

# KARATE

## SOUTH AFRICA



FULL CONTACT  
(**Knock Down**)

TOURNAMENT RULES

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## **Kata Rules**

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

# Kumite Rules

The purpose of the full contact tournament is to give the students of karate a chance to test their technical skill, fighting spirit and determination. These rules are designed to give the students the maximum possibility to test their techniques in combat, with the minimum risk of causing or receiving serious injury. The contestants must at all times show the utmost respect for their opponents and all officials of the tournament.

## Article 1: GENERAL RULES

1. The minimum age for contestants is 10 years. The maximum age will be left to the discretion of the Tournament Doctor, who will examine all contestants before the eliminations begin.

**a. The divisions for children are:-**

10 - 11 years - two **weight** divisions : Under 40kg, Open

12 – 13 years - two **weight** divisions : Under 50kg, Open

**b. The divisions for cadets are:-**

14 years – 15 years- Three **weight** divisions

Boys – Under 55kg, Under 65kg, Open

Girls – Under 50kg, Under 55kg, Open

**c. The divisions for juniors are:-**

16 – 17 - two **weight** divisions group (Boys U60kg & Open; Girls U55kg & Open)

**d. The divisions for U-21's are:-**

18, 19, 20 years - three **weight** divisions group (Boys U60kg, U70kg & Open)

(Girls U55kg, U65kg & Open)

**e. The division and weight classes for seniors are:-**

	<b>Men</b>	<b>Ladies</b>
Lightweight	under 60kg	under 55kg
Middleweight	under 70kg	under 65kg
Light Heavyweight	under 80kg	
Heavyweight	over 80kg	over 65kg (Open)

**f. The division and weight classes for Veteran's (Master's) are:-**

35 – 39

40 – 44

45 – 49

50 – 54

**Veterans** are divided by age groups i.e. only open weight division per age group. The above are for male and female

**NB. 1.** The minimum weight in the lightweight category will be decided by the Tournament organisers in consultation with the Tournament Doctor.

2. For competitors competing in knockdown, it is recommended that the athlete should have practised karate for at least one year.

3. Neither KSA Karate nor the officers of the Association will be in any way responsible for any injury or accident which may occur during the Tournament. If insurance is wished, then it is up to the individual contestant to secure and make his own arrangement for that cover. This is the total responsibility of the contestants.

## **Article 2: KUMITE COMPETITION AREA**

1. The fighting area should be a minimum of 6 metres square up to a maximum of 8 metres square.
2. There should be a 1 metre neutral zone surrounding the fighting area. Where possible, there should also be a safety area of 1 metre.
3. The marking out of the officials and match areas shall be as per Appendix 4 & 5.
4. The fighting area should be covered with Tatami. The neutral zone should be of another colour than that of the fighting area, or clearly indicated in some other manner.

## **Article 3: OFFICIAL DRESS**

### ***A. Referees***

1. Referees and judges must wear the official uniform designated by the referee council. This uniform must be worn at all tournaments and courses.
2. The official uniform will be worn as follows:-  
A **black** blazer (official blazer)  
A **white** shirt (long or short sleeved)  
An **official** tie.  
**Plain** light grey trousers/skirts.  
No socks.  
\* Each referee/judge must have his/her own whistle  
\* The blazer and tie must be represent the region/province of the official

### ***B. Contestants***

1. The contestants will wear **white Karate Dogi 's** that are clean and in good condition. **Style badges** may be worn at **provincial** events. At **national** events only **provincial** badges may be worn. Females should wear a white t-shirt to cover the breast guard or a sports type bra.
2. One contestant will wear a white belt and one will wear a red belt.
3. Groin protection and gum shields are compulsory **for male contestants. Breast protection** (soft kind) **is compulsory for female contestants of 9 years or older.** Head guards are compulsory up until the age of 15 (Cadets). Head guards are optional for Junior's (16-17). For those under the age of 18, shin/ instep and hand **protection is compulsory.** In the event of an injury to a contestant, the wearing of bandages or other protective materials will be at the discretion of the Chief Referee or the Chief Arbitrator in consultation with the Tournament Doctor. Their decision is binding.
4. Finger and toe nails must be clean and cut short. No jewellery or other objects may be worn. It is the responsibility of the coach to check this before the competitor enter the tatami.
5. Spectacles may not be worn. Contact lenses may be worn at the contestant's own risk and responsibility.
6. The wearing of other unauthorised clothing or equipment is forbidden and may result in the disqualification of the contestant.

### **EXPLANATION:**

- I. *There may well be a religious basis for the wearing of certain items such as turbans or amulets. Persons wishing, by virtue of their religion, to wear what would otherwise be construed as unauthorised clothing must notify the Referee Council in advance of a tournament. The Referee Council will examine each application on its merit. No accommodation will be made for people who just turn up on the day and expect to participate.*
- 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 4: OFFICIALS**

1. Each fighting area shall have the following officials:  
A co-ordinator, an announcer, a time keeper, an arbitrator, a referee and 4 judges.
2. In a decision upon the outcome of a contest, each judge and the referee shall have one vote.
3. The arbitrator is appointed to ensure the fairness of the conduct of matches and judgements rendered thereon.

### **EXPLANATION:**

- I *At the start of a Kumite match, the Referee stands on the outside edge of the match area. On the Referee's left stand Judges numbers 1 and 2, and on the right stands Judges number 3 and 4.*
- II *After the formal exchange of bows by contestants and Referee Panel, the Referee takes a step back, the Judges 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.*
- III. *When individual Judges change, the incoming Judge goes to the outgoing Judge, they bow together and change positions.*
- IV. *All the referees and judges must be used. Refereeing teams are organised by the chief referee.*

### **Article 5: DURATION OF A BOUT**

1. Each preliminary match shall last for one 2 minute round. In the event of a draw, two 2 minute extensions (encho-sen) will be allowed. If no winner is determined after the 2<sup>nd</sup> extension, and there is no 3kg difference between the contestants, and a final extension is fought, the judges must be decisive and cannot give Hiki-wake
2. Semi-final and Final matches will consist of 1x 3 minute round and 2x 2 minute extensions if required.

