

SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION

KARATE RULES

CONTENTS

KUMITE RULES

ARTICLE 1:	KUMITE COMPETITION AREA
ARTICLE 2:	OFFICIAL DRESS
ARTICLE 3:	ORGANIZATION OF KUMITE COMPETITIONS
ARTICLE 4:	THE REFEREE PANEL
ARTICLE 5:	DURATION OF BOUT
ARTICLE 6:	SCORING
ARTICLE 7:	CRITERIA FOR DECISION
ARTICLE 8:	PROHIBITED BEHAVIOR
ARTICLE 9:	PENALTIES
ARTICLE 10:	INJURIES AND ACCIDENTS IN COMPETITION
ARTICLE 11:	OFFICIAL PROTEST
ARTICLE 12:	POWERS AND DUTIES
ARTICLE 13:	STARTING, SUSPENDING AND ENDING OF MATCHES
ARTICLE 14:	MODIFICATIONS

YAKUSOKU KUMITE RULES

KIHON IPPON KUMITE
JYUU IPPON KUMITE

KATA RULES

ARTICLE 1:	KATA COMPETITION AREA
ARTICLE 2:	OFFICIAL DRESS
ARTICLE 3:	ORGANIZATION OF KATA COMPETITION
ARTICLE 4:	THE JUDGING PANEL
ARTICLE 5:	JUDGEMENT
ARTICLE 6:	CRITERIA FOR DECISION
ARTICLE 7:	OPERATION OF MATCHES
APPENDIX I:	TERMINOLOGY
APPENDIX II:	HANSOKU, JYOGAI, MUBOBI
APPENDIX III:	EXAMPLE OF SCORE DECISION (HANTEI) FOR KATA
APPENDIX IV:	KATA

It should be noted that the male gender used in this text also refers to the female.

SENTENCES PRINTED IN RED BOLTS and UNDER-LINED with RED LINE SHOULD BE READ CAREFULLY

KUMITE RULES

ARTICLE 1: KUMITE COMPETITION AREA

1. The competition area must be flat and devoid of hazard.
2. The competition area will be a square, with sides of eight meters (measured from the outside) with an additional two meters on all sides as a safety area. The area may be elevated to a height of up to one meter above floor level. The elevated platform must measure at least twelve meters a side, in order to include both the competition and the safety areas.
3. A line half a meter long must be drawn two meters from the center 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 meters from the center of the competition area for positioning the competitors.
5. Two crossed lines, each one half a meter, will mark the center.
6. The Judges will be seated in the safety area.
7. The Arbitrator will be seated at outside of the safety area, behind, and to the right or left of the Referee.
8. The score-supervisor will be seated at the official score table, between the scorekeeper and the timekeeper.

EXPLANATION:

- I. There must be no advertisement boarding, walls, pillars etc. within one meter of the safety areas outer perimeter.
- II. If mats are used should be non-slip where they contact the floor and have a low co-efficient of friction on the upper surface. They should not be as thick as Judo mats, since these impede Karate movement. The Referee must ensure that mat modules do not move apart during the competition, since gaps cause injuries and constitute a hazard.

ARTICLE 2: OFFICIAL DRESS

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.

REFEREE

1. Referee and Judges must wear the official uniform designed by the Referee Council. This uniform must be worn at all tournaments and courses.
2. The official uniform will be as follows:
A navy blue blazer bearing gold buttons
A white shirt with short or long sleeves
An official tie worn without tiepin
Plain gray trousers without cuffs
Female referees and judges may wear a hairclip

CONTESTANT

1. Contestants must wear a white unmarked Karate-GI without stripes or piping. Only the SKIF emblems and/or national emblem of flag of the country may be worn. This must be on the left breast of the jacket. Only the original manufacturer's labels may be displayed on the GI. They must be in the normally accepted locations i.e. bottom right corner of the GI jacket and waist position on the trousers. In addition, an identifying number issued by the Organizing Committee may be worn on the back. One contestant must wear a red belt or red strings with the belt, when two are competing at the same time.
2. Notwithstanding paragraph 1 above, the Executive Committee may authorize the display of special labels or trademarks of approved sponsors.
3. The jacket, when tightened around the waist with the belt, must be a minimum length that covers the

- hips, but must not be more than three-quarters length from hip to knees. Female competitors may wear a plain white T-shirt beneath the Karate jacket.
4. The minimum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. Jackets sleeves may not be rolled up.
 5. The trousers must be long enough to cover at least two thirds of the shin and 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, the Referee Council may disbar the contestant from the bout. In KUMITE matches hair slides are prohibited, as are metal hairclips. In KATA, a discreet hair clip is permitted.
 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, and the contestants accepts full responsibility for any injury.
 8. Junior, Female and Veteran contestants must wear the mitts approved by SKIF.
(For the 9th SKIF World Championships, ALL contestants must wear the mitts approved by SKIF.)
 9. Gum shield are compulsory.
 10. Groin protector is allowed. Shin protectors are forbidden.
 11. Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.
 12. The wearing of unauthorized clothing or equipment is forbidden. Females may wear the authorized additional protective equipment such as chest protectors.
 13. All protective equipment must be approved by SKIF.
 14. The Referee, on the advice of the Official Doctor, must approve the use of bandages, padding, or supports because of injury.

