



Tournament Rules & Regulations

Japan Shotokan Karate Association

Tournament Rules & Regulations		
Chapter	Table of Contents	Page
1	General Rules	5
	1. Goal and Objective	5
	2. Applicants Concerned	5
	3. Rules of Conduct for All Participants	5
	4. Additional Information	5
2	Tournament Operations	6
	1. Preparation Set-up Prior to Event	6
	2. Arbitrators	7
	3. Chief Referee	8
	4. Head Judges & Judges	9
	5. Judge Inspectors/Chief Arbitrator	9
	6. Head Coach	10
	7. Timekeepers	10
	8. Scorekeepers	10
	9. Directors of Operations	10
	10. Official Doctor	10
	11. Medical Attendants	10
	12. Dress Code for Participants	11
	13. Set-up of Courts	12
	14. Set-up & Dimensions of Court	13
	15. Events & Categories	13

Chapter	Table of Contents	Page
3	Kumite Events	14
	1. Definition of Event	14
	2. Definition of Team Event	15
	3. Definition & Criteria for Scoring Points	16
	4. Criteria for Reaching an Outcome in a Match	17
	5. Re-Match (Sai-shiai) & Second Re-match (Sai-sai-shiai)	18
	6. Criteria Leading to Disqualification (Hansoku)	19
	7. Out of Bounds (Jogai)	20
	8. Criteria for Volunteer Non Defending (Mubobi)	20
	9. Absolute Disqualification (Shikkaku)	21
	10. Withdrawal (Kiken)	22
	11. In the Case of an Injury	22
	12. Required Officials	22
	13. Time of Event	23
	14. Procedures & Operations	24
	15. Required Equipment	26
4	Kata Events	27
	1. Definition & Guidelines for Event	27
	2. Required Officials	28
	3. Criteria for Judging	29
	4. Criteria for Point Deduction & for Disqualification	30
	5. Re-Match (Sai-shiai)	30
	6. Procedures & Operations	31
	7. Required Equipment	33

Tournament Rules and Regulations for Officials		
Chapter	Table of Contents	Page
1	General Rules	34
	1. Goal and Objective	34
	2. Guide for Use	34
	3. Rules of Conduct for Officials	34
	4. Additional Information	34
2	Procedures for Judging	35
	1. Voice Commands for the Head Judge	35
	2. Whistle Commands	38
	3. Hand & Flag Signals for Court Officials	38
3	To Judge Kumite	39
	1. Location of Court Officials	39
	2. Criteria for Decisions	39
4	To Judge Kata	40
	1. Location of Court Officials	40
	2. Criteria for Decisions	41
Appendix		
	1. Specific Guidelines for Kihon–ippon kumite	44
	2. Specific Guidelines for Jiyu–ippon kumite	48
	3. Specific Guidelines for Judging Kihon–ippon kumite and Jiyu–ippon kumite	52
	4. Specific Guidelines for Jiyu Kumite	53
	5. Specific Guideline for Kata Tournaments	54
	6. Hand & Flag Signals for Court Officials	55

## TOURNAMENT RULES & REGULATIONS

### CHAPTER 1 - GENERAL RULES

#### 1. Goal and Objective

The goal of establishing these rules and regulations is to promote a fair and smooth course of occurrence of all events in any given tournament.

#### 2. Applicants Concerned

These rules and regulations shall apply to the following JSKA related events:

- a) World & All Japan Championships
- b) Regional tournaments/championships
- c) District tournaments/championships
- d) Local tournaments.

All JSKA tournaments shall abide by the present document.

#### 3. Rules of Conduct for All Participants

All participants shall act in accordance to the highest standards of ability and fair play in the spirit of Karate-do and strive to the utmost respect and dignity towards others participants.

#### 4. Additional Information

Should a situation undefined by the present document occur the decision shall be given by the Chief Judge/referee.

## CHAPTER 2 - TOURNAMENT OPERATIONS

### Preparation Set-up Prior to Event

1. Prior to holding a tournament, the host organization shall notify all concerned of its proposed plan for the upcoming tournament.
  
2. Also, it is necessary to provide the following support personnel:
  - a) Timekeepers
  - b) Scorekeepers
  - c) Directors of operations
  - d) Official doctor
  - e) Medical attendants
  
3. As well, the following officials must be provided:
  - a) Arbitrators
  - b) Chief Judge/referee
  - c) Head Judges and Judges
  - d) Judge Inspectors

### Arbitrators

1. One Arbitrator shall be stationed at each Kumite event.
  
2. An Arbitrator is responsible for the following:
  - a) that the Head Judge and the Judges have appropriate qualifications,
  - b) that the competitors have appropriate qualifications,
  - c) that the rules and regulations are being followed.
  
3. An Arbitrator is responsible to provide appropriate decisions to the Head Judge and the Judges, timekeepers and scorekeepers if a Head Coach has a question or protest.
  
4. An Arbitrator, if necessary, can consult the Head Judge, Judges or support personnel involved.
  
5. The Arbitrator is selected and appointed to his position by the Chief Judge/referee.

### Chief Referee

1. The Chief Judge/referee is responsible to maintain a fair and smooth course of occurrence of all events in a given tournament.
2. The Chief Judge/referee is responsible to provide appropriate decisions in the following situations:
  - a) if there is an issue with the rules and regulations or if unfairness has been identified,
  - b) if there is a matter exceeding this present document,
  - c) if there is an accident.
3. If a situation has occurred, after consulting with the Judge Inspectors and the Judges, the Chief Judge/referee will take action as per the following:
  - a) give special advise or instructions;
  - b) banish from the tournament;
  - c) disqualify a competitor from the tournament.
4. After consultation with the judges, the chief judge/referee will decide the duration of disqualification and if it applies to further tournaments.
5. The Chief Judge/referee is appointed by the host organization. If necessary, the host organization will also select an Assistant Chief Judge/referee.
6. As a general rule, the JSKA Chief Instructor serves as Chief Judge/referee in the World Championships unless designated by the JSKA Chief Instructor.



### Head Judge & Judges

1. The Head Judge and Judges are responsible for a match or event and make decisions during the match or event.
2. The Head Judge and Judges exert control over the surroundings of the match or event.
3. The Head Judge and Judges are solely responsible for the outcome of a match or event and cannot be challenged with the exception of the Arbitrator.
4. The Head Judge coordinates the match or event and gives the final decision regarding the outcome of the match or event.
5. The Judges, previously called Corner Judges, assist the Head Judge by indicating their own decisions during the match or event.
6. The Head Judge and Judges are selected amongst the pool of certified Judges and appointed to their positions by the host organization.

### Judge Inspectors/Chief Arbitrator

The Judge Inspector is responsible for providing appropriate guidance and support to Arbitrators, Head Judges and Judges.

