

## Chapter 1. General Rules

### Article 1. Purpose

1. The purpose of these rules (hereafter "Rules") is to enable smooth and fair administration of youth competitions of Non-profit-organization Japan Karate Shoto Federation (hereafter "JKS").
2. These Rules have been established in addition to the Competition Rules, in order to clarify and provide specific details pertaining to Judging.

## Chapter 2. Kihon-ippou Kumite

### Article 2. Basic idea

1. The Kihon-ippou kumite contest is to compete using the exchange of powerful attacks and defenses while applying basic principles. It excludes the use of adapted or changed techniques, or the execution of only rudimentary techniques and is meant as an exercise to train for correct basic posture.

### Article 3. Instructions for participants and refereeing rules

1. The participants when called proceed to the starting positions and make a standing bow to each other after their competition numbers have been checked. They also bow to each other after the result has been announced. They should not bow to the referee or judges.
2. On the instruction "Hajime" by the referee, the red participant steps back one pace from shizentai into kamae with gedan-barai and clearly announces to his opponent the target he/she is about to attack.
3. When the red belt participant has finished his attack he/she steps back one step returning to shizentai. The white belt participant steps forward one step and returns to shizentai after finishing his/her counter attack. The initiation of each attack changes from white side to red side, and the vice versa, after each attack.
4. The attacker must attack the target with precision. The defender may step sideways (taisabaki). Therefore the attacker is allowed to attack in the direction the defender steps towards, if he steps away too early).
5. After the attacks and defenses have all been completed the participants return to their original places and make a standing bow to each other, then wait for judgment.

### Article 4. Concerning the attacker

1. The attacker should attack directly from a position of kamae (gedan-barai), in the order of jodan, chudan, then maegeri.
2. Each attack consists of only one technique, those being a jodan oizuki aimed at the area between the nose and the mouth, a chudan oizuki and a chudan maegeri using the back leg,

both aimed at the abdomen. Punching techniques are not to be snapped back.

#### Article 5. Prohibitions for the attacker

1. Attacking while crowding the opponent.
2. Attacking after inducing the opponent to move (feints and such).
3. A ramming attack.
4. In the case of an upper level punch pushing down the punch unnecessarily (aiming the punch too low).
5. To hit the opponent with the technique.
6. To change the side of the attacking kamae used in the previous attack(s).

#### Article 6. Concerning the defender

1. The defender should retreat in coordination with the opponent's attack by stepping back and blocking.
2. The blocks allowed are the following:
  - \* against jodan punch: age-uke, soto-uke, or uchi-uke.
  - \* against chudan punch: soto-uke, or uchi-uke.
  - \* against maegeri attack: gedan-barai.
3. The block can be with the leading arm or the opposite arm. (one should block on the ankle and wrist.)
4. The finishing counter attack is free, but is limited to only one technique.
5. One should not snap back the counter attack.

#### Article 7. Prohibitions for the defender

1. To sweep, execute a throw, or joint lock technique, either while blocking or when counter attacking.
2. Blocking on the elbow of the opponent.
3. Hitting with the finishing technique.
4. One should not retreat ignoring the opponent's attack or take a larger fighting distance than necessary.

#### Article 8. Points of attention

1. Apart from when so suggested by the referee competitors are not allowed to have a second try.
2. Both when attacking or when defending there should be only one kiai at the time the technique is executed.
3. It is not allowed to jump forward sliding the back leg. (Although an exception can be made on this rule when a short person faces a tall opponent.)
4. It is not allowed to wear spectacles. Soft contact lenses, however, are allowed.

#### Article 9. About penalties

1. When one of the competitors executes a clearly forbidden/prohibited action or technique that merits to be punished by “Hansoku=Makeh” or straight disqualification, the referee can on his own account, or after an appeal by a judge, interrupt the match and the referee and the judges are required to deliberate before they hand-out the punishment.
2. If a competitor executes a mildly inappropriate action, technique, or infraction, the referee can on his own account, or after an appeal by a judge, interrupt the match and after consulting with all the judges, can give an appropriate warning or penalty that should and will be taken into account during a “Hantei” or the handing-out of the final decisive score.

## Chapter 2. Jiyu-ippou Kumite

### Article 10. Basic idea

1. A Jiyu-ippou kumite contest is for competitors with more advanced basic skills. Its objective is to come close to free sparring and further the use of tactical skills. Eliminating as much as possible restricting rules and prohibitions.