3. The timing of the match begins when the referee gives a signal to start, and stops at the end of the allocated time (2 or 3 minutes), or in the event of a knockdown. **The timing shall resume when the referee signals a continuation of the bout.**
4. The **timekeeper** shall give signals by a clearly audible gong indicating that time is up. Simultaneously, a **beanbag** will be thrown into the fighting area to signal the end of the match. The contestants are to stop fighting on the signal of the referee only.
5. A technique delivered at the same time that the end of the round or match is signalled is considered valid. An attack, even if effective, delivered after an order to suspend or stop the match shall not be scored and may result in a penalty being imposed on the offender.
6. No technique, will be scored if it is delivered when one contestant is outside the fighting and neutral zone. If both fighters are in the neutral zone and the referee has not called "yame", then all techniques score as normal

### **Article 6: Organisation of Competitions**

1. A full contact karate tournament may comprise kumite competition and/or kata competition. The kumite competition may be further divided into clicker and knockdown and can have the team match and the individual match. The individual match may be further divided into weight divisions. Weight division are divided ultimately into bouts. The term "bout" also describes the individual kumite competitions between opposing pairs of team members.
2. In team matches, each team must have an odd number of contestants. The number of contestants can be divided by the agreement of the organisers.
3. The contestants are all members of the team. There are no fixed reserves.
4. Before each match, a team representative must hand onto the official table, an official form defining the name and fighting order of the team members. The fighting order can be changed for each round but once notified, it cannot be changed.
5. A team will be disqualified if any of its members or its coach changes the team's composition without submitting the written fighting order. Use of a reserve constitutes a change in fighting order.
6. In a team match, a participating team will be allowed to participate only when it comprises more than half the prescribed number of members.
7. No contestant **may be replaced by another** in an individual title match during any stage of the competition.
8. Individual contestants or teams that do not arrive at the competition venue before the tournament is declared open may be disqualified from participation in that tournament.
9. Should individual contestants or teams that have applied for participation, either fail to attend a match without good reason; or without notifying in advance the match-conducting authorities, quit the match and leave, a disciplinary measure to be applied will be decided upon by the referee council following a recommendation from the chief referee.
10. A "round" is a stage in a competition leading to the eventual identification of the finalists. In an elimination competition, a round eliminates fifty percent of the contestants within it,

counting byes as contests. In this context, the round can apply equally to a stage in either primary elimination or repechage.

11. The use of contestant's names can cause problems of pronunciation and identification, therefore it is recommended that tournament numbers be allotted and used.
12. If, through an error in charting, the wrong contestants compete, then regardless of the outcome, the match is declared null and void.

## **Article 7: SCORING**

### **1. Ippon:-**

- (a) With the exception of techniques which are fouls and not allowed by the contest rules, any contestant who knocks his opponent down and the opponent is unable to continue with-in 5 seconds, scores an Ippon. This automatically terminates the match.
- (b) When a contestant informs the referee that he is beaten, as the result of techniques allowed within the contest rules, his opponent shall be awarded an Ippon. This automatically terminates the match.
- (c) Two Waza-ari are the equivalent of an Ippon.

### **2. Waza-ari:-**

- (a) Where a contestant is knocked down by a technique allowed within the contest rules and is able to continue to fight within 3 seconds, a Waza-ari will be awarded. Any contestant who is clearly not in a condition to continue will not be allowed to do so by the referee. The referee may consult with the Tournament Doctor if he sees fit. In a case where the contestant is stopped from continuing, the opponent will be awarded a Ippon.
- (b) A contestant who clearly shakes his opponent with a technique allowed within the contest rules and the opponent is able to continue within 3 seconds, shall be awarded a Waza-ari.
- (c) A sweep or takedown technique followed by a well focussed but non-contact technique, delivered within 2 seconds of the sweep, shall be awarded a Waza-ari.

A contestant who has gained a Waza-ari, over an opponent who has not scored, will normally but not necessarily be awarded the victory at the time of the referee's and judge's decision.

### **3. Scoring for Children and Cadets**

- (a) Scoring the above shall make provision for children and cadets in the following manner:
  - (i) A waza-ari is awarded for a technique that is well placed and scores, but does not necessarily stun the opponent
  - (ii) An ippon is awarded for a technique that stuns the opponent.
  - (iii) In order for a competitor to win, four waza-aris or two ippons must be scored.
  - (iv) The referee, in consultation with the judges, may award the fight after only one ippon is scored, taking into account the safety of the competitor and the extent of the effect of the technique on the competitor. However, generally, two ippons are required to

- win a fight.
- (v) If there is no clear winner by means of the above scoring, the judges will make their decision known as per Article 7 (1) a-c.

#### **4. Scoring for juniors**

- (a) Scoring for juniors (16-17 years old) shall be the same as for seniors.

#### **5. Superiority:-**

The referee and judges may award a decision on the basis of superior technique, technical skill and fighting spirit.

#### **6. Genten:-**

A penalty, Genten, shall be considered to have the approximate value of a Waza-ari for the opponent.

#### **EXPLANATION:**

- I. The objective of full contact competition is to gain superiority over the opponent by stunning him/her with a well-placed technique or by knocking him/her down or out.*
- II. This objective is problematic for children and cadets in that the damage caused by knockdown techniques can and may have a devastating effect on development in the young body. Children under the age of 16 are still developing and any damage may cause issues of a permanent nature and the above scoring takes cognisance of this and incorporates the notion that safety of competitors, particularly children, should be of paramount importance.*
- III. The superiority sought in the objective is not embodied in knocking out the opponent, but rather superiority by means of superior technique, strength and determination as displayed by the particular competitor.*

### **Article 8: CRITERIA FOR A DECISION**

The result of a bout is determined by a contestant obtaining a clear lead of a Waza-ari, obtaining a decision (HANTEI), or by a HANSOKU, SHIKKAKU, or KIKEN, imposed against a contestant.

1. When a bout ends with equal scores, or no scores, the winner will be decided by vote of the Referee Panel (HANTEI). 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.
2. In individual bouts, if there is a tie, an extension not exceeding two minutes may be fought (ENCHO-SEN). An ENCHO-SEN is an extension of the bout, and all penalties and warnings issued in the initial bout carry over. At the end of the bout and in the event that neither competitor is awarded a score, the person that is lighter by 3kg, will be declared the winner. Should this not be possible during the 1<sup>st</sup> ENCHO-SEN, a 2<sup>nd</sup> Extension will be



fought after which the decision will be made by a final vote of the Referee Panel (HANTEI). A decision in favour of one or the other competitor is obligatory. The judges may not grant HIKE-WAKE.

