

**COMPETITION RULES**  
**KUMITE SHOBU IPPON – REVISIONED 15/07/2020**

**INTRODUCTION**

The kumite competition is a sporting event. Karate has as its foundation some principles and values related to Japanese martial arts, therefore the competitor shall keep an attitude impeccable and respectful towards his matchmate, referees, coach, audience, as well as must comply with these competition rules. To get a point, the competitors shall not only perform a correct and valid technique, with the right distance and time, but also demonstrate the application of the "kime" as well as the attitude of "Zanshin". The attack must be powerful and symbolically decisive. Thanks to self-control of practitioners the techniques shall not cause any damage. The competition will take place with the system of repechage for blue, brown and black belts CADET, JUNIOR and SENIOR.

**Art. 1 – Competition area**

The competition area will consist of a mat measuring 8m x 8m, the outer edge, measuring one meter, must be of a different color.

Aka shall be positioned on the right with respect to the Central Referee (Shushin) and the Kansa, Shiro will be positioned on the left, the distance between the athletes shall be 3 meters.

The Judges (Fukushin) shall be positioned at the outer corners of the tatami, with a red and white flag; the Central Referee and the Kansa shall be positioned with their back in front of the jury table, the Kansa shall sit at the right of the central referee near the tatami edge.

**Art. 2 – Uniform and protection equipment**

Uniform

All competitors must wear a clean white karategi without personal writing, (only manufacturer writings and embroideries will be allowed), Aka will wear a red belt, Shiro will wear a white belt. The badge of your own association (maximum 10cm x10cm) is allowed on the karategi jacket, at chest height on the left side.

Mandatory protection equipment

- white or transparent mouthguard
- white curved mitts for both competitors
- chest protector for female competitors
- groin protector for male competitors

Forbidden protection equipment

It is not allowed to wear shin and step-in protectors, chest protector for men and other types of protection not present in the list of mandatory protections.

**Art. 3 – Categories**

- Cadets male, female (age 14-15) brown and black belt, open weight
- Juniors male, female (age 16-17) brown and black belt, open weight
- Seniors male, female (age 18-40) brown and black belt, open weight
- Veterans male, female (age 41-60) brown and black belt, open weight

**Art. 4 – Victory**

Victory is awarded as follows :

- before the time is up in case a competitor has scored two waza-ari or one ippon;
- if when the time is up, one competitor has scored one waza-ari and the other zero;
- if a competitor score one point during the enchosen ;

- in case of disqualification of the opponent (hansoku) ;
- in case of kiken of the opponent.

In case of direct hansoku, the injured competitor shall be authorized by the doctor to continue the competition.

If the hansoku is the result of accumulated penalties, no medical advice shall be required.

The defeat for Kiken will be imposed in case of absence, delay, renunciation, abandonment or inability to fight.

**Art. 5 - Duration of a match**

- The matches will last 2 effective minutes, (atoshi baraku at 30 seconds from the end), excepted in case of victory before the time up.
- In the event of a tie, enchosen (to say an extension of the match of 1 effective minute) shall take place (atoshi baraku when 30 seconds are left). During this extension the first competitor scoring the first valid point (one waza-ari or one ippon) shall win the match.
- A recovery time of 2 minutes shall be accorded in case of two consecutive matches involving the same athlete.

**Art. 6 - Hantei**

If at the end of the enchosen the tie persists, the referee panel shall decide (Hantei) which competitor wins the match.

The referees shall take into account any punishment, the attitude held by the two competitors and consider the "proactiveness" of the athletes during the extension. The central referee, positioned on the edge of the competition area will announce the Hantei, then he will emit a first long preparatory whistle, followed by a second short and firm one. At that moment and at the same time, only the four judges will express their opinion by raising the flag corresponding to the athlete judged to be the winner; at a third whistle, short and decisive, the flags will be lowered and the central referee, entering the competition area, will award the victory in compliance with the following cases table:

**HANTEI**

JUDGE 1	JUDGE 2	JUDGE 3	JUDGE 4	CENTRAL REFEREE
AKA	AKA	AKA	AKA	AKA WINS
AKA	AKA	AKA	SHIRO	AKA WINS
AKA	AKA	SHIRO	SHIRO	AKA OR SHIRO WINS (CASTING VOTE)
AKA	SHIRO	SHIRO	SHIRO	SHIRO WINS
SHIRO	SHIRO	SHIRO	SHIRO	SHIRO WINS