### Article 11. Instructions for participants and refereeing rules

1. After having bowed to the front and each other the competitors proceed to the starting places and make a standing bow to each other after their competition numbers have been checked. After judgment has been passed they also bow to each other. They should not bow to the referees or judges. (Their initial positions will be 3 meters apart.)
2. On the instruction “Hajime” by the chief referee the participants alternately attack each other, with the red belted opponent attacking first.
3. The kamae of both defender and attacker is free.
4. After one attack has been finished, the opponents adjust their breathing and return to the ideal fighting distance while keeping eye-contact and from there attack again. (However, it sometimes is necessary to go back to the initial positions.)
5. After finishing all attacks they retreat to their initial positions and wait for the judgment after a standing bow to each other.
6. Both attack and defense should be executed within the court (shiai-jo). As a rule, a shiai-jo is 8 meters square.

### Article 12. Concerning the attacker.

1. After informing his opponent clearly of the target, the attacker should, from his position of Kamae, attack starting with “Jodan” followed by “Chudan” and then by “Maegeri”, while adjusting his/her attacking distance.
2. The attacks will be jodan oizuki aimed at the area between the nose and mouth, chudan oizuki and a chudan maegeri using the back leg, both aimed at the abdomen, all executed one time.
3. One should without fail attack in the direction of the opponent.

#### Article 13. Prohibition for the attacker

1. A ramming attack that fails to take the fighting distance into account.
2. Hitting the opponent with the attack.
3. Blocking the counter attack or evading it or similar behavior.
4. To grab the opponent.
5. To use bouncing footwork.
6. To switch the attacking side (used in the previous attacks) just before the attack.
7. To change the side of his/her attacking kamae.
8. To feint prior to an attack. In the case of a feint, referee will stop the attacker and ask him/her not to feint and continue the match. No points are to be deducted or disqualification if the competitor abides the rules.

#### Article 14. Concerning the defender

1. Block and evasion, or their joint use, are free. The counter attack is also free but restricted to just one technique.

#### Article 15. Prohibitions for the defender

1. To step out of the court more than once (Chui, warning, is given out the first time, followed by hansoku, disqualification, given out the second time.)
2. To counterattack before blocking (De-ai).
3. To sweep the attacker's leg.

#### Article 16. Points of attention

1. There is no second chance for both attack and defense.
2. There should be only one kiai, at the time of executing the attack or defense.
3. It is not allowed for the attacker to close the fighting distance if subsequently failing to attack.
4. The defender must not take a longer "Maai" than necessary, or run away.
5. Both opponents are not allowed to hit each other (this will lead to disqualification).
6. The counter attack must be snapped back.
7. The judgment is based on the quality, strength, and control of the attack. Both attacker and defender are not to make contact with each other.

#### Article 17. About disqualification

1. Same as in Kihon-ippou kumite.

## Chapter 3. Jiyu Kumite

#### Article 18. Individual Event

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1. The decision of the referee and judges carry the same weight.
2. The full time of the match is two minutes. If the full time of the match is to be different from the norm, the actual duration must be announced in the packet of the competition. The match stops on the command "Yame" by the referee and starts again at his/her "Tsuzukete Hajime".
3. The semifinal and final matches are two minutes sanbon shobu. This rule, however, is subject to change depending on each competition.
4. If there is no winner after two minutes, there will be a "Saki-dori" extension. If there were no points scored by the end of the extension, the winner shall be decided by "Hantei" (Judges decision). In the case of a draw between the flags, the referee decides the winner. Also, warnings (keikoku and chui) are transferred into the extension.

#### Article 19. Team Event

1. During a team match, in the case of a draw, where both teams have the same amount of wins, the winning team is decided by comparing the two teams' types of wins. There are three types of wins, thus three levels of ratings, with A having preference over B, and B having preference over C.
  - 1) Amount of wins by full ippon (A), and also, a full ippon following a waza-ari counts as (A).
  - 2) Wins through ippon due to disqualification count as (B) and also, if there has been hansoku after chui, this counts as a (B).
  - 3) Wins through Awase-waza is a (C).
2. During a team match, in the event of a draw, a representative must fight, usually the captain. However, there can only be two representative fights and the winner should be decided during the second fight.
3. During a team match, if the representative match leads into an extension, the penalties from the main fight are not transferred.
4. If during the team match, the order of appearance of competitors has been changed or a member has been replaced after the member list has been filed, that team will be disqualified.
5. If in the team match a team cannot bring together more than half the prescribed number there will be no fight.

