



ENJOY KARATE

COMPETITION RULES

June 2014

PURPOSE

The purpose of these Rules is to ensure fairness and uniformity of judging. They will be used in all competitions organised by the Eastern Shotokan Karate Association. The Chief Referee must be consulted whenever a Referee has any difficulties with a decision. Any matters not foreseen in these Rules will be referred to the Chief Referee for a decision.

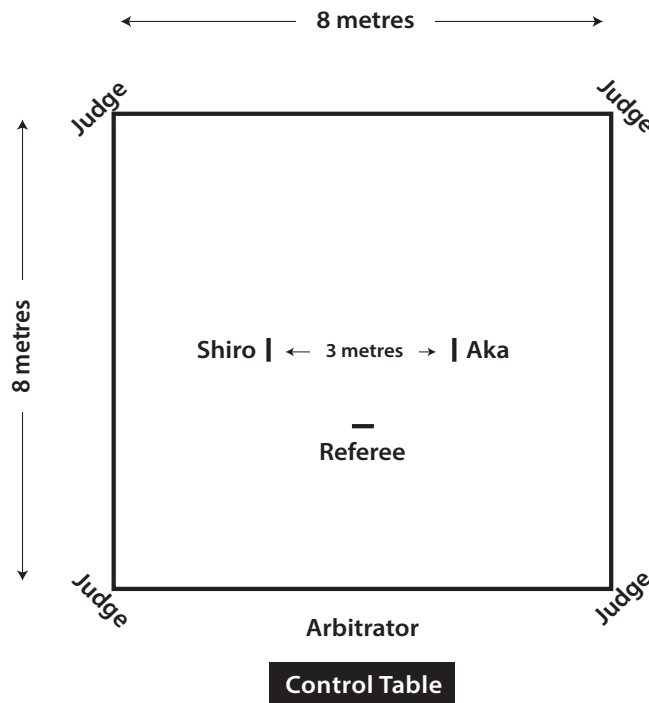
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SHOBU IPPON KUMITE - THE RULES

Match Area

- 1 The match area (shiai jo) will have a flat surface with necessary measures taken for the prevention of accidents. The area and safety area must be clear of items that may cause injury.
- 2 Only competitors and match officials are allowed on the areas and safety areas. Only one coach is allowed behind their competitor in individual or team kumite events.
- 3 The size of the match area will be eight metres square. The Competitors are positioned three metres apart. Aka (red) is positioned to the right side of the Referee, and Shiro (white) to the left. The Competitor designated Aka will wear a red belt.
- 4 The match area should be marked out as shown below.



Karate Gi and Permitted Protection

- 1 Karate Gi must be clean, white and undamaged. Only a club or association badge may be worn on the left side of the chest.
- 2 Competitors must keep their nails clean and short and must not wear jewellery or the like on their bodies.
- 3 Protectors:
 - TSKUK/ESKA approved white hand mitts are compulsory.
 - Gumshields are compulsory.
 - Groin guards are recommended.
 - Chest protectors are recommended for female kumite.
- 4 Bandages or supports are not allowed without permission of the competition's medical staff.
- 5 Spectacles are not allowed. Contact lenses are allowed with permission of the competition's medical staff.

Types of Match

1 Individual Match

Individual matches will normally last one and a half minutes however the time may be extended in final matches or reduced in elimination matches at the discretion of the competition organisers. Matches will be decided by Shobu Ippon. In the event of a draw there will be an extra match of one and a half minutes after which a decision must be made. Only in exceptional circumstances can there be a further match of one minute

2 Team Match

The number of Competitors in a team match will either 3 or 5 members. Matches between individual members of teams will be held in a predetermined order, which must be submitted before each team match. Each individual match will be for one and a half minutes.

Team matches are decided by the number of winners of individual matches. If the result is a draw there will be an extra match for one and a half minutes.

Therefore, the criteria to be followed are:-

- a) number of wins.
- b) extra match.

In the event of a draw in the extra match, a further match of one minute will be held after which a decision must be made. Only in exceptional circumstances can there be a further match of one minute.

3 Duration of Matches

- a) The match starts on the Referee's first command of "Hajime".
- b) The match stops on the Referee's command of "Yame".
- c) The match ends on the Referee's command of "Yame Soremade".
- d) Time taken for stoppages will be deducted from the duration of all matches.

