**KUMITE SHOBU-SANBON RULES**

**OFFICIAL DRESS**

1. Contestants must wear a white, unmarked karate gi.

2. The sleeves may not be rolled up or pinned in any way. The trouser legs may not be rolled up or pinned in any way.

3. Women may wear a plain white tee shirt under the jacket; men may not.

4. Each contestant must be neat and clean: fingernails and toenails cut short; hair clean and worn in a fashion that does not interfere with the smooth running of the bout. Long hair may be controlled with hairnets and rubber bands; hachimaki (head band), hair slides and metal clips are prohibited. Any metallic objects that may injure oneself or the opponent may not be worn, e.g. rings, jewellery, medallions, etc.

**MANDATORY PROTECTIVE EQUIPMENT:**

1. Mouth piece

2. Hand pads

**OPTIONAL EQUIPMENT:**

1. Groin cup (for men) – must be a complete unit. A plastic cup slipped into a jock strap is not permitted and any contestant caught using one will be penalized.

2. Chest protectors – for women and/or children are recommended.

3. Glasses – are not allowed in senior events, soft contact lenses may be worn at the contestant’s own responsibility.

4. Religious items – such as turbans or yarmulkas (skull caps), etc., may be worn provided that authorization is applied for and approved by the Chief Referee before the commencement of the tournament.

5. Bandages/supporters – may be worn to protect an injury ONLY IF approved by the Chief Referee on the advice of the official tournament doctor. Absolutely no metal or hard plastic devices will be permitted.

**ORGANIZATION OF THE COMPETITION**

1. There is only individual kumite.

2. Contestants that do not arrive at the competition venue before the draw for the competition

takes place may be disqualified from participating in that competition.

**THE DURATION OF A BOUT**

1. The duration of a bout is 2 minutes.

2. The timekeeper will signal when there is 30 seconds of fighting time left, “30 SECONDS (ATO

SHIBARAKU)”, and again when time has run out, “TIME (JIKAN)”.

3. All times are net times. The timing of the bout starts when the referee calls “HAJIME” and stops each time he/she calls “TIME”.

**SCORING**

1. The result of a bout is determined by either contestant scoring 3 Ippons or 6 Waza-Ari (Shobu-Sanbon); obtaining a decision (HANTEI); or by Hansoku, Shikkaku or Kiken.

2. Two (2) Waza-Ari are worth one (1) Ippon. A Waza-Ari technique must be 90% of an Ippon technique.

3*.* ***Attacks are limited to the following areas:***

**A. Head** – Adult brown/black belts are allowed “touch” contact only. Juniors and lower kyu ranks are not allowed any contact whatsoever to the head.

**B. Face** – The face is defined as a line drawn 2 cm above the eyebrows extending towards the ears including the temples, then dropping down in front of the ears to just below the jaw bone and turning inward to end in a point just below the chin.

**C. Neck** – The neck, including the throat is a target area. However, **no contact whatsoever is allowed to the throat.**

**D. Chest**

**E. Abdomen** – The abdomen includes the area under the solar plexus and above the pelvic bones.

**F. Back** – This includes the entire area of the back, except for the shoulder joints. Attacks are prohibited to the shoulder joints, and will not be scored. No contact whatsoever is allowed to the back.

4. ***The criteria for awarding Ippon is as follows:***

**A. Technique** – A contestant must use a legitimate, legal technique, executed correctly.

**B. Distance** – A technique must be delivered, fully extended, to the target which exhibits the **potential** to knock out the opponent, but must be positioned so as not to actually touch. A punch which lands somewhere between skin touch and 2-3cms from the face, with the punching arm not fully straight and extended, has the correct distance.

**C. Timing** – Delivering a technique at the moment when it will have the greatest potential effect.

**D. Vigorous application** – Refers to the power and speed of the technique and the palpable will for it to succeed; nothing is held back.

**E. Attitude** – Is a part of “good form” and refers to the controlled, non-malicious mental concentration projected during the delivery of a scoring technique.

F. **Zanshin** – Is the state of continued commitment which endures after a scoring technique has landed, the continued awareness of the opponent’s ability to counter-attack. It is that total concentration that is maintained during and after an attack that can help stun an opponent and protect oneself.

5*.* ***Techniques that must be scored Ippon (or nothing):***

A. Jodan kicks.

B. Successfully scoring at the same moment the opponent attacks.

C. Deflecting an attack and scoring to an unguarded target area of the opponent.

D. Sweeping immediately followed by a scoring technique. 2 seconds must be given after a sweep is performed for the contestant to execute a follow-through technique. “Yame” must not be called too soon.

6. **Nage waza is NOT allowed in any division**

**CRITERIA FOR DECISION**

1. A contestant with the most number of points will be declared the winner.

2. If the match ends in a tie, “ENCHOSEN” (overtime) is declared.

3. ENCHOSEN is an extention of the original match, and all penalties awarded in the original bout carry over.

4. The first contestant to score a point will be declared the winner (sudden death).

**PROHIBITED BEHAVIOR AND TECHNIQUES**

**CONTACT:**

**1. Face and Neck** – Absolutely no contact is allowed to these areas and contact will be penalized, unless it is the result of MUBOBI by the recipient.

**2. Head** – Touch contact is allowed, but the technique must be snapped back and cannot be followed through.

**3. Body** – Contact must be of a “touch” nature. Excessive contact that would cause injury will not be scored and may be penalized.

**4.** The only open hand techniques to the face allowed are “Haito Uchi” and “Shuto Uchi” and will score provided they are delivered with control. All other open hand techniques to the face are not allowed. However, they are allowed to the body.