#### Article 20. Safety measurements

1. The use of mouth piece (clear type only), fist protectors, and chest protectors are compulsory. A groin protector is optional or mandatory depending on the tournament organizer.

## Chapter 4. Kata Competition

#### Article 21. Participation method

1. After bowing to the front and to each other the competitor (or team, if in a team event) only bows to the front when standing in front of the start line. After the results are announced

the competitor should also bow to the front.

2. When the kata performance starts the competitor stands in shizentai on the start line. When the kata to be performed is not free (shitei-kata) the chief referee specifies the name of the kata and the competitor repeats the name. The competitor starts performing the kata on "Hajime" or a whistle signal. When the performance is completed "Yame" will be called and judgment will be passed.
3. In the Tensu hoshiki event, an average score will be decided and judges and referees will score up to one point above or below that average. For example, if 8.0 is the average, then the highest score would be a 9.0 and 7.0 would be the lowest.
4. The points given by all the judges, including the referee, shall be totaled leaving out the maximum and minimum points given.
5. If there is a draw under the point system, first the lowest score will be added to the previous totaled score. If there is still a draw, then the highest score will be added to that score. If there is still no winner, a rematch will be held. The kata, however, must be a different one.
6. Team kata competition is always according to the point system.
7. There is no arbitrator in Kata competition.
8. As a basic principle, one should not raise both flags at the same time to indicate a draw.
9. The referees should see for themselves every move until the competitor has returned to shizentai.
10. The flag or cards of the referee should be placed on the knee. The scorecard or score book should be placed between the feet of the referee and judges.
11. The referees cooperate for the progress on the court and will adapt to circumstances as they appear during the competition.
12. The list of required Kata should be, either announced in the competition bulletin or decided in the judges meeting before the competition.

#### Article 22. The formation of the kata referees panel

1. Both in competitions with flag system or with point system, the referees cannot be changed until the end of the round.
2. The number of referees is 5, or 7.

## Chapter 5. Points of attention for referees

#### Article 23. Attitude of referees

1. The judgment of the relativity of excellence of Kihon-ippō kumite, Jiyū-ippō kumite, and Kata should be equally neutral, fair, and impartial to all competitors. The referees should, through consultation within the referees' team, solve all problems clearly while keeping a neutral standard of technical ability and personality.

#### Article 24. A standard for the judgment of Kihon-ippō and Jiyū-ippō kumite competitions

Please use the following criteria:

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1. To what extent the power of the whole body is concentrated, both in case of the defender and the attacker.
2. The rotation and the drive of the hips or the foot movement are used smoothly and the coordination between the direction of movement of the whole body is in coordination with that of the technique.
3. The stance, posture or body part used are in correct form at the moment of execution.
4. The movement of hands and feet is coordinated with the hips as the source of the movement.
5. The kiai is full and heart and spirit are as one.
6. The attitude is correct.

Article 25. If there is a draw.

1. In kumite there is an extension. In kata, there is a kata rematch, where all judges must raise a flag.
2. If there are as many red as white flags the chief referee should decide on the winner.
3. On the standard of judgment please refer to the Competition Rules and the Judging Rules sections.

Article 26. Other points of attention

1. If an attack hits the opponent, the referee panel decides whether it was intentional or not.
2. The chief referee will move with the movement of the competitors to the best position from which to see both competitors. The referee may stop the match if he/she feels that a dangerous situation is likely to take place.
3. In jiyu ippon kumite, stepping out of the court limits two times leads to hansoku (disqualifications).
4. The referee panel can give a warning to a competitor who is on the verge of breaking the rules.
5. The person responsible for the refereeing on each court can, during the competition, also serve as supervisor.

## Chapter 5. Supplementary Rules

Article 27. Revision of the Rules

1. Revision of the Rules requires the approval of the Board of Directors by the vote of two thirds or more of the Board of Instructors.

Article 28. Date on which the Rules take effect

1. These Rules go into effect on April 1st, 2010.