
11. Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.
12. The wearing of unauthorised clothing or equipment is forbidden. Women may wear the authorised additional protective equipment such as chest protectors.
13. The use of bandages, padding, or supports because of injury must be approved by the Referee on the advice of the Official Doctor.

## **COACHES**

1. The coach shall at all times during the tournament, wear a tracksuit and display official identification.

**EXPLANATION:**

- I. *The contestant must wear a single belt. This will be red for AKA white for Shiro. Belts of grade should not be worn during the bout.*
- II. *Gum shields must fit properly. Groin protectors using a removable plastic cup slipped into a jockstrap are not permitted and persons wearing them will be held at fault.*
- III. *There may well be a religious basis for the wearing of certain items such as turbans or amulets. Persons wishing, by virtue of their religion, to wear what would otherwise be construed as unauthorised clothing must notify the Referee Council in advance of a tournament. The Referee Council will examine each application on its merit. No accommodation will be made for people who just turn up on the day and expect to participate.*
- IV. *If a contestant comes into the area inappropriately dressed, he or she will not be immediately disqualified; instead the fighter will be given one minute to remedy matters.*
- V. *If the Referee Council agrees, Refereeing Officials may be allowed to remove their blazers.*

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**ARTICLE 3: ORGANISATION OF KUMITE COMPETITIONS**

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1. A Karate tournament may comprise Kumite competition and/or Kata competition. The Kumite competition may be further divided into the team match and the individual match. The individual match may be further divided into weight divisions and open category. Weight divisions are divided ultimately into bouts. The term “bout” also describes the individual Kumite competitions between opposing pairs of team members.
2. No contestant may be replaced by another in an individual title match.
3. Individual contestants or teams that do not present themselves when called will be disqualified (KIKEN) from that category.
4. Male teams comprise seven members with five competing in a round. Female teams comprise four members with three competing in a round.
5. The contestants are all members of the team. There are no fixed reserves.
6. Before each match, a team representative must hand into the official table, an official form defining the names and fighting order of the competing team members. The participants drawn from the full team of seven, or four members, and their fighting order, can be changed for each round provided the new fighting order is notified first, but once notified, it cannot then be changed until that round is completed.
7. A team will be disqualified if any of its members or its coach changes the team's composition or fighting order without written notification prior to the round.

**EXPLANATION:**

- I. *A “round” is a discrete stage in a competition leading to the eventual identification of finalists. In an elimination Kumite competition, a round eliminates fifty percent of contestants within it,*

counting byes as contestants. In this context, the round can apply equally to a stage in either primary elimination or repechage. In a matrix, or “round robin” competition, a round allows all contestants in a pool to fight once.

- II. *The use of contestants' names causes problems of pronunciation and identification. Tournament numbers should be allotted and used.*
- III. *When lining up before a match, a team will present the actual fighters. The unused fighter(s) and the Coach will not be included and shall sit in an area set aside for them.*
- IV. *In order to compete male teams must present at least three competitors and female teams must present at least two competitors. A team with less than the required number of competitors will forfeit the match (Kiken).*
- V. *The fighting order form can be presented by the Coach, or a nominated contestant from the team. If the Coach hands in the form, he must be clearly identifiable as such; otherwise, it may be rejected. The list must include the name of the country or club the belt colour allotted to the team for that match and the fighting order of the team members. Both the competitor's names and their tournament numbers must be included and the form signed by the coach, or a nominated person.*
- VI. *If, through an error in charting, the wrong contestants compete, then regardless of the outcome, that bout/match is declared null and void. To reduce such errors the winner of each bout/match must confirm victory with the control table before leaving the area.*

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#### **ARTICLE 4: THE REFEREE PANEL**

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1. The Refereeing Panel for each match shall consist of one Referee (SHUSHIN), four Judges (FUKUSHIN), and one arbitrator (KANSA).
2. The Referee and Judges of a kumite bout must not have the nationality of either of the participants.
3. In addition, for facilitating the operation of matches, several timekeepers, caller announcers, record keepers, and score supervisors shall be appointed.

#### **EXPLANATION:**

- I. *At the start of a Kumite match, the Referee stands on the outside edge of the match area. On the Referee's left stand Judges numbers 1 and 2, and on the right stands the Arbitrator and Judge number 3 and 4.*
- II. *After the formal exchange of bows by contestants and Referee Panel, the Referee takes a step back, the Judges and Arbitrator turn inwards, and all bow together. All then take up their positions.*
- III. *When changing the entire Referee Panel, the departing Officials take up position as at the start of the bout or match, bow to each other, and then leave the area together.*
- IV. *When individual Judges change, the incoming Judge goes to the outgoing Judge, they bow together and change positions.*

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**ARTICLE 5: DURATION OF BOUT**

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1. Duration of the Kumite bout is defined as two minutes for Senior Male Kumite (both teams and individuals), Women's, Junior, and Cadet bouts.
2. The timing of the bout starts when the Referee gives the signal to start, and stops each time the Referee calls "YAME".
3. The timekeeper shall give signals by a clearly audible gong, or buzzer, indicating "30 seconds to go" or "time up". The "time up" signal marks the end of the bout.

