



KATA AND KUMITE COMPETITION RULES

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POINTS KUMITE RULES

ARTICLE 1: KUMITE COMPETITION AREA

1. The competition area must be flat and devoid of hazard.
2. The competition area will be a matted square with sides of eight metres (measured from the outside) with an additional two metres on all sides as a safety area. There will be a clear safety area of two metres on each side.
3. A line half a metre long must be drawn two metres from the centre of the competition area for positioning the Referee.
4. Two parallel lines each one metre long and at right angles to the Referee's line, must be drawn at a distance of one and a half metres from the centre of the competition area for positioning the competitors.
5. The Judges will be seated in the safety area, one directly facing the referee, and one behind each of the fighters, and one metre towards the Referee. Each will be equipped with a red and a white flag.
6. The Arbitrator will be seated at a small table just outside the safety area, behind, and to the left of the Referee. He will be equipped with a red flag or sign, and a buzzer or whistle.
7. The score-supervisor will be seated at the official score table, between the scorekeeper and the timekeeper.
8. The one metre border should be in a different colour from the rest of the matted area.

ARTICLE 2: OFFICIAL DRESS

REFEREES

1. Referees and Judges must wear the official uniform designated by the Organisers.
2. The official uniform will be as follows:
A single breasted navy blue blazer.
A white shirt.
An plain black or official tie.
Plain grey trousers.
Plain dark blue or black socks and black slip-on shoes for use on the match area.
Female referees and judges may wear a hairclip.

CONTESTANTS

1. Contestants must wear thier official club or association uniform.
2. The jacket, when tightened around the waist with the belt or sash, must be of a minimum length that covers the hips, but must not be more than three-quarters thigh length. Female competitors may wear a plain white T-shirt beneath the jacket.
3. The maximum length of the sleeves must be no longer then the bend of the wrist, sleeves may not be rolled up.
4. The trousers must be long enough to cover at least two thirds of the shin and must not reach below the anklebone. Trouser legs may not be rolled up.
5. Contestants must keep their hair clean and cut to a length that does not obstruct smooth bout conduct. Headbands will not be allowed. Should the Referee consider any contestant's hair too long and/or unclean, he may disbar the contestant from the bout. In Kumite matches hair slides are prohibited, as are metal hairgrips. In Kata, a discreet hair clip is permitted. Ribbons and other decorations are prohibited.
6. Contestants must have short fingernails and must not wear metallic or other objects, which might injure their

opponents. The use of metallic teeth braces must be approved by the Referee and the Official Paramedic. The contestant accepts full responsibility for any injury.

8. The following protective equipment is compulsory:

8.1 WKF approved mitts.

8.2 Gum shield

8.3 The female chest protector approved by the WKF

8.4 The shin pads approved.

Groin Guards are not mandatory but if worn must be of an approved type

9. Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.

10. The wearing of unauthorised clothing or equipment is forbidden.

11. It is the duty of the Arbitrator to ensure before each match or bout that the competitors are wearing the approved equipment..

12. The use of bandages, padding, or supports because of injury must be approved by the Referee on the advice of the Official Paramedic.

COACHES

1. Coaches shall at all times during the tournament display their official identification.

EXPLANATION:

I. Gum shields must fit properly. Groin protectors using a removable plastic cup slipped into a jockstrap are not permitted and persons wearing them will be held at fault.

II. 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 Organisers in advance of a tournament. The Organisers 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.

III. 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.

IV. If the Organisers agree, Refereeing Officials may be allowed to remove their blazers.

ARTICLE 3: THE REFEREE PANEL

1. The Refereeing Panel for each match shall consist of one Referee, three Judges, and one arbitrator.

2. In addition, for facilitating the operation of matches, several timekeepers, caller announcers, record keepers, and score supervisors shall be appointed.

EXPLANATION:

I. At the start of a Kumite match, the Referee stands on the outside edge of the match area. On the Referee's left stand Judges numbers 1 and 2, and on the right stands the Arbitrator and Judge number 3.

II. After the formal exchange of bows by contestants and Referee Panel, the Referee takes a step back, the Judges and Arbitrator turn inwards, and all bow together. All then take up their positions.

III. When changing the entire Referee Panel, the departing Officials take up position as at the start of the bout or match, bow to each other, then leave the area together.

IV. When Judges change, the incoming Judge goes to the outgoing Judge, they bow together and change positions.

ARTICLE 4: DURATION OF BOUT

1. Duration of the Kumite bout is defined as three minutes for Senior Male Kumite and two minutes for Women's, Junior, and Cadet bouts.
2. The timing of the bout starts when the Referee gives the signal to start, and stops each time the Referee calls "YAME".
3. The timekeeper shall give signals by a clearly audible gong, or buzzer, indicating "30 seconds to go" or "time up". The "time up" signal marks the end of the bout.

ARTICLE 5: SCORING

1. Scores are as follows:
 - a) SANBON Three points
 - b) NIHON Two points
 - c) IPPON One point
2. A score is awarded when a technique is performed according to the following criteria to a scoring area:
 - a) Good form
 - b) Sporting attitude
 - c) Vigorous application
 - d) Awareness
 - e) Good timing
 - f) Correct distance
3. SANBON is awarded for:
 - a) Jodan kicks.
 - b) Throwing or leg sweeping the opponent to the mat followed by a scoring technique.
4. NIHON is awarded for:
 - a) Chudan kicks.
 - b) Punches on the back, including back of the head and neck.
 - c) Combination hand techniques, the individual components of which each score in their own right.
 - d) Unbalancing the opponent and scoring.
5. IPPON is awarded for:
 - a) Chudan or Jodan Tsuki.
 - b) Uchi.
6. Attacks are limited to the following areas:
 - a) Head
 - b) Face
 - c) Neck
 - d) Abdomen
 - e) Chest
 - f) Back
 - g) Side
7. An effective technique delivered at the same time that the end of the bout is signalled, is considered valid. A technique even if effective, delivered after an order to suspend or stop the bout shall not be scored and may

result in a penalty being imposed on the offender.

8. No technique, even if technically correct, will be scored if it is delivered when the two contestants are outside the competition area. However, if one of the contestants delivers an effective technique while still inside the competition area and before the Referee calls "YAME", the technique will be scored.
9. Simultaneous, effective scoring techniques delivered by both contestants, the one on the other (AIUCHI) shall not score.

EXPLANATION:

In order to score, a technique must be applied to a scoring area as defined in paragraph 6 above. The technique must be appropriately controlled with regard to the area being attacked and must satisfy all six scoring criteria in paragraph 2 above.

VOCABULARY

TECHNICAL CRITERIA

Sanbon (3 Points) is awarded for:

1. *Jodan kicks. Jodan being defined as the face, head and neck.*
2. *Any scoring technique which is delivered after legally throwing, leg sweeping, or taking the opponent down to the mat.*

Nihon (2 Points) is awarded for:

1. *Chudan kicks. Chudan being defined as the abdomen, chest, back and side.*
2. *Punches(Tsuki) delivered to the opponent's back, including the back of the head and neck.*
3. *Combinations of punching and striking (tsuki and uchi) the individual components of which each score in their own right, delivered to any of the seven scoring areas.*
4. *Any scoring technique (other than Jodan Kicks) delivered after permissible physical action of the contestant has caused the opponent to lose balance as the score is made.*

Ippon (1 Point) is awarded for:

1. *Any punch (tsuki) delivered to any of the seven scoring areas excluding the back, the back of the head and neck.*
2. *Any strike (uchi) delivered to any of the seven scoring areas.*

