

# **CONTACT KARATE COMPETITION RULES**

## **KYOKUSHIN KUMITE**

**Full Contact:** these competition rules are conceived to progressively structure the match into full contact, that is a point of "arrival". It is intended to accompany the practitioner at the beginning of his experience and at an age from beginner, in a progressive way, to be able to gradually face, physically and mentally this type of proof.

As a matter of fact, in the first categories the rules foreseen a light contact, then a semi-contact and later a full contact with some limitations. Only for some categories a complete full contact is permitted.

**EFKO International Competition Rules:** these competition rules, mostly as far as Senior categories are concerned, is in line with EFKO international rules, which is the body that currently collects the largest number of federal adhesions in the panorama of kyokushin karate.

### **GENERAL INTRODUCTORY LINES**

- Kyokushin kumite provides for kumite with punches and kicks. Punches are allowed only chudan and kicks are allowed at all levels.
- Wrestling: not allowed, neither standing nor on the ground.
- Clinch: allowed for "a split second", and must be followed by a technique or sweep (it is not allowed to block the action of the fight).
- Sweeps: only classic Ashi Barai allowed.
- Pushing: it is provided with one hand, for the duration of a split second, and must be followed by a punch or kick (it is not allowed to block the action of the fight).
- Contact: it is foreseen progressively, according to the experience gained, from light contact to full contact.

### **COMPETITION AREA**

Tatami m. 8x8 or ring.

### **DURATION**

1 round for eliminatory phase.

2 rounds for finals.

The organization of the competition reserves the right to change the duration of the Kumite, in advance and with notice to participants, based on contingent organizational needs.

### **REFEREE DECISION AND SCORING**

Ippon: in case of an ippon the match ends before the time is up.

Wazaari: in case of a wazaari at the end of the foreseen rounds, the athlete having scored it is declared the winner.

Two wazaari equal an ippon.

Decision: in case of a tie at the end of the foreseen rounds (minimum two), the referees express their decision, by raising the flags.

### **PENALTIES**

They follow this progression:

Chui Ichi - first simple warning

Chui Ni - official warning (kentenichi). In case of a tie, it brings to a defeat.

Chui San - serious official warning (kentenni). A wazaari is awarded to the opponent.

Chui Yon - Disqualification.

In the event that the referee deems the persistence of an incorrect behavior, the referee continues to assign warnings increasingly.

On the other hand, in the event that the referee deems the incorrect behavior not to persist in terms of gravity and intentionality, despite having already assigned a Chui, he can stop the match and make a simple verbal warning.

Example: if Aka has suffered a Chui for excessive clinch, and shortly after exits the competition area (jogai), if the referee considers it a not serious behavior, he can simply warn Aka with the words: "Be careful not to exit the competition area", without increasing the scale of penalties.

#### **COMPETITION RULES**

The refereeing panel is made of:

- 1 Central referee
- 2 chair judges (they also may be 4, but it is not necessary)
- 1 table judge

Scores and penalties are declared by the central referee. The chair judges signal scores and penalties.

Judgment (of victory or defeat): expressed by the chair judges raising the White (Shiro) or Red flag (Aka). In the event of a tie, the central referee expresses his judgment, bringing the decision in favor of Aka or Shiro. In case of difficulty in judgment, the referees can discuss together to define the judgment.

Allowed techniques with increasing contact, according to age.

Please note: these are not the Kumite categories, but only an indication of the techniques allowed based on age.

- Up to 9, light contact: all chudan punches; all gedan and chudan controlled kicks; jodan controlled kicks (only mawashi geri, uchi mawashi, ura mawashi). Hiza geri forbidden.
- From 10 to 13, semi contact: all chudan punches; all gedan and chudan controlled kicks; jodan controlled kicks (only mawashi geri, uchi mawashi, ura mawashi). Hiza geri forbidden.
- From 14 to 18, partial full contact with protections: all chudan punches; all gedan and chudan controlled kicks; jodan controlled kicks (only mawashi geri, uchi mawashi, ura mawashi). Hiza geri forbidden.
- From 18 to 40, partial full contact with protections, Class C (10°-9° Kyu): all chudan punches; all gedan and chudan kicks; jodan only direct or circular kicks (mawashi geri, uchi mawashi, ura mawashi). Hiza geri forbidden.
- From 18 to 40, intermediate full contact without protections, Class B (8°-3° Kyu): all chudan punches; all gedan and chudan kicks; jodan all kind of kicks or hiza geri. Hiza geri in clinch forbidden.
- From 18 to 40, complete full contact without protections, Class A (° Kyu - Dan): all chudan punches; all gedan and chudan kicks; jodan all kind of kicks or hiza geri. Hiza geri in clinch allowed for a split second.
- Over 40, intermediate full contact without protections, Class V (open): all chudan punches; all gedan and chudan kicks; jodan all kind of kicks. Hiza geri forbidden.

#### **Forbidden Techniques**

- Punches to the face, to the neck and to clavicles.
- Attack to groin.
- Whatever attack to joints (ex. Mawashi geri to a knee).
- Whatever attack to the spine.
- Whatever attack to an opponent on the floor.
- Having a behavior contrary to the referee's instructions.
- Avoiding fight.
- Unsportsmanlike behavior.

## CATEGORIES - WEIGHT - AGE - BELTS

| Age                  | Male                   | Female         |
|----------------------|------------------------|----------------|
| Children A (up to 7) | kg -25 -30 -35 -40 +40 | Kg -30 -35 +35 |
| Children B (8-9)     | kg -30 -35 -40 -45 +45 | kg -35 -40 +40 |
| Children C (10-11)   | kg -35 -40 -45 -50 +50 | kg -37 -42 +42 |
| Juveniles (12-13)    | kg -45 -50 -55 -60 +60 | kg -42 -47 +47 |
| Cadets (14-15)       | kg -52 -57 -63 -70 +70 | kg -47 -55 +55 |
| Juniors (16-17)      | kg -55 -61 -68 -75 +75 | kg -50 -58 +58 |
| Seniors (18-40)      | kg -62 -68 -74 -80 +80 | kg -55 -63 +63 |
| Veterans A (41-50)   | Open                   | Open           |
| Veterans B (+51)     | Open                   | Open           |

Weight tolerance Children-Juniors (dressed with kimono): 0,5 kg.