**Art. 7 - Valid techniques**

- Tsuki
- Geri
- Uchi

**Art. 8 - Forbidden techniques**

- All kind of hand-opened techniques (such as nukite, shuto, kumade, etc.), haito excepted
- All kind of hittsui geri, enpi uchi, atama uchi or kaiten uchi
- Kakato geri
- Tobi waza

**Art. 9 - Scoring targets**

- Jodan: head, face, neck (throat excepted)
- Chudan: chest, abdomen, sides and back (shoulders excepted)

**Art. 10 - Forbidden targets**

- Groin
- Throat
- Limbs and joints

**Art. 11 - Forbidden actions**

- Hitting out of control.
- Excessive competitive spirit considered uncontrolled.
- Grabbing or pushing the opponent.
- Unsportsmanlike and disrespectful behavior towards the opponent, the referee/referees.
- Ignoring, disobeying, arguing with the central referee/referees.
- All actions that could prevent the conduct of the match.
- At the moment of the impact of the punch technique, the athlete must not be jumping.
- Sweeping actions (de ashi barai) are only allowed if followed by a technique because they are a means of making a point, simply making a de ashi barai in itself is not allowed.
- Projections are allowed as long as the "projected" does not exceed with his hips the shoulder height of the thrower; the athlete performing the projection has 5 sec. to bring it to the end. If this time limit is exceeded the central referee shall stop the match.
- All prohibited techniques or actions will be stigmatized or sanctioned by the referees depending on their gravity.

**Art. 12 - Points and warnings based on the majority principle**

The central referee, following the judges' judgments, will always award the points or admonitions on the basis of the majority principle:

a. In case of three equal judgments

In case three judges express the same judgment, the central referee shall stop the match and award the points and / or warnings according to their judgment. In the event that during the match at least three judges express the same judgment, the central referee shall stop in any case the match and assign what is indicated. Examples:

JUDGE 1	JUDGE 2	JUDGE 3	JUDGE 4	CENTRAL REFEREE <b>MANDATORY</b> DECISION
AKA WAZAARI	AKA WAZAARI	AKA WAZAARI	SHIRO WAZAARI	AKA WAZAARI
AKA WAZAARI	TORIMASEN	TORIMASEN	TORIMASEN	TORIMASEN
SHIRO IPPON	SHIRO C1	SHIRO C1	SHIRO C1	SHIRO C1

b. Decisive opinion of the central referee

The central referee may assign points and / or penalties only in case of majority between his opinion and the judgments expressed by the judges. Examples:

JUDGE 1	JUDGE 2	JUDGE 3	JUDGE 4	CENTRAL REFEREE <b>POSSIBLE</b> DECISION
AKA WAZAARI	AKA WAZAARI	TORIMASEN	SHIRO WAZAARI	AKA WAZAARI TORIMASEN
AKA WAZAARI	AKA WAZAARI	SHIRO IPPON	SHIRO IPPON	AKA WAZAARI SHIRO IPPON TORIMASEN
AKA WAZAARI	AKA C1	SHIRO WAZAARI	SHIRO C2	TORIMASEN

c. Mienai

The Mienai expressed by a judge contributes to the majority for the assignments from the central referee. The central referee may award a point or a warning, in case of one Mienai at least and one judgment at least from the judges, corresponding to the decision he wants to assign.

JUDGE 1	JUDGE 2	JUDGE 3	JUDGE 4	CENTRAL REFEREE <b>POSSIBLE</b> DECISION
AKA WAZAARI	MIENAI	TORIMASEN	TORIMASEN	AKA WAZAARI TORIMASEN
MIENAI	MIENAI	TORIMASEN	TORIMASEN	TORIMASEN
MIENAI	MIENAI	MIENAI	MIENAI	TORIMASEN
AKA WAZAARI	MIENAI	TORIMASEN	SHIRO WAZAARI	AKA WAZAARI TORIMASEN SHIRO WAZAARI
AKA WAZAARI	AKA WAZAARI	MIENAI	SHIRO WAZAARI	AKA WAZAARI TORIMASEN SHIRO WAZAARI

d. Opinion and opinion revision

The Central Referee is not allowed to express his opinion immediately afterwards the yame, in the first instance, or in any case before the judges have expressed their opinion. The central referee, however, being favored by his mobile position, having the faculty to interact with the doctor as well as to be able to visually inspect the athletes, may request in second instance and in particular cases, the revision of the judgment from the judges (example, change a wazaari into a C1, or wazaari into an ippon, a C1 into ippon). The judges may decide to change their judgment or maintain it.