**ARTICLE 6: SCORING**

1. The result of a bout is determined by either contestant scoring IPPON, 2 WAZA-ARI or obtaining a decision, or by a HANSOKU, SHIKKAKU, or KIKEN imposed against a contestant.
2. It must be noted that an IPPON is worth two WAZA-ARI.
3. An IPPON is awarded on the basis of the following:  
A scoring technique counts as an IPPON when it is performed according to the following criteria to a scoring area:  
Good form, correct attitude, vigorous application, zanshin (perfect finish), proper timing, correct distance.
4. An IPPON may also be awarded for techniques deficient in one of the above criteria but which conform to the following schedule:
  - a. Jodan kicks or other technically difficult techniques.
  - b. Deflecting an attack and scoring to the unguarded back of the opponent.
  - c. Sweeping or throwing followed by a scoring technique.
  - d. Delivering a combination technique, the individual components of which each score in their own right.
  - e. Successfully scoring at the precise moment the opponent attacks.
5. A WAZA-ARI is awarded for a technique almost comparable to that needed to score IPPON. The refereeing panel must look for IPPONS in the first instance and only award a WAZA-ARI in the second instance.
6. A victory over an opponent who has been given a HANSOKU or SHIKKAKU will be worth IPPON. If a contestant is absent, withdraws, or is withdrawn, the opponent will be credited with a win by IPPON.
7. Attacks are limited to the following areas:
  1. Head
  2. Face
  3. Neck
  4. Abdomen
  5. Chest
  6. Back (but excluding shoulders)
  7. Side
8. An effective technique delivered at the same time that the end of the bout is signaled, is considered valid. An attack, even if effective, delivered after an order to suspend or stop the bout shall not be scored and may result in a penalty being imposed on the offender.
9. No technique, even if technically correct, will be scored if it is delivered when the two contestants are outside the competition area. However, if one of the opponent delivers an effective technique

while still inside the competition area and before the Referee calls "YAME", the technique will be scored.

10. Simultaneous effective scoring techniques delivered by both contestants the one on the other, shall not score.

**EXPLANATION:**

*Though two Waza-Aris equal one Ippon in scoring value, in technical terms, a Waza-Ari is equal to 90% of an Ippon.*

*A technique with "good form" is said to have characteristics conferring probable effectiveness within the framework of traditional Karate concepts. Correct attitude is a component of good form and refers to a non-malicious attitude of great concentration obvious during delivery of the scoring technique. Vigorous application defines the power and speed of the technique and the palpable will for it to succeed; nothing is held back. Zanshin is that criterion most often missed when a score is assessed. It is the state of continued commitment which endures after the technique has landed and the ability to continue with proper form, other continuing techniques. The contestant with Zanshin maintains total concentration and awareness of the opponent's potentiality to counter-attack.*

*Proper timing means delivering a technique when it will have the greatest potential effect. Proper distancing similarly means delivering a technique at the precise distance where it will have the greatest potential effect. Thus if the technique is delivered on an opponent who is rapidly moving away, the potential effect of that blow is reduced.*

*Distancing also relates to the point at which the completed technique comes to rest on or near the target. To score, the technique must have the potential to penetrate deep into the target, so straight arm punches are seen as having a low potential in this respect and must be evaluated accordingly. For example, a punch which comes somewhere between skin touch and 2-3 centimeters from the face and where the punching arm is not fully straight has the correct distance. However Jodan punches which come within a reasonable distance of the target and which the opponent makes no attempt to block or avoid will be scored provided the technique meets the other criteria.*

*A worthless technique is a worthless technique - regardless of where and how it is delivered. Thus a Jodan kick which is badly deficient in good form will score nothing, much less an Ippon. However, in order to encourage technically difficult techniques, the Referee should lean toward awarding Ippon for them, even if there is a slight deficiency in good form; as long as it is only slight. As a simple rule-of-thumb, techniques which would normally merit a Waza-Ari are scored as Ippon if they are scheduled as "technically difficult". Deflecting an attack and delivering a good technique to any unguarded target area of the opponent's body can be scored as Ippon - not just attacks to his/her unguarded back.*

*A sweeping technique need not require the contestant to fall to the floor; to merit Ippon, it is sufficient if he/she is merely unbalanced as a scoring technique is delivered. Referees must not be too quick in halting a bout. Many potentially successful sweep and strikes have been defeated by the Referee calling "Yamei" too early. Two seconds should elapse after a sweep or throw for it is during this time that the committed and coordinated attacker will have demonstrated his/her follow-through.*

*Combination attacks are those sequences of techniques which each individually merit at least Waza-Ari, occurring in rapid succession.*

*Techniques which land below the belt may score, as long as they are above the pubic bone. The neck is a target area and so is the throat. However, no contact whatsoever to the throat is permitted but a score may be awarded for a properly controlled technique.*

*A technique delivered with good form and which lands upon the shoulder blades may score. The non-scoring part of the shoulder is the junction of the upper bone of the arm with the shoulder blades and collar bones.*

*The time-up bell signals the end of scoring possibilities in that bout, even though the Referee may inadvertently not halt the bout immediately. The time up bell does not, however, mean that penalties cannot be imposed.*

*Penalties can be imposed by the Refereeing Panel up to the point where the contestants leave that area after the bout's conclusion. Penalties can be imposed after that, but then only by the Referee Council.*

