

I. General Rules

§ 1. Purpose

These tournament rules have the purpose to ensure smooth and correct progress of tournaments.

§ 2. Tournaments subject to these Tournament rules

1. Within this paper, a tournament is generally considered to be promoted by the following organizations.

- (1) World Championship, All Japan Championship (JKA Headquarters)
- (2) Regional Tournament (Regional Headquarters)
- (3) Tournaments on the level of prefectures or major cities (Headquarters of the Prefecture or City)
- (4) Tournaments of a local branch or group (Branch Office or local group)

2. All tournaments are subject to the tournament rules.

§ 3. Participants' Attitude

Participants at a tournament have to act according to the spirit of Karatedo, respect the opponent, do their best in competition and act fair.

§ 4. Others

If a problem arises that is not sufficiently regulated by these tournament rules, the head judge has to decide the matter.

II. Tournament Management

§ 5. Tournament Organization

1. To hold a tournament, all practitioners of Karate have to be notified about time, place and type of the tournament and the tournament has to be held accordingly.

2. To hold a tournament, the following members are necessary.

- (1) Time Keeper
- (2) Score Keeper
- (3) Organizer
- (4) Doctor or Medical Attendant

3. Following officials have to be present at a tournament.

- (1) Supervisor
- (2) Chief Judge
- (3) Judges

§ 6. Supervisor

1. For a Kumite (free sparring) tournament one supervisor is necessary.
2. The supervisor has to inspect the following matters.
 - (1) proper qualification and fairness of the judges
 - (2) proper qualification of the competitors
 - (3) observance of the tournament rules
3. The supervisor has to instruct the judges, timekeepers, and scorekeepers in following cases.
 - (1) Violation of rules or actions that lack fairness.
 - (2) Protests or questions from a coach.
4. The supervisor may ask the judges or parties concerned for an explanation any time.
5. The supervisor is appointed by the Chief Judge of the tournament. He has to have the proper qualifications.

§ 7. Chief Judge

1. The chief judge has to control the tournament and make sure it progresses smoothly and fairly.
2. The chief judge must instruct or decide the following matters.
 - (1) Violation of the rules or actions lacking fairness.
 - (2) When a judge asks for advice.
 - (3) When a problem arises that is not sufficiently settled by the Tournament Rules.
 - (4) When an accident happens during the tournament.
3. If it is deemed necessary for the progress of the tournament, the chief judge may, after consulting with the judges, take the following actions against persons within the tournament environment.
 - (1) Instruct
 - (2) Order to leave
 - (3) Disqualify
4. The chief judge decides about the length of time and extent of disqualification, after consulting with the judges.
5. The chief judge is selected by the Tournament Organizing Committee. If necessary he can appoint Vice Chief Judges.
6. At World Championships and All Japan Championships usually the Chief Instructor is appointed Chief Judge.

§ 8. Judges

1. The judges have to run the tournament and decide the matches.
2. The judges have the authority to control the tournament and the surrounding area.
3. Only judges can make decisions, others may not protest or complain directly. However, decisions of the judges are subject to the authority of the supervisor.
4. The center judge controls the match and decides the winner.
5. During a match the corner judges help the center judge and show their judgment to the center judge.
6. The Tournament Organizing Committee asks persons with the proper qualifications (according to the Qualifications Rules) to judge at the tournament.

§ 9. Competitors

1. The Organizing Committee can not refuse an individual or group who has the proper qualifications from competing, unless there is a special reason. The Organizing Committee can not force anybody to compete.
2. Usually, competitors have to be members of the Japan Karate Association or one of its affiliated organizations.

§ 10. Coaches

1. During a match one coach per competitor may be present.
2. The coach has to register with the Organizing Committee.
3. The coach may complain or ask questions through the supervisor.
4. The coach may give advice to the participant but he/she has to stay in the area allotted.
5. The coach has to have both instructor's and judge's qualification.

§ 11. Time Keepers

Timekeepers must monitor the time and notify the center judge at specified points of time during a match.

§ 12. Score Keepers

Scorekeepers must record the results. If necessary, they have to inform the center judge.

§ 13. Organizers

The organizers must call the competitors and officials, inform them of their positions and ensure the smooth progress of the tournament.