3. In team competition, there will be no extension (ENCHO-SEN) in the event of drawn bouts.
4. The winning team is the one with the most bout victories. Should the two teams have the same number of bout victories then the winning team will be the one with the most points, taking both winning and losing bouts into account.
5. If the two teams have the same number of bout victories and points, then a deciding bout will be held. In the event of a continuing tie, there will be an extension (ENCHO-SEN) not exceeding one minute. The first competitor to obtain a score wins. In the event that there is no score the decision will be made by vote (HANTEI).
6. In male team matches a team, which obtains a lead of three bout victories will be declared the winner at that point, or in the case of female teams, a lead of two bout victories.

### **EXPLANATION:**

1. *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 at the same time indicate his own vote by raising his arm on the side of the preferred contestant. The Referee will give a short blast on his whistle, return to his original position and announce the decision.*
2. *In the event that there is a tie, the referee will announce a draw (HIKIWAKE) and start the ENCHO-SEN, if applicable.*
3. *In the event of a 2<sup>nd</sup> ENCHO-SEN where there is no 3kg difference, (ie. two red and two white), on returning to his original position, the Referee will use his casting vote. He will then indicate the winner in the normal way*
4. *A KIKEN is when a competitor forfeits the bout by either not making an appearance at the tournament or has sustained an injury to the extent that he/she prefers not to participate any further or on the recommendation of a doctor/paramedic/first aider.*

## **Article 9: TARGET AREA**

A. The following are the legitimate targets for punches:-

- The shoulders and arms
- the chest
- the abdomen
- the ribs

**B.** The following are the legitimate targets for kicks:-

- the head
- the face
- the shoulders and arms
- the chest
- the abdomen
- the ribs
- the thighs

### **Article 10: PROHIBITED ACTS AND TECHNIQUES**

The following matters may merit disqualification at the entire and absolute discretion of the referee of the contest. The contestant disqualified may give notice through his coach to the contest arbitrator, of his wish to appeal to the Chief Referee who, after consultation with the referee and judge(s), may reinstate the disqualified contestant or endorse and confirm the match referee's decision. The Tournament Chief Referee's decision is final.

There are two categories of prohibited behaviour, Category 1 and Category 2.

#### **CATEGORY 1.**

1. Attacks to the opponent's head, face, throat or neck with the open hand, fist or any part of the arm.
2. Attacks to the arms, groin, joints, or instep.
3. Dangerous or forbidden throwing techniques, which cause injury.
4. Making an attack from the floor after having been downed by an opponent.(NB competitors are allowed to defend themselves)
5. Striking or kicking an opponent who has been downed.
6. Dumping, throwing or falling on an opponent an injuring the opponent in the process.
7. Any other techniques or practices that the referee of the match decides is improper or unfair.
8. Axe kicks (uchi or soto oroshi kakato geri are expressly prohibited for children and juniors.
9. Mae geri to the throat are expressly forbidden for the children and juniors.

#### **CATEGORY 2.**

1. Feigning, or exaggerating injury.
2. Repeated exits from the competition area (JOGAI).
3. Self-endangerment by indulging in behaviour, which exposes the contestant to injury by the opponent, or failing to take adequate measures for self-protection, (MUBOBI).
4. Avoiding combat as a means of preventing the opponent having the opportunity to score.
5. Grabbing and attempting to throw or take down the opponent, except when the opponent has attempted to grab or throw first, and throwing techniques where the pivotal point is above hip-level.
6. Unnecessary clinching, wrestling, pushing, or seizing.
7. Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks, whether they land or not.
8. Attacks with the head, knees, or elbows.

9. Talking to, or goading the opponent, failing to obey the orders of the referee, discourteous behaviour towards the refereeing officials, or other breaches of etiquette.
- C. Grabbing and holding with two hands will be punished by an official warning.
- D. The coach of a competitor, shall at all times during the operation of the match, remain in the coaches' official seat. The coach must not by word or deed, interrupt or cause to interrupt the smooth operation of the match. In the event that the coach contravenes this rule, then his/her contestant will be penalised according to the provisions of the article on Penalties.
- E. Contestants who arrive late for bouts or who fail to appear \* can merit automatic disqualification.  
\* (The contestant will be called a maximum three times, with a 30 seconds between each call and 1 minute after the last call.)

**EXPLANATION:**

- I. *Traditional karate techniques delivered full-power can cause extremely serious injury, even death. Karate competition is a sport, and for that reason some of the most dangerous techniques are banned and all techniques must be controlled. Trained competitors can absorb relatively powerful blows on muscled areas such as the abdomen, but the fact remains that the head, face, neck, groin and joints are particularly susceptible to injury. Therefore any technique, which results in injury, may be penalised unless caused by the recipient.*
- II. *The Referee must constantly observe the injured contestant. A short delay in giving a judgement allows injury symptoms such as a nosebleed to develop. Observation will also reveal any efforts by the contestant to aggravate slight injury for tactical advantage. Examples of this are blowing violently through an injured nose, or rubbing the face roughly.*
- III. *Pre-existing injury can produce symptoms out of all proportion to the degree of contact used and referees must take this into account when considering penalties for seemingly excessive contact. For example, what appears to be a relatively light contact could result in a competitor being unable to continue due to the cumulative effect of injury sustained in an earlier bout. Before the start of a match or bout, the Match Area Controller must examine the medical cards and ensure that the contestants are fit to fight. The Referee must be informed if a contestant has been treated for injury.*
- IV. *Contestants who over-react to light contact, in an effort to have the referee penalise their opponent, such as holding the face and staggering about, or falling unnecessarily, will be immediately warned or penalised themselves.*
- V. *Feigning of an injury, which does not exist, is a serious infraction of the rules. SHIKKAKU will be imposed on the contestant feigning injury i.e., when such things as collapse and rolling about on the floor are not supported by evidence of commensurate injury as reported by a neutral doctor. Exaggerating an injury, which does exist is less serious. A warning or penalty should be imposed for exaggerating injury.*
- VI. *Competitors, who receive SHIKKAKU for feigning injury will be taken from the competition area and put directly into the hands of the Medical Commission, who will carry out an immediate examination of the competitor. The Medical Commission will submit its report*