- I. *For reasons of safety, throws where the opponent is thrown without being held onto, or thrown dangerously, or where the pivot point is above hip level, are prohibited and will incur a warning or penalty. Exceptions are conventional leg sweeping techniques, which do not require the opponent to be held while executing the sweep. After a throw has been executed the referee will allow the contestant two to three seconds in which to attempt a scoring technique.*
- II. *When a contestant slips, falls, or loses balance as a result of their own action and is scored upon by the opponent the score will be given as if the contestant had been standing upright.*
- III. *A technique with "Good Form" is said to have characteristics conferring probable effectiveness within the framework of traditional Martial Arts concepts.*
- IV. *Sporting Attitude is a component of good form and refers to a non-malicious attitude of great concentration obvious during delivery of the scoring technique.*
- V. *Vigorous Application defines the power and speed of the technique and the palpable will for it to succeed.*
- VI. *Awareness is that criterion most often missed when a score is assessed. It is the state of continued commitment in which the contestant maintains total concentration, observation, and awareness of the opponent's potentiality to counter-attack. He does not turn his face away during delivery of the technique, and remains facing the opponent afterwards.*
- VII. *Good Timing means delivering a technique when it will have the greatest potential effect.*

- VIII. *Correct Distance similarly means delivering a technique at the precise distance where it will have the greatest potential effect. Thus if the technique is delivered on an opponent who is rapidly moving away, the potential effect of that blow is reduced.*
- IX. *Distancing also relates to the point at which the completed technique comes to rest on or near the target. A punch or kick that comes somewhere between skin touch and 2-5 centimetres from the face, may be said to have the correct distance. However, Jodan punches, which come within a reasonable distance of the target and which the opponent makes no attempt to block or avoid will be scored, provided the technique meets the other criteria.*
- X. *A worthless technique is a worthless technique -- regardless of where and how it is delivered. A technique, which is badly deficient in good form, or lacking power, will score nothing.*
- XI. *Techniques, which land below the belt may score, as long as they are above the pubic bone. The neck is a target area and so is the throat. However, no contact to the throat is permitted, although a score may be awarded for a properly controlled technique, which does not touch.*
- XII. *A technique, which lands upon the shoulder blades, may score. The non-scoring part of the shoulder is the junction of the upper bone of the arm with the shoulder blades and collarbones.*
- XIII. *The time-up bell signals the end of scoring possibilities in that bout, even though the Referee may inadvertently not halt the bout immediately. The time-up bell does not however mean that penalties cannot be imposed. Penalties can be imposed by the Refereeing Panel up to the point where the contestants leave that area after the bout's conclusion. Penalties can be imposed after that, but then only by the Organisers.*
- XIV. *True Aiuchis are rare. Not only must two techniques land simultaneously, but both must be valid scoring techniques, each with good form etc. Two techniques may well land simultaneously, but seldom are both, if indeed either, effective scores. The Referee must not dismiss as Aiuchi, a situation where only one of the simultaneous pair is actually a score. This is not Aiuchi.*

ARTICLE 6: CRITERIA FOR DECISION

The result of a bout is determined by a contestant obtaining a clear lead of eight points, or at time-up, having the highest number of points, 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 Referee will announce a tie (HIKIWAKE) and the start of the ENCHO-SEN if applicable.
2. In individual bouts, if there is a tie, an extension not exceeding one minute will be fought (ENCHO-SEN). An ENCHO-SEN is an extension of the bout, and all penalties and warnings issued still apply. The first competitor to obtain an award will be declared the winner. In the event that neither competitor is awarded a score, during the ENCHO-SEN, the decision will be made by a final vote of the Referee and three Judges (HANTEI). A decision in favour of one or the other competitor is obligatory and 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.

EXPLANATION:

- I. *When deciding the outcome of a bout by vote (HANTEI) at the end of an inconclusive ENCHO-SEN, 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 majority decision.*
- II. *In the event of a tied vote, the Referee will resolve the tie by use of his casting vote. On returning to his original position, the Referee will place one arm across his chest and raise his bent arm on the side of the preferred choice to show he is using his casting vote. He will then indicate the winner in the normal way*

ARTICLE 7: PROHIBITED BEHAVIOUR

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

CATEGORY 1.

1. Techniques which make excessive contact, having regard to the scoring area attacked, and techniques which make contact with the throat.
2. Attacks to the arms or legs, groin, joints, or instep.
3. Attacks to the face with open hand techniques.
4. Dangerous or forbidden throwing techniques.

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. Clinching, wrestling, pushing, or seizing, without attempting a throw or other technique.
6. Techniques, which by their nature, cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
7. Attacks with the head, knees, or elbows.
8. 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.

EXPLANATION:

- I. *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. The contestants must perform all techniques with control and good form. If they cannot, then regardless of the technique misused, a warning or penalty must be imposed.*

FACE CONTACT - SENIORS

- II. *For Senior and Junior competitors, non-injurious, light, controlled "touch" contact to the face, head, and neck is allowed (but not to the throat). Where contact is deemed by the referee to be too strong, but does not diminish the competitor's chances of winning, a warning (CHUKOKU) may be given. A second contact under the same circumstances will be penalised by KEIKOKU and IPPON (one point), given to the opponent. A third offence will be given HANSOKU CHUI and NIHON (two points), to the injured competitor. A further offence will result in disqualification by HANSOKU.*

FACE CONTACT - CADETS & JUNIORS

- III. *For Cadets and Juniors, all hand techniques to the head, face, and neck must have absolute control. Should the glove touch the target the Referee Panel will not award a score. Kicking techniques to the head and neck, are allowed to make a light "skin touch" only. In the case of techniques, which make contact considered to be more than a "glove" or "skin" touch, the Referee Panel will give a warning or penalty. Any technique to the head, face or neck, which causes injury no matter how slight, will be warned or penalised unless caused by the recipient.*
- IV. *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.*
- V. *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.

- VI. *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.*
- VII. *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.*
- VIII. *Competitors, who receive SHIKKAKU for feigning injury will be taken from the competition area and put directly into the hands of the Paramedic, who will carry out an immediate examination of the competitor.*
- IX. *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.*
- X. *Throwing techniques are divided into two types. The established "conventional" leg sweeping techniques, where the opponent is swept off-balance or thrown without being grabbed first - and those throws requiring that the opponent be grabbed or held as the throw is executed. The pivotal point of the throw must not be above the hip and the opponent must be held onto throughout, so that a safe landing can be made. Over the shoulder throws, are expressly forbidden, as are so-called "sacrifice" throws. If an opponent is injured as a result of a throwing technique, the Referee Panel will decide whether a penalty is called for.*
- XI. *Open hand techniques to the face are forbidden due to the danger to the contestant's sight.*
- XII. *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.*
- XIII. *A contestant who delivers a scoring technique then exits the area before the Referee calls "Yamae" will be given the value of the score and Jogai will not be imposed. If the contestant's attempt to score is unsuccessful the exit will be recorded as a Jogai.*
- XIV. *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.*
- XV. *The contestant who constantly retreats without effective counter, who clinches unnecessarily, or who deliberately exits the area 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. If however, there is less than ten seconds to go, the referee will penalise the offender with Keikoku (whether there has been a previous Category 2 Chukoku or not) and award an Ippon to the opponent. If there has been a previous Category 2 Keikoku the Referee will penalise the offender with Hansoku Chui and award Nihon to the opponent. If there has been a previous Category 2 Hansoku Chui the Referee will penalise the offender with Hansoku and award the bout to the opponent. However, the referee must ensure that the contestant's behaviour is not a defensive measure due to the opponent acting in a reckless or dangerous manner, in which case the attacker should be warned or penalised.*
- XVI. *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 receive an excessive contact and/or*

sustain an injury and the fault is considered to be the recipient's, the referee will issue a Category 2 warning or penalty and may decline to give a penalty to the opponent.