§ 14. Doctor and Medical Attendant

1. The doctor or medical attendant will apply first aid to injuries or sudden illness and ensure the safe progress of the tournament.
2. There has to be at least one doctor and one certified nurse present.

§ 15. Attire

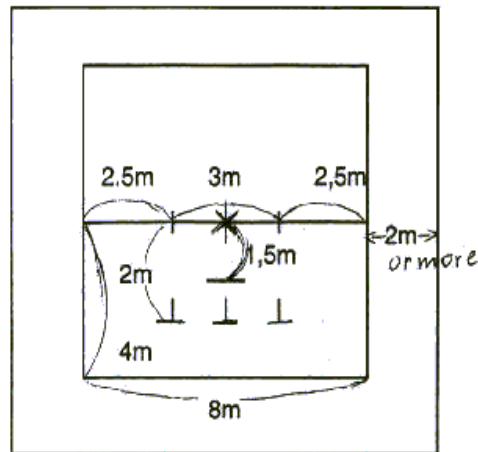
1. Competitors must wear a correct white uniform, and if necessary a white or red ribbon.
2. If the Tournament Organizing Committee requires competitors to wear a crest, badge or number on their uniforms, the competitors have to attach them on the designated place.
3. If there is no other notice, specified protective gear has to be worn. (mouthpiece, fist pads, women and children: body protector)
4. Competitors may not wear protective gear not mentioned above (point 3). However, in special cases the center judge or the chief judge may recognize that other protective gear is necessary and allow their use.
5. Coaches have to wear a specified badge on the designated place.
6. Judges and supervisors have to wear the official attire of the Japan Karate Association and their official judges badge on the designated place.
7. All assistants must wear the same uniforms so that everyone will be able to recognize them.

§ 16. Tournament Area

1. The court area is 8 meters square, marked off by a 4-5 centimeter wide line. (The outer edges of the line measure 8 meters. If mats are used, mats of different color may mark the boundary.)

2. For a Kumite (free sparring) match, the starting positions of the opponents are on the centerline, indicated by 2 parallel lines 1 meter long and 3 meters apart from each other. The opponents are facing each other. Usually, the right line is red and the left line is white (seen from the position of the center judge).
3. For a Flag System Kata (Form) match¹, the start lines of the competitors are 2 meters behind the center line, 3 meters apart in the shape of \perp . The ground line is 70 centimeters and the line in a right angle from the center of the ground line is 35 centimeters long. The competitors face the front. For a Kata match in Point System, the \perp start line is 2 meters behind the center point of the court.
4. For safety reasons, a court should not be raised more than 1 meter above the ground and there should be a 2-meter wide safety area around the court.
5. The court's surface must be flat and smooth. It may be wood, resin, textile or mats.
6. To indicate the position of the center judge, a line should be drawn 1,5 meters behind the center point.

Tournament court:



§ 17. Kinds of Tournaments

1. There are the following kinds of tournaments.
 - (1) Kumite (Sparring) tournaments - individual and team
 - (2) Kata (Form) tournaments - individual and team
2. It is possible to hold different tournaments as well.

¹ See IV, § 33.

III. Kumite (Sparring) Tournaments

§ 18. Organization

1. In a Kumite match 2 opponents enter the court and, within the given time limit, perform various techniques freely against each other. There are the following kinds of matches.
 - (1) "Ippon Shobu": Within the given time limit, the competitor who scores one point first is the winner.
 - (2) "Sanbon Shobu": Within the given time limit, the competitor who scores two points first is the winner.
2. In a match, all techniques (punches, kicks, strikes) have to be correctly controlled. Competitors should attack with ease and try not to give the opponent the chance to attack.

§ 19. Team Events

1. For team events the teams must be made of an odd number of competitors.
2. As a rule, all team members have to be present at the first round. (Later on, teams lacking (a) member(s) may continue competing, but they have to fight in the registered order.)
3. The team has to register the order in which the members will fight. Individual matches will be held in that order, the individual results are added up and the team result indicates the winning team.
4. There are two kinds of team fighting.
 - (1) "Individual Matches": Each team member fights once, the results of the individual matches are added up to the team result. If there is a draw, the score is taken into count. (Order of value: Ippon, 2 half points, win by judges decision) If there still is a draw, a "Match of Representatives" is held to decide a winner.
 - (2) In above case of a "Match of Representatives" each team chooses a representative who will fight another match. In this case, a team member that has competed before may compete again.
 - (3) "Winner stays": The winner of the first match stays in the court and fights the next match as well (until he loses a match). The loser has to leave the court and the next team member competes. If all members of a team have lost, the team has lost.
 - (4) No mixed teams (males and females) are allowed.