Composition of Judging Panel

- 1 The Referee and Judges are appointed by the Chief Referee.
- 2 Elimination matches may be judged using one Referee and one Assistant Referee, referred to as the mirror system or by a panel consisting of one Referee and four Judges.
- 3 Final matches are judged by a panel consisting of one Referee and four Judges.

Scoring

1 Victory or defeat will be awarded on the basis of ippon, including awasete ippon, victory by decision or defeat due to disqualification, no show or retirement

2 The scoring areas are as follows:-

- a) The head.
- b) The chest.
- c) The abdomen.
- d) The back.

3 **Ippon** - will be decided according to the following requirements:-

- a) When an exact, decisive, and powerful technique is delivered to a recognised scoring area with good form, proper timing and correct distance.
- b) When a scoring technique is delivered with perfect timing at the instant the opponent starts to attack.
- c) When a scoring technique is delivered immediately after the opponent is thrown / swept off balance by the attacker.
- d) When there is a combination of successive and effective scoring techniques.
- e) When a scoring technique is delivered to an undefended part of the opponent.
- f) Victories that are won through no show, disqualification or retirement of a competitor will be counted as full ippon wins.

4 **Waza ari** - Waza ari may be awarded for techniques that are slightly less decisive than ippon.

5 **Awasete Ippon** - Awasete ippon is awarded when a competitor scores two waza ari.

6 A scoring technique delivered simultaneously with the Referee's signal to stop will be valid.

7 A scoring technique delivered after the Referee's signal to stop will not be valid.

8 Scoring techniques initiated from within the match area will be valid even if the opponent is outside the area when the technique is delivered.

9 Scoring techniques initiated from outside the match area will not be valid.

10. If a competitor scores a point and also commits a foul in the same incident the foul will take precedence and the point disallowed.

Criteria for Decision

1 In the absence of ippon or defeat due to disqualification, a decision will be made after taking into consideration the following:-

- a) Whether there has been a waza ari.
- b) Whether there has been a hansoku chui.
- c) The number of escapes outside the match area - Jogai.
- d) The comparative excellence in the strategy and fighting attitude.
- e) The ability and skill.
- f) The number of attacking moves.

Prohibited Acts and Behaviour

- a) Uncontrolled techniques.
- b) Some open hand attacking techniques.
- c) Attacks outside the scoring areas including the groin, hip joints, knee joints and insteps.
- d) Unnecessary sweeps.
- e) Grabbing, clinching or bodily clashing.
- f) Dangerous throws.
- g) Escaping out of the match area.
- h) Unnecessary time wasting.
- i) Any unsporting behaviour such as verbal abuse, provocation etc.
- j) Failing to obey the commands of the Referee.
- k) When Competitors become overexcited, to such an extent that they are considered a danger to their opponent.
- l) Any other behaviour likely to bring Karate into disrepute.

Foul and Disqualification

- 1 A competitor may be issued with a warning (keikoku) for any minor infringement of the rules.
- 2 For a more serious infringement of the rules the competitor may be issued with a foul (chui).
- 3 For a major infringement of the rules the competitor may be disqualified (hansoku).
- 4 Two chui for the same infringement equal hansoku.
- 5 If a contestant scores a point but also commits a foul in the same clash, the score is disallowed and the penalty is given.

Jogai - escaping out of the match area.

- 1 A competitor who escapes out of the match area may be issued with a warning (jogai keikoku).
- 2 After a second escape, the competitor may be issued with a foul (jogai chui).
- 3 After a third escape, the competitor may be disqualified (jogai hansoku).

Jogai chui plus chui does not constitute hansoku.

Any unruly behaviour from people connected with the Competitor i.e. Manager, Supporters, etc., may result in the disqualification of the Competitor and/or team.

Other acts which violate the rules of the match.

Shikaku - A Competitor who seriously contravenes the rules, may, after consultation with the Chief Referee, be disqualified from the competition.

If the panel of Judges make an official complaint, the Competitor will be reported to the Technical Committee and disciplinary action may be taken.

Injuries or Accidents during the Match

- 1 In the event of an injury to a Competitor, the Referee should accept advice from the medical staff.
- 2 A Competitor who cannot continue due to accidental injury will be declared the loser.
- 3 When both Competitors suffer accidental injuries which prevent them from continuing, the match will be declared a draw. However, from the quarter finals of individual matches a decision will be made on the basis of the performance to the point of injury.
- 4 A Competitor who withdraws from a match, will be declared the loser.