- XVII. *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 8: PENALTIES

WARNING: (CHUKOKU)	May be imposed for attendant minor infractions or the first instance of a minor infraction.
KEIKOKU:	This is a penalty in which IPPON (one point), is added to the opponent's score. KEIKOKU is imposed for minor infractions for which a warning has previously been given in that bout, or for infractions not sufficiently serious to merit HANSOKU-CHUI.
HANSOKU-CHUI:	This is a penalty in which NIHON (two points), is added to the opponent's score. HANSOKU-CHUI is usually imposed for infractions for which a KEIKOKU has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit HANSOKU.
HANSOKU:	This is imposed following a very serious infraction or when a HANSOKU CHUI has already been given. It results in the disqualification of the contestant. In team matches the fouled competitor's score will be set at eight points and the offender's score will be zeroed.
SHIKKAKU:	This is a disqualification from the actual tournament, competition, or match In order to define the limit of SHIKKAKU, the Organisers, must be consulted. SHIKKAKU may be invoked when a contestant fails to obey the orders of the referee, acts maliciously, or commits an act which harms the prestige and honour of Martial Arts, or when other actions are considered to violate the rules and spirit of the tournament. In team matches the fouled competitor's score will be set at eight points and the offender's score will be zeroed.

EXPLANATION:

- I. *Category 1 and Category 2 penalties do not cross-accumulate.*
- II. *A penalty can be directly imposed for a rules infraction but once given, repeats of that category of infraction must be accompanied by an increase in severity of penalty imposed. It is not, for example, possible to give a warning or penalty for excessive contact then give another warning for a second instance of excessive contact.*
- III. *Warnings (CHUKOKU) are given where there has clearly been a minor infraction of the rules, but the contestant's potential for winning is not diminished (in the opinion of the Referee Panel) by the opponent's foul.*
- IV. *A KEIKOKU may be imposed directly, without first giving a warning. KEIKOKU is normally imposed where the contestant's potential for winning is slightly diminished (in the opinion of the Referee Panel) by the opponent's foul.*
- V. *A HANSOKU CHUI may be imposed directly, or following a warning, or KEIKOKU and is used where the contestant's potential for winning has been seriously reduced (in the opinion of the Referee Panel) by the opponent's foul.*
- VI. *A HANSOKU is imposed for cumulative penalties but can also be imposed directly for serious rules infractions. It is used when the contestant's potential for winning has been reduced virtually to zero (in the opinion of the Referee Panel) by the opponent's foul.*
- VII. *A SHIKKAKU can be directly imposed, without warnings of any kind. The contestant need have done nothing*

to merit it - it is sufficient if the Coach or non-combatant members of the contestants' delegation behave in such a way as to harm the prestige and honour of Martial Arts. If the Referee believes that a contestant has acted maliciously, regardless of whether or not actual physical injury has been caused, Shikkaku and not Hansoku, is the correct penalty.

ARTICLE 9: INJURIES AND ACCIDENTS IN COMPETITION

1. KIKEN or forfeiture is the decision given, when a contestant or contestants fail to present themselves when called, are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not ascribable to the opponent's actions.
2. If two contestants injure each other, or are suffering from the effects of previously incurred injury, and are declared by the tournament paramedic to be unable to continue, the bout is awarded to the contestant who has amassed the most points. In Individual Matches if the points score is equal, then a vote (HANTEI) will decide the outcome of the bout.
3. An injured contestant who has been declared unfit to fight by the tournament paramedic cannot fight again in that competition.
4. An injured contestant who wins a bout through disqualification due to injury is not allowed to fight again in the competition without permission from the paramedic. If he is injured, he may win a second bout by disqualification but is immediately withdrawn from further Kumite competition in that tournament.
5. When a contestant is injured, the Referee shall at once halt the bout and call the paramedic. The paramedic is authorised to diagnose and treat injury only.
6. A competitor who is injured during a bout in progress and requires medical treatment will be allowed three minutes in which to receive it. If treatment is not completed within the time allowed, the Referee will decide if the competitor shall be declared unfit to fight (Article 11, Paragraph 9d), or whether an extension of treatment time shall be given.
7. Any competitor who falls, is thrown, or knocked down, and does not fully regain his or her feet within ten seconds, is considered unfit to continue fighting and will be automatically withdrawn from all Kumite events in that tournament. In the event that a competitor falls, is thrown, or knocked down and does not regain his or her feet immediately, the referee will signal to the timekeeper to start the ten second count-down by a blast on his whistle, at the same time calling the paramedic if required. The timekeeper will stop the clock when the referee raises his arm.

EXPLANATION:

- I. *When the paramedic declares the contestant unfit, the appropriate entry must be made on the contestant's monitoring card. The extent of unfitness must be made clear to other Refereeing Panels.*
- II. *A contestant may win through disqualification of the opponent for accumulated minor Category 1 infractions. Perhaps the winner has sustained no significant injury. A second win on the same grounds must lead to withdrawal, even though the contestant may be physically able to continue.*
- III. *The referee should only call the paramedic when a contestant is injured and needs medical treatment.*
- IV. *The paramedic is obliged to make safety recommendations only as they relate to the proper medical management of that particular injured contestant.*
- V. *When applying the "Ten Second Rule" the time will be kept by a timekeeper appointed for this specific purpose. A warning will be sounded at seven seconds followed by the final bell at ten seconds. The timekeeper will start the clock only on the referee's signal. The timekeeper will stop the clock when the competitor stands fully upright and the referee raises his arm.*
- VI. *The Referee Panel will decide the winner on the basis of HANSOKU, KIKEN, or SHIKKAKU.*

ARTICLE 10: POWERS AND DUTIES

MATCH AREA CONTROLLERS

The Match Area Controllers powers and duties shall be as follows:

1. To delegate, appoint, and supervise the Referees and Judges, for all matches in areas under their control.
2. To oversee the performance of the Referees and Judges in their areas, and to ensure that the Officials appointed are capable of the tasks allotted them.
3. To order the Referee to halt the match when the Arbitrator signals a contravention of the Rules of Competition.

REFEREES

The Referee's powers shall be as follows:

1. The Referee ("SHUSHIN") shall have the power to conduct matches including announcing the start, the suspension, and the end of the match.
2. To award points.
3. To explain to the Match Area Controller, Organisers, or Appeals Jury, if necessary, the basis for giving a judgement.
4. To impose penalties and to issue warnings, before, during, or after a bout.
5. To obtain and act upon the opinion(s) of the Judges.
6. To announce extensions.
7. To conduct voting of the Referee Panel (HANTEI) and announce the result.
8. To resolve ties
9. To announce the winner.
10. The authority of the Referee is not confined solely to the competition area but also to all of its immediate perimeter.
11. The Referee shall give all commands and make all announcements.

JUDGES

The Judges (FUKUSHIN) powers shall be as follows:

1. To assist the Referee by flag signals.
2. To exercise a right to vote on a decision to be taken.

The Judges shall carefully observe the actions of the contestants and signal to the Referee an opinion in the following cases:

- a) When a score is observed.
- b) When a contestant has committed a prohibited act and/or techniques.
- c) When an injury or illness of a contestant is noticed.
- d) When both or either of the contestants have moved out of the competition area (JOGAI).
- e) In other cases when it is deemed necessary to call the attention of the Referee.

ARBITRATORS

The Arbitrator (KANSA) will assist the Match Area Controller by overseeing the match or bout in progress. Should decisions of the Referee and/or Judges, not be in accordance with the Rules of Competition, the Arbitrator will immediately raise the red flag or sign and sound the buzzer or whistle. The Match Area Controller will instruct the Referee to halt the match or bout and correct the irregularity. Records kept of the match shall become official records subject to the approval of the Arbitrator. Before the start of each match or bout the Arbitrator will ensure that the contestants' are wearing approved equipment.