§ 20. Scoring Points

1. The target areas of attacks are as follows.
 - (1) "Jodan": head and neck area
 - (2) "Chudan": breast, belly, sides and back

2. Criteria for scoring a point
 - (1) Correct posture and attitude
 - (2) Concentrated mind and spirit
 - (3) Good distance and timing
 - (4) Correct grasp of the target
 - (5) Proper course and power of the technique
3. To score an Ippon (Full Point) all of the criteria mentioned above have to be accomplished.
4. In following cases, a full point can be scored, even if not all criteria mentioned above are accomplished.
 - (1) “Deai”: attacking the opponent after he/she starts his/her attack and still be faster
 - (2) Breaking the opponent’s posture
 - (3) Attack combined with a throw
 - (4) Continuous techniques that all reach their aim
 - (5) The opponent is defenseless.
5. A Wazaari (Half Point) is scored for a proper technique that is close to an Ippon but not quite enough.
6. Two Wazaari add up to an Ippon.
7. “Aiuchi”(Same Time): Both opponents score at the same time with equally efficient attacks.. In this case, their attacks cancel each other out. (No point is scored.)

§ 21. Judging a match

1. If no competitor reaches the required full points score² within the time limit, each judge decides a winner and the decisions of the judges are added up to indicate the winner.
2. If both participants are get injured or for other reasons can –not continue the match, the judges declare a winner according to the points scored till then.
3. Factors to decide a winner:
 - (1) Half or full points scored
 - (2) “Hansoku Chui” (Warning) given
 - (3) Out of bounds warning given
 - (4) Tactics displayed by the competitors
 - (5) Performance and strength of techniques
 - (6) Fighting spirit of the competitors and “Keikoku” (Caution) given
 - (7) Attitude of the competitors
 - (8) Number of attacks performed with full effort

² That is, one full point (2 half points) in Ippon Shobu and 2 full points (4 half points) in Sanbon Shobu.

4. Corner judges and center judge each individually decide a winner and the competitor who got more votes is declared the winner by the center judge according to the factors written in rule 3 above.
5. If a winner cannot be decided, a “Hikiwake” (Draw) is declared.

§ 22. “Saishiai” (Second Match) and “Saisaishiai” (Third Match)

1. If there is a draw, the competitors have to fight another match called “Saishiai”. If the Saishiai also ends in a draw, a “Saisaishiai” (Third Match) has to be fought. However, the chief judge may order that Saisaishiai are held by the “First Score Wins” method. (The competitor that scores first is the winner.)
2. After the Saisaishiai the judges have to declare a winner.

§ 23. “Hansoku” (Violation of Rules)

1. The following actions are prohibited:
 - (1) Hitting the opponent
 - (2) Biting or scratching the opponent
 - (3) Grabbing and holding the opponent
 - (4) Performing dangerous throws or joint holds
 - (5) Wasting time by not attacking
 - (6) Using foul language
 - (7) Attacking after “Yame” (Stop) or “Jogai” (Out of Bounds) was called
 - (8) Attacking with a head butt
 - (9) Attacking with a spurned
 - (10) Attacking the legs intending to injure
 - (11) Attacking the groin area on purpose
2. In above given cases, following decisions may be given.
 - (1) In cases of an obvious violation of the rules, “Hansoku Chui” (Warning) is given. If a competitor receives “Hansoku Chui” twice in the same match, he/she is given “Hansoku Make” (Defeat by Violation of Rules) and the opponent is declared the winner.
 - (2) If there is only a slight violation of the rules and the opponent not injured, “Keikoku” (Caution) is given. Keikoku does not seriously affect the judges decision, but a second Keikoku in the same match will be “Hansoku Chui” or “Hansoku”.
 - (3) If there is a very serious violation of the rules or if the opponent is injured, “Hansoku” is given immediately and the opponent declared the winner.
3. Competitors that have received “Hansoku” twice during the same tournament may not continue to compete in that tournament.