**5.** Attacks directly to the arms or legs are not allowed.

**6.** Attacks to the groin, joints or instep are not allowed.

**COMBAT TACTICS:**

1. **All techniques must be controlled.** Uncontrolled techniques **are not allowed**, whether or not they make contact. An uncontrolled fighter using wild or uncontrolled techniques will be warned. If the fighter continues the infraction, he/she will be penalized.

2. Takedown techniques are allowed. However, if a fighter performs a takedown, he/she must control the opponent’s fall. Dangerous takedowns that are performed with deliberate intent to injure **are not allowed** and will be penalized.

3. A contestant who is ahead on score and starts using circling tactics in order to avoid combat, will be stopped and warned. If this tactic is repeated, it will be penalized.

4. Discourteous behaviour, either by a contestant, any member of his/her team or coach, will not be tolerated and will lead to heavy penalties. Penalties can include disqualification from the match or tournament of the offending party and/or the entire team.

**MUBOBI**

This is a situation where a contestant shows a lack of regard for his/her own safety and can cause themselves to be injured through no fault of their opponent. Examples of MUBOBI are:

1. Dropping your guard.

2. Lunging into a technique without a defense.

3. Turning your back on your opponent, for any reason.

**JOGAI**

This is when a contestants’ foot steps completely outside the ring area. Only one foot need be outside the ring for JOGAI to be called.

**PENALTIES**

1. There are 5 types of rule infractions:

a. Contact

b. Combat Tactics

c. Mubobi

d. Jogai

e. Disrespectful Behaviour

2. Every contestant who violates the rules must be warned or penalized.

3. Penalties are not cross accumulative.

4. Repeats of a particular infraction of the rules must be accompanied by an increase in the severity of the penalty.

5. **Keikoku** is given for a repeated minor infractions for which a warning has already been given, or for an infraction not serious enough to warrant Hansoku-Chui, but serious enough to give a penalty. No point is awarded to the opponent; however, in a Hantei situation, it will count against the offender.

6. **Hansoku-Chui** is imposed for major infractions of the rules or for minor infractions for which a Keikoku has already been given. It may be imposed directly, at the first infraction, and is used when the panel feels that the recipient’s potential for winning has been seriously compromised by the opponent’s foul. A score of **Ippon (Shobu-Sanbon) is added to the recipient’s score, or Waza-Ari (Shobu-Ippon) is added to the recipient’s score.**

7. **Kiken** is when a contestant refuses to compete, abandons the bout, does not answer his/her call-up to contest, or is withdrawn by the Referee. The reasons for abandonment may include an injury not ascribable to the opponent’s actions.

**PENALTY OPPONENT IS AWARDED**

Attenai Yoni Nothing (private warning)

Keikoku No point is awarded, but this may influence a decision at Hantei.

Hansoku-Chui Waza-Ari (Shobu-Ippon) or Ippon (Shobu-Sanbon)

Hansoku Opponent wins the match

Shikkaku Opponent wins the match

Kiken Opponent wins the match

**PROTESTS**

1. Only the person representing the team or individual, i.e. coach, may protest a refereeing procedure which appears to contravene the rules of the competition.

2. If an administrative malfunction is detected, it should be brought to the immediate attention of the Arbitrator as soon as possible. This can include, but is not limited to:

3. The wrong contestants being paired together in a kumite match.

4. When one contestant wins a kumite match, but the Referee (or Scorekeeper) indicates the other contestant by mistake.

**KATA COMPETITION**

**ORGANIZATION OF COMPETITION**

1. There will be individual and team competition.

2. Any kaishugata, up to the contestant’s level, may be performed.

3. Two contestants/teams will compete at the same time.

4. **Judging of the kata:**

Three judges will raise a flag selecting either the competitor/team on the right or the left. The majority decision determines the winner. Judging will be based on the following criteria:

1 . Correct execution of the kata.

2. Good posture, form and balance.

3. Speed, power and focus.

4. Muchimi and chiru no chan chan.

5. Zanshin.

5. Competitors will be allowed to perform the following kata:

White belt - 8th kyu **Gekisai Dai Ichi and Gekisai Dai Ni**

7th kyu - 6th kyu **All kata through Saifa**

5th kyu - 4th kyu **All kata through Seiyunchin**

3rd kyu - 1 st kyu **All kata through Shisochin**

Shodan **All kata through Kururunfa**

Nidan and above **Any kata**

6. A contestant/team can perform the same kata for each step of the competition.

**RESULTS**

1 . At the end of a kata performance, when HANTEI is signalled, each Judge will hold up his/her

flag. Left hand for kata competitor on the judges left, right hand for kata competitor on the judges right hand.

2. The Scorekeeper will record the winner of each contest.

**CRITERIA FOR DECISION**

Disqualification.

a. If a contestant performs a different kata from the one called.

b. If the contestant varies the kata in any way from the approved IOGKF standard.

c. If the contestant halts his/her performance of the kata.

d. If there is an irrevocable loss of balance or a fall.

**OPERATION OF THE MATCH**

1. The Caller calls up the first two contestants.

2. The contestants will approach the kata area to the right or left of the judges, bow,

enter the area and take up his/her starting position. He/she will bow again and clearly announce

the name of the kata to be performed.

3. On hearing the kata name, the Centre Judge blows a short, sharp blast on his/her whistle or calls ‘Hajime’ to signal the contestant to begin the kata.

4. At the end of the kata, the contestants bows and wait for the decision.

5. Once decision made, the contestants bow and back out of the area, bows again, and sits down.