1. Competitors
  1. If the competitors are qualified, the host organization can not refuse their participation in a tournament.
  2. As a general rule, the competitors are active members of the JSKA or members of an affiliated organization approved by the JSKA unless stated otherwise.

### Head Coach

1. One Head Coach can be present for his competitor(s) during a match or event.
2. A Head Coach must be registered with the host organization prior to the tournament.
3. If a Head Coach has a question or protest regarding a match or event, it has to be addressed to the Arbitrator.
4. A Head Coach gives advice to the competitor from a designated area, during a match or event.
5. A Head Coach has to hold instructor's technical qualification.

### Timekeepers

A timekeeper is responsible to keep time of a match or event, as well as notify the Head Judge of elapsed time during the match or event as per set procedure.

### Scorekeepers

A scorekeeper is responsible for keeping a record of all scores during a match or event, as well as announcing or presenting those scores publicly. If necessary, the scorekeeper shall notify the Head Judge of these scores.

### Directors of Operations

A Director of operations is responsible for good communication between all competitors and officials to ensure smooth occurrence of the tournament.

### Official Doctor

The official doctor is responsible for all medical decisions that may occur during the course of an incident involving injury.

### Medical Attendants

A medical attendant is responsible to treat and support an illness or injury that may occur during the course of a tournament in order to maintain a safe environment for all participants.

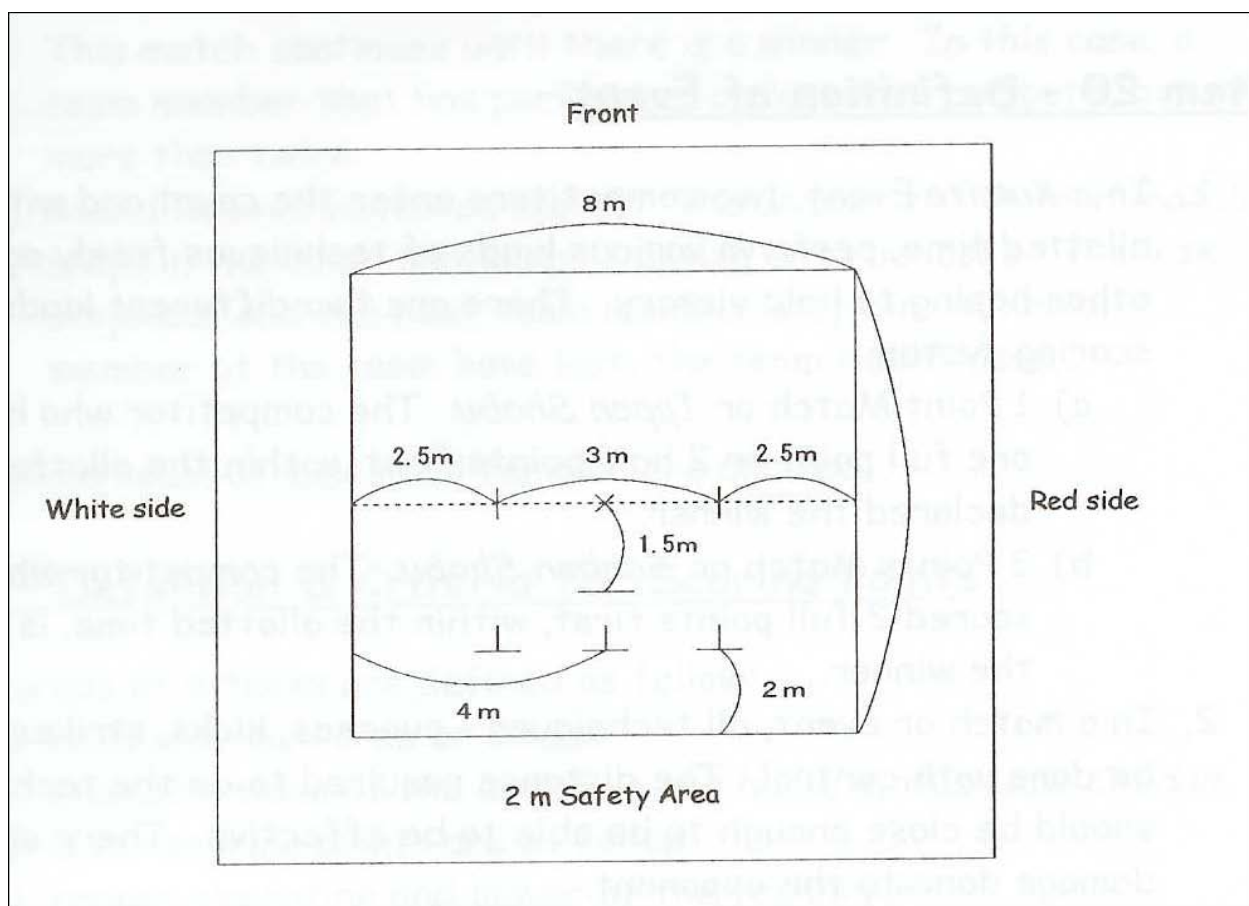
### Dress Code for Participants

1. A competitor wears an all white Karate-gi/uniform. In order to differentiate between opponents, one shall wear a red band of cloth around the waist.
2. A competitor may wear an identifying number that is given prior to the tournament and that is affixed on a designated location of the uniform.
3. A competitor wears protective gear as per specification.
4. A competitor wears nothing more than is mentioned in the prior statement unless specified by either the Head Judge or the Chief Judge/referee.
5. A Head Coach must have the word “coach” [ 監督 ] in Japanese indicated on the left upper arm.
6. The Head Judges, Judges and Arbitrators must wear the JSKA official dress wear that consists of a pair of light grey pants, a short-sleeve white shirt and a JSKA tie with the JSKA logo on it. A Judge’s badge is added and worn on the left breast pocket of the jacket.
7. All other support staff is easily identified as such by wearing a similar dress wear.

### Set-up of Courts

1. The court area is a square measuring 8 meters x 8 meters, marked off by a 4-5 centimetres wide line. The outer edges of this line measure 8 meters. If mats are used, the boundary may be marked by mats of a different colour.
2. For a match or event, the starting positions of the competitors are on the centre line, indicated by two parallel lines both 1 meter long, and that are 3 meters apart from each other. In general, when facing Shomen (front), the right line is red and the left line is white.
3. For a Flag System Kata match or event, the starting lines of the competitors are two meters from the back line and 3 meters apart from each other. These lines are designed in the shape of a short inverted T; the horizontal line is 70 centimetres long and the vertical line is 35 centimetres long. For a Point System Kata match or event, the inverted T starting lines are 2 meters back from the centre of the court.
4. For safety reasons, a court shall not be raised for more than 1 meter above the ground level and include a 2 meters wide safety area around the court.
5. The surface of the court should be flat and smooth. It may be made of wood, resin, urethane mats or Tatami mats.
6. To indicate the position of the Head Judge, a line is drawn 1.5 meters back from the centre of the court.