§ 24. “Jogai” (Out of Bounds)

If a competitor touches the ground outside the borderlines of the court with any part of his/her body, “Jogai” (Out of Bounds) is given. If that happens in the same match to

the same competitor twice, “Jogai Chui” (Out of Bonds Warning) is given, if it happens three times, “Jogai Hansoku” (Out of Bonds Defeat) is given and the opponent is declared the winner.

§ 25. “Mubobi” (Not Defending)

1. “Mubobi Keikoku” (Caution for Not Defending), “Mubobi Chui” (Warning for Not Defending), “Mubobi Hansoku” (Defeat by Not Defending)
 - (1) If a participant gets hit, because he/she plainly did not defend him/herself, the participant receives the appropriate kind of “Mubobi” and the opponent the appropriate kind of “Hansoku”.
 - (2) If a participant has obviously no fighting spirit.
2. Even if the participant does not get hit, he/she may be given “Keikoku” (Caution) or “Mubobi Chui”, if the center judge thinks the situation is dangerous. Two “Mubobi Chui” add up to “Hansoku” (Defeat) and the opponent is declared the winner.

§ 26. “Shikkaku” (Disqualification)

1. “Shikkaku” (Disqualification) punishes the following actions and the opponent wins.
 - (1) No compliance to the center judge’s commands.
 - (2) Use of language that does not fit the spirit of Karate.
 - (3) Display of bad or disgraceful attitude.
2. Participants that have received “Shikkaku” (Disqualification) may not continue to compete in the same tournament. This provision does not apply to cases described in § 36-2-(1)/(2).
3. If the judges give “Shikkaku” (Disqualification) to a participant, they have to discuss the amount of disqualification and report their decision to the scorekeeper. The scorekeeper will fill in the appropriate form and submit it to the chief judge.
4. If in a team event a team is found responsible for serious violations of the rules, the whole team is given “Shikkaku” (Disqualification) and their opponents declared the winner.

§ 27. “Kiken” (Withdrawal)

1. If a competitor withdraws, the opponent is declared the winner.
2. If a competitor withdraws on purpose, he may not compete in any following matches.

§ 28. Injury

1. If a participant gets injured during a match and cannot continue to compete, the judges will discuss the issue and give “Kiken” (Withdrawal). The opponent is

declared the winner. If both opponents get injured and there was no violation of rules (Hansoku), the judges will stop the match and decide on a winner.

2. If the doctor concludes that a participant can not continue to compete, the match will be stopped and “Kiken” (Withdrawal) is given. The doctor has to - decide whether or not the participant is fit to compete in matches after that. If the doctor decides that the participant may continue to compete, he shall make notice to the chief judge.

§ 29. Judges and Supervisors

For a Kumite tournament the following officials have to be present.

- (1) 1 supervisor
- (2) 1 center judge
- (3) 4 corner judges

§ 30. Time Limits

1. The time limit for matches will be 2, 3 or 5 minutes only.
2. The time starts when the center judge gives the commands “Hajime (Start) or “Tsuzukete Hajime” (Continue) or blows the whistle and stops at “Yame” (Stop), “Jogai” (Out of Bounds) or the next blow of the whistle. The time a match is interrupted the clock has to be stopped.

§ 31. Tournament Operations

1. The opponents have to stand on their designated starting positions. When the center judge says “Hajime” (Start) or whistles, they will start to fight.
2. At the command “Yame” (Stop) or “Jogai” (Out of Bounds) the opponents have to stop fighting immediately, return to their starting positions and wait for the next command.
3. In the following cases the center judge has to call “Yame” (Stop) or “Jogai” (Out of Bounds) and interrupt or stop the match.
 - (1) If an Ippon or Wazaari is acknowledged
 - (2) To allow for the competitors to fix their uniforms or give them advice.
 - (3) Violation of rules (Hansoku)
 - (4) Injury or accident
 - (5) If the supervisor interacts
 - (6) If a corner judge expresses his/her judgment and the center judge considers it necessary to recognize it.
 - (7) If the situation of the match is considered dangerous.
 - (8) If any body part of a competitor touches the ground outside the borderline of the court.
 - (9) When time has expired.