SCORE SUPERVISORS

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

EXPLANATION:

- I. *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 or whistle.*
- II. *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.*

- III. *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 judge. In the case of the two judges indicating "Mienai" and one Judge indicating an opinion contrary to that of the Referee then the Referee's decision will take precedence*
- IV. *When the Referee sees a score he will call "YAME" and halt the bout using the prescribed signal. He will then indicate his preference by holding his bent arm palm upwards on the side of the scoring contestant.*
- V. *In the event of a two/two decision the Referee will indicate with the appropriate signal why the other contestant's score is not considered to be valid and then award the score to the opponent.*
- VI. *The referee may ask the judges to re-consider when he believes them mistaken, or when implementation would be a violation of the rules.*
- VII. *When three judges each have different opinions, the referee may give a decision, which is supported by one of the judges.*
- VIII. *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.*
- IX. *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).*
- X. *The role of the Arbitrator is to ensure that the match or bout is conducted in accordance with the Rules of Competition. He is not there as an additional Judge. He has no vote, nor has he any authority in matters of judgement, such as whether a score was valid or if JOGAI occurred. His sole responsibility is in matters of procedure.*
- XI. *In the event that the Referee does not hear the time-up bell, the Score-Supervisor will blow his whistle.*
- XII. *When explaining the basis for a judgement after the match, the Referee Panel may speak to the Match Area Controller, the Organisers. They will explain to no one else.*

ARTICLE 11: STARTING, SUSPENDING AND ENDING OF MATCHES

1. The terms and gestures to be used by the Referee and Judges in the operation of a match shall be as specified in Appendices 1 and 2.
2. The Referee and Judges shall take up their prescribed positions and following an exchange of bows between the contestants; the Referee will announce "SHOBU HAJIME!" and the bout will commence.
3. The Referee will stop the bout by announcing "YAME". If necessary, the Referee will order the contestants to take up their original positions (MOTO NO ICHI).
4. The Referee returns to his position and the Judges indicate their opinion by means of a signal. In the case of a score to be awarded the Referee identifies the contestant (Aka or Shiro), the area attacked (Chudan or Jodan), the scoring technique (Tsuki, Uchi, or Keri), and then awards the relevant score using the prescribed gesture. The Referee then restarts the bout by calling "TSUZUKETE HAJIME".
5. When a contestant has established a clear lead of eight points during a bout, the Referee shall call "YAME" and order the contestants back to their starting lines as he returns to his. The winner is then declared and indicated by the Referee raising a hand on the side of the winner and declaring "SHIRO (AKA) NO KACHI". The bout is ended at this point.
6. When time is up, the contestant who has the most points is declared the winner, indicated by the Referee raising a hand on the side of the winner, and declaring "SHIRO (AKA) NO KACHI". The bout is ended at this point.
7. When time is up and scores are equal, or no scores have been awarded, the Referee shall call "YAME" and return to his position. He will announce a tie (HIKIWAKE) and start the ENCHO-SEN if applicable.

8. At HANTEI the Referee and Judges each have one vote. In the event of a tied vote at the end of an inconclusive ENCHO-SEN the Referee will have a casting vote which will be used to break the tie.
9. When faced with the following situations, the Referee will call "YAME!" and halt the bout temporarily.
 - a. When either or both contestants are out of the match area.
 - b. When the Referee orders the contestant to adjust the uniform or protective equipment.
 - c. When a contestant has contravened the rules.
 - d. When the Referee considers that one or both of the contestants cannot continue with the bout owing to injuries, illness, or other causes. Heeding the tournament paramedic's opinion, the Referee will decide whether the bout should be continued.
 - e. When a contestant seizes the opponent and does not perform an immediate technique, or throw within two to three seconds.
 - f. When one or both contestants fall or are thrown and no effective techniques are made within two to three seconds.
 - g. When both contestants are off their feet following a fall or attempted throw and begin to wrestle.
 - h. When a score is observed.
 - i. When three judges give the same signal, or indicate a score for the same competitor.
 - j. When requested to do so by the Match Area Controller.

EXPLANATION:

- I. *When beginning a bout, the Referee first calls the contestants to their starting lines. If a contestant enters the area prematurely, they must be motioned off. The contestants must bow properly to each other - a quick nod is both discourteous and insufficient. The Referee can call for a bow where none is volunteered by motioning as shown in Appendix 2 of the rules.*
- II. *When restarting the bout, the Referee should check that both contestants are on their lines and properly composed. Contestants jumping up and down or otherwise fidgeting must be stilled before combat can recommence. The Referee must restart the bout with the minimum of delay.*

FULL CONTACT KUMITE RULES

ARTICLE 1: KUMITE COMPETITION AREA

1. The competition area must be flat and devoid of hazard.
2. The competition area will be a matted square with sides of eight metres (measured from the outside) with an additional two metres on all sides as a safety area. There will be a clear safety area of two metres on each side.
3. A line half a metre long must be drawn two metres from the centre of the competition area for positioning the Referee.
4. Two parallel lines each one metre long and at right angles to the Referee's line, must be drawn at a distance of one and a half metres from the centre of the competition area for positioning the competitors.
5. The Judges will be seated in the safety area, one judge in each corner. Each judge will be equipped with a red and a white flag and whistle.
6. The score-supervisor will be seated at the official score table, between the scorekeeper and the timekeeper.
7. The one metre border should be in a different colour from the rest of the matted area.

ARTICLE 2: OFFICIAL DRESS

REFEREES

1. Referees and Judges must wear the official uniform designated by the Organisers.
2. The official uniform will be as follows:
A single breasted navy blue blazer.
A white shirt.
An plain black or official tie.
Plain grey trousers.
Plain dark blue or black socks and black slip-on shoes for use on the match area.
Female referees and judges may wear a hairclip.

CONTESTANTS

1. Contestants must wear thier official club or association uniform.
2. The jacket, when tightened around the waist with the belt or sash, must be of a minimum length that covers the hips, but must not be more than three-quarters thigh length. Female competitors may wear a plain white T-shirt beneath the jacket.
3. The maximum length of the sleeves must be no longer then the bend of the wrist, sleeves may not be rolled up.
4. The trousers must be long enough to cover at least two thirds of the shin and must not reach below the anklebone. Trouser legs may not be rolled up.
5. Contestants must keep their hair clean and cut to a length that does not obstruct smooth bout conduct. Headbands will not be allowed. Should the Referee consider any contestant's hair too long and/or unclean, he may disbar the contestant from the bout. In Kumite matches hair slides are prohibited, as are metal hairgrips. In Kata, a discreet hair clip is permitted. Ribbons and other decorations are prohibited.
6. Contestants must have short fingernails and must not wear metallic or other objects, which might injure their opponents. The use of metallic teeth braces must be approved by the Referee and the Official Paramedic. The contestant accepts full responsibility for any injury.

8. The following protective equipment is compulsory:
 - 8.1 Leather mixed martial arts fighting gloves or light boxing gloves (punching bag gloves are not allowed).
 - 8.2 Mouthpiece
 - 8.3 Breast protection for women
 - 8.4 Shin-instep protectors.
 - 8.5 Groin protection
 - 8.6 Headgear
9. Glasses are forbidden. Soft contact lenses can be worn at the contestant's own risk.
10. The wearing of unauthorised clothing or equipment is forbidden.
11. It is the duty of the Arbitrator to ensure before each match or bout that the competitors are wearing the approved equipment..
12. Optional Equipment: Light tape around wrists may be used, but full hand boxing style taping is not allowed

COACHES

1. Coaches shall at all times during the tournament display their official identification.

EXPLANATION:

- I. *Gum shields must fit properly. Groin protectors using a removable plastic cup slipped into a jockstrap are not permitted and persons wearing them will be held at fault.*
- II. *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 Organisers in advance of a tournament. The Organisers 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.*
- III. *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.*
- IV. *If the Organisers agree, Refereeing Officials may be allowed to remove their blazers.*

ARTICLE 3: THE REFEREE PANEL

1. The Refereeing Panel for each match shall consist of one Referee, four Judges.
2. In addition, for facilitating the operation of matches, several timekeepers, caller announcers, record keepers, and score supervisors shall be appointed.