### Set-up & Dimensions of Courts



### Events & Categories

1. The events are as follow:
  - a) Kumite events - Individual and Team
  - b) Kata events - Individual and Team
2. It is also possible to hold different events as required.

## CHAPTER 3 - KUMITE EVENTS

### 1. Definition of Event

In a Kumite event, two competitors enter the court and within the allotted time, perform various kinds of techniques freely against each other. There are two different kinds of scoring system:

1. Point Match or Ippon Shobu: The competitor who has scored one full point or 2 half points first, within the allotted time, is declared the winner.
2. Points Match or Sanbon Shobu: The competitor who has scored 3 full points first within the allotted time is declared the winner.

In a match or event, all techniques - punches, kicks, and strikes have to be done with full control. The distance required to do the techniques should be close enough to be able to be effective. There should be no damage done to the opponent.

## 2. Definition of Team Event

A team consists of an odd number of competitors.

As a general rule, all team members have to be present at the first round of a match or event. Subsequently, if the team is missing a member or members, that missed person or persons must be placed last in the sequencing of competitors of that match.

Prior to the event, the order in which the competitors will perform must be reported. The winning team is determined by the number of individual performances that are won.

There are two kinds of team competition:

Match by elimination:

Each team member has one performing bout each. The individual results are then added up to determine which team has won. If there is a draw, the highest score determines the win, as per the following: one point or Ippon, two half points or Waza-ari, decision by Judges.

If there is still a draw, a match is held with a competitor chosen by each team, in order to determine the win.

This is called a Decision Match by Team Choice or Daihyosha-ketteisen.

This match continues until there is a winner.

In this case, a team member that has performed before may compete, but no more than twice.

Mixed team of males and females are not allowed.

### 3. Definition & Criteria for Scoring Points

The areas of attacks are defined as follow:

1. head and neck: Jodan
2. stomach, sides of the abdomen, and back: Chuudan

Criteria for scoring points are as follow:

1. proper execution and power of the technique
2. proper distance and timing
3. correct posture and proper frame of mind
4. concentrated mind and spirit
5. execution to the target

If all the criteria mentioned above have been reached in the execution of a punch, a kick, or a strike, these constitute what is scored as Ippon. Ippon can be scored, even if some of the above mentioned criteria are not reached, in the following situations:

1. successfully evading an attack while executing an effective counter-attack or De-ai;
2. knocking the opponent off balance and executing an effective attack;
3. a consecutive series of attacks that all reach their target;
4. if the opponent is without any defence.

When a technique is well executed but does not qualify as Ippon, it is defined as Waza-ari; two half points become Ippon.

If both competitors move and execute a technique at the same time, this is called Ai-uchi: in this instance, the attacks cancel each other and no points are scored.



#### 4. Criteria for Reaching an Outcome in a Match

If none of the two competitors reach the full score with in the allotted time, each Judge indicate their decision as to the outcome of the match or event. The outcome of the match or event is determined by the decision of all the Judges together.

If both competitors get injured or for other reasons cannot continue the match, the Judges will indicate their decision as to the outcome of the match or event.

The following elements help to determine the outcome of a match:

1. if any points are scored;
2. if there are warnings or Hansoku-chui that have been given;
3. if there are out of bounds or Jogai-chui that have been given;
4. if there has been any caution or Keikoku given;
5. if one competitor has dominated more in that match;
6. skill and strength of the techniques displayed;
7. fighting spirit and effort shown by a competitor;
8. proper frame of mind shown by a competitor;
9. the amount of attacks performed by one competitor as compared to the other.

The outcome of the match or event is ultimately decided by the Head Judge who must have taken notice of the decision of each Judge.

If the outcome of the match or event cannot be decided, a draw or Hiki-wake is then declared.

#### 5. Re-Match (Sai-shiai) & Second Re-match (Sai-sai-shiai)

If there is a Hiki-wake, another match will be held. This re-match is called Sai-shiai. If this rematch ends up in a Hiki-wake, a second re-match called Sai-sai-shiai will be held. However, the Head Judge may order that this second re-match is a "Sakki-dori" match meaning that the competitor that scores first is declared the winner.

After a second re-match the Judges must determine a winner.

In a World Championships as well as a National Championships, the final match of that event will have as many re-matches as needed in order to determine a winner.

## 6. Criteria Leading to Disqualification (Hansoku)

The following elements are strictly forbidden:

1. excessive contact;
2. performing dangerous throws and where joints are involved;,
3. wasting time by not attacking;
4. using provocative language and attitude, or verbal taunting;
5. head butt attack;
6. spear hand or Nukite attack;
7. purposely attacking the groin area;
8. purposely attacking after Yame or Jogai is called.

If there has been any of the above that have been perpetrated, the following decisions will be made:

1. If an element has been identified but not severe as to cause injury or damage to a competitor, a caution or Keikoku is then given. This caution does not affect judging decision but if a second caution is given in the same match, this could result in disqualification of the perpetrator and the other competitor is declared the winner.
2. If an element has been identified as severe and there is obvious malicious intent or if a competitor is seriously injured or damaged, a disqualification or Hansoku is given to the perpetrator and the other competitor is declared the winner.

Any competitor, who has received a disqualification or Hansoku twice during a tournament, is not allowed to continue to compete in that tournament.

### 7. Out of Bounds (Jogai)

If a competitor touches the ground outside the borders of the court with any part of the body, a caution indicative of out of bounds or Jogai Keikoku is then announced. If this happens a second time, a out of bounds warning or Jogai Chui is given. If this happens a third time, a disqualification by out of bounds or Jogai Hansoku is given to the perpetrator and the other competitor is declared the winner.

### 8. Criteria for Volunteer Non Defending (Muboubi)

A caution for volunteer non defending called Muboubi Keikoku, a warning for volunteer non defending called Muboubi Chui and a disqualification for volunteer non defending called Muboubi Hansoku can be given in the following situations:

a - If it is obvious that a competitor does not provide any defensive effort and gets hit, then that competitor receives the appropriate level of volunteer non defending and the other competitor the appropriate level of reprimand or Hansoku

b - if it is identified that a competitor shows no fighting effort.

Although not necessarily hit, a competitor can receive a non defending reprimand, either caution, warning or disqualification as the referee may judge the present situation dangerous. In that case the other competitor is declared the winner.

## 9. Absolute Disqualification

An absolute disqualification or Shikkaku is given in the following situations and therefore the other competitor is declared the winner:

- a) non compliance to the orders of the Head Judge
- b) use of unacceptable language as a Karate competitor
- c) display of poor and unacceptable attitude and frame of mind as a Karate competitor

After absolute disqualification has been given to a competitor, that competitor cannot continue to participate in that tournament.