General Conduct of Referees and Judges

The Referee and Judges will bear in mind the following points:-

- a) They must conduct themselves impartially and fairly.
- b) They must conduct themselves in a dignified manner at all times.
- c) They must concentrate their full attention on the match and judge every action of the Competitors correctly.
- d) They must not converse with anyone during the match other than the Judges, Competitors and Table Officials.
- e) All Karateka, be they Competitors, Referees, Judges or other Officials, must follow the Karate maxims of Character, Sincerity, Effort, Etiquette and Self Control.

Responsibilities of Referees

The Referee will be responsible for the conduct of matches, including:-

- a) Control of the general match area.
- b) Starting and stopping matches.
- c) Awarding ippon for a decisive technique.
- d) Awarding waza ari for an effective technique.
- e) Issuing warnings.
- f) Announcing fouls and disqualifications.
- g) Obtaining advice from the Judges.
- h) Announcing atoshibaraku (30 second time announcement).
- i) Using their casting vote in a tie decision.

Procedures for Referees

1 The Referee will line up the Competitors and, following an exchange of bows, will start the match with the announcement of “Shobu ippon hajime”.

2 When observing a technique recognised as ippon, the Referee will stop the match and order the Competitors to return to their positions. The Referee will then identify the decisive technique used, announce the winner, and terminate the match.

3 The Referee will temporarily halt the match in the following situations:-

- a) When a waza ari has been scored.
- b) When a Competitor escapes out of the area, the Referee will stop the contest, order both Competitors back to their lines, issue a jogai penalty and reopen the match.
- c) When the Referee notices a Competitor about to commit a prohibited act or receives a signal from a Judge regarding the same, the Referee will stop the match and warn the Competitor.
- d) When a Competitor commits a prohibited act, the Referee will stop the match and call the Judges together to determine the seriousness of the act and the extent of the penalty. The Referee will then warn or disqualify the offending Competitor.
- e) When observing that a Competitor is injured, the Referee must immediately stop the match and call the Doctor.
- f) When a Judge signals, the Referee may overrule the signal and continue with the match. However, when two or more Judges indicate the same signal, the Referee must stop the match, listen to their opinion and announce a decision.
- g) When a match develops into in-fighting, with neither of the Competitors delivering effective techniques, the Referee will halt the match and take necessary precautions to prevent confusion or injuries.
- h) When a match develops into a deadlock without an exchange of effective techniques between the Competitors, the Referee may stop the match, order them to their original positions, and resume the match.

4 When resuming the match the Referee will announce “Tsuzukete hajime”.

5 When the match is over, the Referee, having announced penalties and awards, will call upon the Judges to give their decision. The result will be decided by majority with the Referee having a casting vote. The Referee will then announce the winner or declare the match a draw.

Responsibilities of Judges.

Judges will assist the Referee. They will give their opinion regarding awards and penalties by means of flags and whistle and will exercise their right to vote at hantei.

Procedures for Judges

1 Judges will take up their positions outside the match area and will carefully observe the actions of the Competitors within their range of vision. In the following circumstances, they will signal to the Referee by means of flags and whistle, giving their opinion.

- a) When observing an ippon or waza ari.
- b) When noticing that a Competitor is about to commit or has committed a prohibited act.
- c) When noticing an injury or illness of a Competitor.
- d) When Competitors move out of the match area.
- e) In other situations when it is necessary to bring something to the attention of the Referee.

2 Each Judge will continuously evaluate the relative excellence of the Competitors and form an opinion independently.

3 When the Referee calls "Hantei" each Judge will give an opinion in the appropriate manner.

4 The Referee and Judges have an equal vote.

Mirror System

1 In the case of the mirror system, the Referee and Assistant Referee will take up their positions opposite each other and on either side of the Competitors. The Assistant Referee will assist the Referee by signalling an opinion with hand signals, and also give advice verbally when requested by the Referee.

2 Although most decisions are by agreement, in the situation of a deadlock, the Referee's decision takes precedence over that of the Assistant Referee.

Protests

- 1 Protests cannot be made against decisions that are made within the rules.
- 2 Protests may be made if there is a suspicion that the rules have been broken.
- 3 Protests must be made to the control table where the decision will be reviewed.
- 4 Only the manager of the competitor concerned may protest.

Coaches

Only one Coach is allowed behind a competitor or team.

Coaches must wear appropriate clothing in order to officiate, i.e. Tracksuit or Gi.

Arbitrator

1 An Arbitrator will be appointed for international matches. The Arbitrator, when requested, may give an opinion to the Referee regarding the operation of the match.