Weight tolerance Seniors: 0,1 kg.

Categories may be merged in case of few participants or organizational needs.

Belt conversion table Kyu Kyokushin-IKU

10°-9° kyu orange

- 1<sup>st</sup> category - up to orange IKU

8°-7° kyu blue

6°-5° kyu yellow

4°-3° kyu green

- 2<sup>nd</sup> category - green-blue IKU

2°-1° kyu brown

Dan

- 3<sup>rd</sup> category - brown-black IKU

**Note: these are not the categories of Kumite, but only an indication of the techniques allowed based on age.**

### CATEGORIES UP TO 9 - LIGHT CONTACT

Light Contact: all techniques must be brought to targets with precision. The gesture must be technical, that means it must not involve the use of brute forces.

Objectives: the central referee will supervise the application of these two objectives namely technique and precision.

Safety of young athletes: this must be the referee's main concern.

#### Protection equipment

- Helmet with face cover
- Chest protector
- Finger-free mitts
- Sock shin protector
- Groin protector (for male categories)
- Mouthguard

#### Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, are allowed. Ura mawashi geri is allowed only if brought back after contact, it means it may not overstep the target. In case it does, the referee shall impose a punishment.

Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan, whatever direct attack (mae geri, hiza geri...)
- Jodan, circular kicks (mawashi geri) that overstep the target
- Whatever tobi technique
- Jodan hiza geri

#### Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 1.30 min. each
- 1 min. break time
- in a final, in the event of a tie after the two rounds and following a referee decision, it is possible to proceed with an enchoson, or an extra round, at the end of which the referees must necessarily decide the winner.

#### Criteria for scoring and judgment

The safety of the young athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- allowed jodan kicks (mawashi geri)
- a combination of techniques that forces the opponent into a defensive cover, without being able to respond to shots for a time exceeding 1 min. (example: if aka's offensive action is so effective as to forcing shiro only to motionless defense, so no more strike exchange occurs, but domination of aka, the fight is interrupted, to preserve the safety of shiro and aka is awarded a waza-ari)

Ippon is assigned in case of:

- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

#### **CATEGORIES FROM 10 TO 13 - SEMI-CONTACT (SAME LIMITATIONS)**

Semi-contact: all techniques must be brought to the targets with precision, and in proportion to the age and to psycho-physical development, with an appropriate strength, such as to make them perceived as effective by the opponent. The gesture however must be predominantly (but not exclusively) technical. The use of brute force alone is not allowed. The central referee has the task of supervising this.

Objectives: the central referee will supervise the application of these two objectives of kumite, namely technique and effectiveness.

The safety of the young athletes must be the referee's main concern.

#### Protection equipment

- Helmet with face cover
- Chest protector
- Finger-free mitts
- Sock shin protector
- Groin protector (for male categories)
- Mouthguard

#### Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, are allowed. Ura mawashi geri is allowed only if brought back after contact, it means it may not overstep the target. In case it does, the referee shall impose a punishment.

### Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan, whatever direct attack (mae geri, hiza geri...)
- Jodan, circular kicks (mawashi geri) that overstep the target
- Whatever tobi technique
- Jodan hiza geri

### Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 1 min. break time
- in a final, in the event of a tie after the two rounds and following a referee decision, it is possible to proceed with enchoson, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

### Criteria for scoring and judgment

The safety of the young athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- allowed jodan kicks (mawashi geri)
- a combination of techniques that forces the opponent into a defensive cover, without being able to respond to shots for a time exceeding 1 min. (example: if aka's offensive action is so effective as to forcing shiro only to motionless defense, so no more strike exchange occurs, but domination of aka, the fight is interrupted, to preserve the safety of shiro and aka is awarded a waza-ari)

Ippon is assigned in case of:

- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

### **CATEGORIES FROM 14 TO 18 - PARTIAL FULL CONTACT (WITH PROTECTIONS, JODAN ONLY CIRCULAR, CONTROLLED GERI)**

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

### Protection equipment

- Helmet with side opening
- Finger-free mitts
- Sock shin protector
- Groin protector (for men)
- Jockstrap (for women)
- Breast protector
- Mouthguard

### Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed. These techniques, even if carried with power,

must be carried out bringing them back after the contact with the target, it means they may not overstep the target. In case they do, the referee shall impose a punishment.

#### Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan, whatever direct attack (mae geri, hiza geri...)
- Jodan, circular kicks (mawashi geri) that overstep the target
- Whatever tobi technique
- Jodan hiza geri

#### Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 1 min. break time
- in a final, in the event of a tie after the two rounds and following a referee decision, it is possible to proceed with enchoson, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

#### Criteria for scoring and judgment

The safety of the young athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

#### **CATEGORIES FROM 18 TO 40 MUKYU 10th-9th KYU WHITE AND ORANGE BELTS (CLASS C) - PARTIAL FULL CONTACT (WITH PROTECTIONS, JODAN ONLY CIRCULAR GERI)**

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

#### Protection equipment

- Finger-free mitts
- Sock shin protector
- Groin protector (for men)
- Jockstrap (for women)
- Breast protector
- Mouthguard

#### Allowed techniques

- Chudan tsuki
- Gedan and chudan geri

- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed

#### Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan hiza geri

#### Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 30 sec. break time
- in a final, in the event of a tie after the two rounds and following a referee decision, it is possible to proceed with enchoson, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

#### Criteria for scoring and judgment

The safety of athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

#### **CATEGORIES FROM 18 TO 40 FROM 8th TO 3rd KYU, BLUE, YELLOW, GREEN BELTS (CLASS B) - INTERMEDIATE FULL CONTACT (NO PUNCHES AND SHIN PROTECTORS, JODAN HIZAGERI ALLOWED WITHOUT CLINCHING)**

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

#### Protection equipment

- Groin protector (for men)
- Jockstrap (for women)
- Breast protector
- Mouthguard

#### Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed. Hiza geri allowed without clinching.

#### Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan hiza geri in clinch (to say, blocking the opponent's head)

#### Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 30 sec. break time
- in the event of a tie after the two rounds (in any case, not only for finals) and following a referee decision, it is possible to proceed with enchoson, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

#### Criteria for scoring and judgment

The safety of athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

#### **CATEGORIES FROM 18 TO 40 FROM 2nd KUY TO DAN, BROWN-BLACK BELTS (CLASS A) - COMPLETE FULL CONTACT (NO PUNCHES AND SHIN PROTECTORS, JODAN HIZAGERI ALLOWED WITH ONE HAND)**

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

#### Protection equipment

- Groin protector (for men)
- Breast protector
- Mouthguard

#### Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed. Hiza geri allowed with one hand clinch. The hand shall let go the head just before hitting, so when the kick is delivered, the head must no longer be trapped.

#### Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan hiza geri in complete clinch, or blocking the opponent's head while kicking

#### Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 30 sec. break time



- in the event of a tie after the two rounds (in any case, not only for finals) and following a referee decision, it is possible to proceed with enchosen, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

#### Criteria for scoring and judgment

The safety of athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

#### **CATEGORIES VETERANS +40 ALL BELTS (CLASS V) - PARTIAL FULL CONTACT (NO PUNCHES AND SHIN PROTECTORS, JODAN HIZA GERI ALLOWED WITHOUT CLINCH)**

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

#### Protection equipment

- Groin protector (for men)
- Jockstrap (for women)
- Breast protector
- Mouthguard

#### Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed

#### Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan hiza geri

#### Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 1 min. break time
- The last round is an enchosen (no tie allowed)

#### Criteria for scoring and judgment

The safety of athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

#### **NOTES ON SCORING AND JUDGMENT**

- In the event of a tie, the central referee, possibly in consultation with the other referees, will make his decision preferring the athlete who has shown more initiative, technique and endurance.
- A possible Chui (formal warning) will only minimally influence the decision in favor of a contender.
- Also sweeps are minimally influent.
- The most important criteria is the effectiveness of the hits and the continuous offensive action. If for example, a fight ends in a tie, but Aka has attacked more than Shiro, the referee must award the victory to Aka. No defensive attitude may be rewarded.

Version 2.5

# Regulation Jissen Kumite

Contact Karate



## Summary

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## Introduction

The Jissen discipline features an all-round approach to combat, including all striking techniques, as well as standing grappling phases (*nage waza*, *tegumi*, *shimeru*) and ground fighting (*ne waza*), both subject to a time limit.

### General Guidelines of the Regulations

The purpose is to provide sports regulations that can encourage even the youngest athletes to approach competitions, thanks to a progressive contact system and all the necessary protective equipment for safe practice, up to full contact with allowed KO for adults.

At the same time, in line with the FIK philosophy, these regulations are designed to bring together all styles of kakuto karate (Kokorozashi, Kudo, Zendokai, Kyokushin Budokai, Shorin-ryu, etc.) so that they can compete and share experiences on common ground.

## 1. General Regulations

- This chapter illustrates the complete competition regulations applied starting from the Seniors division (18 – 40 years old). The subsequent chapter, "Category-Specific Rules," will cover the variations for athletes under the age of majority and over 40 years old.
- Standing striking techniques are delivered with full impact.
- The only elbow strike allowed to the head is mawashi empi (horizontal circular elbow strike).
- Standing grappling and clinch phases have a maximum duration of 5 seconds.
- Takedown and throwing techniques must not cause the opponent to fall on their head or neck.
- An athlete who touches the ground with parts of the body other than their hands and feet is defined as "downed".
- Ground fighting phases have a maximum duration of 30 seconds, and a maximum of 2 phases are allowed per round.
- Ne kogeiki (ground & pound, hereinafter referred to as G&P) actions to the head are allowed with punches only, with light contact ("semi-contact"), and exclusively from a dominant control position (gatame).
- Tsuchi kogeiki actions are allowed, meaning a downed athlete may strike an opponent who is standing or in a dominant control position.
- Submission techniques must be executed in a controlled and progressive manner.
- Allowed submission techniques include straight armlocks (in extension) and twisting armlocks, whereas only straight leglocks (in extension) are permitted; cervical/neck locks (unless they are part of a choke setup) and muscle compression techniques (slicers) are prohibited.
- Choking techniques (strangles/chokes) executed with the arms and legs are allowed, without the use of parts of the karategi.

### 1.1 Scoring

Points are recorded on a scorecard by the corner judges without interrupting the flow of the match for their award. In the case of 2 corner judges, each athlete is assigned to 1 judge (aka or shiro); in the case of 4 corner judges, each athlete is assigned to 2 judges, and the final score is calculated via arithmetic mean.

1. Yuko = 1 point
2. Wazaari = 2 points
3. Ippon = match conclusion (end of the match)

#### 1.1.2 Yuko

A Yuko, valued at 1 point, is awarded when the following are executed:

- A standing striking technique that is visibly felt by the opponent, causing the head to snap back or displace, the torso to bend, or a leg to buckle.
- A throwing or takedown technique that results in the opponent being downed.
- A ground gatame (control) technique, for every 5 seconds it is maintained (the dedicated count begins the moment the position is established).