EXPLANATION:

- I. There may well be a religious basis for the wearing of certain items such as turbans or amulets. Person wishing, by virtue of their religion, to wear what would otherwise be construed as unauthorized clothing must notify the Referee Council in advance of a tournament. The Referee Council will examine each application on its merit.
- II. 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.

ARTICLE 3: ORGANIZATION OF KUMITE COMPETITIONS

1. A KARATE tournament may comprise KUMITE competition and/or KATA competition. The KUMITE competition may be further divided into the team match (IPPON SHOBU) and the individual match (IPPON-HAN SHOBU or IPPON SHOBU). The individual match may be further divided into weight divisions and/or open category. Weight divisions are divided ultimately into several categories. The team gbouth 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 receive KIKEN (renounce their right to perform) from that category.
4. In team matches, each team must have an odd number of contestants. Male teams comprise seven members with five competing in a round. Female teams comprise four members with three competing in a round. Male teams must have a minimum of five members to begin the first bout, they may continue in subsequent bouts with four or three members if team members are not capable of continuing to compete. Female must have three members to begin the first bout, they may continue in subsequent bouts with two members if a team member is not capable of continuing to compete.
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. 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.

ARTICLE 4: THE REFEREE PANEL

1. The Refereeing Panel for each match shall consist of one referee (SHUSHIN), four Judges (FUKUSHIN), and one arbitrator (KANSA).
2. 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 and right stand the Judges. On the Referee's left stand Judges numbers 1 and 2, and on the right stands the Arbitrator and Judges numbers 3 and 4.
- II. After the normal exchange of the 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 one step forward, turn around and face the incoming Panel. They bow to each other on the command of the incoming Referee and in one line (facing in the same direction) leave the competition area. When individual judges change, the incoming Judge goes to the outgoing Judge, they bow together and change positions.

ARTICLE 5: DURATION OF BOUT

1. Duration of the KUMITE bout is defined as two minutes for Age 16 & above Male and Female and Veteran KUMITE (both teams and individuals) and one and a half minutes for Junior (15 years old & under) bouts. However for Male individual KUMITE only, a Final Match may be conducted for up to five minutes under SANBON-SHOBU (6-wazaari).
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 gtime up signal marks the end of the bout.

ARTICLE 6: SCORING

1. Scores are as follows:
 - a) IPPON (2 WAZA-ARI)
 - b) WAZA-ARI
2. An IPPON is awarded when a technique is performed according to the following criteria to a scoring area.
 - a) Good form
 - b) Sporting attitude
 - c) Vigorous application
 - d) Awareness (ZANSHIN)
 - e) Good timing
 - f) Correct distance
 - g) Correct angle
3. An IPPON can be awarded in the following instances, while the execution of the technique, may not be up to the fullest effectiveness;
 - a) A counter attack executed at a DE-AI of the opponents attack
 - b) A simultaneous attack executed upon making the opponent to lose their balance
 - c) Efficiently executing combination techniques such as TSUKI and TSUKI, KERI and TSUKI, throwing (NAGE) and TSUKI or KERI etc.
 - d) An attack executed toward the opponent, who is in a state, of loss of fighting spirit (MUBOBI).
4. Attacks are limited to the following areas:
 - a) Head

- b) Face
 - c) Neck
 - d) Chest
 - e) Abdomen
 - f) Back
5. An effective technique delivered at the same time that the end of the bout is signaled, is considered valid. A technique even if effective, delivered after an order to suspend or stop the bout shall not stop be scored and may result in a penalty being imposed on the offender.
 6. No technique, even if technically correct, will be scored if it is delivered when two contestants are outside the competition area. However, if one of the contestants delivers an effective technique while still inside the competition area and before the Referee calls YAME, the technique will be scored.
 7. Simultaneous, effective scoring techniques delivered by both contestants, (AIUCHI) shall not score.

EXPLANATION:

- I. Grabbing the opponent and throwing may be attempted only if a genuine attempt at a Karate striking technique is made first, or as a counter to an opponent who has attacked and attempted to throw or clinch.
- II. For reasons of safety, throws where the opponent is thrown without being held onto, or thrown dangerously, or where the pivot point is above hip level, are prohibited and will incur a warning or penalty. Exceptions are conventional Karate leg sweeping techniques, which do not require the opponent to be held while executing the sweep such as DEASHI-BARAI, KOUCHI GARI, KANI-BASAMI etc.. After a throw has been executed the Referee will allow the contestant two to three seconds in which to attempt a scoring technique.
- III. A technique with Good form is said to have characteristics conferring probable effectiveness within the framework of traditional Karate concepts.
- IV. Sporting Attitude is a component of good form and refers to a non-malicious attitude of great concentration obvious during delivery of the scoring technique.
- V. Vigorous Application defines the power and speed of the technique and the palpable will for it to succeed.
- VI. Awareness (ZANSHIN) is that criterion most often missed when a score is assessed. It is the state of continued commitment in which the contestant maintains total concentration, observation, and awareness of the opponents potentiality to counter-attack. He does not turn his face away during delivery of the technique, and remains facing the opponent afterwards.
- VII. Good Timing means delivering a technique when it will have the greatest potential effect.
- VIII. Correct Distance 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.
- IX. Techniques which land below the belt may score, as long as above the pubic bone. The neck is a target area and so is the throat. No contact to the throat is permitted, however a score may be awarded for a properly controlled technique, which does not touch.
- X. A technique, 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 collarbones.
- XI. The time-up bell signals the end of scoring possibilities in that bout, even through 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.
- XII. 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

The result of a bout is determined by a contestant obtaining IPPON-HAN (Two IPPONS, One IPPON and One WAZA-ARI or Three WAZA-ARIS) or IPPON (One IPPON or Two WAZA-ARIS) for Individual KUMITE or IPPON for Team KUMITE. When time is up and Ippon-Han/Ippon has not been achieved, a winner may be determined by the highest number of points, or by obtaining a decision (HANTEI).

1. In individual bouts, if there is a tie, an extension not exceeding two minutes may be fought (ENCHOSEN). An ENCHOSEN is an extension of the bout, and all points, penalties and warnings issued in the initial bout carry over. There is no sudden death (meaning that the Referee cannot declare the first competitor to obtain an award to be the winner).
2. If at the end of the time extension (ENCHOSEN), a winner may be determined by the highest points. If there is a tie again, it will be a completely new bout(SAI-SHIAI). Nothing from the previous bout is carried over into the new bout. If in the bout neither competitor is awarded a score, or the score is tied, during the SAI-SHIAI, the decision will be made by a final vote of the Referee Panel (HANTEI). A decision in favor of the one or other competitor is obligatory.
The decision is taken on the basis of the following:
 - a) The attitude, fighting spirit, and strength demonstrated by the contestants.
 - b) The superiority of tactics and techniques displayed.
 - c) Which of the contestants has initiated the majority of the action.
3. In the team competition, there will be no extension (ENCHOSEN) in the event of draw bouts.
4. The winning team is the one with the most bout victories. Should the two teams have the same number of bout victories:
 - a) The winning team shall be decided by the team with the most IPPONS scores. All wins gained by means of an opponent's HANSOKU-MAKE or SHIKKAKU-MAKE will be counted as IPPON KACHI. An IPPON KACHI will be given priority between an IPPON-KACHI with two WAZA-ARI KACHI.
Should the two teams have the same number of IPPON scores:
 - b) The winning team shall be decided by the team with the most WAZA-ARIS scores, only of winning matches. (In other matches resulting in losses, the loser's scoring will not influence decision.)
 - c) If this score is also equal, each team shall select one (1) fighter to fight again. The winning team shall be decided by which fighter wins the fight.
 - d) If that fight should end a draw, then they shall fight for an ENCHOSEN with all scores carried over as per individual rules.

EXPLANATION:

- I. When deciding the outcome of a bout by vote (HANTEI), the Referee will move to the match area perimeter and call HANTEI, followed by a two-tone blast of the whistle. The Judges will indicate their opinions by means of their flags and the Referee will give a short blast on his whistle, return to his original position and announce the decision.
- II. In the event that there is a tie, the Referee will announce a draw (HIKIWAKE) and start the ENCHO-SEN, if applicable.

ARTICLE 8: PROHIBITED BEHAVIOR

1. Techniques that make excessive contact, having regard to the scoring area attacked.
2. Techniques that make contact with the throat.
3. Attacks to the arms or legs, groin, joints, or instep.
4. Attacks to the face with open hand techniques.
5. Dangerous or forbidden throwing techniques, which could cause injury.
6. Repeated exits from the competition area (JOGAI).
7. Avoiding combat as a means of preventing the opponent from having the opportunity to score.

8. Grabbing and attempting to throw or take down the opponent, without first making a genuine attack, except when the opponent has attempted to grab or throw first, and throwing techniques where the pivotal point is above hip-level.
9. Unnecessary clinching, wrestling, pushing, or seizing, without attempting a striking technique.
10. Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks, whether they land or not.
11. Attacks with the head, knees or elbows.
12. Feigning, or exaggerating injury.
13. Talking to, or goading the opponent, failing to obey the orders of the referee, discourteous behavior towards the refereeing officials, or other breaches of etiquette.
(In the case of a Team match, if one contestant is cited for any of the above behavior which results in Shikkaku, the Team will be disqualified.)

ARTICLE 9: PENALTIES

WARNING: (CHUKOKU) Used for SANBON SHOBU ONLY. May be imposed for attendant minor infractions or the first instance of minor infraction.