Exceptions might be discussed between the involved Judges and the Chief Referee.

The details of an absolute disqualification must be discussed by the involved Judges and given to the pertinent scorekeepers who enter these specified details on the appropriate form which is given to the Chief Referee.

If a team has perpetrated a serious offence, the whole team is given an absolute disqualification and the other team is declared the winner.

#### 10. Withdrawal (Kiken)

If a competitor withdraws, the other competitor is declared the winner.

A competitor who voluntarily withdraws cannot compete in any other matches or events.

#### 11 In the Case of an Injury

If a competitor is unable to continue a match due to injury, the Judges will decide if a withdrawal or Kiken is to be given. If that is the case, then the other competitor is declared the winner.

If both competitors are injured and there are no disqualifications or Hansoku issued, then the match is stopped and a decision as to the outcome of the match will be called.

If the official doctor decides that a competitor cannot continue to compete, the match is stopped and a withdrawal or Kiken is given. The doctor will determine if the injured competitor is fit to compete in further matches or events. If the competitor is deemed fit, the doctor will notify the Chief Referee.

#### 12 Required Officials

The following officials are required per court:

One Arbitrator

One Head Judge

One Judge

### 13 Time of the Event

The allotted time for a match or event is 2, 3 or 5 minutes.

The Head Judge starts the match with a verbal cue: Hajime at which the countdown is started.

Countdown is interrupted when Yame or Jogai (out of bounds) is called.

Countdown resumes when the verbal cue: Tsuzukete Hajime is pronounced.

If the allotted time for the match has elapsed, the timekeeper will announce this to the Head Judge and the match is thus finished.

The timekeeper is seated at a designated location and monitors with a stopwatch the elapsing time during a match and uses a bell to indicate to the Judges by ringing once that 30 seconds are remaining, as well as by ringing twice, that all allotted time has elapsed.

The scorekeepers use the pertinent official forms to keep records of all scores and outcome of all matches or events, following the Head Judge's announcements.

## 14 Procedures & Operations

The Head Judge calls the competitors to line up, and then to bow to the front or Shomen, and then to each other or O-tagai-ni.

Two competitors move to their respective designated positions and bow to each other.

At the end of the match or event, the Head Judge calls the competitors to line up, and then will tell them to bow to each other and to the Front.

The Head Judge will call the match to stop with the verbal cue Yame or Jogai and interrupt the match, in the following situations:

1. if there is a one point or Ippon or a half point or Waza-Ari
2. if the competitors need to fix their uniform or if the Head Judge needs to give them advice
3. if there are any elements that can lead to disqualification an injury or accident
4. if the Arbitrator is indicating to interrupt the match or event at a Judge's indication and the Head Judge considers it necessary
5. if a match or the surroundings of a match is considered dangerous
6. if a competitor touches the grounds outside the borders of the court with any part of the body
7. when the allotted time for a match or event has elapsed

During the match or event if any of the above is identified, the Judges will signal the identified element by whistle and a corresponding flag gesture to the Head Judge.



If necessary, the Head Judge will confer with the Judges to discuss an element and make appropriate recommendations or corrections. This takes place within the presence of the Arbitrator. If the Judges are not agreeing, then a decision is taken with a majority rule and the Head Judge will declare the final decision.

The Head Judge then gives the command to resume the match or Tsuzukete Hajime and the match is thus pursued.

A competitor may request to have the match interrupted by calling a time-out for the following situations that may not have been noticed by the Head Judge: accident, injury or sickness. However, the match is not interrupted until the Head Judge chooses to call the interruption.

When it is time to decide the outcome of the match or event, the Head Judge will use either voice command or whistle command to indicate that it is decision time or Hantei. The Judges will then indicate their decision by using a flag or flags.

After taking notice of the decision of each of the Judges, the Head Judge will announce the outcome of the match or event.

#### 14 Required Equipment

1. Whistles - one per official
2. Red and white flags - a pair for each Judge
3. A stopwatch
4. A bell
5. Official forms for scorekeepers including a copy for the Arbitrator 6.
6. Red bands of cloth to differentiate the competitors - the dimensions of this red band of cloth worn around the waist should not hinder the match in any way
7. Guards for the hands
8. Chest protector for the women is optional
9. A mouth guard

For the equipment listed in 7, 8, and 9 see specific protocols provided per tournament.

## CHAPTER 4 - KATA EVENTS

### 1. Definition & Guidelines for Event

In a Kata Event, a Kata is performed in a court. The Judges make a decision in order to declare a winner. The following types of Kata Events or Matches are as follow:

**Red and White Flag System:** 2 competitors simultaneously perform the same Kata that is chosen by the Head Judge and a winner is declared.

**Point System:** One competitor at a time performs a Kata and each Judge gives points on the performance of that competitor. The points are added up for a total score and a winner is declared.

**Team Kata:** 3 competitors perform the same Kata and start by facing the Front or Shomen, at a designated starting position of their choice. The team is given a total score according to the Point System.

Each competitor or team chooses a Kata from the following list unless previously stated:  
Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jion, Enpi, Bassai Sho, Kanku Sho, Jitte, Gankaku, Hangetsu, Nijushiho, Chinte, Unsu, Jiin, Meikyo, Gojushiho Sho, Gojushiho Dai, Wankan, and Sochin.

The types of Kata matches are as follow:

Matches by Designated Basic Kata or Shitei Kata - the Head Judge will choose at random one of the Kata from the following list and the winner is declared by Red and White Flag System:

Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan

Matches by designated Intermediate Kata or Sentei Kata - the Head Judge chooses at random one of the Kata from the following list and the winner is declared by Red and White.

Flag System:

Bassai Dai, Kanku Dai, Jion, Enpi

Match by Designated Intermediate Kata or Sentei Kata in the Point System – the competitor chooses one Kata from the Designated Intermediate Kata list to perform and the winner is declared by point system.

Match by Favorite Kata or Tokui Kata - The competitor chooses a Kata from the list as seen in the above #2 with exception of all the Kata in the Designated Basic Kata list, and the winner is declared by point system.

2 Required Officials

The following officials are required per court:

Head Judge

Four judges for the Red and White Flag System events; six or four judges for the Point System events

### 3 Criteria for Judging

Criteria for judging a Kata Event are as follow:

1. proper sequence of movement and correct accuracy of the techniques
2. observing the 3 key elements of Kata: levels of strength, contraction and expansion of the body and change in the speed of the techniques
3. following the proper course of direction and showing smoothness in feet movements
4. demonstrating an understanding of the meaning of each movement
5. overall performance and illustrating the essential characteristics of the chosen Kata
6. correct eye contact
7. power and accuracy in performance of basic techniques
8. fighting spirit and effort
9. proper use of stance and posture or Kamae and the ability to focus the mind or Zanshin
10. proper frame of mind
11. accuracy in returning to the starting position
12. accuracy in transforming the body parts into "weapons" of attack and defense
13. accuracy in reaching the point of target
14. if there are any exaggerated movements
15. intentional change to the set flow of the Kata
16. synchronization of performance in Team Kata

For Point System, 10 is the highest score. The Judges and the Head Judge decide and indicate their scores on their respective score boards. The highest and the lowest scores are dropped and the rest is added up forming the total score.