*before the end of the Championship, for the consideration of the Referee Council. Competitors who feign injury will be subject to the strongest penalties, up to and including suspension for life for repeated offences.*

- VII. *The throat is a particularly vulnerable area and even the slightest contact will be warned or penalised, unless it is the recipient's own fault. Mae geri to the throat for under 15 age categories are prohibited specifically because the head gear concentrates the throat area as a target which the chusoku position of the foot can take advantage of. It also causes the head to whip back and this may cause whiplash or other severe neck injuries to competitors.*
- VIII. *Throwing techniques are divided into two types. The established "conventional" karate leg sweeping techniques such as de ashi barai, ko uchi gari, etc., where the opponent is swept off-balance or thrown. A takedown is where the opponent's kick is parried and the pivot leg is swept or taken down. A takedown can also be where the opponent's front foot is hooked by a ko-uchi gari/ura nage and he is thrown. All sweeps or takedowns must be followed by a non-contact punch. Over the shoulder throws such as seio nage, kata garuma etc., are expressly forbidden, as are so called "sacrifice" throws such as tomoe nage, sumi gaeshi etc. If an opponent is injured as a result of a throwing technique, the Referee Panel will decide whether a penalty is called for.*
- IX. *Open hand techniques to the face are forbidden due to the danger to the contestant's sight.*
- X. *JOGAI relates to a situation where a contestant's foot, or any other part of the body, touches the floor outside of the match area. An exception is when the contestant is physically pushed or thrown from the area by the opponent.*
- XI. *The point at which "YAME" is called is helpful in determining if Jogai has occurred. If Aka delivers a successful technique and then exits immediately afterwards, "Yame" should occur at the instant of score and the exit therefore occurs outside of bout time and may not be penalised. If Aka's attempt to score is unsuccessful, "Yame" will not be called and the exit will be recorded. If Shiro exits just after Aka scores with a successful attack, then "Yame" will occur immediately on the score and Shiro's exit will not be recorded. If Shiro exits, or has exited as Aka's score is made (with Aka remaining within the area), then both Aka's score will be awarded and Shiro's Jogai penalty will be imposed.*
- XII. *The contestant who constantly retreats without effective counter, rather than allow the opponent an opportunity to score must be warned or penalised. This often occurs during the closing seconds of a bout. If the offence occurs with ten seconds or more of the bout time remaining the referee will warn the offender. If there has been a previous Category 2 offence or offences, this will result in a penalty being imposed.*
- XIII. *If however, there is less than ten seconds to go, the referee will penalise the offender with Keikoku and award an Ippon to the opponent. If there has been a previous Category 2 offence or offences, the contestant will receive the next penalty up on the penalty scale.*

*However, the referee must ensure that the contestant is not retreating because the opponent is acting in a reckless or dangerous manner, in which case the attacker should be warned or penalised. An example of MUBOBI is the instance in which the contestant launches a committed attack without regard for personal safety. Some contestants throw themselves into a long reverse-punch, and are unable to block a counter. Such open attacks constitute an act of Mubobi and cannot score. As a tactical theatrical move, some fighters turn away*

*immediately in a mock display of dominance to demonstrate a scored point. They drop their guard and lapse awareness of the opponent. The purpose of the turn-away is to draw the Referee's attention to their technique. This is also a clear act of Mubobi. Should the offender sustain an injury and the fault is considered to be the recipient's, the referee may decline to give a penalty to the opponent.*

XIV. Any discourteous behaviour from a member of an official delegation can earn the disqualification of a competitor, the entire team, or delegation from the tournament

## Article 11: PENALTIES

**Chui:-** An official warning,

**Genten:-** A Genten is equivalent to two Chui's. A competitor is penalised with a Genten warning for serious infringements of the rules, and the opponent is automatically awarded Waza-ari.

The order of warnings are as follows:-

Chukoku (Warning)	=	private/friendly warning
Chui Ichi	=	1st official warning
Chui Ni	`=	Genten Ichi (1st penalty)
Genten Ichi (Hansoku Chui)	=	Waza-ari
Genten ni	=	2nd penalty
Genten Ni	=	Shikkaku (disqualification)

If a competitor has a genten against him/her at the end of the bout, that fighter cannot win the bout unless he/she also has a wazari awarded to them or the fighter can win by ippon.

**NB.** A contestant cannot be saved from disqualification by the act of the injured/fouled opponent "throwing in the towel". In such a case, the injured/fouled contestant automatically withdraws from any further participation in the tournament and the perpetrator is disqualified.

**An example of the different levels of warning is as follows:-**

- (a) Any deliberate attack to the opponent's head, face, throat or neck with the open hand, fist or any part of the arm, or kick to the groin which shakes the opponent or worse shall merit an automatic disqualification (Shikkaku).
- (b) Any deliberate attack to the opponents head, face, throat or neck with the open hand, fist or any part of the arm, or kick to the groin which clearly hurts the opponent shall normally merit an automatic penalty (Genten).
- (c) Any accidental contact to the opponent's head, face, throat or neck with the open hand, fist or any part of the arm, or any accidental kick to the groin area which shakes the opponent or worse shall normally merit an automatic official warning (Chui).
- (d) Any accidental contact to the opponent's head, face, throat or neck with the open hand, fist or any part of the arm, or any initial movement outside the fighting area shall normally merit an automatic private warning (Chukoku).

**Jogai:-**

Jogai relates to a situation where a contestant's foot move outside of the fighting area. An exception is when the contestant is actually propelled from the area by his opponent. (The rule is devised to prevent contestants from deliberately stepping out of the area in order to avoid an opponents attack. It also applies to competitors who passively allow themselves to be propelled out of the area.)

( NB: Jogai warnings do not cross accumulate with other warnings.)