#### 1.1.3 Wazaari

A Wazaari, valued at 2 points, is awarded when the following are executed:

- A striking technique that causes the athlete to stagger or requires the intervention of the center referee to ensure they can continue.
- Catching a kicking technique followed by a successful throw or takedown.
- Regaining the standing position after executing an escape technique from a disadvantageous position on the ground.

#### 1.1.4 Ippon

- KO (Knockout)
- Semi-contact G&P that forces a passive or ineffective defense for 5 seconds (the dedicated count begins the moment the combination starts).
- Submission
- TKO (Technical Knockout)
- Surrender / Tap-out

### 1.2 Technical Knockout (TKO)

A Technical Knockout (TKO) is defined as the athlete's inability to continue the bout without having lost consciousness, and it is awarded by the center referee in the following cases:

- A striking technique that requires more than 5 seconds for recovery.
- A standing combination of strikes that forces a passive defense for 5 seconds.
- A throwing or takedown technique that requires more than 5 seconds for recovery.
- Upon the fourth exit from the tatami (jogai), the athlete is deemed unable to continue the match.

### 1.3 Allowed and Prohibited Actions

#### 1.3.1 Uchi Waza (Striking Techniques)

All striking techniques with the arms are allowed: punch, open hand, forearm, and elbow.

The only elbow strike allowed to the head is mawashi empi (horizontal circular elbow strike).

All striking techniques with the legs are allowed: any type of kick or knee strike.

Allowed targets are:

- Head
- Arms
- Torso
- Thighs
- Calves

Prohibited targets are:

- Back of the head (occipital area)
- Throat
- Groin

- Knees
- Spine

Pushing or pulling actions outside of grappling phases are permitted, provided they are executed with one hand only and immediately followed by a valid technique.

Prohibited techniques are:

- Headbutts
- Elbow strikes to the head other than mawashi empi (horizontal circular elbow strike)
- Delivering a mae geri to the head from a standing position against an opponent on all fours (soccer kick)
- Fumikomi (stomp kick)
- Striking a downed athlete (as per definition) from a standing position

### 1.3.2 Tegumi e shimeru (Standing grappling and Clinch)

From the moment the two athletes transition to grappling (tegumi), gripping in any manner is allowed; however, the use of the uniform, or any parts of it, is prohibited, and gripping the protective equipment is forbidden.

- The standing grappling or clinch phase can have a maximum duration of 5 seconds.

Upon expiration of the time, the center referee will separate the athletes. During the clinch phase (shimeru), it is possible to deliver striking techniques (uchi waza) and throwing/takedown techniques (nage waza).

If a grappling action is initiated on or moves to the boundary of the tatami, the center referee will stop the action to reposition the athletes at the center in a grappling position to prevent injuries.

The allowed throwing and takedown techniques (nage waza) are listed below:

- All sweeping and reaping throws, even without gripping where possible.
- All hip throws.
- Throws with a neck wrap: kubi wa, without causing neck torsion and without using the chin as a lever.
- All throws after catching a kick.
- Throws that grip the legs: morote gari, kuchiki taoshi, kata guruma, te guruma.
- Sutemi waza and gaeshi: sacrifice throws and counter-throws.

It is prohibited to slam or drop the opponent on their head or neck with a throw. Slamming to the ground (slam) is allowed from hip height; if the opponent is lifted above hip height, they may be thrown provided they are accompanied to the ground in a controlled manner.

In the standing grappling phase, the following chokes/strangles are allowed:

- Hadaka jime (naked choke from the front or back: ezekieli, mata leao, chin strap).
- Kubi gatame jime (guillotine choke without torsion).

The following submissions are allowed exclusively to the arms, provided they are executed with progressive and controlled force to allow for a surrender by tap-out:

- Ude hishigi (straight armbar/elbow lock).
- Ude garami (arm entanglement / twisting armlock).
- Kote kansetsu waza (wrist lock techniques).



The following techniques are prohibited:

- Gripping the uniform.
- Gripping the protective equipment.
- Intentionally throwing the opponent on their neck or head.
- Small joint manipulations (fingers and toes) are prohibited.
- Throwing the opponent with a submission already locked to the physiological limit of the joint.
- Slams from above hip height are prohibited.

#### 1.3.3 Ne waza (Ground Fighting Techniques)

A ground fighting phase begins the moment an athlete is downed. Ground fighting techniques (ne waza) are subject to a time limit.

- The maximum duration for each ground fighting phase is 30 seconds.
- A maximum of 2 ground fighting phases are allowed per round.

Upon expiration of the 30 seconds, or if the action reaches a complete stalemate, the center referee will stop the bout and restore the standing position at the center of the tatami.

During ne waza, transitions, positional improvements, and submissions are permitted.

Allowed actions include:

- Gatame waza (ground control techniques) from dominant positions (such as mount, side control, back control).
- Ground striking actions (ne kogeki / Ground & Pound) are permitted to the head with punches only, with light contact ("semi-contact"), and exclusively from a dominant control position (gatame).
- Tsuchi kogeki actions are allowed, meaning the downed athlete may strike an opponent who is standing or in a dominant control position.
- Submissions via armlocks (ude kansetsu waza) and straight leglocks (ashi kansetsu waza).
- Choking techniques (strangles/chokes) executed with the arms and legs, without the use of parts of the karategi.

Prohibited actions include:

- Striking the head with heavy or full contact while on the ground.
- Executing G&P strikes to the head from non-dominant positions (e.g., while inside the opponent's guard).
- Striking the opponent's body or head with knees or elbows while on the ground.
- Cervical/neck locks (unless they are part of a choke setup).
- Muscle compression techniques (slicers).
- Twisting leglocks (such as heel hooks or toe holds).
- Small joint manipulations (fingers and toes).
- Gripping the uniform or protective equipment.