#### 4 Crireria for Point Deduction & for Disqualification

Points are deducted as per the following situations:

- a) the competitor makes a mistake, but continues to perform
- b) the competitor pauses for no apparent reason but continues afterwards
- c) The competitor is disqualified as per the following situations:
- d) the competitor does not finish the Kata
- e) the competitor does a different Kata from the one announced
- f) the competitor uses profane verbal or body language
- g) as a general rule, a competitor that has been absolutely disqualified (shikkaku) in a match or event can not compete in Kata events as well.

#### 5 Re-match (Sai-shiai)

If there is a draw in a Red and White Flag System match or event, the Head Judge will choose another Kata to be performed by the 2 competitors.

If there is a draw in a Point System match or event, the competitors will perform the same Kata again. If there is still a draw, the lowest score that was dropped is now added up for a total score. If there is still a draw, the highest score that was dropped is now added up as well for a total score. If finally there is still a draw, the competitors will perform a different Kata.

## 6 Procedures & Operations

For a Red and White Flag System match or event, each competitor moves to their respective starting positions and bow to each other. The Head Judge then chooses at random a Kata and announces the name of the Kata to the competitors who repeat the name of that Kata. Both competitors begin their performance at the Head Judge's command to start.

When their performances are finished, the 2 competitors will then bow to each other and then to the Front.

For Designated Basic Kata or Shitei Kata, the Head Judge chooses at random a Kata from the set of Designated Basic Kata cards then announces the name of that Kata to the 2 competitors who begin at the Head Judge's command to start.

For Point System, each competitor chooses their own starting positions, and announces the name of their chosen Kata. The Head Judge will repeat the name of that Kata and the competitor will then start their performance at their own timing.

For Designated Intermediate Kata or Sentei Kata, please follow the directions of the above #3 and #4 as per applied.

When the performance is finished, the competitor returns to the starting position and waits for the decision of all the Judges.

If necessary, the Head Judge will confer with the Judges to discuss and make appropriate recommendations or guidance as per the following:

- a) improper behaviour leading to disqualification (Hansoku) or making a mistake
- b) injury or accident
- c) questionable issue prior to scoring
- d) at a Judge's indication and the Head Judge considers it necessary

If any of the above have been identified, the Judges will indicate it to the Head Judge by whistle command.

The scorekeepers use the pertinent official forms to keep records of all the names of the Kata chosen by each competitor.

For Red and White Flag System, when it is time to decide the outcome of the match or event, the Head Judge will use either voice command or whistle command to indicate that it is decision time or Hantei. The Judges will then indicate their decision by using a flag or flags.

For Point System, when it is time to decide the outcome of the match or event, the Head Judge will use whistle command to indicate that it is decision time or Hantei. The Judges will then raise their score boards or score cards with their choice of score.

One of the scorekeepers reads in a loud and clear voice, each score, starting from the Head Judge and moving clockwise. The other scorekeepers write the announced scores on the appropriate official forms, make the necessary calculations for a total score.

A scorekeeper will announce the final score and the Head Judge repeats this score. The Head Judge will then use whistle command to indicate to the Judges to lower their score boards or score cards.

After the announcement of the final score or outcome of the match or event, the involved competitor steps out of the court.



## 7 Required Equipement

- a) Whistles - one per official
- b) Red and white flags - a pair for each Judge
- c) Score boards or score cards - a set per Judge
- d) Official forms for scorekeepers including a copy for the Arbitrator
- e) Kata cards: a set of Designated Basic Kata and a set of Designated Intermediate Kata - a set of the appropriate ones for the Head Judge
- f) Red bands of cloth to differentiate the competitors - the dimensions of this red band of cloth worn around the waist should not hinder the match or event in any way.

## TOURNAMENT RULES & REGULATIONS FOR OFFICIALS

### CHAPTER 1 - GENERAL RULES

#### Goal and Objective

1. The goal of establishing these rules and regulations for officials is to promote standardized guidelines to ensure a fairness and smoothness flow in decision-making.
2. This document is to be used as a supplement to the Tournament Rules & Regulations document.

#### Guide for Use

All official tournaments sponsored by The Japan Shotokan Karate Association are to follow these rules and regulations.

#### Rules of Conduct for Officials

1. All judging officials are to be neutral and fair.
2. All judging officials should make their decisions freely and based on the Tournament Rules & Regulations documents.
3. All judging officials are to behave in a dignified and professional manner.
4. All judging officials give their decisions promptly and accurately.
5. During a match or event, a judging official does not talk to any person other than the involved ones in that particular match or event.

#### Additional Information

If there arises a situation undefined by this present document, the decision shall be given by the Chief Referee.

## CHAPTER 2 - PROCEDURES FOR JUDGING

### Voice Commands for the Head Judge

1. The following commands are to be used by the Head Judge:

- |  |                  |
|--|------------------|
| a) Start of a Shobu Ippon or Sanbon Ippon match or event | Hajime           |
| b) Ready, begin for a Kata match or event                | Yoi Hajime       |
| c) Stop  | Yame             |
| d) Return to your starting position                      | Moto no Ichi     |
| e) Resume, for a match or event                          | Tsukukete Hajime |
| f) Time remaining is 30 seconds                          | Ato Shibaraku    |
| g) Half point  | Waza-Ari         |
| h) One point   | Ippon            |
| i) Together making one point                             | Awasete Ippon    |
| j) No points   | Torimasen        |
| k) Faster attack   | Hayai            |
| l) Simultaneous attacks                                  | Aiuchi           |
| m) Distance not sufficient                               | Maai             |
| n) Blocked attack  | Ukete-Masu       |
| o) Off target attack                                     | Nukete-Masu      |
| p) Weak attack   | Yowai            |
| q) Caution   | Keikoku          |
| r) Warning   | Chui             |
| s) To disqualify   | Hansoku          |

- t) Non defending            Muboubi
- u) Out of bounds           Jogai
- v) Decision time           Hantei
- w) Red (or white) is the winner           Aka (or Shiro) no Kachi
- x) Draw                    Hikiwake
- y) Re-match                Sai-Shiai
- z) Second re-match        Sai-Sai-Shiai
- aa) Call to confer           Shugo
- bb) Withdrawal of competitor           Kiken
- cc) Absolute disqualification           Shikkaku

2. For the following verbal commands, the Head Judge clearly announces to which competitor, either the red or the white one, the command is addressed to:

- a) Winner                  Kachi
- b) One point                ppon
- c) Half point                Waza-Ari
- d) Caution                 Keikoku
- e) Warning                 Chui
- f) To disqualify            Hansoku
- g) Out of bounds            Jogai
- h) Non defending            Muboubi
- i) Withdrawal of competitor           Kiken
- j) Disqualification           Shikkaku

3. When 1 point (Ippon) or half point (Waza-Ari) is scored, the Head Judge clearly announces the target area and the kind of attack that was done effectively.