## Article 12: OFFICIAL PROTEST

1. No one may protest about a judgement 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 (Manager) is the only one allowed to make a protest.
3. The protest will take the form of a written report submitted immediately after the bout in which the protest was generated. (The sole exception is when the protest concerns an administrative malfunction. The Match Area Controller should be notified immediately the administrative malfunction is detected).
4. The protest must be submitted to a representative of the Appeals Jury. In due course the Jury will review the circumstances leading to the protested decision. Having considered all the facts available, they will produce a report, and shall be empowered to take such action as may be called for.
5. Any protest concerning application of the rules must be made in accordance with the complaints procedure defined by the Organising Committee. It must be submitted in writing and signed by the official representative of the team or contestant(s).
6. The complainant must deposit a Protest Fee as agreed by the OC, and this, together with the protest must be lodged with a representative of the Appeals Jury.
7. The Appeals Jury is comprised of one representative each from the Referee Council, Technical Committee, and Medical Committee.

**NB: The Protest fee will be ZAR R500.**

### **EXPLANATION:**

- a) *The burden of proving the validity of the protest lies with the complainant.*
- b) *If the protest is held by the Appeals Jury to be valid, the appropriate action will be taken. In addition, all such measures will be taken to avoid a recurrence in future competitions. The deposit paid will be refunded by the Treasury.*
- c) *If the protest is held by the Appeals Jury to be invalid, it will be rejected and the deposit forfeited to the Organising Committee.*
- d) *Ensuing matches or bouts will not be delayed, even if an official protest is being prepared. It is the responsibility of the Arbitrator, to ensure that the match has been conducted in accordance with the Rules of Competition.*

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

### **Article 13: POWER AND DUTIES**

#### **A. Referee Council**

The Referee Council's powers and duties shall be as follows:

1. To ensure the correct preparation for each given tournament in consultation with the Organising Committee, with regard to competition area arrangement, the provision and deployment of all equipment and necessary facilities, match operation and supervision, safety precautions, etc.
2. To appoint and deploy the Match Area Controllers (Chief Referees) to their respective areas and to act upon and take such action as may be required by the reports of the Match Area Controllers
3. To supervise and co-ordinate the overall performance of the refereeing officials.
4. To nominate substitute officials where such are required.

#### **B. 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.
4. To prepare a daily, written report, on the performance of each official under their supervision, together with their recommendations, if any, to the Referee Council.

#### **C. The Chief Referee's powers and duties shall be as follows:-**

1. To ensure the correct preparation for each given in consultation with the tournament organising committee, w.r.t. competition area arrangement, the provision deployment of all equipment and necessary facilities, match operation and supervision, safety precautions, etc.
2. To decide in advance, the allocation and appointment of arbitrators, referees and judge(s) and to arrange for the operation of a referee commission to oversee the performance of the refereeing officials.
3. To nominate substitute officials where such are required. The composition of a panel of officials may not be changed at the sole discretion of the arbitrator, referee or judge(s).
4. To pass the final judgement on matters of a technical nature which may arise during a given match and for which there are no stipulations in the rules.

**D. The Referee's (Shushin) powers shall be the following:-**

1. The referee (Shushin) shall have the power to conduct matches, including the start, the suspension and the end of a match. He/she has the power to:-
  - a. To award an Ippon, Waza-ari or Points.
  - b. To impose penalties and to issue warnings, before, after or during a match.
  - c. To terminate a match if one competitor is clearly inferior to the other and in risk of serious injury.
  - d. To obtain the opinion(s) of the judge(s) and arbitrator when required.
  - e. To explain, if necessary, the basis for giving a judgement.
  - f. To announce extensions.
2. The authority of the referee is not confined solely to the competition area, but also to all of its immediate perimeter.
3. The referee need not halt a match when a judge signals, if the former is convinced the signal is incorrect. The referee's judgment in this instance is made "on the move". Before overruling the judge's signal, the referee must consider if the judge was better sighted.
4. When explaining the basis for a judgment, the referee may speak to the arbitrator, Chief Referee or referee committee. The referee shall explain to no one else.

**E. The Judge's (Fukushin) powers shall be as follows:-**

1.
  - a. To assist the referee.
  - b. To take part in a consultation with the referee and arbitrator when invited.
  - c. The judge must only score what he/she actually sees. When signalling a score, the judge should use signals which may be clearly seen, yet which are not overly obtrusive. The object is to inform the referee of an opinion - not to seek to impose it.
  - d. To exercise a right to vote on a decision to be taken.
2. The judge shall speak only if summoned by the referee.
3. The judge shall carefully observe the actions of the contestants and signal to the referee an opinion in the following cases:-
  - a. When an Ippon or Waza-ari is observed.
  - b. When a contestant appears about to commit, or has committed a prohibited act and/or techniques.
  - c. When an injury or illness of a contestant is noted.



- d. When one or both of the contestants have moved out of the competition area.
- e. In other cases when it is deemed necessary to call the attention of the referee.

#### F. 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 score-keepers.

#### The following general points must be noted:

1. The appointed arbitrators, referees and judges may not occupy other positions during the tournament.
2. All consultations between the referee panel must be kept as brief as possible. Whenever possible, discussions should be strenuously avoided and reliance placed upon the prescribed gestures as given in Appendix 4, to communicate views.

#### **EXPLANATION:**

1. *When three judges give the same signal, or indicate a score for the same competitor, the referee will stop the bout and render the majority decision. Should the referee fail to stop the bout the arbitrator will raise the red flag or sign and sound the buzzer.*
2. *When two judges give the same signal, or indicate a score for the same competitor, the referee will consider their opinions but may decline to stop the bout if he believes them to be mistaken.*
3. *However, when the bout is halted, the majority decision will prevail. The referee may ask the judges to re-consider, but may not give a decision against two judges, unless he has the positive support of the other two judge.*
4. *The referee may ask the judges to re-consider when he believes them mistaken, or when implementation would be a violation of the rules, such as when a technique has made excessive contact, when a score is signalled for a competitor who was outside of the match area (JOGAI), or when the referee considers the score signalled is too high or too low.*
5. *When the judges each have different opinions, the referee may give a decision, which is supported by at least two of the judges.*
6. *At HANTEI the referee and judges each have one vote. In the event of a tied ENCHO-SEN the Referee will have a casting vote.*
7. *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).*
8. *In the event that the Referee does not hear the time-up bell, the Score-Supervisor will blow his whistle.*
9. *When explaining the basis for a judgement after the match, the Referee Panel may speak to the Match Area Controller, the Referee Council, or the Appeals Jury. They will explain to no one else.*

## Article 14: MODIFICATIONS

Only the KSA Referee's Commission with the approval of the KSA Directing Committee/ NEC with recommendations of the Technical Convenors can alter or modify these rules.