2 When receiving a protest from a Team Manager regarding a violation of the rules, the Arbitrator will review the complaint and if necessary, request the panel of Judges to revise the decision.

Time Keeper

1 For the purpose of facilitating the operation of matches, Timekeepers and Recorders will be appointed.

2 The Timekeeper is responsible for ensuring that the match continues over its allotted time. The Timekeeper will stop the clock when the match is stopped and will restart it when the match resumes.

3 The Timekeeper will give signals using a bell, gong, buzzer or verbal command.

a) One signal is used to indicate that 30 seconds of the match is remaining.

b) Two signals are used to indicate the end of the match.

Recorder

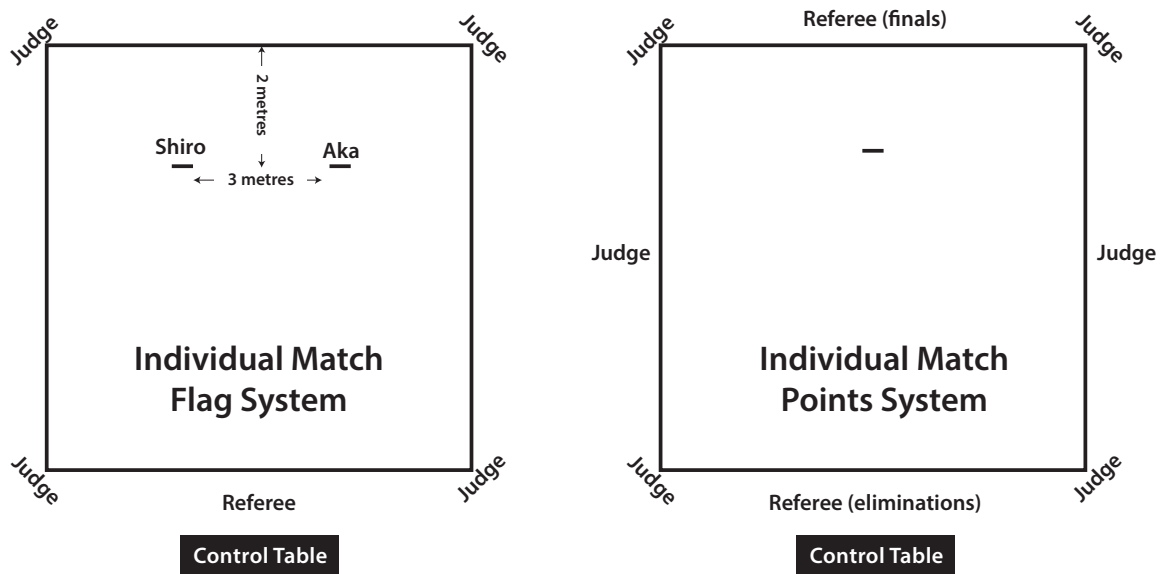
The Recorder is responsible for recording all scores and penalties using the following symbols:

W	Win	
D	Draw	
	Wazari	An effective technique
	Awasate Ippon	Two effective techniques
	Ippon	A decisive technique
K	Keikoku	Warning
HC	Chui	Foul
H	Hansoku	Disqualification from the match
JK	Jogai Keikoku	Warning for escaping from the area
JC	Jogai Chui	Final warning for escaping from the area
JH	Jogai Hansoku	Disqualification from the match for escaping from the area

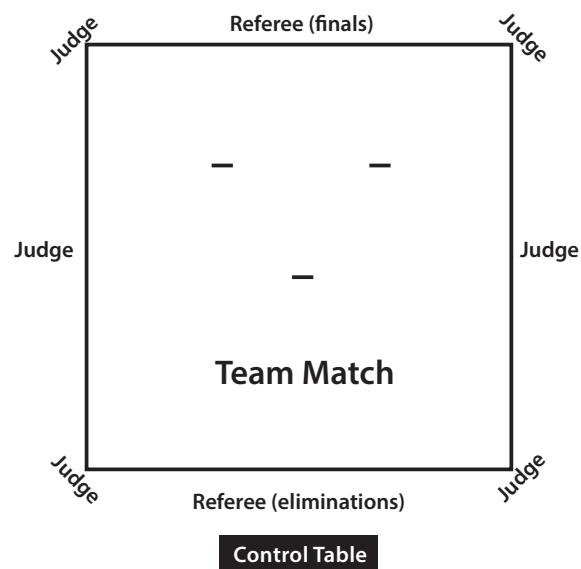
KATA

Match Area

- 1 The match area will have a flat surface with necessary measures taken for the prevention of accidents
- 2 The size of the match area will be eight metres square. When using the flag system, the Competitors are positioned three metres apart, facing the Referee. Aka is positioned to the right side of the Referee, and Shiro to the left. The Competitor designated Aka will wear a red belt.
- 3 When using the points system, the Competitor must directly face the Referee.
- 4 The match area should be marked out as shown below.