KEIKOKU: SANBON SHOBU for minor infractions where CHUKOKU has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit HANSOKU-CHUI or HANSOKU.

IPPON and IPPON-HAN SHOBU for minor infractions, which do not merit HANSOKU-CHUI or HANSOKU.

HANSOKU-CHUI: This is usually imposed for infractions for which a KEIKOKU has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit HANSOKU.

HANSOKU: This is imposed following a very serious infraction or when a HANSOKU CHUI has already been given. It results in the disqualification of the contestant. The injured competitor will receive an additional IPPON-GACHI.

SHIKKAKU: This is disqualification from the actual tournament, competition, or match in order to define the limit of SHIKKAKU, the Referee Council, must be consulted. SHIKKAKU may be invoked when a contestant fails to obey the orders of the referee, acts maliciously, or commits an act which harms the prestige and honor of Karate-Do, or when other actions are considered to violate the rules and spirit of the tournament. Should a team member receive SHIKKAKU, the opponent will receive an additional IPPON-GACHI.

EXPLANATION

- I. A penalty can be directly imposed for a rules infraction but once given, repeats of that category of infraction must be accompanied by an increase in severity of penalty imposed. It is not, for example, possible to give a warning or penalty for excessive contact then give another warning for a second instance of excessive contact.
- II. A SHIKKAKU can be directly imposed, without warning of any kind. The contestant need have done nothing to merit it, it is sufficient if the Coach or non-combatant members of the contestant's delegation behave in such a way as to harm the prestige and honor of Karate-Do. If the Referee believes 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 contestants fail to present themselves when called, 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, or are suffering from the effects of the 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. If the points score is equal, then a vote (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 the 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. Only the doctor is authorized to diagnose and treat injury.

EXPLANATION

- I. 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.
- II. The referee should only call the doctor when a contestant is injured and needs medical treatment.
- III. In team matches, should a team member receive KIKEN, the opponent will receive an additional IPPON-GACHI.

ARTICLE 11: OFFICIAL PROTEST

1. No one may protest a JUDGMENT to the members of the Refereeing Panel.
2. If a refereeing procedure appears to contravene the rules, the President of the Federation or the official representative of a contestant or team is the only one allowed to make a protest to the arbitrator. The Appeals Jury is comprised of the Tournament Committee and Referee Council will review the circumstances leading to the protested decision.

ARTICLE 12: POWERS AND DUTIES

REFEREE COUNCIL

The Referee Council 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 employment 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.
5. To pass the final judgment on matters of a technical nature which may arise during a given match and for which there are no stipulation in the rules.

MATCH AREA CONTROLLERS

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 order the Referee to halt the match when the Arbitrator signals a contravention of the Rules of Competition.

REFEREES

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 to award points.

2. To explain to the Match Area Controller, Referee Council, or Appeals Jury, if necessary, the basis for giving a judgment.
3. To impose penalties and to issue warnings, before, during, or after a bout.
4. To obtain and act upon the opinion(s) of the Judges.
5. To announce extensions.
6. To conduct voting of the Referee Panel (HANTEI) and announce the result.
7. To announce the winner.
8. The authority of the Referee is not confined solely to the competition area but also to all of its immediate perimeter.
9. The Referee shall give all commands and make all announcements.

JUDGES

The Judges (FUKUSHIN) powers shall be as follows:

1. To assist the Referee by flag and whistle signals.
2. To exercise a right to vote on a decision to be taken.
3. The Judges shall carefully observe the actions of the contestants and signal to the Referee an opinion in the following cases:
 - a) When a score is observed.
 - b) When a contestant 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 (JOGAI).
 - e) In other cases when it is deemed necessary to call the attention of the Referee.

ARBITRATORS

The Arbitrator (KANSA) will assist the Match Area Controller and Referee by overseeing the match or bout in progress. Should decisions of the Referee and/or Judges, not be in accordance with the Rules of Competition, the Arbitrator will instruct the Referee to halt the match or bout and correct the irregularity. Records kept of the match shall become official records subject to the approval of the Arbitrator.

SCORE SUPERVISORS

The Score Supervisor will keep a separate record of the scores awarded by the Referee and at the same time oversee the actions of the appointed timekeepers and scorekeepers.

EXPLANATION:

- I. At HANTEI the referee and judges each have one vote.
- II. 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 that they did not see, (MIENAI).

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 Appendix I.
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!" or "IPPON-HAN SHOBU HAJIME!" and the bout will commence.
3. The Referee will stop the bout by announcing "YAME". If necessary, the Referee will order the contestants to take up their original positions (MOTO NO ICHI).
4. The Referee returns to his position and the Judges indicate their opinion by means of a signal. In the case of a score to be awarded the Referee identifies the contestant (AKA or SHIRO), the area attacked (CHUDAN or JODAN), the scoring technique (TSUKI, UCHI, or KERI), and then awards the relevant score using the prescribed gesture. The Referee then restarts the bout by calling "TSUZUKETE HAJIME".