*True Aiuchis are rare. Not only must two techniques land simultaneously but both must be valid scoring techniques - each with good form etc. Two techniques may well land simultaneously, but seldom are both - if indeed either - effective scores. The Referee must not dismiss as Aiuchi, a situation where only one of the simultaneous pair is actually a score. This is not Aiuchi.*

#### **ARTICLE 7: CRITERIA FOR DECISION**

1. In the absence of an IPPON score, or of a defeat caused by KIKEN, HANSOKU, or a SHIKKAKU during the bout a decision is taken on the basis of the following considerations:
  - a. Whether there have been any WAZA-ARI awarded.
  - b. If there have been any penalty given.
  - c. The attitude, fighting spirit and strength demonstrated by the contestants.
  - d. The superiority of tactics and techniques.
2. In individual category where there is no score superiority, then the following procedure will be followed:
  - a. If, at the end of a bout, the two contestants have no score, the winning decision shall be given by HANTEI.
  - b. If, at the end of a bout, the two contestants have scored equally, the decision for victory shall be given by HANTEI.
  - c. If, at the end of a bout, neither contestant has established a superiority, then the decision for that bout shall be a draw ("HIKIWAKE") and EXTRA Bout (SAI SHIAI) should be announced.
  - d. A penalty or warning incurred in the bout will not be carried forward to the EXTRA Bout.
  - e. If, at the end of the EXTRA Bout, neither contestant has established a superiority, then the decision for that bout shall be a draw ("HIKIWAKE") and ENCHO SEN will be announced. A penalty or warning incurred in the bout will be carried forward to the ENCHO SEN.
3. In team competition the winning team is the one with the most bout victories.
4. If two teams have the same number of victories, the winner is the one whose contestants have scored the most IPPONS, AWASATE IPPONS, WAZA-ARIS taking both winning and losing fights into account.
5. If two teams have the same number of victories and scores, a deciding bout must be held between representatives of the two teams. In the event of a continuing tie, there is an EXTRA BOUT and if still is a tie, extension (ENCHO SE) will be announced. The first contestant to score IPPON or WAZA-ARI is declared the winner..
6. If there is no decision after a bout of an individual match, an EXTRA BOUT will be fought. In the event of a tied EXTRA BOUT, ENCHO-SEN will be announced. In the event of tied ENCHO SEN, the majority decision of the panel will be announced by the Referee.

#### **EXPLANATION:**

*When scores are unequal, the contestant who completes the bout satisfactorily a Waza-Ari ahead of the opponent shall be given the victory.*

*Taking the above criteria into account, when a superiority can be established, it is quite in order for one contestant to be given the victory, even when the score situation is equal.*



*When deciding the outcome of a bout by Hantei, the Referee shall step outside of the ring and call "Hantei" followed by a two-tone blast on his whistle. The Judges will indicate their opinions by means of their flags, the Referee should acknowledge the Judges decision by a one-tone blast of his whistle, then move forward to his original position and announce the majority decision.*

*EXTRA BOUT is a separate bout, penalties awarded in the bout proper wont't therefore carry over. The Encho-Sen is an extension of a bout; it is not a separate bout. Penalties awarded in the bout proper will therefore carry over into the Encho-Sen. There must be a decision after an Encho-Sen, taking performance in the whole bout into consideration.*

*Where a team match has tied bout victories and points, an additional bout is then fought between selectees. The selectees must be nominated within one minute of the announcement of this bout and the persons making the nomination will be those who signed the original fighting order form for that match. If the extra bout ties, an Encho-Sen will be fought and as in common with all Encho-Sens, a decision must be reached at its conclusion.*

## **ARTICLE 8: PROHIBITED BEHAVIOR**

1. The following are forbidden:
  - a. Techniques which make contact with the throat.
  - b. Techniques which make excessive contact, having regard to the scoring area attacked. All techniques must be controlled. Any technique which impacts the head, face or neck and results in visible injury must be penalized, unless caused by the recipient.
  - c. Attacks to the groin, joints, or instep.
  - d. Attacks to the face with open hand techniques ("TEISHO" or "NUKITE").
  - e. Dangerous throws which by their nature preclude or prejudice the opponent's ability to land with safety.
  - f. Techniques which by their nature, cannot be controlled for the safety of the opponent.
  - g. Direct attacks to arms or legs.
  - h. Repeated exits from the competition area (JOGAI), or movements which waste too much time. JOGAI relates to a situation where a contestant's body, or part thereof touches the floor outside of the area. An exception is when the contestant is actually pushed or thrown from the area by his opponent.
  - i. Wrestling, pushing or seizing without an immediate technique.
  - j. MUBOBI relates to a situation where one, or both contestants display a lack of regard for his, or their own safety.
  - k. Feigning of injury in order to gain advantage.
  - l. Any discourteous behaviour from a member of an official delegation can earn the disqualification of the offender or the entire team delegation from the tournament.