- |   |        |
|---|--------|
| a) head and neck area                     | Jodan  |
| b) stomach, sides of the abdomen and back | Chudan |
| c) punch                                  | Tsuki  |
| d) kick                                   | Keri   |
| e) strike                                 | Uchi   |

4. If a competitor scores with consecutive techniques called Renzoku Waza, the Head Judge announces the target area and the kind of attack as well as announces either a half point by consecutive techniques or Renzoku Waza Waza-Ari or a 1 point by consecutive techniques or Renzoku Waza Ippon given.

Whistle Commands

Whistle commands which may be used

\_\_\_\_\_ indicates the length of whistling

1. The following are the whistle commands used by the Head Judge:

- a) \_\_\_\_\_ start                      Hajime
- b) \_\_\_ stop                                Yame
- c) \_\_\_ \_\_\_ call to confer                Shugo
- d) \_\_\_\_\_ decision time          Hantei
- e) \_\_\_ lower flags or score boards

2. The following are the whistle commands used by the Arbitrator:

- a) \_\_\_ \_\_\_ \_\_\_ stop the match

3. The following are the whistle commands used by the Judges:

- a) \_\_\_\_\_ point or Ippon has been scored
- b) \_\_\_ half point or Waza-Ari has been scored
- c) \_\_\_ \_\_\_ \_\_\_ attention call to Head Judge

Hand & Flag Signals for Court Officials

The Judges use specific gestures when expressing their judgments and decisions.

See pages 55 and 56 for illustrated table.

## CHAPTER 3 - TO JUDGE KUMITE

### Location of Court Officials

1. The Head Judge during a match or event is positioned as seen below and moves according to the competitors.
2. The Judges hold a whistle in their mouth and a red and white flag in each hand. They are positioned as seen below.

Note: For a Red and White Flag System, please see above diagram. The red competitors are situated at the right side of the Head Judge while the white competitors area at the left side. For the Head Judge and the Judges, please follow the arrows to see where they are positioned after initial bowing and when the match or event is over, to see them come back to their original positions for the final bowing.

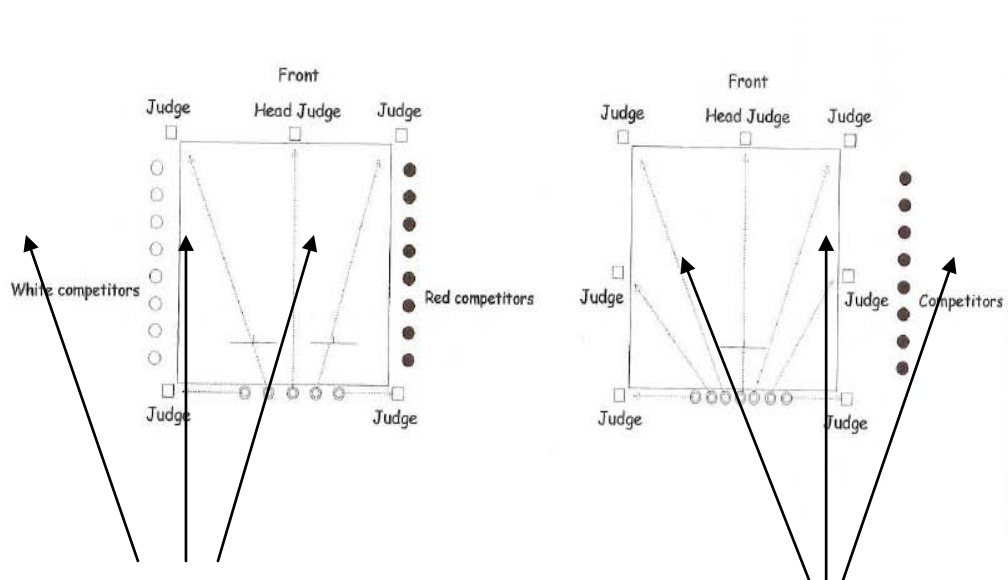
The Arbitrator sits facing Front or Shomen, for observation of the match or event.

### Criteria for Decisions

The Head Judge decides the outcome of the match following the indications of all the Judges.

## CHAPTER 4 - TO JUDGE KATA

### Location of Court Officials



Please see the diagrams above for the location of the Head Judge and the Judges as part of a Red and White Flag System as seen on the left hand side and a Point system as seen on the right hand side. For the Head Judge and the Judges, please follow the arrows to see where they are positioned after initial bowing and after the match or event is over, to see them come back to their original positions for the final bowing. The Arbitrator sits facing the Front or Shomen , for observation of the match of event.



Criteria for Decisions

The Head Judge decides the outcome of the match following the indications of all the Judges.

Please see the table below for all possible decisions in a Red and White Flag System both for Kumite or Kata events.

**R** Red

**W** White

**X** Draw

Decision by the Judges				Decision by the Head Judge
<b>W</b>	<b>W</b>	<b>W</b>	<b>W</b>	White is the winner
<b>W</b>	<b>W</b>	<b>W</b>	<b>R</b>	White is the winner
<b>W</b>	<b>W</b>	<b>R</b>	<b>X</b>	White is the winner
<b>W</b>	<b>W</b>	<b>X</b>	<b>R</b>	White is the winner / Draw
<b>R</b>	<b>R</b>	<b>R</b>	<b>R</b>	Red is the winner
<b>R</b>	<b>R</b>	<b>R</b>	<b>W</b>	Red is the winner
<b>R</b>	<b>R</b>	<b>W</b>	<b>X</b>	Red is the winner
<b>R</b>	<b>R</b>	<b>X</b>	<b>W</b>	Red is the winner / Draw
<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	Draw
<b>W</b>	<b>X</b>	<b>X</b>	<b>W</b>	Draw
<b>R</b>	<b>X</b>	<b>X</b>	<b>R</b>	Draw
<b>R</b>	<b>X</b>	<b>X</b>	<b>W</b>	Draw
<b>R</b>	<b>R</b>	<b>W</b>	<b>W</b>	Draw / Red is the winner / White is the winner
<b>W</b>	<b>W</b>	<b>X</b>	<b>X</b>	White is the winner / Draw
<b>X</b>	<b>X</b>	<b>R</b>	<b>R</b>	Red is the winner / Draw