5. When a contestant has got IPPON (in Team or Individual match) or IPPON-HAN (in Individual match) during a bout, the Referee shall call “YAME” and order the contestants back to their starting 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 contestant have not got IPPON (in Team or Individual match) or IPPON-HAN (in Individual match), or scores are equal, or no scores have been awarded, the Referee shall call YAME and return to his position. Moving to the match area perimeter, the Referee will render a decision. In the event of draw, the Referee will announce “HIKIWAKE” and the start of the ENCHO-SEN where applicable.
7. When faced with the following situations, the Referee will call “YAME!” and halt the bout temporarily:
 - a. When either or both contestants are out of the match area.
 - b. When the Referee orders the contestant to adjust the karate-gi or protective equipment.
 - c. When a contestant has contravened the rules.
 - d. 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.
 - e. When a contestant seizes the opponent and does not perform an immediate technique, or throw instantly.
 - f. When one or both contestants fall or are thrown and no effective techniques are made instantly.
 - g. When both contestants are off their feet following a fall or attempted throw and begin to wrestle.
 - h. When three judges give the same signal, or indicate a score for the same competitor.

EXPLANATION:

- I. When beginning a bout, the Referee first calls the contestants to their starting lines. If a contestant enters the area prematurely, they must be motioned off. The contestants must bow properly to each other - a quick nod is both discourteous and insufficient.
- II. When restarting the bout, the Referee should check that both contestants are behind their lines and properly composed. Contestants jumping up and down or otherwise fidgeting must be stilled before combat can recommence. The Referee must restart the bout with the minimum of delay.

ARTICLE 14: MODIFICATIONS

Only the Technical Committee in Headquarters with the approval of KANCHO can alter or modify these rules.

YAKUSOKU KUMITE RULES

YAKUSOKU KUMITE competition consists of KIHON IPPON KUMITE and JIYU IPPON KUMITE. Also GOHON KUMITE and SANBON KUMITE are performed for the elimination matches.

YAKUSOKU KUMITE competition may comprise of KO-HAKU matches and Point system matches.

KIHON IPPON KUMITE

1. KIHON IPPON KUMITE must be performed with two teams of AKA and SHIRO with two performers on each team.
2. At the start of competition, two teams, one wearing AKA, and the other (SHIRO) will come up to area simultaneously and a bow to the referee.
3. After bowing to each other both teams face the front and contestants on the right side will start to perform various attacking techniques as previously decided by the Referee Panel. After the AKA sides have completed their attacking, contestants on the left side will in turn, perform the attacking techniques. However, at this time, the defending side must use different defending techniques that had not been used previously in this bout by their team member.
4. After completion of KUMITE KATA competition by both teams, the contestants will line up at the match area perimeter facing the referee.
5. The Referee will call for a decision (HANTEI) that is exactly the same procedures of KO-HAKU rules of the KATA competition.
6. The contestants will bow to each other, then to the Referee and leave the match area.

JIYU IPPON KUMITE

1. JIYU IPPON KUMITE consist of competition between two teams of AKA and SHIRO and two contestants to form one team.
2. At the start of each bout after answering the call to their names, both AKA and SHIRO teams will line up at the Match area perimeter facing the Referee. Following a bow to the Judge Panel, SHIRO will then step back out of the match area.
3. The AKA team will first come to the middle of the match area, after bowing to each other the contestant on the right side will start to perform various attacking techniques as previously decided by the referee panel. After the right side has completed his attacking, the contestant on the left side will, in turn, perform the attacking techniques, however, at this time the defending side must use different techniques that had not been used previously in this bout by their team member.
After the AKA team has completed their competition and have left the match area, SHIRO team will come in and perform their competition.
4. After SHIRO team has completed their competition, both AKA and SHIRO teams will line up at the match area perimeter facing the referee.
5. The referee will call for a decision (HANTEI) that is exactly the same procedures of KO-HAKU rules of the KATA competition.
6. The contestants will bow to each other, then the Judging panel and leave the match area.

EXPLANATION

- I. The chief referee or the referee council must announce to the contestants, prior to starting their competition, the types of techniques (TSUKI, KERI etc.) and the number of attacks (one time, two times etc.) to the attacking side.
- II. The defending side can use any defending techniques (UKE) which they prefer. However, since SKIF has a number system of YAKUSOKU KUMITE training syllabus, those who use techniques within SKIF number system accurately and powerfully will be given more priority points.
- III. The judging panel should evaluate both the attacking and defending techniques of the contestants.

KATA RULES

ARTICLE 1: KATA COMPETITION AREA

1. The competition area must be flat and devoid of hazard.
2. The competition area must be of sufficient size to permit the uninterrupted performance of KATA.

EXPLANATION:

For the proper performance of KATA a stable smooth surface is required. Usually the matted KUMITE areas will be suitable.