### **EXPLANATION:**

*Any contact to the throat must be penalized, unless it is the recipients own fault (Mubobi etc.).*

*Techniques to the face may "touch" and still score, but touch does not mean a solid impact. When assessing the contact force used, the Referee must take all the circumstances into account. Did the victim exacerbate the impact of an otherwise controlled technique by an injudicious movement? This is the reason most often given for scoring what would otherwise appear to be excessive contact but it must not be used as a justification for a bad assessment. The Referee must consider the effects of a marked disparity in size between contestants - as can occur in a team match, or in open weight bout.*

*The Referee must constantly observe the injured contestant. The latter's behavior may help the Referee in his assessment. A short delay in giving a judgment allows injury symptoms such as a nosebleed to develop. Observation will also reveal any efforts by the contestant to aggravate slight injury for tactical advantage. Examples of this are blowing violently through an injured nose, or rubbing the face roughly with the back of a mitt. Pre-existing injury can produce symptoms out of all proportion to the degree of contact used.*

*The trained Karate-Ka can absorb strong impact over muscled areas such as the abdomen, but the breastbone and ribs are vulnerable to injury. For this reason, reasonable control over body contact must be exercised.*

*The accidental kick in the groin can reduce the opponent's potential for winning as surely as a deliberate one. Therefore the Referee should award a penalty in either case. Foot sweeps that land high on the leg can cause knee injury. The Referee must assess the validity of any sweep-attack to the leg; ineffectual but painful attacks of this sort should be immediately penalized.*

*The face is defined as covering an area which begins one centimeter above the eyebrows, extending down and including the temples, narrowing from the cheekbones and finishing just under the chin.*

*The two open hand techniques referred to are merely examples of the class of prohibited techniques.*

*Different Karate-Ka have different abilities at controlling techniques and for this reason, there is no actual classification of "dangerous techniques". The contestant must perform all techniques with control and good form. If he/she cannot, then regardless of the technique misused, a warning or penalty must be imposed.*

*The point at which "Yamei" is called is helpful in determining if Jogai has occurred. If Aka delivers a successful technique and then exits immediately afterwards, "Yamei" should occur at the instant of score and the exit therefore occurs outside of bout time and may not be penalized. If Aka's attempt to score is unsuccessful, "Yamei" will not be called and the exit will be recorded. If Shiro exits just after Aka scores with a successful attack, then "Yamei" will occur immediately on the score and Shiro's exit will not be recorded. If Shiro exits, or has exited as Aka's score is made (with Aka remaining within the area), then both Aka's score will be awarded and Shiro's Jogai penalty will be imposed.*

*Movements which waste time include pointless circling, where one or both contestants do not engage in combat. It is expected that they will initially test each other but within a short time, deliberate and effective attacks and counters should occur. If for any reason this does not happen after a reasonable interval, the Referee must stop the bout and caution the offender(s). The contestant who constantly retreats without effective counter, rather than allow the opponent an opportunity to score must be penalized. This often occurs during the closing seconds of a bout.*

*An example of Mubobi is the instance in which the contestant launches a committed attack without regard for personal safety. Some contestants throw themselves into a long reverse-punch, and are unable to block a counter. Such open attacks constitute an act of Mubobi and cannot score. For the contestant's own safety, he/she must be warned at an early stage.*

*As a tactical theatrical move, some fighters turn away immediately in a mock display of dominance to demonstrate a scored point. They drop their guard and lapse awareness of the opponent. The purpose of the turn-away is to draw the Referee's attention to their technique. This is a clear act of Mubobi. In order to score, Zanshin must be preserved.*

*Feigning of an injury which does not exist is a serious infraction of the rules. Exaggerating an injury which does exist is less serious. Shikkaku can be imposed on the contestant feigning injury i.e., when such things as collapse and rolling about on the floor are not supported by evidence of commensurate injury as reported by a neutral doctor. A warning or penalty can be imposed for exaggerating injury.*

*The Coach will be assigned a specific place by the Referee Council in conjunction with the tournament organizing officials. This area will be close to the competition area and the Coach allowed a free and uninterrupted access to contestants between bouts. To assist the contestants, a visible scoreboard must be employed. Which can be clearly viewed by Coaches and contestants.*

## **ARTICLE 9: PENALTIES**

1. The following scale of penalties shall operate:

KEIKOGU: (Warning)	May be imposed for attended minor infractions or for the first instance of a minor infraction
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HANSOKU-CHUI:	HANSOKU-CHUI is usually imposed for infractions for which a KEIKOKU has previously been given in that bout.
HANSOKU:	This is imposed following a very serious infraction. It results in the opponent's score being raised to IPPON.
SHIKKAKU:	This is a disqualification from the actual tournament, competition, or match. The opponent's score is raised to IPPON. In order to define the limit of SHIKKAKU, the Referee Council must be consulted. SHIKKAKU may be invoked. When a contestant commits an act which harms the prestige and honor of Karate-do and when other actions are considered to violate the rules of the tournament.