In team kata matches, the competitors will form a triangular pattern as shown below



Methods of Match

1 Individual Match

- a) Elimination kata are selected by the Tournament Host and will be announced prior to the competition. The Referee will draw the Kata to be performed from the selection.
- b) In the event of a draw a further match will be undertaken after which a decision must be made.
- c) The final kata will be selected by the Competitor, but must be different from the elimination kata.
- d) In lower grade kata events an elimination kata may be used in the final.

2 Team Match

- a) Teams will be composed of three Competitors.
- b) Both elimination and final kata are selected by the Competitors but they must be different.
- c) If there is a tie in either the individual or team kata finals, there will be a re-match where the kata may be repeated or a different kata performed provided it has not been used in the eliminations.

Composition of Judging Panel

- 1 In elimination matches, the panel of Judges will consist of a Referee and either two or four Judges.
- 2 In the final matches, the panel will consist of one Referee and four Judges.

Scoring

1 Individual Match

- | | |
|------------------------|-------------------------------|
| a) Elimination Matches | <i>Flag or Points System.</i> |
| b) Final Matches | <i>Points System.</i> |

2 Team Match

- | | |
|------------------------|-----------------------|
| a) Elimination Matches | <i>Points System.</i> |
| b) Final Matches | <i>Points System.</i> |

1 Individual Kata

Decision will be based on the following:-

- a) Quality of Technique.
- b) Speed.
- c) Power.
- d) Focus.
- e) Rhythm.
- f) Transition.
- g) Kata Sequence.
- h) Appropriate Breathing.
- i) Eye Intensity.
- j) Martial Attitude.

2 Team Kata

In addition to the criteria for individual kata, the team must be synchronised and remain symmetrical throughout the performance.

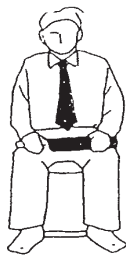
The terms and their meanings

Term	Meaning
Aka	Competitor designated 'red' - (wears a red belt)
Shiro	Competitor designated 'white'
Waza ari	An effective technique
Awasete ippon	Two effective techniques
Ippon	A decisive technique
Keikoku	Warning
chui	Foul
Hansoku	Disqualification
Shikkaku	Disqualification from the tournament
Torimasen	No score
Hayai	Red (white) first
Aiuchi	Simultaneous techniques
Maai	Distance
Ukete masu	Blocked
Nukete masu	Missed
Yowai	Weak
Jogai	Out of area
Mienai	Nothing seen
Hajime	Start
Shobu ippon - hajime	Start of match for one full point
Shobu sanbon - hajime	Start of match for three full points
Tsuzukete	Continue the match
Tsuzukete hajime	Restart the match
Fukushin shugo	Calling the judges
Motonoichi	Take starting positions
Atoshiбарaku	30 seconds of the match remaining
Hantei	Decision
Hikiwake	Draw
Yame	Stop
Yame hayai	After order to stop
Yame jogai nakae	Stop - Return to the match area
Yame soremade	Stop - End of match
Jikan	Time
Shiai	Match
Shiai jo	Match area
Sai shiai	Extra match
Aka (Shiro) waza ari	Red (White) awarded point for effective technique
Aka (Shiro) waza ari, awasete ippon	Red (White) awarded further point winning the match
Aka (Shiro) ippon	Red (White) awarded full point for decisive technique
Aka (Shiro) hansoku, Shiro (Aka) no kachi	Red (White) disqualified through foul, White (Red) awarded the match
Aka (Shiro) jogai hansoku, Shiro (Aka) no kachi	Red (White) disqualified through escaping from area, White (Red) awarded the match
Aka (Shiro) no kachi	Red (White) awarded the match
Aka (Shiro) no kiken niyori, Shiro (Aka) no kachi	Victory by White (Red) due to renunciation by Red (White)
Rei	Bow
1. Shomen ni rei	Judges and Competitors bow to dignitaries
2. Shimpan ni rei	Judges and Competitors bow to each other
3. Otagai ni rei	Competitors bow to each other
This order is reversed at the end of the match	