EXPLANATION:

- I. *At the start of a Kumite match, the Referee stands on the outside edge of the match area. On the Referee's left stand Judges numbers 1 and 2, and on the right stand 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 and Arbitrator turn inwards, and all bow together. All then take up their positions.*
- III. *When changing the entire Referee Panel, the departing Officials take up position as at the start of the bout or match, bow to each other, then leave the area together.*
- IV. *When Judges change, the incoming Judge goes to the outgoing Judge, they bow together and change positions.*

ARTICLE 4: DURATION OF BOUT

1. Duration of the Kumite bout is defined as three minutes for Senior Male Kumite (1 minute extension) and two minutes for Women's, Junior, and Cadet bouts (1 minute extension).
2. The timing of the bout starts when the Referee gives the signal to start, and stops each time the Referee calls "YAME".
3. The timekeeper shall give signals by a clearly audible gong, or buzzer, indicating "30 seconds to go" or "time up". The "time up" signal marks the end of the bout.

ARTICLE 5: SCORING

1. Scores are as follows:
 - a) IPPON GACHI Winning Point
 - b) WAZA ARI Effective Point
2. An IPPON GACHI score is awarded according to the following criteria:
 - a) When either opponent is knocked or falls to the ground with a legal technique and cannot stand after 5 seconds.
 - b) After four violations have been given.
 - c) After 2 waza ari.
 - d) When a competitor cannot continue.
3. WAZA ARI is awarded for:
 - a) An effective technique that temporarily causes an opponent to lose awareness
 - b) After two violations have been given.
4. KICK TARGET AREAS:
 - a) Head.
 - b) Face.
 - c) Torso.
 - d) Legs.
5. PUNCH TARGET AREAS:
 - a) Torso only (no punching toward the head area).
6. KNEE TARGET AREAS:
 - a) Torso only (no knee strikes to the head area). *A no knee strike rule may be adopted by the tournament director, and announced at the rules meeting preceding the contest.*
7. An effective technique delivered at the same time that the end of the bout is signalled, is considered valid. A technique even if effective, delivered after an order to suspend or stop the bout shall not be scored and may result in a penalty being imposed on the offender.
8. No technique, even if technically correct, will be scored if it is delivered when the two contestants are outside the competition area. However, if one of the contestants delivers an effective technique while still inside the competition area and before the Referee calls "YAME", the technique will be scored.

EXPLANATION:

- I. *When an effective technique delivered, judges will first signal a Waza ari by raising their flag to shoulder level on the side of the scorer. If the opponent cannot continue after 5 seconds the judge will then signal an Ippon gachi (winning point) by raising their flag vertically on the side of the scorer.*
- II. *A kick or punch that strikes the target, but is not effective will not score, regardless of technique. "Effective"*

will be described and demonstrated at the pre-event rules meeting

ARTICLE 6: CRITERIA FOR DECISION

The result of a bout is determined by a contestant obtaining an Ippon gachi, or at time-up, having the highest number of points, obtaining a decision (HANTEI), or by a SHIKKAKU, or KIKEN, imposed against a contestant.

1. When a bout ends with equal scores, or no scores, the Referee will announce a tie (HIKIWAKE) and the start of the ENCHO-SEN if applicable.
2. In individual bouts, if there is a tie, an extension not exceeding one minute will be fought (ENCHO-SEN). An ENCHO-SEN is an extension of the bout, and all penalties and warnings issued still apply. The first competitor to obtain an award will be declared the winner. In the event that neither competitor is awarded a score, during the ENCHO-SEN, the decision will be made by a final vote of the Referee and four Judges (HANTEI). A decision in favour of one or the other competitor is obligatory and 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.

EXPLANATION:

- I. *In the case of HIKIWAKI after two rounds, the Referee can resolve the tie by use of scales, the competitor with the lowest body weight will be declared the winner (NO KACHI).*

ARTICLE 7: PROHIBITED BEHAVIOUR

1. Attacks to the head, face and throat with punches or open hand techniques.
2. Attacks to the groin.
3. Throwing, clinching, wrestling, or seizing.
4. Repeated exits from the competition area (JOGAI).
5. 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).
6. 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.

EXPLANATION:

- I. *Competition is a sport, and for that reason some of the most dangerous techniques are banned. Trained competitors can absorb relatively powerful blows on muscled areas such as the abdomen, but the fact remains that the head, face, neck, and groin are particularly susceptible to injury. Therefore any prohibited technique, which results in injury, may be penalised unless caused by the recipient.*
- II. *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.*
- III. *Open hand techniques to the face are forbidden due to the danger to the contestant's sight.*
- IV. *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 from the area by the opponent. Retreating out of the ring will be penalized separately*
- V. *A contestant who delivers a scoring technique then exits the area before the Referee calls "Yamae" will be given the value of the score and Jogai will not be imposed. If the contestant's attempt to score is unsuccessful the exit will be recorded as a Jogai.*

- VI. *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.*
- VII. *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 8: PENALTIES

- CHUI ICHI: First warning for a non-injurious foul or rule violation error.
- CHUI NI: Second warning. This is a penalty, which will add a WAZARI to the opponent's score. A third non-injurious penalty could again be CHUI ICHI, a warning with no points awarded. A fourth violation, CHUI NI, adds another WAZARI to the opponent's score, causing IPPON GACHI, or the winning point..
- SHIKKAKU: This is a disqualification from the actual tournament, competition, or match. In order to define the limit of SHIKKAKU, the Organisers, must be consulted. SHIKKAKU may be invoked when a contestant fails to obey the orders of the referee, acts maliciously, or commits an act which harms the prestige and honour of Martial Arts, or when other actions are considered to violate the rules and spirit of the tournament.

EXPLANATION:

1. *A SHIKKAKU can be directly imposed, without warnings of any kind. The contestant need have done nothing to merit it - it is sufficient if the Coach or non-combatant members of the contestants' delegation behave in such a way as to harm the prestige and honour of Martial Arts. If the Referee believes that a contestant has acted maliciously, regardless of whether or not actual physical injury has been caused, Shikkakuis the correct penalty.*

ARTICLE 9: INJURIES AND ACCIDENTS IN COMPETITION

1. KIKEN or forfeiture is the decision given, when a contestant or contestants fail to present themselves when called, are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not ascribable to the opponent's actions.
2. If two contestants injure each other, or are suffering from the effects of previously incurred injury, and are declared by the tournament paramedic to be unable to continue, the bout is awarded to the contestant who has amassed the most points. In Individual Matches if the points score is equal, then a vote (HANTEI) will decide the outcome of the bout.
3. An injured contestant who has been declared unfit to fight by the tournament paramedic cannot fight again in that competition.
4. An injured contestant who wins a bout through disqualification due to injury is not allowed to fight again in the competition without permission from the paramedic. If he is injured, he may win a second bout by disqualification but is immediately withdrawn from further Kumite competition in that tournament.
5. When a contestant is injured, the Referee shall at once halt the bout and call the paramedic. The paramedic is authorised to diagnose and treat injury only.
6. A competitor who is injured during a bout in progress and requires medical treatment will be allowed three minutes in which to receive it. If treatment is not completed within the time allowed, the Referee will decide if the competitor shall be declared unfit to fight (Article 11, Paragraph 9d), or whether an extension of treatment time shall be given.

EXPLANATION:

- I. *The referee should only call the paramedic when a contestant is injured and needs medical treatment.*
- II. *The paramedic is obliged to make safety recommendations only as they relate to the proper medical management of that particular injured contestant.*

ARTICLE 10: POWERS AND DUTIES

REFEREES

The Referee's powers shall be as follows:

1. The Referee ("SHUSHIN") shall have the power to conduct matches including announcing the start, the suspension, and the end of the match.
2. To award points.
3. To impose penalties and to issue warnings, before, during, or after a bout.
4. To obtain and act upon the opinion(s) of the Judges.
5. To announce extensions.
6. To conduct voting of the Referee Panel (HANTEI) and announce the result.
7. To resolve ties
8. To announce the winner.
9. The authority of the Referee is not confined solely to the competition area but also to all of its immediate perimeter.
10. The Referee shall give all commands and make all announcements.