**EXPLANATION:**

*A penalty can be directly imposed for a rules infraction but once given, repeats of that particular infraction must be accompanied by an increase in severity of penalty imposed. It is not, for example, possible to give a Keikoku for excessive contact then give a warning for a second instance of excessive contact.*

*Penalties do not cross-accumulate. This is to say that a warning for the first instance of Mubobi will not be followed by an automatic HANSOKU CHUI for the first instance of Jogai. The general penalties imposed are those of Keikoku, Hansoku-Chu, Hansoku and Shikkaku. The infraction should be indicated by prefacing the Hansoku-Chui or Keikoku with an explanation such as "Jogai (or Mubobi) Hansoku-Chui/Keikoku".*

*KEIKOKU is given where there has clearly been a minor infraction of the rules, but the contestant's potential for winning is not diminished (in the opinion of the Referee Panel) by the opponent's foul.*

*A Hansoku-Chui may be imposed directly, or following a Keikoku and is used where the contestant's potential for winning has been reduced by the opponent's foul.*

*A Hansoku is imposed for cumulative penalties but can also be imposed directly for serious rules infractions. It is used when, in the opinion of the Referee Panel for the bout, the contestant's potential to win has been reduced virtually to zero by the opponent's foul.*

*A Shikkaku can be directly imposed, without warnings of any kind. The contestant need have done nothing to merit it - it is sufficient if the Coach or non-combatant members of the contestants' delegation behave in such a way as to harm the prestige and honor of Karate-Do.*

*If the Referee believe that a contestant has acted maliciously, regardless of whether or not actual physical injury has been caused, Shikkaku and not Hansoku is the correct penalty.*

*A public announcement of Shikkaku must be made.*

**ARTICLE 10: INJURIES AND ACCIDENTS IN COMPETITION**

1. KIKEN or forfeiture is the decision given when a contestant or contestants are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not ascribable to the opponent's actions.
2. If two contestants injure each other at the same time or are suffering from the effects of previously incurred injury and are declared by the tournament doctor to be unable to continue, the bout is awarded to the contestant who has amassed the most points at that time. If the points score is equal, then a decision (HANTEI) will decide the outcome of the bout.
3. An injured contestant who has been declared unfit to fight by the tournament doctor cannot fight again in that competition.

4. An injured contestant who wins a bout through disqualification due to injury is not allowed to fight again in the competition without permission from the doctor. If he is injured, he may win a second bout by disqualification but is immediately withdrawn from further Kumite competition in that tournament.
5. When a contestant is injured, the Referee shall at once halt the bout and call the doctor. The doctor is authorized to diagnose and treat injury only.

**EXPLANATION:**

*Self inflicted injury and those injuries caused by the athlete are easy to deal with but when assessing an injury caused by the opponent's technique, the Panel must consider whether the technique was valid. Was it properly applied to the proper area at the correct time and with the correct degree of control? Consideration of this will assist the Referee Panel in deciding whether the injured contestant should be declared the loser by Kiken, or whether the opponent should be penalized for a foul.*

*When the doctor declares the contestant unfit, the appropriate entry must be made on the contestant's monitoring card. The extent of unfitness must be made clear to other Refereeing Panels.*

*A contestant may win through disqualification of the opponent for accumulated minor infractions. Perhaps the winner has sustained no significant injury. A second win on the same grounds must lead to the winner's withdrawal, though he may be physically able to continue.*

*The doctor is obliged to make safety recommendations only as they relate to the proper medical management of that particular injured contestant.*

*In order that the credibility of the sport be maintained, competitors who feign injury will be subject to the strongest penalties, up to, and including, suspension for life for repeated offenses.*

*Competitors who receive SHIKKAKU for feigning injury, will be taken from the competition area and put directly into the hands of the Medical Commission, who will carry out an immediate examination of the competitor. The Medical Commission will submit its report before the end of the Championship, for the consideration of the Referee Council.*

**ARTICLE 11: PROTEST**

1. No-one may protest about a judgment to the members of the Refereeing Panel.
2. If a refereeing procedure appears to contravene these rules, the official representative is the only one allowed to make a protest.
3. The protest will take the form of a written report submitted immediately after the bout in which the protest was generated. The sole exception to this is when the protest concerns an administrative malfunction. The Area Controller should be notified immediately the administrative malfunction is detected.
4. The protest must be submitted to a representative of the Referee Council. In due course the Council will review the circumstances leading to the protested decision. Having considered all the facts available, they will produce a report and shall be empowered to take such action as may be called for.
6. The complainant must deposit a sum of money as may be agreed by the IJKA Europe, with the Treasury and a duplicate receipt will be issued. The protest, plus a copy of the receipt, must be lodged with the Chairman of the Referee Council.

**EXPLANATION:**

*The protest must give the names of the contestants, the Referee Panel officiating and the precise details of what is being protested. No general claims about overall standards will be accepted as a legitimate protest. The burden of proving the validity of the protest lies with the complainant.*

*In case of an administrative malfunction during a match in progress, the Coach can notify the Match Area Controller directly. In turn the Area Controller will notify the Referee.*

*The protest will be reviewed by the Referee Council and as part of this review, the Council will study the evidence submitted in support of the protest. The Council will also study official videos and question Match Area Controllers in an effort to objectively examine the protest's validity.*

*If the protest is held by the Referee Council to be valid, the appropriate action will be taken. In addition, all such measures will be taken to avoid a recurrence in future competitions. The deposit paid will be refunded by the Treasury.*

*If the protest is held by the Referee Council to be invalid, it will be rejected and the deposit forfeited to IJKA Europe.*