#### 1.3.4 Ne Kogeki e tsuchi kogeki (Ground & Pound and strike from the ground)

During the ground fighting phase, athletes may strike using the following modalities:

- Punches to the head in a semi-contact, controlled manner and exclusively from a gatame (control) position; at the beginning of the action, the dedicated 5-second count starts. In the event of an effective defense capable of interrupting the sequence of punches, the referee will allow the ground fighting to continue until the expiration of the regular time limit.
- From the ground toward an opponent in a dominant or standing position.

- Striking with the heel from the guard position on the ground is prohibited.

The athlete with their back to the canvas/ground may strike in any allowed manner.

#### 1.4 Withdrawal / Forfeit

L'atleta può decidere di ritirarsi dall'incontro in qualsiasi momento, anche restando fuori a bordo tatami nel The athlete may decide to withdraw from the bout at any moment, including by remaining outside the edge of the tatami when the referee invites them to take their position. This results in an automatic defeat for that specific bout, but does not constitute a withdrawal from the entire competition; therefore, the athlete remains eligible to contest subsequent matches where scheduled.

#### 1.5 Sanctions and Penalties

##### Types of Warnings

1. Jogai: exit from the tatami; upon the fourth exit, the athlete is deemed unable to continue the match, declared through the progressive terminology: "jogai ich, ni, san, shi – shikkaku".
2. Chui: simple warning: a formal warning that does not influence the determination of the winner.
3. Keikoku: penalty for medium infractions, or for repeated minor infractions after the first chui, which results in the deduction of 6 points. Two keikoku results in shikkaku.
4. Shikkaku: disqualification from the match for serious infractions; upon decision of the referee commission, it can be extended to the entire ongoing competition.

Sanctions are divided into three categories as shown in the following tables:

##### Category 1, Minor Infractions

| CATEGORY 1 SANCTIONS                                                                                                                                                                                                                                           |                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| Action                                                                                                                                                                                                                                                         | Penalty                                                                |
| 1. Exiting the tatami                                                                                                                                                                                                                                          | Jogai n°<br><br>Chui<br><br>Keikoku (-6 points on the total scorecard) |
| 2. Gripping the protections or parts of the uniform                                                                                                                                                                                                            |                                                                        |
| 3. Failing to obey the provisions of the referees or judges                                                                                                                                                                                                    |                                                                        |
| 4. Unfair or disrespectful behavior toward the Officials; toward the opponent (such as talking or taunting); failures in following the scheduled ritual; or other violations of etiquette by the athlete, their coach, their staff, or their supporting public |                                                                        |

##### Category 2, medium infractions

| CATEGORY 2 SANCTIONS                 |                                                                               |
|--------------------------------------|-------------------------------------------------------------------------------|
| Action                               | Penalty                                                                       |
| 1. Striking prohibited targets       | Keikoku (-6 points on the total scorecard)<br><br>Shikkaku (Disqualification) |
| 2. Failing to control strikes in G&P |                                                                               |
| 3. Failing to control submissions    |                                                                               |

##### Category 3, serious infractions

| CATEGORY 3 SANCTIONS |         |
|----------------------|---------|
| Action               | Penalty |

|                                                                                                                                                                                                                                                         |                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| <ol style="list-style-type: none"> <li>1. The athlete doesn't show up on the tatami when called</li> <li>2. Executing prohibited techniques</li> <li>3. Causing a KO with G&amp;P</li> <li>4. Causing damage with an uncontrolled submission</li> </ol> | Shikkaku (disqualification) |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|

In the event that the referee deems the unfair behavior to be repeated, they may directly issue the more serious penalty without proceeding in progression.

In the event that the referee has already issued a Chui, but does not deem the repetition of the unfair behavior to increase in seriousness or to be intentional, they may decide to give a simple verbal warning.

In the event that the referee deems the unfair behavior to be serious, they may directly issue Shikkaku without having previously issued other types of warnings

## 2. Specific division rules

In the event that it is necessary to merge age groups, the rules referring to the youngest participating athletes shall apply.

### 2.1 From the Children A division (up to 7 years old) to the Juveniles division (12-13 years old)

- KO is not allowed
- It is prohibited to strike the head with arm techniques
- Kicks with a straight trajectory to the head (mae geri and yoko geri) are prohibited
- Knees to the head are prohibited
- Locks and strangulations are prohibited in standing grappling
- Ground fighting is prohibited

### 2.2 Cadets division (14-15 years old) and Junior division (16-17 years old)

- KO is not allowed
- Strikes to the head are allowed in semi-contact modality
- It is prohibited to strike the head with jumping punches
- It is prohibited to strike the head with spinning punches
- Kicks with a straight trajectory to the head (mae geri and yoko geri) are prohibited
- Knees to the head are prohibited
- Locks and strangulations are prohibited in standing grappling
- Ground fighting with G&P is allowed
- It is prohibited to strike a standing opponent from the ground with a mae geri to the face (up kick)
- An athlete who has three points of contact with the ground is considered to be on the ground
- Submission techniques with joint locks must only be positioned with correct form and not applied
- The technique of ashi sankaku garami (arm twist with triangle legs – omoplata) is prohibited
- Wrist locks are prohibited
- Muscle compressions are prohibited
- The execution of ashi sankaku jime (strangulation with triangle legs) by pulling the head is prohibited
- The technique of do jime (strangulation through compression of the torso) is prohibited
- Leg locks are prohibited

## 2.3 Seniors division (18-40 years old)

Starting from the grade of green belt 6th kyu (classic grade reference system) the following are allowed (and therefore prohibited for lower grades):

- Straight knee lock is allowed
- Straight ankle lock is allowed
- Muscle compressions are allowed

In the event of grade merges, the lower-level regulation is applied (e.g., yellow vs brown -> no leg locks, no muscle compressions)

## 2.4 Veterans A and B division (from 41 years old and up)

- KO is not allowed
- Leg locks are prohibited
- Muscle compressions are prohibited

# 3. Victory and decision criteria

The corner judges are in charge of marking the athletes' scores on a scorecard.