JUDGES

The Judges (FUKUSHIN) powers shall be as follows:

1. To assist the Referee by flag signals.
2. To exercise a right to vote on a decision to be taken.

The Judges shall carefully observe the actions of the contestants and signal to the Referee an opinion in the following cases:

- a) When a score is observed.
- b) When a contestant has committed a prohibited act and/or techniques.
- c) When an injury or illness of a contestant is noticed.
- d) When both or either of the contestants have moved out of the competition area (JOGAI).
- e) In other cases when it is deemed necessary to call the attention of the Referee.

SCORE SUPERVISORS

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

EXPLANATION:

- I. *When four judges give the same signal, or indicate a score for the same competitor, the referee will stop the bout and render the majority decision.*
- II. *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.*
- III. *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 judge. In the case of the two judges indicating "Mienai" and one Judge indicating an opinion contrary to that of the Referee then the Referee's decision will take precedence*
- IV. *When the Referee sees a score he will call "YAME" and halt the bout using the prescribed signal. He will then indicate his preference by holding his bent arm palm upwards on the side of the scoring contestant.*
- V. *The referee may ask the judges to re-consider when he believes them mistaken, or when implementation would be a violation of the rules.*

- VI. *When four judges each have different opinions, the referee may give a decision, which is supported by one of the judges.*
- VII. *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.*
- VIII. *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).*
- IX. *In the event that the Referee does not hear the time-up bell, the Score-Supervisor will blow his whistle.*
- X. *When explaining the basis for a judgement after the match, the Referee Panel may speak to the Organisers. They will explain to no one else.*

ARTICLE 11: STARTING, SUSPENDING AND ENDING OF MATCHES

- 1. The terms and gestures to be used by the Referee and Judges in the operation of a match shall be as specified in Appendices 1 and 2.
- 2. The Referee and Judges shall take up their prescribed positions and following an exchange of bows between the contestants; the Referee will announce "SHOBU HAJIME!" and the bout will commence.
- 3. The Referee will stop the bout by announcing "YAME". If necessary, the Referee will order the contestants to take up their original positions.
- 4. The Referee returns to his position and the Judges indicate their opinion by means of a signal. In the case of a score to be awarded the Referee identifies the contestant (Aka or Shiro) and then awards the relevant score using the prescribed gesture. The Referee then restarts the bout by calling "TSUZUKETE HAJIME".
- 5. When a contestant scores Ippon gachi, the Referee shall call "YAME" and order the contestants back to their starting lines as he returns to his. The winner is then declared and indicated by the Referee raising a hand on the side of the winner and declaring "SHIRO (AKA) NO KACHI". The bout is ended at this point.
- 6. When time is up, the contestant who has the most points is declared the winner, indicated by the Referee raising a hand on the side of the winner, and declaring "SHIRO (AKA) NO KACHI". The bout is ended at this point.
- 7. When time is up and scores are equal, or no scores have been awarded, the Referee shall call "YAME" and return to his position. He will announce a tie (HIKIWAKE) and start the ENCHO-SEN if applicable.
- 8. At HANTEI the Referee and Judges each have one vote. In the event of a tied vote at the end of an inconclusive ENCHO-SEN the Referee will have a casting vote which will be used to break the tie.
- 9. When faced with the following situations, the Referee will call "YAME!" and halt the bout temporarily.
 - a. When either or both contestants are out of the match area.
 - b. When the Referee orders the contestant to adjust the uniform or protective equipment.
 - c. When a contestant has contravened the rules.
 - d. When the Referee considers that one or both of the contestants cannot continue with the bout owing to injuries, illness, or other causes. Heeding the tournament paramedic's opinion, the Referee will decide whether the bout should be continued.
 - e. When a score is observed.
 - i. When four judges give the same signal, or indicate a score for the same competitor.

EXPLANATION:

- I. *When beginning a bout, the Referee first calls the contestants to their starting lines. If a contestant enters the area prematurely, they must be motioned off. The contestants must bow properly to each other - a quick nod is both discourteous and insufficient. The Referee can call for a bow where none is volunteered by motioning as shown in Appendix 2 of the rules.*

- II. When restarting the bout, the Referee should check that both contestants are on their lines and properly composed. Contestants jumping up and down or otherwise fidgeting must be stilled before combat can recommence. The Referee must restart the bout with the minimum of delay.*

KATA RULES

ARTICLE 1: KATA COMPETITION AREA

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

EXPLANATION:

- I. *For the proper performance of Kata a stable smooth surface is required. Usually the matted Kumite areas will be suitable.*

ARTICLE 2: OFFICIAL DRESS

1. Contestants and Judges must wear the official uniform as defined in Article 2 of the Kumite Rules.
2. Any person who does not comply with this regulation may be disbarred.

EXPLANATION:

- I. *The uniform top may not be removed during the performance of Kata.*
- II. *Contestants who present themselves incorrectly dressed will be given one minute in which to remedy matters.*

ARTICLE 3: THE JUDGING PANEL

1. The panel of three or five Judges for each match will be designated by the Organisers or Match Area Controller.
2. In addition, timekeepers, scorekeepers and caller/announcers will be appointed.

EXPLANATION:

- I. *The Chief Kata Judge will sit at the perimeter of the competition area facing the contestant(s). The other two judges will sit on the left and right sides, two metres from the centreline of the area, and towards the contestant's entry point.*
- II. *Each Judge will have a set of scorecards.*

ARTICLE 4: CRITERIA FOR DECISION

1. The Kata must be performed with competence, and must demonstrate a clear understanding of the traditional principles it contains. In assessing the performance of a contestant or team the Judges will look for:
 - a. A realistic demonstration of the Kata meaning.
 - b. Understanding of the techniques being used.
 - c. Good timing, rhythm, speed, balance, and focus of power.
 - d. Correct and proper use of breathing.
 - e. Correct focus of attention and concentration.
 - f. Correct stances with proper tension in the legs, and feet flat on the floor.
 - g. Correct form of the style or art being demonstrated.

- h. The performance should also be evaluated with a view to discerning other points such as the difficulty of the kata presented.
2. A contestant who varies the Shitei Kata will be disqualified.
3. A contestant who comes to a halt during the performance of Kata, or who performs a Kata different from that announced will be disqualified.
4. A contestant who performs an ineligible kata will be disqualified.

EXPLANATION:

- I. *Kata is not a dance or theatrical performance. It must adhere to the traditional values and principles. It must be realistic in fighting terms and display concentration, power, and potential impact in its techniques. It must demonstrate strength, power, and speed - as well as grace, rhythm, and balance.*

ARTICLE 5: OPERATION OF MATCHES

1. At the start of each bout and in answer to their name, the competitor will line up at the match area perimeter facing the Chief Kata Judge. Following a bow to the Judging Panel, the competitor will then step up to the starting position, bow and clearly announce the name of the Kata that is to be performed, the competitor will then begin. On completion of the Kata, the competitor will await the decision from the Panel.
2. If the Kata does not conform to the Rules, or there is some other irregularity, the Chief Judge may call the other Judges in order to reach a verdict.
3. If a contestant is disqualified the Chief Judge will announce no score (as in the Kumite TORIMASEN).
4. After completion of Kata, the Chief Judge will call for a decision (HANTEI) and blow a two-tone blast on the whistle whereupon the Judges will cast their scores.
5. The competitor will bow to the Judging Panel, and leave the area.
6. In the event of a tie, the competitor will perform a different kata (if the competitor is a novice they may perform the same kata again). If a tie still exists between two competitors, the contestants will line up at the match area perimeter facing the Chief Kata Judge. Following a bow to the Judging Panel, the 2nd contestant will then step back out of the Match Area. After moving to the starting position and a clear announcement of the name of the Kata that is to be performed, the 1st contestant will begin. On completion of the Kata, the 1st contestant will leave the area to await the performance of the 2nd contestant. After 2nd contestant's Kata has been completed both will return to the match area perimeter and await the decision from the Panel. The Chief Judge will call for a decision (HANTEI) and blow a two-tone blast on the whistle whereupon the Judges will cast their votes. The competitors will bow to each other, then to the Judging Panel, and leave the area.