Points are awarded according to the following elements listed below:

- 1 Frame of mind, spirit and eye contact
- 2 Perfection overall
- 3 Levels of strength
- 4 Contraction and expansion of the body
- 5 Change in the speed of the techniques
- 6 Line of performance or Enbusen
- 7 Smoothness of feet movements
- 8 Understanding of the meaning of techniques
- 9 Illustrating the essential characteristics of the chosen Kata
- 10 Overall smoothness of movement

Elements as Part of Kata Sequence:

- 1 Did not return to the starting point
- 2 Mistake is made, but immediately corrected and Kata is resumed
- 3 Movement is missed, but Kata is continued
- 4 Major mistake is made and several movements are missed
- 5 Stooped in the middle of the performance
- 6 Being interrupted by the Head Judge

## Fundamental Criteria for Decisions

### 1 Posture

### 2 Balance

### 3 Stances

- a) Width and length
- b) Adherence of the feet to the floor
- c) Position of the hips
- d) Rotation of the hips

### 4 Basics or Kihon

- a) Transforming the body parts into “weapons”
- b) Strength and focus of techniques
- c) Aiming for the proper target
- d) Proper course of techniques

## Appendix

### 1 Specific Guidelines for Kihon Ippon Kumite

#### To start a match or event

1. When called, the two selected competitors move forward to their designated starting positions and bow to each other.
2. The Head Judge starts the match with the vocal command: Hajime.

Note: Red side always starts first. Then, the attacks alternate between each side.

#### Attacking techniques

1. Punch to the face or Jodan Oi-zuki - aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or Chudan Oi-zuki - aiming for the solar plexus.
3. Front kick to the stomach or Chudan Mae-geri using the back leg, aiming for the solar plexus.

Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.

4. There must be appropriate distance to attack. The attacking competitor steps the leg back and forms a downward block or Gedan-barai. Each attack must be clearly announced before execution.

Note: For the execution of front kick or Mae-geri, both arms are extended and kept on each side of the body.

5. After the completion of an attack and defence sequence, both competitors simultaneously return to the natural position or Shizentai. The attacking competitor takes a step back to return to the natural position while the defending competitor takes a step forward to do the same.

Note: If the distance between the competitors is not appropriate, the Head Judge or the judges will tell the competitors to adjust their distance appropriately.

#### Defensive techniques

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas as mentioned above can be used but only a single counterattack is allowed.

#### Additional points

1. An attack or defence technique can only be used one time.
2. There is to be one sudden vocal release of energy or Kiai per attack and per counterattack.

#### Outcome of a match or event

1. The outcome of the match or event is decided by the Head Judge and 4 Judges.
2. If there is a draw, the same attacks are done with the left side initiating the attacks. Following this, a decision to declare a winner must be reached.

## Prohibited Elements

### Pertinent to Attack

1. Faking a movement in order to have the opponent move, and then attack that opponent.
2. Lunging the body towards the opponent or taking more than one basic step forward to attack.
3. From the natural position or Shizentai, the attack must follow a straight line forward and not follow the opponent who may have moved prior to completion of the attack.  
Note: The foot of the attacking competitor that has stepped forward, should end up positioned between the opponent's legs. Fundamental basic technique must be applied during execution.
4. Face level and stomach level attacks that are executed with forceful motions such as pressing the arm downward while the opponent is executing a blocking technique.
5. Withdrawing too quickly the hand that is executing an attack.

### Pertinent to defence

1. Contact or hitting the attacking competitor other than the blocking technique that should be executed.

Note: There is no contact to the other competitor except to execute the blocking technique

2. Any combination techniques; sweeping the attacking competitor – Ashi-Barai , any projection techniques or holds involving the joints.

3. During the execution of a blocking technique to the stomach, to be blocking at the other competitor's elbow.

Note: Proper blocking is done at the wrist of the attacking competitor.

4. During the execution of a blocking technique to the face, any forceful motions that may cause loss of balance of the attacking competitor.

5. Withdrawing too quickly the hand that is executing a counterattack.

### Regarding criteria leading to disqualification

1. When a prohibited element has been identified, the Head Judge and the Judges will confer and indicate their decision regarding the degree of severity and give the appropriate reprimand, either a caution or Keikoku , a warning or Chui, a disqualification or Hansoku , and pronounce absolute disqualification or Shikkaku .

2. Please refer to the section Criteria Leading to Disqualification (Hansoku) as part of the Tournament Rules & Regulation document for additional information.

## 2 Specific Guidelines for Jiyu Ippon Kumite

### To start a match

1. When called, the two selected competitors move forward to their designated starting positions and bow to each other.
2. The Head Judge starts the match with the vocal command: begin or Hajime. As both competitors step forward in their ready to fight positions or Kamae, the red side always starts first. After each attack, block and counterattack sequence is completed, the competitors pause in ready to fight positions or Kamae at a proper distance or Maai, then return to their starting points, still in ready to fight positions or Kamae. The 2 competitors then wait for the Head Judge's command to resume fighting, either the red side or the white side initiating.
3. The competitors may choose their ready to fight positions or Kamae. However it is recommended that in a Junior Tournament the competitors hold their arms in front of their body.
4. After all attacks are executed from both sides, the competitors return to their designated starting positions and wait for decision of the Judges.
5. Both competitors must wear guards for the hands as per the Tournament Rules & Regulations document.



### Attacking Techniques

1. Punch to the face or Jodan Oi-Zuki - aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or Chudan Oi-Zuki - aiming for the solar plexus.
3. Front kick to the stomach or Chudan Mae-Geri - using the back leg, aiming for the solar plexus.

Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.

4. There must be appropriate distance to attack and each attack must be clearly announced before execution.

Note: If the distance between the competitors is not appropriate, the Head Judge or the Judges will tell the competitors to adjust their distance appropriately.

### Defensive techniques

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas as mentioned above can be used but only a single counterattack is allowed.

### Additional Points

1. An attack or defence technique can only be used one time.
  
2. There is to be one sudden vocal release of energy or Kiai per attack and per counterattack.
  
3. When there is proper distance or Maai to attack, the competitor must initiate that attack. It has been seen that proper distance or Maai has been reached and no attack is initiated. This must not be adhered to:
  
4. The defending competitor must not back away too far, creating a longer distance from the attacking competitor than is necessary.
  
5. Faking a movement or Kensei is not allowed.

## Prohibited Elements

### Pertinent to Attack

1. Distance is too short, and lunging the body towards the opponent.
2. Withdrawing too quickly the hand that is executing an attack.
3. Contact or hitting the opponent.
4. Blocking or shifting the body during the counterattack.
5. Grabbing or holding the opponent.