ARTICLE 2: OFFICIAL DRESS

1. Contestants 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:

- I. The KARATE-GI jacket may not be removed during the performance of KATA.
- II. Contestants who present themselves incorrectly dressed will be given one minute in which to remedy matters.

ARTICLE 3: ORGANIZATION OF KATA COMPETITION

1. KATA competition takes the form of Team and Individual matches. Team matches consist of competition between three person teams. Each Team is exclusively male, or exclusively female but may be mixed if approved by the Tournament Committee. The Individual KATA match consists of individual performance in separate male and female divisions but may be mixed if approved by the Tournament Committee.
2. The contestants will be expected to perform both compulsory (SHITEI) and free selection (TOKUI) KATA during the competition. KATA will be in accordance with SKIFs nominated KATAS (Appendix IV)

ARTICLE 4: THE JUDGING PANEL

1. The panel designated by the Referee Council or Match Area Controller consists of five or seven Judges and may also include an Arbitrator for each match.
2. In addition, scorekeepers and caller/announcers will be appointed.

EXPLANATION:

The Chief KATA Judge will sit at the perimeter of the competition area facing the contestant(s). The other four judges will sit at the corner of the area, (two more judges may sit at the center of left and right sides.) In KATA competition, the Referee can perform the role of the Arbitrator

ARTICLE 5: JUDGMENT

KATA competition may consist of KO-HAKU matches and/or the point system. KATA contestants will be selected eight or sixteen contestants for the final contest. Elimination matches may be performed with compulsory KATA by KO-HAKU system

ARTICLE 6: CRITERIA FOR DECISION

1. The KATA must be performed with competence, and must demonstrate a clear understanding of the traditional principles it contains. In assessing the performance of a contestant or team the Judges will look for:
 - a. A realistic demonstration of the KATA meaning.
 - b. Understanding of the techniques being used (BUNKAI).
 - c. Good timing, rhythm, speed, balance, and focus of power (KIME).
 - d. Correct and proper use of breathing as an aid to KIME.
 - e. Correct focus of attention (CHAKUGAN) and concentration.
 - f. Correct stances with proper tension in the legs, and feet flat on the floor.
 - g. Proper tension in the abdomen (HARA) and no bobbing up and down of the hips when moving.
 - h. Correct form (KIHON) of the style being demonstrated.
 - i. The performance should also be evaluated with a view to discerning other points.
 - j. In Team KATA synchronization without external cues is an added factor.A contestant who varies the KATA, who comes to a halt during the performance of the KATA, or who performs a KATA different from that announced will be disqualified.

EXPLANATION:

- I. KATA is not a dance or theatrical performance. It must adhere to the traditional values and principles. It must be realistic in fighting terms and display concentration, power, and potential impact in its techniques. It must demonstrate strength, power, and speed - as well as grace, rhythm, and balance.
- II. In Team KATA, all three team members must start the KATA facing in the same direction and towards the Chief Judge.
- III. The members of the team must demonstrate competence in all aspects of the KATA performance, as well as synchronization.
- IV. Commands to start and stop the performance, stamping the feet, slapping the chest, arms, or karate-gi, and inappropriate exhalation, are all examples of external cues and should be taken into account by the Judges when arriving at a decision.

ARTICLE 7: OPERATION OF MATCHES

KATA competition may be comprised of KO-HAKU matches and Point systems matches. The elimination matches may use the KO-HAKU system and select the top 8 or 16 contestants for the Semi-final and Final matches. In the final match the point system will be used.

KO-HAKU MATCHES

1. At the start of each bout, the two contestants, one wearing a red belt, will line up at the match area perimeter facing the referee. The referee will select a compulsory KATA and announce the KATA name to the contestants.
2. After completion of the performance of compulsory KATA by both contestants, the referee will call for a decision (HANTEI) and blow a two-tone blast on the whistle and all judges will raise their flags at the same time for their decisions.
3. The referee will blow a further short blast on the whistle, whereupon the flags will be lowered.
4. The referee will make the decision on the basis that the referee and judges all have one vote.
5. In case of draw, the contestants will compete again with another compulsory KATA.
6. The referee calls the judges to notice when a contestant varies, comes to a halt during the performance of the KATA, or performs a KATA different from that announced. Contestant may be disqualified or the judges can appeal this to the referee.

POINT SYSTEM

1. The contestant who is called, comes up to the designated spot of the match area immediately and announces the name of KATA to be performed. The Referee repeats the name of the KATA. The contestant then starts to perform his/her KATA. After completion of the KATA, the contestant goes back to the designated spot and waits for the decision of the judging panel.

2. The referee will call for a decision (HANTEI) and blow a two-tone blast with the whistle and all judges will raise their point card with their right hand showing their point to the scoring desk.
3. After the points are recorded, a scoring desk staff will call out all the points. The referee will blow out a further short blast with the whistle, whereupon the point cards will be lowered.
4. After hearing the total scores from the scoring desk, the referee will announce the final scores to the contestant.
5. The referee can call upon the judges when he notices that a contestant deviates significantly during the performance of the KATA, or the contestant performs differently from the announced KATA name that will lead to a disqualification. A judge can also signal his appeal to the referee when he notices the same situation.