# KATA RULES

## DIVISIONS: MALE AND FEMALE

- 5 – 6
- 7 – 8
- 9 – 10
- 11 – 12
- 13 – 14
- 15 – 16
- 17 – 18
- 19 – 20
- Seniors: 10<sup>th</sup> kyu – 7<sup>th</sup> kyu
- : 6<sup>th</sup> kyu – 3<sup>rd</sup> kyu
- : 2<sup>nd</sup> kyu and higher

## ARTICLE 1: COMPETITION

1. The competition area must be flat and devoid of hazard. In principle, the floor should be wooden.
2. The competition area has no fixed size, though it must be large enough to permit the correct performance of kata.

## ARTICLE 2: OFFICIAL DRESS

1. Contestants, referees and judges must wear the official uniform as defined in article 3 of the kumite rules.
2. Any person who does not comply with this regulation may be debarred.

## ARTICLE 3: ORGANISATION OF COMPETITION

1. Kata competition takes the form of team and individual match. Team matches consist of competition between 3 person teams. Each team is exclusively male or female. The Individual Kata match consists of individual performance in separate male and female divisions.
- 1.2. The contestants **might** be expected to perform both compulsory (SHITEI) and free selection (TOKUI) katas during the competition. The referee council will define the list of compulsory katas prior to the competition. This would normally be indicated on the entry forms so as to not unnecessarily jeopardise the competitor. A schedule of the compulsory kata's is given in Appendix 1.

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

1. The panel of 3 or 5 judges for each match will be designated by the referee council before the match.
2. In addition, for the purpose of facilitating the operation of kata competitions, score-keepers and caller/announcers will be appointed.

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

1. The result of a kata match is determined by the summation of points accumulated by contestants during the final round of that match.
2. The kata competition may be organised into three rounds. The first round selects sixteen contestants, the second round selects eight contestants and the third round selects the winner and final placings. In the event that there is eight contestants or less, only one round will be done.
3. Each kata judge displays the score by means of points. The cards bearing the points are held in the right hand. For children, the score range will be between 4 – 6, for cadets it will be between 5 – 7 and for Junior's and up it will be between 6 – 9. If there are more than 8 competitors in one division, the flag method will be used for elimination
4. When the score-keeper summates the score for each contestant in a round, the maximum and minimum scores are deleted. In the event of a tie in any round, the minimum score is then incorporated into the total for that round. If the tie persists, then the maximum score for that round is incorporated. In the event of a continuing tie, the contestants must perform a further kata of their choice.

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

1. In assessing the performance of a contestant or team, the following criteria must be adopted:
  - a. The kata must be performed with competence (realistic demonstration) and must demonstrate a clear understanding of the principles/meaning it contains.
  - b. The kata performance must have demonstrated correct focus of attention (CHAKUGAN) and concentration.
  - c. Understanding of the techniques being used (BUNKAI).
  - d. Good timing, rhythm, speed, balance, and focus of power (KIME).
  - e. Correct and proper use of breathing as an aid to KIME.
  - f. Correct stances (DACHI) 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.

The performance should also be evaluated with a view to discerning other points such as the difficulty of the Kata presented.

- i. In Team Kata synchronisation without external cues is an added factor.
2. A contestant is disqualified if he/she interrupts or varies the kata, or if he/she performs a kata different from that drawn or announced. If the performance is brought to a halt, or if the kata is varied, the contestant(s) will be disqualified.

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.

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**

1. The contestant or head of team will respond to the calling of his/her name by going directly to the competition area. He/she will stand on a designated line and bow to the panel. He/she will announce the name of the kata which is to be performed and then start it. On completion of the kata, the contestant will return to the designated line and await an award from the panel.
2. The referee will call for a decision (HANTEI) and blow a sharp blast on the whistle. The judges will, in unison, raise their scorecards such that they are clearly visible to the scorekeeper.
3. The caller/announcer will announce the scores awarded and when these have been registered, the referee will blow a further sharp blast on the whistle, whereupon the cards will be lowered.
4. In the first round, the contestants must perform a scheduled kata. The choice must be announced in advance so as to be included in the draw sheet for that round. In the second round a different choice, similarly notified, must be made from the schedule. In the third round, the contestants may perform any kata. The name of the free kata must be entered into the draw sheet prior to the commencement of the third round.

## Appendix 1

### OFFICIAL SCHEDULE OF KATAS

Style Group	10 <sup>th</sup> – 7 <sup>th</sup> Kyu	6 <sup>th</sup> - 3 <sup>rd</sup> Kyu	2 <sup>nd</sup> Kyu - Black Belt
Ashihara Karate	Shoshin 1	Kihon 2	Kumite 3
Kyokushin Karate	Taikyoku 3	Pinan 3	Pinan 5
Enshin Karate	Obi no kata 1	Obi no kata 3	Obi no kata 5
Karma Karate	Taeguek 1	Taeguek 3	Taeguek 6
Kenpo Karate			
Shidokan Karate			
U.S. Oyama Karate	Kihon 1	Kihon 3	Kihon 6

**Note:** Some of the above style groups kata have not been included at the time of completing this rule book. In future discussions, they may be included.

## Appendix 2

### TERMINOLOGY USED BY REFEREES

#### (OPENING THE BOUT)

1. **MANAKA NI HAITE** Enter the ring/fighting area.
2. **REI** Cross the arms in front of the chest and say "Osu".
3. **SHOMEN** Face the official seats.
4. **SHUSHIN** Face the main judge.
5. **OTAGAI NI** Face each other.
6. **KAMAETE** Take fighting stance.
7. **HAJIME** Start the bout.

#### (DURING THE BOUT)

8. **YAME** Stop the bout immediately.
9. **KAMAETE** After stopping the bout, take fighting stance again.
10. **ZOKKO** Start again the bout.
11. **ZOKKO / FIGHT** Attack. (When the competitors do not fight because of looking at each other).
12. **SHIRO (White)** First competitor entering the arena.
13. **AKA (Red)** Second competitor entering the arena.

#### (FOULS-NAMES)

14. **GANMEN-KOGEKI** Attacking the face with the hand or elbow.
  15. **TSUKAMI** Grasping the dogi.
  16. **SHOTEI-OSHI** Pushing the opponent with the open hands.
  17. **KINTEKI-KOGEKI** Kick to the groin.
  18. **ZUTSUKI** Head thrust.
- OTHERS** Attack from the back, attacking an opponent who is already down, etc.

