

# International Federation of Karate



## Kumite Rules for Karate Matches

using

## **Kyokushin Junior Scoring System**



Copyright: Hanshi Steve Arneil (10<sup>th</sup> Dan) June 2014

---

**IFK International Headquarters**  
**Hanshi Steve Arneil (10<sup>th</sup> Dan)**  
145 Cambridge Road, London SW20 0PH Gt Britain

Secretary General: Liam Keaveney (7<sup>th</sup> Dan)  
E: [liam.keaveney@btinternet.com](mailto:liam.keaveney@btinternet.com)

V1/JUN2013

# **COMPETITION RULES FOR KARATE MATCHES USING THE KYOKUSHINKAI JUNIOR SYSTEM**

## **GENERAL NOTES**

The following are the basic rules for Karate "Kyokushin" matches. Unlike professional and semi-professional "contact" Karate, hand mitts and foot protectors (i.e. flexible foam Safe T Equipment) are not allowed although shin and instep protectors are permitted. (See General Rules Note 2).

One other major difference is that attacks to the head and face using open hands or any part of the arm are prohibited for obvious reasons. However, attacks to the head but not the face with the legs and feet are permitted.

There is an age restriction for Juniors; Categories are divided into age brackets aged 10-11, 12-13, 14-15. The age is not dedicated by year of birth but by actual age on the day of the event.

Weight categories are set within the age range and it is up to the discretion of the examining doctors as to the minimum weight permitted in the lightweight category.

Competitors must be at least 6th Kyu grade to be eligible to compete. These events may be closed to IFK members only or indicated as open to other organisations.

Other organisations or styles who wish to compete in IFK Kyokushinkai Junior Tournaments may be any grade providing they sign a disclaimer stating that they have practiced karate for at least two years (i.e. equivalent to IFK 6th Kyu).

All bouts will be conducted under IFK Rules.

## **1.0 GENERAL RULES**

1.1 Each contestant must wear a clean white karate gi with their own Association or Country's Badge. When competing one contestant will wear a red identifying marker, the other a white identifying marker.

1.2 Finger and toenails must be cut short, approved protective clothing and guards for age groups must be worn, all categories must wear shin and instep leg pads, hand mitts, headgear and younger age groups must wear chest protector. Mouth Guards are optional unless required by the tournament organizers as obligatory.

In the event of an injury to a competitor, the wearing of bandages or other protective materials is at the absolute discretion of the head referee or head arbitrator of the competition, whose decision shall be final and binding upon the competitors. In principle no support bandages or tape shall be worn in the first round and thereafter at the discretion of the doctor. Female competitors may if they so wish use a single wrapping of tape around the knuckles as approved by the referee.

1.3 Neither the International Federation of Karate nor the officers of the Association will be in any way responsible for any injury or accident which may occur during the tournament. If insurance is wished, then it is up to the individual competitor to secure and make his own arrangements for that cover. This is the total responsibility of the individual contestant.

1.4 Any situation not defined in these rules shall be resolved by the technical or tournament committee on the day - this judgment will be final.

## 2.0 MATCH AREA

2.1 The match area shall be eight meters square, with a one metre safety perimeter.

2.2 The marking out and the positioning of the contestants, match referee, judges and arbitrators shall be as per normal karate match requirements. (See Appendix 1).

2.3 Contest area should be covered with semi-hard matting (as per Olympic Judo Mats).

## 3.0 METHODS OF MATCH

3.1 Matches can be in olympic system where winners advance to the next round or bout pool system.

Individual bouts for all age groups in the olympic elimination system are set out below

10-11 years

Weight Categories Boys -25/-30/-35/-40/+40 Girls -25/-30/-35/-40/+40

Bout Duration 1.5 minute, 1.5 minute, weight, 1 minute enchosen (if 3kg weight difference the lighter competitor is declared the winner).

Final 1.5minute, 1.5 minute, 1 minute (no weight decision)

Compulsory Safety equipment Shin and Instep/ Hand Mitts/ Headgear/ Body Protector

12-13 years

Weight Categories Boys -40/-45/-50/-55/+55 Girls -35/-40/-45/+45

Bout Duration 1.5minute, 1.5 minute, weight, 1.5 minutes enchosen (if 3kg weight difference the lighter competitor is declared the winner).

Final 1.5 minute, 1.5 minute, 1.5 minute. (no weight decision)

Compulsory Safety equipment Shin and Instep/ Hand Mitts/ Headgear/ Body Protector

14-15 years

Weight Categories -55/-60/-65/-70/+70 Girls -45/-50/-55/+55

Bout Duration 1.5minute, 1.5 minute, weight, 1.5 minutes enchosen (if 3kg weight difference the lighter competitor is declared the winner).

Final 2 minute, 1.5 minute, 1.5 minute. (no weight decision).

Compulsory Safety equipment Shin and Instep/ Hand Mitts/ Headgear

Pool system can be either one or two rounds of the same length and all competitors within the pool will compete against each other. Competitors are given 2 points for a win, 1 point for a draw, 0 points for a loss. The winner is the competitor with the most points. If there is a tie then the lightest competitor is the winner. If the weight is the same then the youngest competitor will be declared the winner.