## **ARTICLE 12: POWER AND DUTIES OF THE REFEREE COUNCIL, MATCH AREA CONTROLLERS, REFEREES, JUDGES AND ARBITRATORS**

- A. The Referee Council's powers and duties shall be as follows:
1. To ensure the correct preparation for each given tournament in consultation with the Organizing Committee, with regard to competition area arrangement, the provision and deployment of all equipment and necessary facilities, match operation and supervision, safety precautions, etc.
  2. To appoint and deploy the Match Area Controllers (Chief Referees) to their respective areas and to act upon and take such action as may be required by the reports of the Match Area Controllers.
  3. To supervise and co-ordinate the overall performance of the refereeing officials.
  4. To nominate substitute officials where such are required. (The composition of a panel of officials may not be changed at the sole discretion of the Arbitrator, Referee or Judge).
  5. To investigate and render judgment on matters of official protest.
  6. To pass the final judgment on matters of a technical nature which may arise during a given match and for which there are no stipulations in the rules.
- B. The Match Area Controllers powers and duties shall be as follows:
1. To delegate, appoint, and supervise the Referees and Judges, for all matches in areas under their control.
  2. To oversee the performance of the Referees and Judges in their areas and to ensure that the Officials appointed are capable of the tasks allotted them.
  3. To prepare a daily, written report, on the performance of each official under their supervision, together with their recommendations, if any, to the Referee Council and the Examining Committee.
- C. The Referee's powers shall be as follows:
1. The Referee ("SHUSHIN") shall have the power to conduct matches (including announcing the start, the suspension, and the end of the match) and:

2. To award an IPPON or WAZA-ARI.
  3. To explain to the Match Area Controller or Referee Council, if necessary, the basis for giving a judgment.
  4. To impose penalties and to issue warnings (before, during, or after a bout).
  5. To obtain the opinion(s) of the Judges
  6. To announce extensions.
2. The authority of the Referee is not confined solely to the competition area but also to all of its immediate perimeter.
  3. The Referee shall give all commands and make all announcements.
  4. When the Judges signal, the Referee must consider their opinions and render a judgment. The Referee however, will only stop the match, if he agrees with the opinions tendered.
- E. The Judge(s) ("FUKUSHIN") powers shall be as follows:
1. a. To assist the Referee by flag gesture.
  - b. To exercise a right to vote on a decision to be taken.
2. The Judge(s) shall carefully observe the actions of the contestants and signal to the Referee an opinion in the following cases:
    - a. When an IPPON or WAZA-ARI is observed.
    - b. When a contestant appears about to commit, or has committed a prohibited act and/or techniques.
    - c. When an injury or illness of a contestant is noticed.
    - d. When both or either of the contestants have moved out of the competition area.
    - e. In other cases when it is deemed necessary to call the attention of the Referee.
- F. The Arbitrator will supervise the Time-Keepers and Score-Keepers. Records kept of the match shall become official record subject to the approval of the Arbitrator (Kansa).

**EXPLANATION:**

*When explaining the basis for a judgment after the match, the Referee may speak to the Match Area Controller or the Referee Council. The Referee will explain to no-one else.*

*The good Referee will not halt the smooth flow of the bout unless it is necessary to do so. All halts with no outcome, such as "Yamei - Torimasen" must be avoided.*

*The Referee need not halt a bout when the Judges signal, if convinced the signals are incorrect. The Referee's judgment in this instance is made "on the move". Before over-ruling the Judges signal, the Referee must consider whether the Judges were better sighted. Judges will signal only by flag gesture, they will not use whistles.*

*When, however, the match has been halted and the Judges have a different opinion to that of the Referee, then the majority decision will prevail.*

*The Judges must only score what they actually see. If they are not sure that a technique actually reached a scoring area they should signal "Mienai".*

*In the event that the Referee does not hear the time-up bell, the Arbitrator will blow his whistle.*

**ARTICLE 13: STARTING, SUSPENDING AND ENDING OF MATCHES**

1. The terms and gestures to be used by the Referee and Judges in the operation of a match shall be as specified in Appendices 1 and 2.
2. The Referee and Judges shall take up their prescribed positions and, following an exchange of bows between the contestants, the Referee will announce "SHOBU IPPON HAJIME!" and the bout will commence.
3. The Referee will stop the bout by announcing "YAME!" when a scoring technique is seen. The Referee will order the contestants to take up their original positions.
4. The Referee returns to his position and the Judges indicate their opinion by means of a signal. The Referee identifies the relevant score, awards WAZA-ARI or IPPON and supplements the announcement with the prescribed gesture. The Referee then restarts the bout by calling "TSUZUKETE HAJIME!" or announces the winner.
5. When a contestant has scored IPPON during a bout, the Referee shall call "YAME!" and order the contestants back to their standing lines as he returns to his. The winner is then declared and indicated by the Referee raising a hand on the side of the winner and declaring "SHIRO (AKA) NO KACHI". The bout is ended at this point.
6. When time is up and the scoring situation tied, the Referee shall call "YAME!" and return to his position. The Referee will call "HANTEI" and following his signal (by whistle) the Judges will indicate their opinions. The majority decision will be taken. The Judges and Referee have one vote each at HANTEI.
7. The Referee will award the decision and announce the winner, or give a draw ("HIKIWAKE").
8. In the event of a tied individual bout, the Referee will announce "EXTRA BOUT" and start the extension with the command "SHOBU IPPON HAJIME!".
9. In the event of a tied EXTRA BOUT, the Referee will announce "ENCHO SEN" and start the extension with the command "SHOBU HAJIME".
10. When faced with the following situations, the Referee shall announce "YAME!" and halt the bout temporarily. The bout will subsequently be restarted.
  - a. When both or either of the contestants are out of the area (or when a Judge signals a JOGAI). The Referee will order the two contestants to their initial positions.
  - b. When the Referee orders the contestant to adjust his Gi.
  - c. When the Referee notices that a contestant appears about to contravene the rules.
  - d. When the Referee notices that a contestant has contravened the rules.
  - e. When the Referee considers that one or both of the contestants cannot continue with the bout owing to injuries, illness or other causes. Heeding the tournament doctor's opinion, the Referee will decide whether the bout should be continued.
  - f. When a contestant seizes his opponent and does not perform an immediate effective technique, the Referee will separate them.
  - g. When one or both contestants fall or are thrown and no effective techniques are immediately forthcoming.