4. If the corner judges notice any of matters mentioned above during a match, they have to immediately express this with their whistles or flags.
5. If it is necessary, the center judge may call the corner judges for discussion or advice any time. Such conferences have to be held in front of the supervisor. If the judges' opinions diverge, the center judge will decide the matter on the basis of the opinion of the majority of judges.
6. At the command "Tsuzukete Hajime" (Continue), the match starts again.
7. If a competitor has any kind of injury, accident or outbreak of a disease that the center judge cannot recognize, the competitor may ask for a time out from the center judge. However, the match continues until the center judge calls "Yame" (Stop).
8. When the center judge says "Hantei" (Judgment) or gives the appropriate whistle signal, all corner judges express their judgments with flags.
9. The center judge announces the result of the decisions by the corner judges plus his/her own to the competitors.
10. The timekeepers must monitor the time with a stopwatch and inform the center judge 30 seconds before the time limit expires and at the end of the time limit. They have to use following bell signals.
 - (1) 30 seconds left: one ring of the bell
 - (2) end of match: two rings of the bell
11. The scorekeepers have to report the results of the matches correctly using the official form.

§ 32. Tournament Equipment

- (1) Whistle (one per judge or supervisor)
- (2) Red and white flags (a pair for each corner judge)
- (3) Stop watch
- (4) Bell
- (5) Official forms (including the supervisor's forms)
- (6) Red and white ribbons, to indicate red and white of the opponents. (Ribbons should be easy to use and not hinder the movements of the competitors.)

IV. Kata (Form) Tournaments

§ 33. Organization

1. In a Kata tournament, a Kata (Form) is performed inside a court; the judges give their judgment and declare a winner. There are following types of Kata tournaments.
 - (1) Flag System: Two competitors perform the same Kata indicated by the center judge, the winner is indicated by a white or red flag.
 - (2) 1. Point System: The judges give points on the performance of a competitor, these points are added up for a total score.
 - (3) Team Kata: Three competitors perform the same Kata. At the start, all three have to face the front, but they may freely choose their starting positions inside the court. The team is given a score according to the Point System.
2. Competitors have to choose from the following list of Katas and perform them as the “Shihankai” (Masters’ Committee) has established. Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Tekki Nidan, Tekki Sandan, Bassai Dai, Bassai Sho, Kanku Dai, Kanku Sho, Empi, Jion, Chinte, Unsu, Meikyo, Wankan, Jitte, Gankaku, Hangetsu, Sochin, Nijushiho, Gojushiho Dai, Gojushiho Sho.
3. There are following groups of Katas.
 - (1) “Shitei Kata” (Required Kata): Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan. In a Flag System tournament, the center judge will choose one of these Katas for the competitors to perform.
 - (2) “Sentei Kata” (Selected Kata): Bassai Dai, Kanku Dai, Empi, Jion. In a Flag System tournament, the center judge will choose one of these Katas for the competitors to perform.
 - (3) In a Point System tournament, the competitor chooses one of the “Sentei Kata” and performs it.
 - (4) “Tokui Kata” (Favorite Kata): The competitor freely chooses a Kata from the list in § 3 3-2, excluding the “Shitei Kata” (Required Kata) to perform in a Point System tournament.

§ 34. Judges

The following judges are necessary for a Kata tournament.

- (1) 1 center judge
- (2) Corner judges: 4 or 2 for Flag System tournaments 6 or 4 for Point System tournaments

§ 35. Judgments

1. Factors for the judgment of Katas.
 - (1) Correct sequence of the Kata. (Correct course of the techniques)
 - (2) Performance essentials: use of power and relaxation, contraction and stretching of the body, speedy and slow performance of the techniques.
 - (3) Whether the techniques of the Kata go into the correct direction and whether the shifting leg moves smoothly.
 - (4) Whether the competitor can demonstrate the meaning of the techniques.
 - (5) Overall performance and demonstration of the technical characteristics of the Kata performed.
 - (6) Correct head and eye movement (direction of glance)

- (7) Power and correct performance of the basic techniques
 - (8) Fighting spirit
 - (9) Sufficient performance of “Kamae” (Guard) and “Zanshin” (Concentration)
 - (10) Attitude and behavior
 - (11) Whether the competitor correctly returns to the starting position.
 - (12) Correct employment of body parts used for attacking
 - (13) Correct grasp of target area
 - (14) Correct or exaggerated movements
 - (15) Arbitrary change of speed of the techniques
 - (16) In Team Kata, whether all team members perform the Kata synchronously.
2. For the Point System, 10 is the highest score. The points can decrease by increments of 0.1. All judges including the center judge must decide their scores, the highest and the lowest are dropped and the rest added up for the total score.