If there are two corner judges, then the first one will keep the points for shiro and the second one for aka.

If there are four corner judges, then two will keep the points for shiro and the other two for aka; in this case, an average will be calculated (rounded down from the fifth decimal point inclusive and rounded up from the sixth decimal point) of the scores marked by the two judges assigned to an athlete.

At the expiration of the time scheduled for the match depending on the division, the referees will gather for a consultation and the winner is proclaimed based on the total score achieved (which will be displayed at the end of the match on the electronic scoreboard where available) unless there has been a KO, a withdrawal, or a disqualification.

## 3.1 Tie (Draw)

In the event of a tie:

It will be possible to hold additional tie-breaker rounds subject to the decision of the refereeing commission on how to conduct the competition. Declare the winner through Hantei, meaning the referee's preference expressed by the central referee (who may consult with the other match officials) taking into account the following criteria:

- Any division merges, grade merges, clear physical difference with subsequent weighing via the scale at the jury table (see the section "athlete's categories")
- Preference is given to the athlete who demonstrated greater initiative, technique, and endurance.

The determining criteria are:

- The behavior, fighting spirit, and tenacity demonstrated
- The superiority of the tactics and techniques adopted
- The effectiveness of the strikes and continuous offensive action (the one who attacked more, dominating the match)
- Any warnings and sanctions
- A possible single Chui (formal warning) is minimally influential for the purpose of the decision on the preference to be assigned

In the event of an absolute tie, therefore also on performance parameters, the weighing is carried out with the scale provided at the jury table and the lighter athlete is declared the winner.

## 4. Athlete categories

Age intervals with extremes inclusive.

| DIVISIONS                      | MALE                       | FEMALE           |
|--------------------------------|----------------------------|------------------|
| Children A (up to 7 years old) | Kg -25, -30, -35, -40, +40 | Kg -30, -35, +35 |
| Children B (8-9 years old)     | Kg -30, -35, -40, -45, +45 | Kg -35, -40, +40 |
| Children C (10-11 years old)   | Kg -35, -40, -45, -50, +50 | Kg -37, -42, +42 |
| Juveniles (12-13 years old)    | Kg -45, -50, -55, -60, +60 | Kg -42, -47, +47 |
| Cadets (14-15 years old)       | Kg -52, -57, -63, -70, +70 | Kg -47, -55, +55 |
| Juniors (16-17 years old)      | Kg -55, -61, -68, -75, +75 | Kg -50, -58, +58 |
| Seniors Kyu (18-40 years old)  | Kg -62, -68, -74, -80, +80 | Kg -55, -63, +63 |
| Seniors Dan (18-40 years old)  | Kg -62, -68, -74, -80, +80 | Kg -55, -63, +63 |
| Veteran A (41-50 years old)    | Open                       | Open             |
| Veteran A (41-50 years old)    | Open                       | Open             |

A weight difference tolerance due to the karategi of 0.5 kg is allowed; if the weight check is done in underwear, the tolerance is 0.1 kg.

Where necessary, the organization may decide not to make a distinction between Kyu and Dan in the Senior division.

In situations where it is necessary to merge categories, in the event of an absolute tie between the athletes, the victory goes to the athlete who weighs less. Therefore, the Match Officials at the table must be provided with a scale.

Within the breakdown into age and weight divisions, the following category breakdowns of athletes based on grade are present:

|                 |
|-----------------|
| Up to orange    |
| Green and blue  |
| Brown and black |

## 5. Protective gear and divisions

| DIVISIONS                                                                             | PROTECTIVE GEAR                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Children A<br>Children B<br>Children C<br>Juveniles<br>(Up to 13 years old inclusive) | <ul style="list-style-type: none"><li>• Closed headgear</li><li>• Mouthguard</li><li>• Light chest protector</li><li>• Open-finger gloves (4 ounces)</li><li>• Groin guard/suspensory (males and females)</li><li>• Sock-style shin guards with foot protector</li></ul> |
| Cadets and Juniors<br>(From 14 to 17 years old inclusive)                             | <ul style="list-style-type: none"><li>• Closed headgear</li><li>• Mouthguard</li><li>• Chest protector with separate cups (females)</li></ul>                                                                                                                            |

|                                                                                             |                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                             | <ul style="list-style-type: none"> <li>• Open-finger gloves (7 ounces)</li> <li>• Elbow pads</li> <li>• Groin guard/suspensory (males and females)</li> <li>• Sock-style shin guards with foot protector</li> </ul>                                                                                                                         |
| Seniors Kyu<br>Seniors Dan<br>Seniors Open<br>(From 18 years old to 40 years old inclusive) | <ul style="list-style-type: none"> <li>• Headgear with cheek protectors</li> <li>• Mouthguard</li> <li>• Chest protector with separate cups (females)</li> <li>• Open-finger gloves (7 ounces)</li> <li>• Elbow pads</li> <li>• Groin guard/suspensory (males and females)</li> <li>• Sock-style shin guards with foot protector</li> </ul> |
| Veteran A (from 41 to 50 years old)<br>Veteran B (from 51 years old and up)                 | <ul style="list-style-type: none"> <li>• Headgear with cheek protectors</li> <li>• Mouthguard</li> <li>• Chest protector with separate cups (females)</li> <li>• Open-finger gloves (7 ounces)</li> <li>• Elbow pads</li> <li>• Groin guard/suspensory (males and females)</li> <li>• Sock-style shin guards with foot protector</li> </ul> |