### (FOULS - CLASSIFICATION)

- |     |                    |  |
|-----|--------------------|--|
| 19. | <b>CHUI-ICHI</b>   | First warning.   |
| 20. | <b>CHUI-NI</b>     | Second warning. This constitutes a penalty.  |
| 21. | <b>GENTEN-ICHI</b> | First penalty.   |
| 22. | <b>GENTEN-NI</b>   | Second penalty. This actually constitutes disqualification. Main-judge says "Genten-ni, Shikkaku". |

### (DECLARATION OF FOULS)

The main judge designates the competitor who made the foul as Aka or Shiro and he declares the foul, and its nature eg. "Aka, tsukami, chui-ichi". The competitor who committed the foul has to say "Osu" when hearing the main judge's declaration.

### (FULL POINT & HALF POINT)

- |     |                    |  |
|-----|--------------------|--|
| 23. | <b>IPPON</b>       | The declaration of ippon entails the victory. The main judge designates the competitor as Aka or Shiro and declares "Ippon" and its nature. eg. "Aka, migi-mae-geri, Ippon".   |
| 24. | <b>WAZA-ARI</b>    | Effective attack which damages the opponent, but to the same extent as an ippon. Two declarations of waza-ari constitute a full - point. Waza-ari is declared in the same way as Ippon.eg. "Aka, migi-mae-geri, Waza-ari." |
| 25. | <b>AWASE-IPPON</b> | Ippon by two Waza-ari is declared in the same way as Ippon. eg. "Aka, migi-jodan-mawashi, Waza-ari, Awasete-ippou."  |

### (DECISION)

When no clear full-point has been scored, the victory is awarded by decision. The procedure of decision is as follows:

- |     |                                |   |
|-----|--------------------------------|---|
| 26. | <b>SHOMEN-MAWATE</b>           | Face the front  |
| 27. | <b>HANTEI-O-ONEGAI SHIMASU</b> | The main judge asks the decision of the assistant judges.                         |
| 28. | <b>HANTEI</b>                  | When hearing this, the assistant judge must use the flags to show their decision. |
| 29. | <b>SHIRO</b>                   | (White) The mirror referee raises the flag having the same colour as the          |
| 30. | <b>AKA</b>                     | (Red) competitor whom they consider to be the winner.                             |
| 31. | <b>HIKIWAKE</b>                | Draw.   |



## (DECLARATION OF DECISION)

Main judge counts the number of flags, and says his own decision. At the same time he points obliquely with his hand to the winner. In case of a draw, he crosses obliquely downwards his hands. (Then an extension is allowed).

## (END OF THE BOUT)

The main judge declares the victory. This is the end of the bout.

32. ICHI                      One flag.
33. NI                         Two flags.
34. SAN                      Three flags.
35. SHI                      Four flags.
36. SHUSHIN, AKA        ) Decision of the main judge counts the  
SHUSHIN, SHIRO        ) number of flags and says his decision.  
SHUSHIN, HIKIWAKE )  
eg.1) "Hikiwake ichi, Shiro, ichi, ni, san, Shushin, Shiro"  
In this case "Shiro" wins by 4 to 0.  
eg. 2) "Hikiwake ichi, ni, Shiro, ichi, ni, Shushin, Shiro"  
In this case "Shiro" wins 3 to 0.  
eg. 3) "Shiro, ichi, ni, Hikiwake, ichi, ni, Shushin,  
Hikiwake" In this case there is a draw.
37. SHOMEN-NI-REI )
38. SHUSHIN-NI-REI)        The same as the opening of the bout.
39. OTAGAI-NI-REI )

After bowing to each other, competitors shake hands and leave arena from their corner.

## (TAMESHIWARI) – If being done at tournament

40. SHOMEN-NI-REI        The same as the opening of the bout.
41. MAWATE-REI            Turn around and say "Osu".
42. ICHINI-TSUITE         Stand by.
43. HAJIME                 Break the boards.

(DECLARATION OF RESULTS)

- 44. **KANSUI** All the boards have been broken.
- 45. **SHIPPAI** The breaking test failed.
- 46. In case of "Kansui"; competitor's number, the number of the broken boards, Kansui.
- 47. In case of "Shippai"; competitor's number, Shippai.

\*\* NB - Whilst it is preferable to use Japanese terminology, due to some of the Full Contact fraternity using English (ie. their styles are non-Japanese in origin), the Referee has the option of using both.

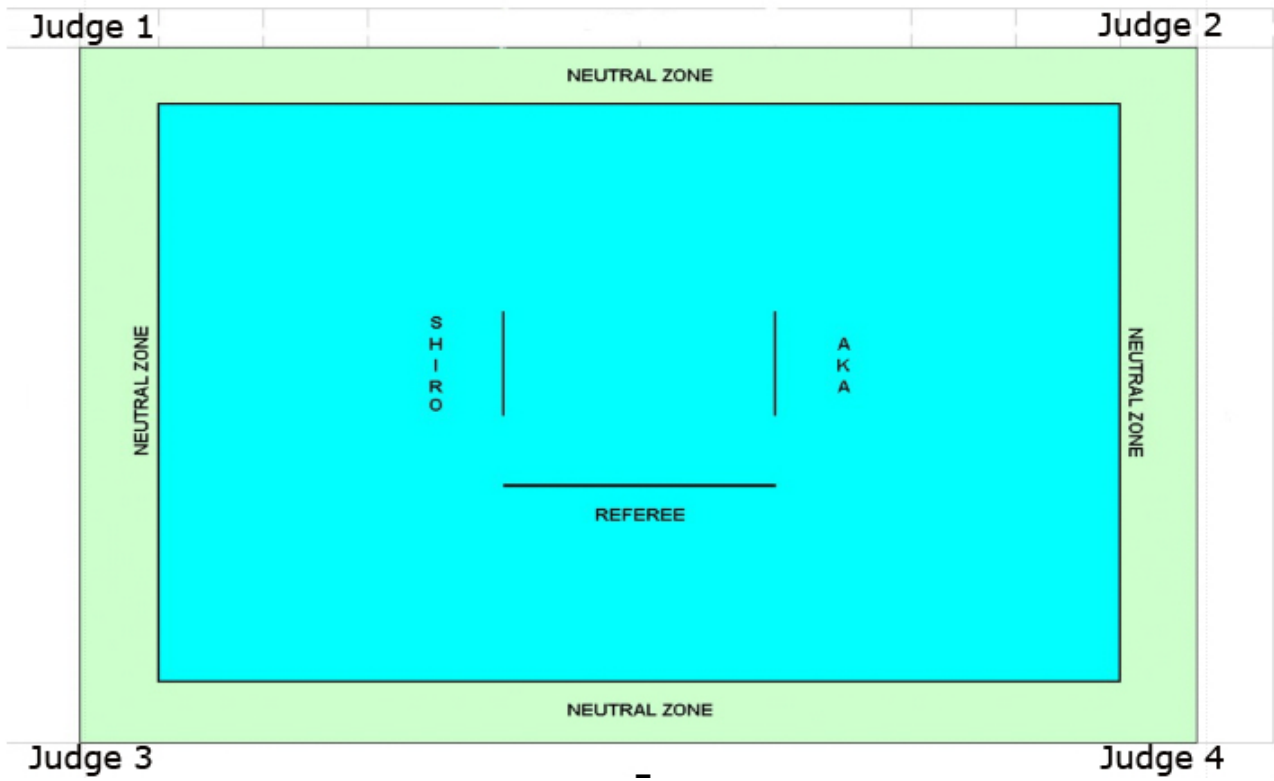
### **Appendix 3 - Hand Signals (pictures to be taken)**