§ 36. Minus Points and Disqualification

1. Points will be decreased in the following cases.
 - (1) The competitor made a mistake, but continues smoothly.
 - (2) The competitor pauses for no reason, but continues afterwards.
2. The competitor is disqualified in the following cases.
 - (1) The competitor does not finish the Kata.
 - (2) The competitor does a Kata different from the one he/she has announced.
 - (3) The competitor uses language that does not comply with the spirit of Karate.
 - (4) Competitors that were disqualified in Kumite are usually not allowed to compete in Kata as well.

§ 37. Draw

1. If there is a draw in a Flag System match, the center judge selects another Kata to be performed by competitors.
2. If there is a draw in a Point System tournament, the competitors perform the same Kata again. If there is still a draw, the lowest score (that was not included in the total points) is added. If there is still a draw, the highest score is added. If there is still a draw, the competitors have to perform a different Kata and get new scores.

§ 38. Tournament Operations

1. In the case of “Shitei Kata”, the tournament is held in Flag System. The center judge randomly chooses a Kata with the help of the Kata cards and announces its name to the competitors. The competitors start at the command “Hajime” (Start) or the appropriate whistle signal given by the center judge.
2. In the case of “Tokui Kata”, the tournament is held in Point System. The competitor chooses a starting position in the court, loudly announces the name of

the Kata he/she wants to perform, the center judge repeats it and the competitor freely starts his/her performance. (There are no further commands.)

3. In the case of “Sentei Kata”, choose one of the above two methods.
4. After finishing the Kata, the competitor has to return to the starting position and wait for the judges’ decision.
5. In the following cases the center judge may call the corner judges for a conference, if the judges’ opinions differ, the majority rules.
 - (1) The competitor makes a mistake or sets actions punishable with “Hansoku”.
 - (2) The competitor gets injured or another accident happens.
 - (3) Problems concerning the score arise.
 - (4) A corner judge signals to the center judge that he/she has a question or has noticed a mistake.
6. If a corner judge notices one of the matters above, he/she must use his/her whistle to signal to the center judge.
7. The scorekeeper must write the name of the Kata the competitor performed on the official paper.
8. In a Flag System tournament, all corner judges have to raise their flags when the center judge gives the command “Hantei” or blows his/her whistle.
9. In a Point System tournament, all judges have to raise their scorecards when the center judge gives the command “Hantei” or blows his whistle.
10. One of the scorekeepers must read the scores beginning from the center judge in clockwise direction in a loud voice. Another scorekeeper must note down the scores on the official paper and calculate the results.
11. The score keeper must announce the final score in a loud voice and the center judge must repeat the score.
12. The competitor(s) leave the court after the judges decision has been announced.

§ 39. Tournament Equipment

- (1) Whistles (one for each judge)
- (2) Flags (a red and a white flag for each judge)
- (3) Score Cards (a set for each judge)
- (4) Score Keepers stationary
- (5) Kata Cards, “Shitei Kata” and “Sentei Kata” (a set for the center judge)
- (6) Red and white ribbons (Ribbons should be easy to use and not hinder the movements of the competitors.)