**World Tournaments are only for categories 12-13 years and over.**

## **4.0 REFEREE, JUDGES AND ARBITRATORS**

4.1 Each contest shall have four judges, one referee (who gives all commands) and one arbitrator. However, provision may be made for the match to be operated by a Match Referee, Mirror Referee and an Arbitrator.

4.2 In a decision upon the outcome of a contest each judge shall have one vote.

4.3 The referee shall also have one vote.

4.4 An arbitrator shall be appointed to ensure the fairness of the conduct of matches and judgment rendered thereon. The arbitrator will not be entitled to vote.

## **5.0 DURATION OF THE MATCH**

5.1 As indicated in 3.0 Methods of Match each kumite bout shall last 1 ½ or 2 minutes.

5.2 If no decision in favour of either opponent is made by the judges or in the event of a draw by the referee not exercising his vote in favour of either contestant, then the referee will authorize an extension (sai-shai), such an extension to be limited to the same duration as the 1<sup>st</sup> rd.

5.3 If the judges and referees are still unable to make a positive decision after the extension period, the lighter of the two contestants shall be declared the winner. Providing there is a difference in weight between the two contestants of not less than 3 kilos.

5.4 If they are of approximately equal weight then they must fight one more round (encho-sen) when a positive decision must be made.

## **6.0 CRITERIA FOR DECISION**

6.1 The winner shall be determined on full point (ippon) or at time one half point (waza-ari). Two half points will constitute one full point.

### **(i) Full point (ippon) win:**

- (a) With the exception of techniques which are fouls and not allowed by the contest rules, any technique to the body or legs that connects to the body or legs and impairs the opponents ability to defend themselves or downs the opponent for 3 seconds scores a full point.
- (b) When the contestant informs the referee and judges that he/she is beaten as the result of techniques allowed within the contest rules, his opponent shall be awarded a full point.
- (c) Serious foul by or the disqualification of a contestant will automatically give the other contestant the win in a contest.

### **(ii) Half point (waza-ari) win:**

- (a) Any legal technique with the legs to the head that is controlled well focused will score a full point. This technique must make light contact and most return the same way. Only kicks allowed are Jodan Mawashi Geri and Uchi Haisoku Mawashi Geri. No through kicks are allowed.

- (b) When an opponent is downed with any technique including foot sweeps and a well focused but non-contact technique is followed through, waza-ari is awarded. A waza-ari may be awarded for a technique (within the contest rules) that does not down an opponent, but clearly incapacitates them, or renders them unable to defend themselves.

**(iii) Decision win:**

When no definite "Ippon" or "Waza-ari" has been scored, the judges may award a win by decision on the basis of superior technique, technical skill and fighting spirit.

## **7.0 PROHIBITED ACTS AND TECHNIQUES**

7.1 The following matters may merit disqualification at the entire and absolute discretion of the referee of the contest, after consultation with judges. The contestant disqualified may give notice through his manager to the contest Arbitrator, of his wish to appeal to the Chief Referee who, after consultation with the judges, may reinstate the disqualified contestant or endorse and confirm the Match Referee's decision. The tournament's Chief Referee's decision will be final.

- (a) Any attack to the opponent's head, face, neck with the open hand, fist or any part of the arm. Except in exceptional circumstances, this will merit an automatic disqualification.
- (b) Kicks to the groin.
- (c) Head thrust or butts.
- (d) Kicks to any part of the knee joint.
- (e) Knee kicks whilst grabbing.
- (f) Elbow strikes to any part of the opponent's back.
- (g) Striking or kicking an opponent who has been downed, unless the attack or strike immediately follows the sweep or downing technique, in which case contact is not allowed.
- (h) Making an attack from the floor after having been downed by the opponent, (this should not be confused with an opponent defending himself whilst on the floor).
- (i) Grabbing or holding an opponent or his gi.
- (j) Failing to obey the referee's instructions during a bout.
- (k) Any other techniques or practices that the referee of the contest shall decide is improper or unfair.
- (l) Any uncontrolled kick to the head including jodan ushiro geri, jodan ushiro mawashi geri, uchi mawashi oroshi kakato geri, soto mawashi oroshi kakato geri, do mawashi kaiten geri, jodan mae geri, jodan yoko geri.

## **8.0 WARNINGS**

8.1 The following matter may merit a warning at the discretion of the contest referee:

- (a) Frequently retreating from or out of the contest area or moves that waste time.
- (b) Pushing the opponent with the open hand.
- (c) Persistent bad behavior or violence.
- (d) Chui is a term used by the referee at the same time pointing to the offenders feet. (This is a private warning).