**EXPLANATION:**

*When beginning a bout, the Referee first calls the contestants to their starting lines. If a contestant enters the area prematurely, he/she must be motioned off. The contestants must bow properly to each other - a quick nod is both discourteous and insufficient. The Referee can call for a bow where none is volunteered by motioning with his forearms as shown in Appendix 2 of the rules.*

*When halting a bout, the Referee does not merely call "Yamei", he/she also makes the appropriate signal. The Referee must first identify the scoring opponent ("Aka" or "Shiro"), then the scoring area attacked (Chudan, Jodan"). This is followed by the general classification of scoring technique used ("Tsuki", "Uchi" or "Keri") and finally the score awarded ("Waza-Ari" or "Ippon").*

*When re-starting the bout, the Referee should check that both contestants are on their lines and properly composed. Contestants jumping up and down or otherwise fidgeting must be stilled before combat can re-commence. The Referee must re-start the bout with the minimum of delay.*

## **ARTICLE 14: MODIFICATIONS**

Only I.J.K.A. Europe Referee Council and Technical Committee with the approval of the Directing Committee can alter or modify these rules.

## **KATA RULES**

### **ARTICLE 1: COMPETITION**

1. The competition area must be flat and devoid of hazard.
2. The competition area must be a minimum of a size to permit the uninterrupted performance of Kata.

#### **EXPLANATION:**

*For the proper performance of Kata a stable smooth surface is required.*

### **ARTICLE 2: OFFICIAL DRESS**

1. Contestants, Referees and Judges must wear the official uniform as defined in Article 2 of the Kumite Rules.
2. Any person who does not comply with this regulation may be disbarred.

#### **EXPLANATION:**

*The jacket may not be removed during the performance of Kata.*

*Contestants who present themselves incorrectly dressed will be given one minute in which to remedy the situation.*

### **ARTICLE 3: ORGANIZATION OF KATA COMPETITION**

1. Kata competition takes the form of team and individual matches. Team matches consist of competition between 3 person teams. Each team is exclusively male, or exclusively female. The individual Kata match consists of individual performance in separate male and female divisions.
2. The contestants will be expected to perform both compulsory ("SHITEI") and free selection ("TOKUI") Katas during the competition in accordance to the school of I.J.K.A. No variations will be permitted.
3. TOKUI katas
  - a. Heian 1-5 to best 16 competitors
  - b. Jion, Bassai Dai, Kanku Dai, Enpi – to the best 8
4. In team kata only TOKUI katas should be performed and point system to be applied



#### **ARTICLE 4: THE REFEREE PANEL**

1. The panel of seven or five (7 or 5) Judges for each match will be designated by the Referee Council before the match.
2. In addition, for the purpose of facilitating the operation of Kata competitions, score-keepers and caller/announcers will be appointed.

#### **EXPLANATION:**

*Kata Judges sit on the corners and two sides of the performance area since this gives a better view. The panel should, as far as availability permits, contain a cross-section of both nationalities.*

#### **ARTICLE 5: SCORING**

1. The Kata competition is organized into rounds.
2. For individual competition the system is different in elimination and final rounds
  - a. Elimination rounds: The elimination flag system with repechage will be applied. Both contestant should perform same KATA at the same time. The chief judge will choose the kata to be performed by both contestants.
    - i. The judges will vote by means of flag signal. The Referee will call "HANTEI" and following his signal (by whistle) the Judges will indicate their opinions. No tie is allowed.
  - b. Final round: 8 contestants goes to the final (4 directly and 4 by repechage). In the final round score system will be applied.
    - i. Each Kata Judge displays the score by means of points. The cards bearing the points are held in the right hand.
    - ii. When the score-keeper summates the scores for each contestant in a round, the maximum and minimum scores awarded are deleted. In the event of a tie in any round, the minimum score from the remaining scores will be added in and then incorporated into the total for that round. If the tie persists, then the maximum score from the remaining scores is added in for the total tally for that round. In the event of a continuing tie, the contestants must perform a further Kata which was not performed by the competitor in a previous round.
3. In team Kata competition only score system is applied.