### Pertinent to Defence

1. Stepping out of the court for 3 times. A caution or Keikoku is given for the first time, a warning or Chui is given for the second time and a disqualification or Hansoku is given for the third time.
2. Blocking and counterattacking at the same time.

Note: Please refer to the section Criteria leading to Disqualification (HANSOKU) as part of the Tournament Rules & Regulations document for additional information.

### 3 Specific Guidelines for Judging Kihon Ippon Kumite and Jiyu Ippon Kumite

#### Frame of Mind of Competitors

1. Proper manners
2. Fighting spirit and effort
3. Eye contact
4. Poise and readiness

#### Distance or Maai

1. Proper distance and angle of the techniques towards the target area.
2. Proper timing when blocking and if the attacks are properly blocked at the wrist and ankle of the opponent as well as the attack being properly diverted and the body moved from the line of attack.
3. If the blocking technique is practical and body shifting is done according to the opponent.
4. Proper choice of counterattack from the defending position and according to distance and the rapidity of execution of this element.
5. Motionless of supporting leg when initiating a blocking or attacking sequence.

#### Focus of Power

1. Degree of use of the body to generate this focus of power.
2. Hip rotation and feet movement are smooth and proper direction of body and techniques.
3. Proper stance and posture and the degree of transforming the body parts into "weapons" of attack and defence.
4. Proper sudden vocal release of energy or Kiai spirit and power as a unit.

#### 4 Specific Guidelines for Jiyu Kumite

1. These tournaments follow the Tournament Rules & Regulations document.
  
2. For the age group of 11 to 12 years old, the best eight will do free fighting or Jiyu Kumite and must wear a mouth guard, guards for the hands as well. The girls may wear a body protector.
  
3. For the age group of 13 to 15 years old, a competitor must wear a mouth guard, guards for the hands as well. The girls may wear a body protector.
  
4. For the age group of 16 to 18 years old, a competitor must wear a mouth guard and guards for the hands. The girls may wear a body protector.

## 5 Specific Guidelines for Kata Tournaments

This applies to children and youths up to 18 years old:

1. The Red and White Flag System will be used up to the best 8 competitors, using this designated basic Kata list or Shitei Kata:

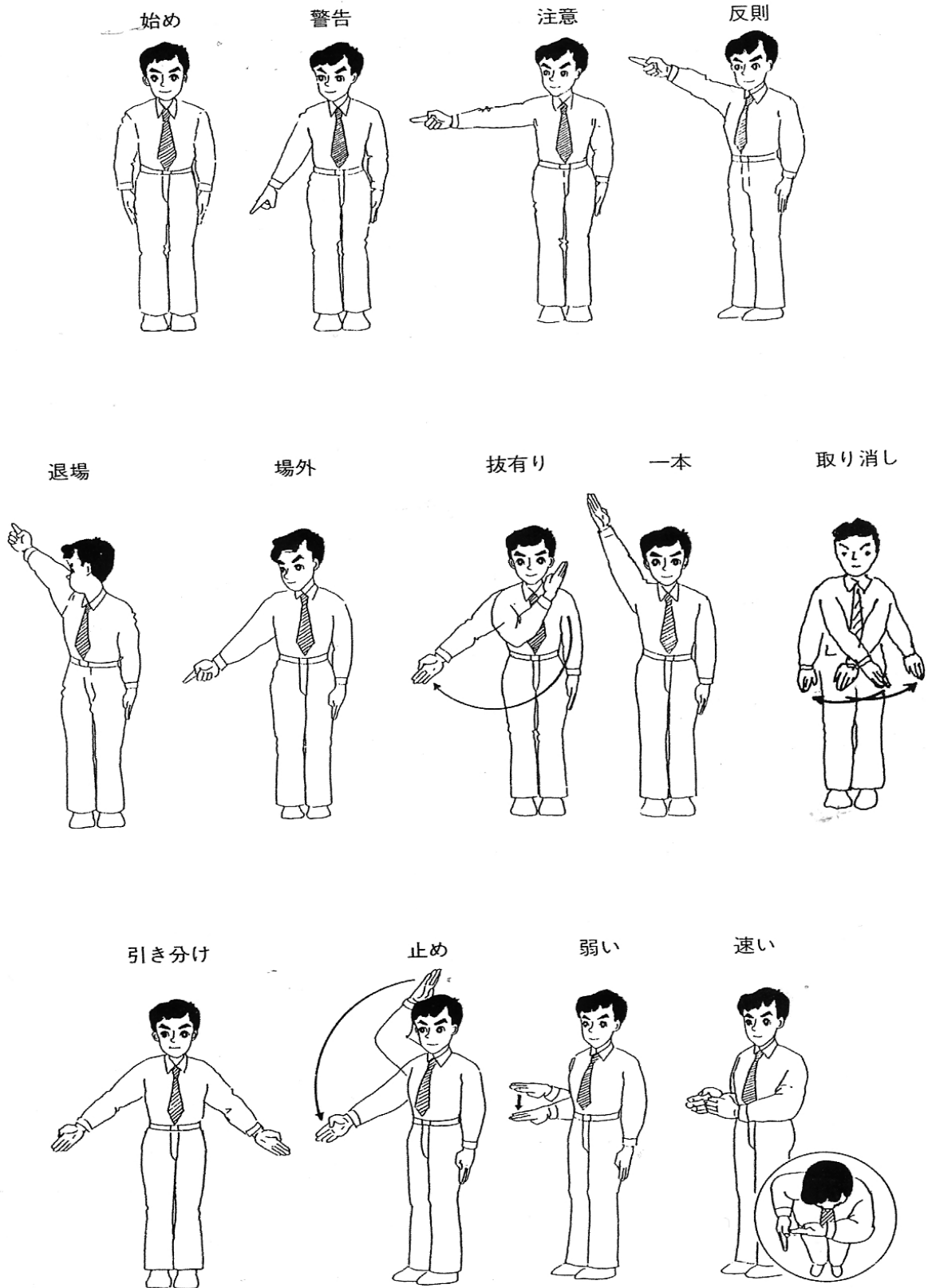
Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan

2. The point system will be used for the best 8 competitors, using the following Kata as choices unless amended with an addendum:

Bassai Dai, Kanku Dai, Jion, Enpi, Jitte, Hangetsu, Gankaku

3. For all pertinent, please refer to the Tournament Rules & Regulations document.

6 Hand and flag Signals for Court officials: please see explanations next page.



From top to bottom and left to right:

始め	Hajime
警告	Keikoku
注意	Chuui
反則	Hansoku
退場	Taijo
外場	Jogai
技有り	Waza-ari
一本	Ippon
取り消し	Tori-keshi
引き分け	Hiki-wake
止め	Yame
弱い	Yowai
遠い	Tooi