EXPLANATION:

- I. The highest and the lowest scores are eliminated from the scores indicated by five (or seven) referee and judges whereas the remaining three (or five) scores are added to come up with a total score for the contestant.
- II. In case of the same score with two contestants, first check and find the lowest point among the remaining three (or five) scores each contestant has, contestant with the higher lowest point will win. If their lowest points are the same, check the highest point of two contestants, the contestant with a higher point will win. In the case of these highest points are the same, rematch will perform.
- III. For a rematch (SAI-SHIAI) the contestants are required to perform a different KATA from their previous bout.
- IV. All KATA being performed must be started inside of the Match area.

APPENDIX I: THE TERMINOLOGY

SHOBU HAJIME - Start the Match or Bout
After the announcement, the Referee takes a step back.

ATOSHIBARAKU - A little more time left
An audible signal will be given by the timekeeper 30 seconds before the actual end of the bout and the Referee will announce "ATO SHIBARAKU".

YAME - Stop
Interruption, or end of the bout. As he makes the announcement, the Referee makes a downward chopping motion with his hand.

MOTO NO ICHI - Original position
Contestants and Referee return to their starting positions.

TSUZUKETE - Fight on
Resumption of fighting ordered when an unauthorized interruption occurs.

TSUZUKETE HAJIME - Resume fighting - Begin
The Referee stands in a forward stance(step back). As he says "TSUZUKETE" he extends his arms, palms outwards towards the contestants. As he says "HAJIME" he turns the palms and brings them rapidly towards one another, at the same time shifting back.

SHUGO - Judges called
The Referee calls the Judges for the discussion, qualification, at the end of the match or bout, or to recommend SHIKKAKU.

HANTEI - Decision
Referee calls for a decision. After a short blast of the whistle, the Judges render their vote by flag signal and the Referee indicates his own vote at the same time, using his arm(s).

HIKIWAKE - Draw

In case of a tied decision at HANTEI, the Referee crosses his arms, then extends them with the palms showing to the front.

TORIMASEN - Unacceptable as a scoring technique

The Referee crosses his arms then makes a cutting motion, palms downward

ENCHO-SEN - Extension of the bout

The Referee re-opens the match with the command, "SHOBU HAJIME".

AIUCHI - Simultaneous scoring techniques

No point is awarded to either contestant. Referee brings his fists together in front of his chest.

AKA (SHIRO) NO KACHI - Red (White) wins

The Referee obliquely raises his arm on the side of the winner.

AKA (SHIRO) IPPON - Red (White) scores one point

The Referee raises his arm up at 45 degrees on the side of the scorer.

WAZAARI - Red(White) score half point, which is not quite IPPON.

The Referee extends his arm downward at 45 degrees on the side of the scorer.

CHUKOKU - First warning without penalty (Only in Sanbon-Shobu)

KEIKOKU - Warning with or without penalty

The Referee points with his index finger downwards at 45 degrees in the direction of the offender, and awards Wazaari(in Sanbon Shobu), he awards Wazaari to the opponent.

HANSOKU-CHUI - Warning with penalty

The Referee points with his index finger horizontally in the direction of the offender and awards Wazaari(in Ippon or Ippon-Han Shobu) or Ippon(in Sanbon Shobu) to the opponent.

HANSOKU - Foul

The Referee points with his index finger upwards at 45 degrees in the direction of the offender, and announces a win for the opponent.

JOGAI - Exit from the match area

The Referee points his index finger on the side of the offender to indicate to the Judges that the contestant has moved out of the area.

SHIKKAKU - Disqualification gLeave the Areah

The Referee points first upwards at 45 degrees in the direction of the offender then motions out and behind with the announcement gAKA (SHIRO) SHIKKAKUh He then announces a win for the opponent.

KIKEN - Renunciation

The Referee points downwards at 45 degrees in the direction of the contestantfs starting line.