#### **EXPLANATION:**

*Scores from previous rounds will not be accrued. Each round will be considered separately as in individual kumite matches.*

*To minimize ties generally, a wider variation in scores should be encouraged such that in the first round, they are between 5 & 7, in the second round, between 6 & 8 and in the third round, between 7 & 9.*

*The Referee Council will decide what precise system will be used for each competition, after consultation with the Organizaing Committee.*

*Ties are resolved by means of an additional Kata. A tie persisting after performance of the tie-breaker Kata will be resolved by majority decision of the panel.*

## **ARTICLE 6: CRITERIA FOR DECISION**

1. In assessing the performance of a contestant or team, the following criteria must be adopted:
  - a. The Kata must be performed with competence and must demonstrate a clear understanding of the principles it contains.
  - b. The Kata performance must have demonstrated correct focus of attention ("CHAKUGAN"), use of power, good balance and proper breathing.
  - c. The performance should also be evaluated with a view to discerning other points.
2. A contestant is disqualified if he/she interrupts or varies the Kata, or he/she performs a Kata different from that drawn or announced. If the performance is brought to a halt, or the Kata is varied, the contestant(s) will be disqualified.
3. In team competition the competitors must perform their Kata with all three team members facing in the same direction toward the Chief Judge in the performance area.

### **EXPLANATION:**

*When assessing how many points should be deducted for a fault, the following are recommended:*

*For a momentary hesitation in the smooth performance of the Kata, quickly remedied, 0.1 should be deducted from the final score. For a momentary but discernible pause, 0.2 points should be deducted. For a distinct halt, disqualification results.*

*Momentary imbalance, with barely a wobble quickly remedied will result in a deduction in the scale 0.1 - 0.3. Actual instabilities where there is a distinct but recoverable loss of balance will merit a deduction in the range 0.2 - 0.4. If the contestant loses balance completely and/or falls, a disqualification will result.*

### **Other Criteria Include:**

1. *Correct breathing, good demonstration of power, speed, timing, balance and Kime.*
2. *Consistency and correctness of stances.*
  - a. *Correct weight distribution according to the Kihon being demonstrated.*
  - b. *Smooth and even transition (Hara remaining "weighted down") between stances.*
  - c. *Correct tension in stance.*
  - d. *Feet edges firmly on floor.*
3. *Techniques demonstrate:*
  - a. *Accuracy.*
  - b. *Correct and consistent Kihon with the style being demonstrated.*
  - c. *Correct tension, focus, Kime.*
  - d. *Show proper understanding of the Kata Bunkai.*
4. *Kata uniformly demonstrates:*
  1. *Unwavering concentration.*
  2. *Contrast in tension, breathing and movement.*
  3. *An understanding of those techniques being demonstrated.*
  4. *A realistic, rather than "theatrical" demonstration of the Katas meaning.*

### **Team Kata:**

*All those ingredients inherent in the criteria for Individual Kata*

*The Kata, nevertheless must not alter in rhythm or timing for the sake of synchronization. It must demonstrate the correct dynamics of Kata as if performed by an individual.*

*No external cues, (e.g. audible breathing) should be given during the Kata as an aid to synchronization.*

*A mistake in synchronization of Team Kata requires the same numerical deductions as in a technical mistake in individual Kata. This means for example, the movements must initiate in unison as well as end in unison.*

## **ARTICLE 7: OPERATION OF MATCHES**

### **Individual elimination rounds.**

1. Both contestants in individual match will respond to the calling of his/her names by going directly to the side of the competition area. AKA will stand on the right, and Shiro on the left facing the chief judge at the perimeter of the competition area. First AKA steps to the designated line and bow to the panel. The chief judge will show the name of the kata to be performed. AKA will announce clearly the name of the Kata which is to be performed and then start it. On completion of the Kata, the contestant will return to the designated line and Shiro will step in and start same kata. After Shiro returns to his starting point both contestant will await the decision from the panel.
1. The Chief Judge will call for a decision ("HANTEI") and blow a sharp blast on the whistle. The Judges will, in unison, raise their flags. The chief judge will indicate the winner by raising red or white flag based on majority decision. In case of tie situation, the chief judge will decide the winner by his casting vote.

### **Individual final rounds, team kata**

1. In scorecard system, the contestant/teams perform TOKUI kata one after the other.
2. The contestant/team steps in the competition area, takes the starting position and bow to the panel, than will announce clearly the name of the Kata which is to be performed and then start it. On completion of the Kata, the contestant/team will return to the designated line contestant will await the decision from the panel.
3. The Chief Judge will call for a decision ("HANTEI") and blow a sharp blast on the whistle. The Judges will, in unison, raise their scorecard such that they are clearly visible to the scorekeeper.
4. The caller/announcer will announce the scores awarded and when these have been registered, the Referee will blow a further sharp blast on the whistle, whereupon the cards will be lowered.

### **EXPLANATION:**

*The starting line for Kata is within the perimeter line of the performance area.*

*The Chief Judge must ensure that all Judges are ready before he calls for scores to be displayed. The Kata Judge must ensure that the score displayed is readily visible to the Scorekeeper.*

*Lights shining on the scorecards can make them difficult to read. The Chief Judge must ensure that the Scorekeeper has recorded all the scores before lowering the cards.*

*The contestant must perform a different Kata in each round.*

*A tie-breaker Kata may not be one already performed in the same or an earlier round. It may, however, be performed again in a later round but not then as a tie-breaker. In the first two rounds, the tie-breaker Kata must be chosen from the Shitei list. In the final round, the tie-breaker Kata choice is free (within the limits stated in this paragraph).*

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