**Art. 13 - How to award a wazaari**

The waza-ari is awarded for a controlled technique (it must not make any injury to the competitor) admitted by the competition rules, to a valid target, demonstrating effectiveness, power, distance and correct timing. Support and balance must be good, the techniques performed without at least one foot on the floor shall not be considered as valid. In case of direct techniques, (e.g. kizamizuki or mae geri) even if on target, they will not be considered valid for scoring if carried from a stationary position or backing away. Direct techniques must always have at least a minimum acceleration of the body towards the target. If two VALID techniques hit the target at the same time, the point MUST be assigned to the athlete who MOVES FORWARD (and who builds the action).

**Art. 14 - How to award an ippon**

In order to be awarded of an IPPON, the technique must have the basic requirements for wazaari and in addition the characteristic of a potentially decisive technique (todome). The following valid techniques shall always be evaluated as an IPPON:

- Techniques carried on a defenseless target
- JODAN GERI (the mawashi or uramawashi kick technique must be well defined and carried to at least 50 cm away from the body of the two opponents - it will not be valid if the two athletes are in contact with their bodies)
- Throws "finished" with a valid effective technique
- Gyakuzuki carried "advancing" (with the front leg moving forward on an attack of the opponent)

**Art. 15 - Penalties**

Penalties are divided into three distinct and independent categories:

CATEGORY	TYPE	1. WARNING	2. PENALTY	3. DISQUALIFICATION
C1	CONTACT	KEIKOKU	CHUI	HANSOKU
C2	BEHAVIOUR	KEIKOKU	CHUI	HANSOKU
C3	JOGAI	KEIKOKU	CHUI	HANSOKU

#### **C1: ATE (PENALTY FOR EXCESSIVE CONTACT)**

**Gestures:** closed fist, corresponding to the athlete who committed the infringement and opposite open hand laid on the knuckles.

**Progression :** keikoku, chui, hansoku.

Penalties related to excessive contact are included in this category. All techniques must always be controlled in proportion to their target area and must not cause any injury. If a technique considered as valid will cause a redness of the skin without injury (medical opinion) the point shall be assigned.

KEIKOKU shall be imposed for techniques that are correct but not properly controlled and that cause small injuries, which have an excessive impact to a valid target, which are carried on an invalid target, or for contacts as a result of improperly carried techniques.

CHUI shall be progressively imposed for the second infringement in case of excessive contact. It can also be directly imposed for uncontrolled techniques that cause injury for excessive contact to a valid or invalid target. CHUI shall be directly assigned whenever the combativeness of the injured athlete is reduced as a result of the injury suffered.

HANSOKU shall be progressively imposed for the third contact category infraction. It can also be directly imposed due to a very serious lack of control or in case the injured athlete is considered by the match doctor as "unable to continue" following the injury suffered.

#### **C2: FORBIDDEN ACTIONS AND BEHAVIOURS**

**Gestures:** arm bent towards the athlete and index finger up.

**Progression :** keikoku, chui, hansoku.

Penalties relating to infractions referable to behavior, as well as prohibited or dangerous actions, are included in this category, such as:

- TSUKAMU - to grab, unless a throw is in progress or at the same time of an attack;
- MUBOBI - lack of regard for one's own or others' safety;
- CHUI MUSHI - to ignore or not to obey the referee;
- FUKUKEI - incorrect attitude and insufficient attitude to kumite;
- uncontrolled attacks (techniques that overshoot the target) ;
- allowed and controlled techniques carried in the direction of non allowed targets;
- non allowed targets.

#### **C3: JOGAI (EXIT FROM THE COMPETITION AREA)**

**Gestures:** arm stretched down with the index finger pointing at 45 ° out on the athlete's side who committed the exit.

**Progression :** keikoku, chui, hansoku.

- Jogai occurs when one or both competitors leave the perimeter of the tatami.
- If a contestant is pushed out or if he goes out as a result of repeated dangerous actions (mubobi), no Jogai shall be imposed.
- If the athletes exit the competition area one after the other and the referee has not yet given yame, the first exited athlete shall be sanctioned with Jogai.
- If an athlete carries a valid technique and immediately exits the competition area, before the referee gives the yame, the technique shall be valid and no Jogai shall be imposed.