Come to Centre	Bow to the front	Bow to the Referee
Bow to one Another	Take Fighting Stance	Begin - Hajime
Warning - Chui	Winner - Kachi	Draw - Hike Wake

One Half Point- Waza Ari	Full Point - Ippon	Winner - Kachi
Out of Bounds -Jogai	Draw - Hike Wake	Did Not See
	Referee attire	

## Appendix 4 - Match Area

TIME KEEPER	SCORE KEEPER	ANNOUNCER	MED. SECRETARY
1	2	3	4
RING TABLE			



## Kumite

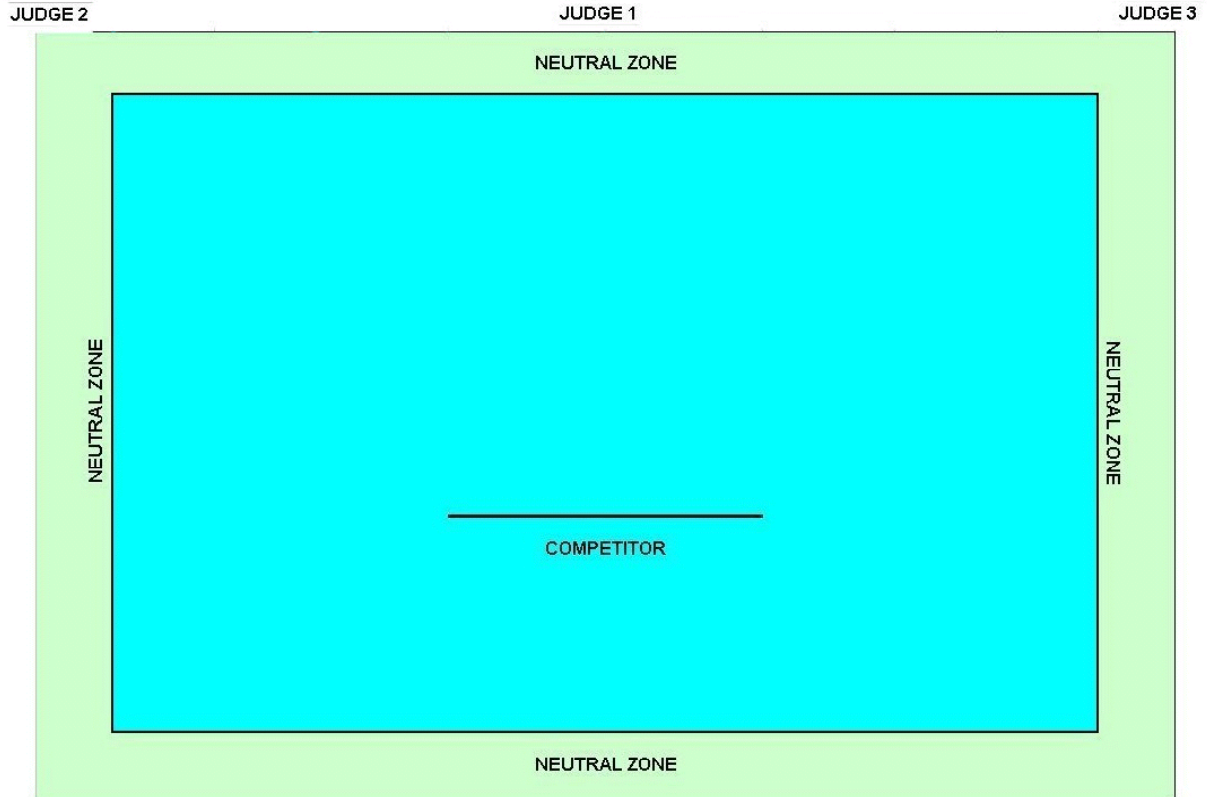
- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Time Keeper</li> <li>2. Score Keeper</li> <li>3. Announcer</li> <li>4. Medical Secretary</li> <li>5. Arbitrator</li> </ol> | <ol style="list-style-type: none"> <li>6. Referee</li> <li>7. Judges</li> <li>8. Coaches</li> <li>9a. Fighter with White Belt</li> <li>9b. Fighter with Red Belt</li> </ol> |
|--|---|

- A Fighting Area 8 x 8 metres
- B. Neutral Zone 1 metre wide
- C. Safety Zone

## Appendix 5 - Match Area

# Kata

	SCORE KEEPER	ANNOUNCER	
	1	2	
	RING TABLE		



Conveners Note: Pictures or diagrams of techniques allowed and foul (prohibited) techniques should be arranged on the page opposite to the rules (theory). Existing pics or diagrams can be used in the final product or new ones can be taken/drawn.

This Rule Book version: July 2012