MUBOBI - Self Endangerment

APPENDIX II HANSOKU, JOGAI, MUBOBI

HANSOKU		
IPPON SHOBU	IPPON-HAN SHOBU	SANBON SHOBU
1 st time Aka (Shiro) Keikoku	1 st time Aka (Shiro) Keikoku	1 st time Aka (Shiro) Chukoku
2 nd time Aka (Shiro) Hansoku Chui Shiro (Aka) Wazaari	2 nd time Aka (Shiro) Hansoku Chui Shiro (Aka) Wazaari	2 nd time Aka (Shiro) Keikoku Shiro (Aka) Wazaari
3 rd time Aka (Shiro) Hansoku Shiro (Aka) No Kachi	3 rd time Aka (Shiro) Hansoku Shiro (Aka) No Kachi	3 rd time Aka (Shiro) Hansoku Chui Shiro (Aka) Ippon
		4 th time Aka (Shiro) Hansoku Shiro (Aka) No Kachi
JOGAI		
IPPON SHOBU	IPPON-HAN SHOBU	SANBON SHOBU
1 st time Aka (Shiro) Jogai Ikkai	1 st time Aka (Shiro) Jogai Ikkai	1 st time Aka (Shiro) Jogai Ikkai
2 nd time Aka (Shiro) Jogai Nikai Shiro (Aka) Wazaari	2 nd time Aka (Shiro) Jogai Nikai Shiro (Aka) Wazaari	2 nd time Aka (Shiro) Jogai Nikai Shiro (Aka) Wazaari
3 rd time Aka (Shiro) Jogai Sankai Shiro (Aka) No Kachi	3 rd time Aka (Shiro) Jogai Sankai Shiro (Aka) No Kachi	3 rd time Aka (Shiro) Jogai Sankai Shiro (Aka) Ippon
		4 th time Aka (Shiro) Jogai Yonkai Shiro (Aka) No Kachi
MUBOBI		
IPPON SHOBU	IPPON-HAN SHOBU	SANBON SHOBU
1 st time Aka (Shiro) Mubobi Ikkai	1 st time Aka (Shiro) Mubobi Ikkai	1 st time Aka (Shiro) Mubobi Ikkai
2 nd time Aka (Shiro) Mubobi Nikai Shiro (Aka) Wazaari	2 nd time Aka (Shiro) Mubobi Nikai Shiro (Aka) Wazaari	2 nd time Aka (Shiro) Mubobi Nikai Shiro (Aka) Wazaari
3 rd time Aka (Shiro) Mubobi Sankai Shiro (Aka) No Kachi	3 rd time Aka (Shiro) Mubobi Sankai Shiro (Aka) No Kachi	3 rd time Aka (Shiro) Mubobi Sankai Shiro (Aka) Ippon
		4 th time Aka (Shiro) Mubobi Yonkai Shiro (Aka) No Kachi

NOTE:

Ikkai	Meaning in Japanese is 1 ST time
Nikai	Meaning in Japanese is 2 nd time
Sankai	Meaning in Japanese is 3 rd time
Yonkai	Meaning in Japanese is 4 th time

APPENDIX III - Examples of Score Decisions (Hantei) for KATA

Judge	Judge	Judge	Judge	Opinion Referee	Final Decision of Referee
Shiro	Shiro	Shiro	Shiro	Shiro Aka Draw	Victory of SHIRO Victory of SHIRO Victory of SHIRO
Shiro	Shiro	Shiro	Aka	Shiro Aka Draw	Victory of SHIRO Victory of SHIRO Victory of SHIRO
Shiro	Shiro	Shiro	Draw	Shiro Aka Draw	Victory of SHIRO Victory of SHIRO Victory of SHIRO
Shiro	Shiro	Draw	Draw	Shiro Aka Draw	Victory of SHIRO DRAW DRAW
Aka	Aka	Aka	Aka	Shiro Aka Draw	Victory of AKA Victory of AKA Victory of AKA
Aka	Aka	Aka	Shiro	Shiro Aka Draw	Victory of AKA Victory of AKA Victory of AKA
Aka	Aka	Aka	Draw	Shiro Aka Draw	Victory of AKA Victory of AKA Victory of AKA
Aka	Aka	Draw	Draw	Shiro Aka Draw	DRAW Victory of AKA DRAW
Draw	Draw	Draw	Draw	Shiro Aka Draw	DRAW DRAW DRAW
Aka	Draw	Draw	Shiro	Shiro Aka Draw	DRAW DRAW DRAW
Aka	Aka	Shiro	Shiro	Shiro Aka Draw	Victory of SHIRO Victory of AKA DRAW
Shiro	Draw	Draw	Draw	Shiro Aka Draw	DRAW DRAW DRAW
Aka	Draw	Draw	Draw	Shiro Aka Draw	DRAW DRAW DRAW
Shiro	Shiro	Aka	Draw	Shiro Aka Draw	Victory of SHIRO DRAW DRAW
Aka	Aka	Shiro	Shiro	Shiro Aka Draw	Victory of SHIRO Victory of AKA DRAW

You will observe, from the above examples, that the Referee cannot overrule two(2) or more Judges.

APPENDIX IV KATA

COMPULSORY KATA

HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN
HEIAN YONDAN
HEIAN GODAN
TEKKI SHODAN

SENTEI KATA

BASSAI DAI
KANKU DAI
ENPI
JION

OTHER KATA

TEKKI NIDAN	TEKKI SANDAN
BASSAI SHO	KANKU SHO
JITTE	CHINTE
JIFIN	UNSU
MEIKYO	HANGETSU
GANKAKU	SOCHIN
NIJUSHIHO	WANKAN
GOJUSHIHO DAI	GOJUSHIHO SHO
SEIENCHIN	SEIPAI
GANKAKU SHO	NIJUHACHIHO