EXPLANATION:

- I. *The starting point for Kata performance is within the perimeter of the competition area.*
- II. *On completion of Kata, the Chief Judge will call for a decision (HANTEI) and blow a two-tone blast on the whistle. The Judges will raise the scorecards simultaneously, when the Chief Judge blows the whistle a second time the Judges will display the scorecards to the scoretable. After giving sufficient time for the scores to be counted the scorecards will be lowered after a further short blast on the whistle.*
- III. *Should a competitor fail to turn up when called or withdraws (Kiken) will be announced.*

APPENDIX 1

THE TERMINOLOGY

SHOBU HAJIME	Start the Match or Bout After the announcement, the Referee takes a step back.
ATOSHI BARAKU	A little more time left An audible signal will be given by the timekeeper 30 seconds before the actual end of the bout and the Referee will announce "Atoshi Baraku".
YAME	Stop Interruption, or end of the bout. As he makes the announcement, the Referee makes a downward chopping motion with his hand.
MOTO NO ICHI	Original position Contestants and Referee return to their starting positions.
TSUZUKETE	Fight on Resumption of fighting ordered when an unauthorised interruption occurs.
TSUZUKETE HAJIME	Resume fighting - Begin The Referee stands in a forward stance. As he says "TsuZukete" he extends his arms, palms outwards towards the contestants. As he says "Hajime" he turns the palms and brings them rapidly towards one another, at the same time stepping back.
SHUGO	Judges called The Referee calls the Judges at the end of the match or bout, or to recommend Shikkaku.
HANTEI	Decision Referee calls for a decision at the end of an inconclusive Echo-Sen. After a short blast of the whistle, the Judges render their vote by flag signal and the Referee indicates his own vote at the same time by raising his arm.
HIKIWAKE	Draw In case of a tied bout, the Referee crosses his arms, then extends them with the palms showing to the front.
TORIMASEN	Unacceptable as a scoring technique The Referee crosses his arms then makes a cutting motion, palms downward.
ENCHO-SEN	Extension of the bout The Referee re-opens the match with the command, "Shobu Hajime".
AIUCHI (Points Kumite)	Simultaneous scoring techniques No point is awarded to either contestant. Referee brings his fists together in front of his chest.
AKA (SHORO) NO KACHI	Red (White) wins The Referee obliquely raises his arm on the side of the winner.
AKA (SHORO) SANBON (Points Kumite)	Red (White) scores three points The Referee raises his arm up at 45 degrees on the side of the scorer.
AKA (SHIRO) NIHON (Points Kumite)	Red (White) scores two points The Referee extends his arm at shoulder level on the side of the scorer.

AKA (SHIRO) IPPON (Points Kumite)	Red (White) scores one point The Referee extends his arm downward at 45 degrees on the side of the scorer.
AKA (SHIRO) IPPON GACHI (Full Contact Kumite)	Red (White) winning point The Referee obliquely raises his arm on the side of the winner.
AKA (SHIRO) WAZA ARI (Full Contact Kumite)	Red (White) scores The Referee extends his arm at shoulder level on the side of the scorer.
CHUKOKU (Points Kumite)	First Category 1 or Category 2 warning without penalty For Category 1 offences, the Referee turns toward the offender and crosses his arms at chest level. For Category 2 offences, the Referee points his index finger (arm bent), at the face of the offender.
KEIKOKU (Points Kumite)	Warning with Ippon penalty The Referee indicates a Category 1 or 2 offence then points with his index finger downwards at 45 degrees in the direction of the offender, and awards Ippon (one point) to the opponent.
HANSOKU-CHUI (Points Kumite)	Warning with Nihon penalty The Referee indicates a Category 1 or 2 offence then points with his index finger horizontally in the direction of the offender and awards Nihon (two points) to the opponent.
HANSOKU (Points Kumite)	Disqualification The Referee indicates a Category 1 or 2 offence then points with his index finger upwards at 45 degrees in the direction of the offender, and announces a win for the opponent.
CHUI ICHI (Full Contact Kumite)	First warning without penalty Referee points his index finger (arm bent), at the face of the offender.
CHUI NI (Full Contact Kumite)	Warning with Waza ari penalty The Referee points with his index finger horizontally in the direction of the offender and awards Waza ari to the opponent.
JOGAI	Exit from the match area The Referee points his index finger on the side of the offender to indicate to the Judges that the contestant has moved out of the area.
SHIKKAKU	Disqualification "Leave the Area" The Referee points first upwards at 45 degrees in the direction of the offender then motions out and behind with the announcement "Aka (Shiro) Shikkaku!" He then announces a win for the opponent.
KIKEN	Renunciation The Referee points downwards at 45 degrees in the direction of the contestant's starting line.
MUBOBI	Self Endangerment The Referee touches his face then turning his hand edge forward, moves it back and forth to indicate to the Judges that the contestant endangered himself.

APPENDIX 2

GESTURES AND FLAG SIGNALS

ANNOUNCEMENTS AND GESTURES OF THE REFEREE

SHOMEN-NI-REI

The Referee extends his arms palms to the front.



OTAGAI-NI-REI

The Referee motions to the contestants to bow to each other.



SHOBU HAJIME

"Start the Match"

After the announcement, the Referee takes a step back.



YAME

"Stop"

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



TSUZUKETE HAJIME

“Resume fighting—Begin”

As he says “Tszukete”, and standing in a forward stance, the Referee extends his arms outward with his palms facing the contestants. As he says “Hajime” he turns the palms and brings them rapidly towards one another at the same time stepping back.



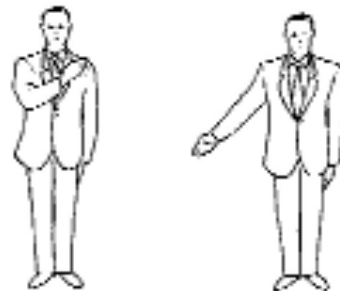
THE REFEREE'S OPINION

After calling “Yame” and using the prescribed signal the Referee indicates his preference by holding his bent arm palm upwards on the side of the scoring contestant.



IPPON (1 point)

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



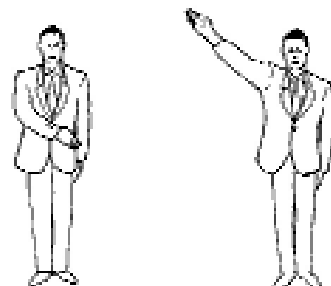
NIJON (Two Points)

The Referee extends his arm at shoulder level on the side of the scorer.



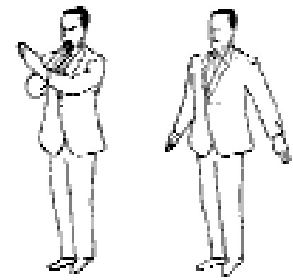
SANBON (Three Points)

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



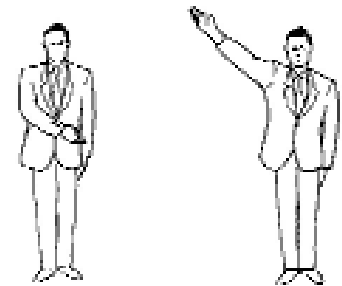
CANCEL LAST DECISION

When an award or penalty has been given in error the Referee turns towards the contestant, announces "Aka" or "Shiro", crosses his arms, then makes a cutting motion, palms downward, to indicate that the last decision has been cancelled.