REFEREES' SIGNALS



HAJIME START
(KUMITE)



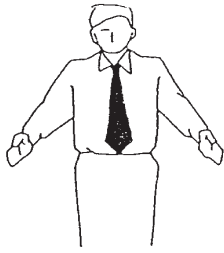
HAJIME START
(KATA)



YAME STOP



YAME SORAMADE
END OF MATCH



MOTONOICHI
TAKE YOUR POSITIONS



TSUZUKETE HAJIME
RESTART MATCH



WAZA ARI
EFFECTIVE TECHNIQUE



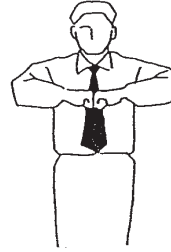
IPPON
DECISIVE TECHNIQUE



TORIMASEN
NO SCORE



HAYAI
RED (WHITE) FIRST



AIUCHI
SIMULTANEOUS TECHNIQUES



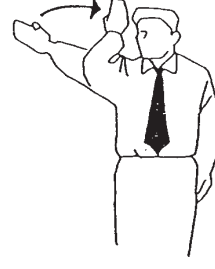
MAAI
DISTANCE



UKETE MASU
BLOCKED



NUKETE MASU
MISSED



FUKUSHIN SHUGO
CALLING ONE JUDGE



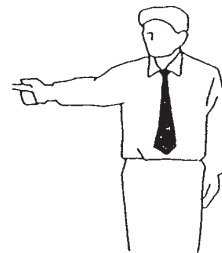
FUKUSHIN SHUGO
CALLING ALL JUDGES



YOWAI
WEAK TECHNIQUE



KEIKOKU
WARNING



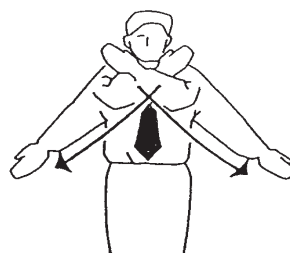
CHUI
FOUL



HANSOKU
DISQUALIFICATION



JOGAI
OUT OF AREA

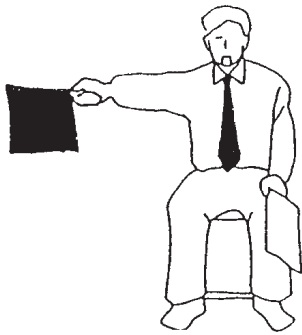


HIKIWAKE
DRAW



SHIKKAKU
DISQUALIFIED FROM TOURNAMENT

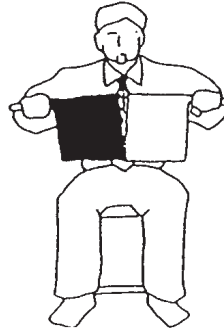
JUDGES' SIGNALS



WAZA ARI
EFFECTIVE TECHNIQUE



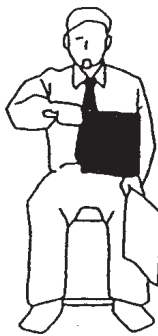
IPPON
DECISIVE TECHNIQUE



AIUCHI
SIMULTANEOUS TECHNIQUES



UKETE MASU
BLOCKED



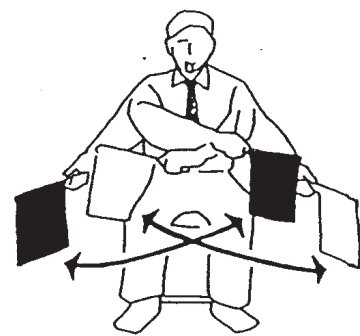
NUKETE MASU
MISSED



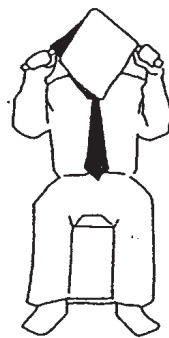
NUKETE MASU
MISSED



MAAI
DISTANCE



TORIMASEN
NO SCORE



MIENAI
NOTHING SEEN



KEIKOKU
WARNING



CHUI
FOUL



HANSOKU
DISQUALIFICATION



JOGAI
OUT OF AREA



YOWAI
WEAK TECHNIQUE



HIKIWAKE
DRAW



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