For clarity, example images on the type of allowed protective gear are reported. Brand and color are the athlete's choice

|                            |                                |            |
|----------------------------|--------------------------------|------------|
| Closed headgear (under 18) | Headgear with cheek protectors | Mouthguard |
|----------------------------|--------------------------------|------------|

|                                                                                     |                                                                                     |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |    |    |
| Light chest protector (under 14)                                                    | 4-ounce gloves (under 14)                                                           | 7-ounce open-finger gloves                                                            |
|   |   |   |
| Groin guard (M and F)                                                               | Chest protector (over 14)                                                           | Sock-style shin guards (under 18)                                                     |
|  |  |  |
| Elbow pads (over 14)                                                                |                                                                                     |                                                                                       |
|  |                                                                                     |                                                                                       |

## 6. Match duration

| DIVISIONS                                                                                    | DURATION    |
|----------------------------------------------------------------------------------------------|-------------|
| Children A (up to 7 years old)<br>Children B (8-9 years old)<br>Children C (10-11 years old) | 1.5 minutes |
| Juveniles 14 (12-13 years old)<br>Cadets (14-15 years old)                                   | 2 minutes   |
| Juniors (16-17 years old)                                                                    | 2.5 minutes |
| Seniors (18-40 years old)                                                                    | 3 minutes   |
| Veteran A and B (over 40 years old)                                                          | 2 minutes   |

The times shown in the table are to be considered in total, meaning the timer is not stopped for referee interventions unless deemed necessary, such as in the case of medical evaluations or other exceptions decided by the referees.

In the event of an injury for which the intervention of paramedics is required, the timer is stopped. The time available to declare whether or not the athlete is able to continue the match is 2 minutes.

Based on how the competition is organized, it is possible to:

1. Hold a single round which, in the event of a tie, declares the winner by referee decision
2. Continue up to 2 rounds of the same duration indicated in the table, at the end of which the winner is declared by summing the scores. The recovery time allowed between rounds is 1 minute. In the event of a tie, victory is declared through referee decision. The number of rounds allowed beyond the first in the specific division must be decided by the match officials in advance
3. The category finals take place over two rounds

What is specified in the "athletes categories" section and in the "Score" section always and in any case applies regarding cases of a tie and the choice of the winner through referee decision, namely: "In situations where it is necessary to merge categories, in the event of a tie between the athletes, the victory goes to the athlete who weighs less".

## 7. Competition area

The competition area consists of a square with sides measuring 8 m, made of interlocking mats with a minimum thickness of 3 cm. The second-to-last perimeter row of mats near the outer edge must be of a different color to visually signal to the athlete their position near the limit of the competition area. Furthermore, the starting positions of the athletes near the center of the competition area and equidistant from each other are marked by mats of a different color.

All figures present in the competition area (athletes, match officials, coaches, managers, executives) and anyone else connectable to the competitors (relatives, friends, teammates) must follow the sporting ideals of loyalty, commitment, manners, self-control, and the spirit of Karate Do.

## 8. The athlete

### 8.1 Athlete's uniform

The athlete must wear a white karategi on which it is possible to display the colors belonging to the style or school, which must be sober. At the moment of the call preceding the start of the match, the athlete must



present themselves in an orderly manner already wearing all the protective gear required for their division (see section "Protective gear and divisions").

Only female competitors can wear an entirely white t-shirt under the karategi jacket.

Competitors of Muslim religion can wear a white headscarf or chador.

## 8.2 Positioning of the athlete

When the athlete presents themselves at the competition area, they will be assigned a color by the refereeing staff which can be "aka" (red) or "shiro" (white).

The refereeing staff will hand the athlete an identification system which, depending on the organization of the competition, may consist of a red cloth to be placed on the belt on the back side (to identify in this case only which of the two is aka, the other by exclusion will be shiro), or by providing colored belts (one white and the other red) that the athletes must wear instead of their own.

The athlete identified by the color aka (red) goes to position themselves to the left of the central referee near the center on the starting point marked on the competition area and after bowing before stepping onto the tatami; the shiro (white) athlete goes to position themselves to the right of the central referee in the same manner.

## 9. The coach

The athlete's coach must be recognizable by wearing the club's colors and the coach-pass provided by FIK.

### 9.1 Role of the coach

The coach has the task of accompanying the athletes in the competition, providing for them, and providing support instructions during the matches. The coach can decide on the withdrawal from the match or competition of their athletes. The coach must maintain a behavior suited to the spirit of the competition and with appropriate language. In the event that the coach manifests behaviors contrary to the due fair play which affect the order, decorum, image, and reputation of the Federation and that do not allow the normal execution of the competition, they will be removed from the competition area by the person in charge of it, subject to the authorization of the match officials.

### 9.2 Posizionamento del coach

Il coach si posiziona dietro il box federale fornito dall'organizzazione e posto a bordo tatami. In mancanza del box esso si posizionerà a bordo tatami dove gli verrà indicato dagli ufficiali di gara.

## 10. Positioning of the coach

The coach positions themselves behind the federal box provided by the organization and placed at the edge of the tatami. In the absence of the box, they will position themselves at the edge of the tatami where indicated by the match officials.

- 1 central referee
- 2 or 4 corner judges
- 1 or 2 referees at the jury table
- 1 area manager (tatami chief) who may coincide with one of the previous figures

### 10.1 Positionings and roles

#### 10.1.1 Central referee

The central referee starts at the center of the competition area and has freedom of movement within it. They have the authority to interact verbally with the athletes: they direct the match by starting and

stopping the actions, determine the assignment of warnings, the attribution of penalties, safeguard the safety of the athletes where possible, and proclaim the winner.

#### 10.1.2 Corner judge

There are 2 or 4 corner judges provided. If there are two corner judges, an athlete is assigned to each one, and they position themselves at opposite corners along the diagonal of the competition area in order to have the best possible view of the athletes' actions. In the event that there are 4 corner judges, they position themselves at the corners of the competition area and a single athlete is assigned to two judges positioned at opposite points of the diagonal. The corner judge is in possession of their own score card and a whistle. The corner judge has the task of noting on the card the points scored by the athlete assigned to them and of drawing the attention of the central referee through an intermittent whistle and the flag of the color corresponding to the athlete in case they notice any infractions.