NO KACHI (Win)

At the end of the match or bout, announcing "Aka (or Shiro) No Kachi" the Referee extends his arm upward at 45 degrees on the side of the winner.



KIKEN

"Renunciation"

The Referee points with the index finger towards the renouncing contestant's line then announces a win to the opponent.



SHIKKAKU

"Disqualification, Leave the Area".

The Referee points first upwards at 45 degrees in the direction of the offender then motions out and behind with the announcement "Aka (Shiro) Shikkaku!" He then announces a win for the opponent.



HIKIWAKE

"Draw"

When time is up and scores are equal, or no scores have been awarded the Referee crosses his arms then extends them with the palms showing to the front



CATEGORY 1 OFFENCE

The Referee crosses his open hands with the edge of one wrist on the edge of the other at chest level.



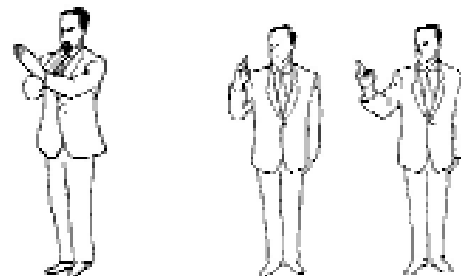
CATEGORY 2 OFFENCE

The Referee points with a bent arm at the face of the offender.



CHUKOKU

Making the appropriate signal the Referee gives a warning of a Category 1 or Category 2 offence. No penalty is issued at this time



KETKOKU

"Ippon Penalty"

The Referee indicates a Category 1 or 2 offence then points with his index finger downwards at 45 degrees in the direction of the offender, and awards Ippon (one point) to the opponent.



KEIKOKU

“Ippon Penalty”

The Referee indicates a Category 1 or 2 offence then points with his index finger downwards at 45 degrees in the direction of the offender, and awards Ippon (one point) to the opponent.



NIJANSOKU CHUI

“Nihon Penalty”

The Referee indicates a Category 1 or 2 offence then points with his index finger horizontally in the direction of the offender and awards Nihon (two points), to the opponent.



HIANSOKU

“Disqualification”

The Referee indicates a Category 1 or 2 offence then points with his index finger upwards at 45 degrees in the direction of the offender, and awards a win to the opponent.



AIUCHI

“Simultaneous Scoring Techniques”

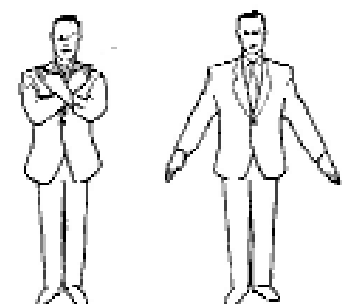
No point is awarded to either contestant. The Referee brings the fists together in front of the chest.



TORIMASEN

“Unacceptable as a Scoring Technique”

The Referee crosses his arms then makes a cutting motion, palms downward. When the Referee uses this signal to the Judges followed by the signal for reconsideration it means that the technique was deficient in one or more of the six scoring criteria.



RECONSIDERATION

After indicating his reasons, the Referee asks the Judges to reconsider their opinions.



AKA (SHIRO) SCORED FIRST

The Referee indicates to the Judges that Aka scored first by bringing the open right hand to the palm of the left hand. If Shiro was first, the left hand points into the right hand.



TECHNIQUE BLOCKED OR OFF TARGET.

The Referee places an open hand over the other arm to indicate to the Judges that the technique was blocked or hit a non scoring area.



TECHNIQUE MISSED

The Referee moves the clenched fist across the body to indicate to the Judges that the technique missed or glanced off the scoring area.



EXCESSIVE CONTACT

The Referee indicates to the Judges that there has been excessive contact or other Category 1 offence.



FEIGNING OR EXAGGERATING INJURY

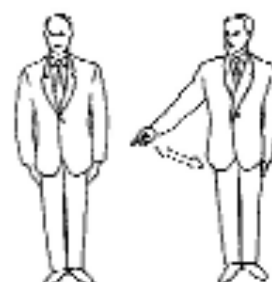
The Referee holds both hands to his face to indicate to the Judges a Category 2 offence.



JOGAI

“Exit from the Match Area”

The Referee indicates an exit to the Judges, by pointing with the index finger to the match area boundary on the side of the offender.



MUBOBI (Self Endangerment)

The Referee touches his face then turning the hand edge forward, moves it back and forth to indicate to the Judges that the contestant has endangered himself.



AVOIDING COMBAT

The Referee makes a circling motion with the down turned index finger to indicate to the Judges a Category 2 offence.



UNNECESSARY CLINCHING, WRESTLING, PUSHING OR SEIZING WITHOUT A TECHNIQUE

The Referee holds both clenched fists at shoulder level or makes a pushing motion with both open hands to indicate to the Judges a Category 2 offence.



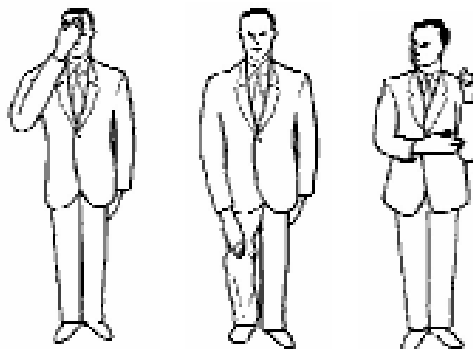
DANGEROUS AND UNCONTROLLED ATTACKS

The Referee brings his clenched fist past the side of his head to indicate to the Judges a Category 2 offence.



ATTACKS WITH THE HEAD, KNEES OR ELBOWS

The Referee touches his forehead, knee, or elbow with the open hand to indicate to the Judges a Category 2 offence.



TALKING TO OR GOADING THE OPPONENT AND DISCOURTEOUS BEHAVIOUR

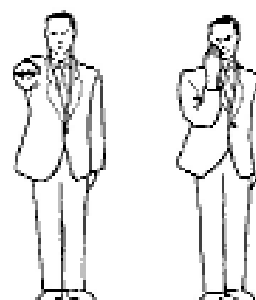
The Referee places his index finger to his lips to indicate to the Judges a Category 2 offence.



SHUGO

“Judges Called”

The Referee calls the Judges at the end of the match or bout, or to recommend Shikkaku.



THE JUDGE'S FLAG SIGNALS (Points Kumite)



IPPON



NIHON



SANBON



FOUL

Warning of a foul. The appropriate flag is waved in a circle, then a Category 1 or 2 signal is made.



CATEGORY 1 OFFENCE

The flags are crossed and extended with the arms straight.



CATEGORY 2 OFFENCE



CATEGORY 2 OFFENCE

The Judge points the flag with arm bent.



JOGAI

The Judge taps the floor with the appropriate flag



KEIKOKU



HANSOKU CHUI



HANSOKU



TORTIMASEN



AIUCHI

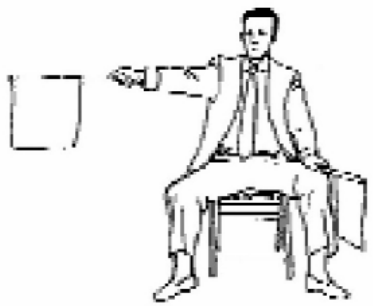
The flags are moved toward each other, in front of the chest.



MIENAI

The flags are held in front of the face.

THE JUDGE'S FLAG SIGNALS (Full Contact Kumite)



WAZA ARI



IPPON



TORIMASEN



FOUL

Warning of a foul. The appropriate flag is waved in a circle.



JOGAI

The Judge taps the floor with the appropriate flag



MIENAI

The flags are held in front of the face.