V. Additional Information

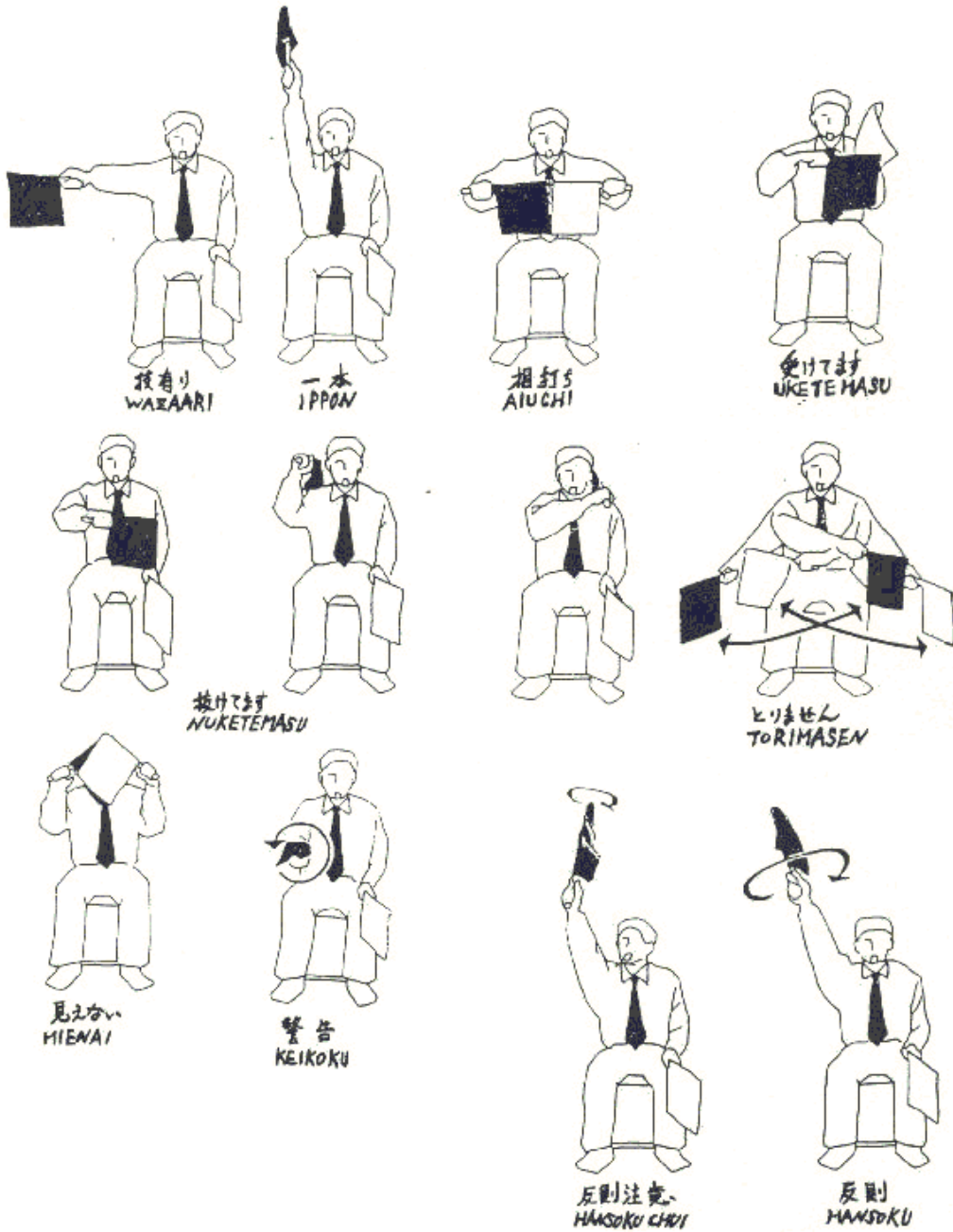
§ 40. Junior and Women's Tournaments

There is a separate information sheet on junior and women's tournaments.

§ 41. Revision of Rules and Regulations

Revision of rules and regulations is done by the "Shihankai" (Masters Committee) on the basis of a 'two-thirds' majority.

VI. Hand Signals





弱い
YOWAI



警告
KEIKOKU



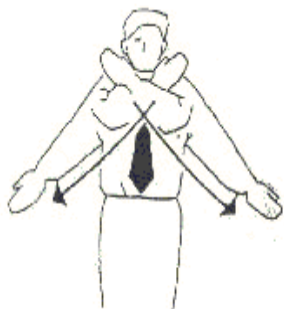
注意
CHUI



反則
HANSOKU



場外
JIOGAI



引き分け
HIKIWAKE



集合
SHUGO



棄権
KIKEN



失格
SHIKKAKU