## **9.0 THE FOLLOWING CAN MERIT AUTOMATIC DISQUALIFICATION**

- (a) Contestants who arrive late for bouts or who fail to appear at all.
- (b) Contestants who refuse to engage in kumite during a match after 3 calls by the referee. Physical disability arising during the tournament shall allow a contestant to withdraw after examination and verification of the injury by the tournament physician. The decision is final.
- (c) Any competitor considered to be feigning injury, exploiting or exaggerating a contact or injury, in the opinion of the referee and judges e.g. to gain a rest for themselves, penalty or disqualification of his/her opponent, will themselves be penalised or disqualified.
- (d) Any competitor deemed not to be fighting to his/her own ability will be warned three times by the referee, if after the third warning his/her attitude or effort has not changed sufficiently in the opinion of the officials Hantie will be called and the match awarded to Aka or Shiro.
- (e) Uncontrolled kick to the head that downs an opponent.

## **10.0 THE ORDER OF WARNINGS WILL BE AS FOLLOWS**

- (i) CHUI ICHI
- (ii) GENTEN ICHI
- (iii) GENTEN NI
- (iv) GENTEN SAN – HANSOKU - SHIKKAKU

(All these warnings must be noted by the arbitrator and table officials).

Any penalty incurred in the match will be carried forward and if appropriate escalated in the Sai-Shai and Encho-Sen.

## **11.0 TERMINOLOGY USED BY THE REFEREES**

### **11.1 Opening of the bout**

<b>Rei</b>	Cross arms in front of the chest and say
“osu”	
<b>Shomen ni rei</b>	Face the official seats

<b>Shushin ni rei</b>	Face the referee
<b>Otagai ni rei</b>	Face each other
<b>Kamaete</b>	Take fighting stance
<b>Hajime</b>	Start the bout

## 11.2 During the bout

<b>Yame</b>	Stop the bout immediately
<b>Kamaete</b>	After stopping the fight take fighting stance again
<b>Zoko</b>	Continue
<b>Shiro (white)</b>	First competitor entering the arena
<b>Aka (red)</b>	Second competitor entering the arena
<b>Atoshabaraku</b>	30 seconds remaining

## 11.3 Fouls

<b>Chui Ichi</b>	First warning - point to offenders chest
<b>Chui ni</b>	Penultimate warning point to chest
<b>Genten Ichi</b>	First Penalty point to chest then face
<b>Genten ni Hansoku - Shikkaku</b>	Final Penalty with disqualification - point to face the obliquely behind

## 11.4 Declaration of fouls

The referee designates the competitor who made the foul as Aka or Shiro and he declares the foul, and its nature (eg "Aka, kicking the knee - chui ichi") The competitor who has committed the foul has to say "osu" when hearing the referees declaration.

## 11.5 Full point and half point

<b>Ippon</b>	Full point and victory. The referee designates the competitor as Aka or Shiro and declares "ippon",
<b>Waza-ari</b>	Half point. An effective attack which is deemed by the match officials to be effective but not well focused enough to warrant an ippon. Two declarations of Waza-ari constitutes a full point (ippon). Waza-ari is declared in the same way as ippon. (eg "Aka - waza-ari"),
<b>Awase-ippon</b>	Ippon by two waza-ari is declared in the same way as ippon (eg "Aka - waza ari, awase-ippon).

## 11.6 Decision

When no full clear point has been scored, the victory is awarded by decision. The procedure is as follows:

<b>Shomen - muite</b>	Fighters face to face
<b>Hante -o- onegashimasu</b>	The referee asks the decision of the judges – then blows his/her whistle

<b>Shiro (white)</b> <b>Aka (red)</b>	The judge raises the same colour flag as the competitor who they consider to be the winner
<b>Hikiwake</b>	Draw – Flags crossed down in front of judge
<b>Referee counts the flags</b>	
<b>Ichi</b>	One flag
<b>Ni</b>	Two flags
<b>San</b>	Three flags
<b>Shi</b>	Four flags
<b>Shushin, aka/shiro/hikiwake</b>	The decision of the referee. The referee counts the number of flags and states his/her decision. (eg 1.“hikiwake ichi, shiro ichi, ni, san, shushin shiro” In this case shiro wins by 4 to 0.

### 11.7 Declaration of decision

The referee counts the number of flags and gives his/her own decision, he/she points obliquely with his/her hand to the winner. In the case of a draw the referee crosses his/her arms obliquely downwards.

### 11.8 End of the bout

The referee declares the winner, then gives the commands below. This is the end of the bout.

<b>Shomen ni rei</b>	Face the official seats
<b>Shushin ni rei</b>	Face the main judge
<b>Otagai ni rei</b>	Face each other

After bowing to each other the competitors shake hands and exit the arena.

### 11.9 Complete change of officials

<b>Fuchushin Shugo</b>	Calling the judges together
<b>Shomen ni rei</b>	Officials in a line bow to the front
<b>Maware migi</b>	Turn and walk to the right side of the area

Face replacement officials across the saijo. Referee then gives the command: “Shimpan ni rei - maware hidari” - turn to the left and move off, the replacement referee gives the command “Maware migi”, the officials turn to the right and take up their positions at the front.





## Appendix 1 - Match Area

Note: The safety area and competitors mat to be red if possible