#### 10.1.3 President of the jury

The presidents of the jury can be 2 or 1 and are positioned sitting behind the jury table located at the edge of one of the sides of the competition area. The presidents of the jury are equipped with a timer and scoreboard. The task of the presidents of the jury is to start and stop the timer, to keep track of the infractions assigned to the athletes and the points to be deducted due to penalties, to signal significant actions not reported by the rest of the refereeing staff, to blow the whistle at the expiration of time for ground fighting actions, to signal the end of the round or match via a gong or other suitable system, to blow the whistle at the end of the time available to resolve those situations that require the timer to be stopped during the match, to count the points at the end of the round (in the event that there are 4 corner judges, the score for a single athlete is determined by taking the average of the scores noted by the two referees assigned to that single athlete) and then communicate the winner to the central referee.

#### 10.1.4 Area manager (tatami chief)

The area manager is responsible for supervising that all the refereeing staff perform their duties to the best of their abilities. The figure of the area manager may, due to organizational needs, coincide with the central referee or with the jury referee.

## 11. Referee gestures and commands

### 11.1 Start of the match

1. The central referee gestures to the athletes at the edge of the tatami to take their positions and uses the command: "moto no ichi"
2. The central referee gestures to the athletes to turn toward the jury table and perform the formal bow with the command: "shomen ni rei"
3. The central referee gestures to the athletes to turn toward him and perform the formal bow with the command: "sushin ni rei"
4. The central referee gestures to the athletes to turn face-to-face and perform the mutual formal bow with the command: "otagai ni rei"
5. The central referee adopts a guard position and commands the athletes to do the same with the command: "kamae"
6. The central referee starts the fight with the command: "hajime"

### 11.2 Assignment of points and victory

#### 11.2.1 Corner judges

Without interrupting the flow of the fight, they note on their card the yuko and wazaari points scored by the athlete who has been assigned to them. The card must be organized to make the recording of scores as rapid as possible.

If after noting a yuko, the athlete does not recover immediately or the central referee intervenes, the corner judge changes the yuko into a wazaari.

### 11.2.2 Central referee

In case of doubts, the central referee can request a consultation with the corner judges using the command: “fukushin shugo”. This command can also be used to evaluate the assignment of penalties and is therefore also valid for the section “Signaling and assignment of sanctions”.

The central referee assigns warnings and penalties as described in the section: “Signaling and assignment of sanctions”.

At the expiration of time, the central referee commands the athletes to stop the fight with the command “yame” and gestures for them to reposition themselves at the starting points. The referees at the jury table proceed with the counting of the points and communicate it to the central referee, who, using the formula “athlete color + nogachi”, indicates the winning athlete and then raises their straight arm in a high diagonal to award the victory.

In the event of a tie, the central referee expresses their preference by bringing their hand to their chest to indicate themselves and then raising their arm on the side of the athlete and naming the corresponding color. The central referee then proceeds with the proclamation of victory.

In the event of an absolute tie also in terms of initiative demonstrated by the athletes, the central referee requests the weigh-in and proclaims the lighter athlete as the winner.

### 11.3 Signaling and assignment of sanctions

Athlete exiting the tatami:

1. The corner judge blows the whistle intermittently and points to the ground with the arm bearing the wristband or flag of the color corresponding to the athlete who committed the foul
2. The central referee stops the match with the command: “yame”
3. The central referee has the athletes reposition themselves at the starting point
4. The central referee points with the index finger at the athlete who exited the tatami and declares the sanction with the formula “athlete color + jogai + n°”. Upon the fourth exit, they proceed with the assignment of the disqualification with the formula “athlete color + jogai + shi + shikkaku”.
5. The central referee commands the athletes to adopt a guard position and restarts the fight

Upon the fourth exit from the tatami, the athlete is considered unable to face the opponent and the central referee proceeds by proclaiming the winner.

Sanctions:

1. The corner judge raises the arm bearing the wristband or flag corresponding to the color and blows the whistle intermittently
2. The central referee stops the match with the command “yame”
3. The central referee has the athletes reposition themselves at the starting point
4. The central referee points with the index finger at the one who committed the incorrect action and declares the sanction with the formula “athlete color + reason + chui”, or “athlete color + reason + keikoku”, or “athlete color + jogai + shikkaku”, depending on the severity of the action
5. The central referee commands the athletes to adopt a guard position and restarts the fight

The warning “chui” is to be considered as a formal warning for a minor infraction and does not involve penalties. The warning “keikoku” denotes the repetition of incorrect actions after “chui” or more serious actions; the second “keikoku” involves “shikkaku” (disqualification).

If the incorrect action committed by the athlete is of a certain relevance, the central referee may decide not to proceed with the assignment of “keikoku” or “shikkaku” (see tables in the section “incorrect behaviors that involve sanctions”).

The referees at the jury table take note of the penalty assigned to the athlete.

## 12. Federal articles

### 12.1 Etiquette for athletes, coaches, and referees

Reference is made to the FIK "Sport Karate Competition Regulations", CHAPTER 1, regarding the following topics:

- ART. 4: official competition uniforms (match officials, athletes, coaches)
- ART. 5.11 – 5.17: nails, metallic objects, hair, and bandages
- ART. 8: official protest, official protest procedures
- ART. 10: other

### 12.2 Refereeing regulations

Reference is made to the FIK "Sport Karate Competition Regulations", CHAPTER 2, regarding the following topics:

- ART. 1: general rules
- ART. 4: responsibilities and duties of match officials
- ART. 5: responsibilities and duties of the area manager (tatami chief)
- ART. 6: responsibilities and duties of the central referee (sushin)
- ART. 7: responsibilities and duties of the corner judge (fukushin)
- ART. 8: responsibilities and duties of the jury table (president of the jury, timekeeper, announcer)