

International Federation of Karate



Kumite Rules for Karate Matches

using

Veterans Categories



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COMPETITION RULES FOR KARATE MATCHES

USING THE KYOKUSHINKAI VETERANS RULES

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 these areas with the legs and feet are permitted.

There is a minimum age restriction for veterans; they must be a minimum of 45 years old, any person wishing to compete at over 55 years old must have a doctors clearance letter. It will be up to the discretion of the event examining doctors and the organiser as to whether a person is allowed to compete in the event.

Members of the International Federation of Karate ("IFK") must have a minimum of two years experience to be eligible to compete. These events will be open to other organisations however the governing body the members of other Associations and styles who wish to compete in Kyokushinkai Veterans Tournaments must provide a signed a disclaimer from both the competitor and the dojo operator stating that they have practiced karate for at least two years.

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, no protective clothing, bandages or guards must be worn other than a groin guard men, chest protector (cup type) for ladies, approved shin/instep protectors, standard approved head protectors that are authorized by the Chief Referee and fingerless white approved gloves. All safety equipment must be checked by the organiser.

Mouth Guards are optional unless required by the tournament organizers as obligatory. Glasses or toughened sports goggles are not permitted in these bouts.

In the event of an injury to a competitor, the wearing of bandages or other protective materials is at the absolute discretion of the doctor 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.

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 is 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.

NOTE : These categories are for participation of Novice to National level competitors and is not designed for previous international level fighters.

It is possible for the organiser to hold International Level Veterans events but these must be clearly indicated as Advanced Level Veterans Categories. The organiser has the right to withdraw any fighter they deem to be above or below the level of the categories assigned.

2.0 MATCH AREA

2.1 The match area shall be between six and 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 The types of match shall be as follows:

1. Individual match,

3.2 In all the men's matches the following three weight categories shall apply:

Category 1 - Lightweight - under 75kg
Category 2 - Middleweight - under 85kg
Category 3 - Heavyweight - over 85kg

3.3 In the women's division the following two weight categories shall apply:

Category 1 - Lightweight – under 65kg
Category 2 - Heavyweight – over 65kg

3.4 In the Lightweight category the minimum weight requirements will be at the discretion of the doctor when examining the contestants.

3.5 It is possible to host the event with the olympic 5 kg per weight category

Men Category 1 – under 70 kg
Category 2 – under 75 kg
Category 3 – under 80 kg
Category 4 – under 85 kg
Category 5 – over 85 kg

Women Category 1 – under 60 kg
Category 2 – under 65kg
Category 3 – over 65 kg

It is possible to also divide categories into age groups if the organiser deems it necessary.

Age 45-49

Age 50-54

Age 55+

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 Each kumite bout shall last 1 ½ or 1 minute.

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 1st 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 in the light and middleweight categories, and of 5 kilos in the heavyweight category. (Women - 3 kilos - both categories.)

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.

5.5 In the case of team events only paragraphs 1 and 2 will apply. If after the sai-shai there is still no positive decision, then the match shall be declared a draw.

5.6 Advised bout durations are:

First round 1 ½ minutes

Sai-shai 1 ½ minutes

Enchosen 1 minute

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) Any legal technique with the legs to the head that is well focused will score a full point.

(b) With the exception of techniques which are fouls and not allowed by the contest rules, any technique to the body or legs that connects and impairs the opponents ability to defend themselves for three seconds or more scores a full point.

- (c) 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.
- (d) 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) A waza ari can be awarded for a focused legal technique to the head, body or legs that is deemed by the judging panel to be not quite the standard of an ippon.

(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 momentarily incapacitates them, or renders them unable to defend themselves.

(iii) Decision win:

When no definite "Ippon" or "Waza-ari" has been scored, a decision win may be awarded in any round of the bout if the officials feel there is an extensive disparity 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.

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 Hantei will be called and the match awarded to Aka or Shiro.

10.0 THE ORDER OF WARNINGS WILL BE AS FOLLOWS

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

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

Penalties incurred in the bout will not be carried forward, if after Hantei the competitor only has chui will be carried forward and therefore chui (warning) cannot be given and must be escalated to a penalty.

11.0 TERMINOLOGY USED BY THE REFEREES

11.1 Opening of the bout

Rei "osu"	Cross arms in front of the chest and say
Shomen ni rei	Face the official seats
Shushin ni rei	Face the referee
Otagai ni rei	Face each other
Kamaete	Take fighting stance
Hajime	Start the bout

11.2 During the bout

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

11.3 Fouls

Chui	Private warning
Chui Ichi	First warning - point to offenders chest
Genten Ichi	Second warning point to chest then face
Genten Ni	Penultimate warning point to chest
Genten San Hansoku - Shikkaku	Final warning 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

Ippon	Full point and victory. The referee designates the competitor as Aka or Shiro and declares "ippon",
Waza-ari	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"),
Awase-ippon	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:

Shomen - muite	Fighters face to face
Hante -o- onegashimasu	The referee asks the decision of the judges – then blows his/her whistle
Shiro (white) Aka (red)	The judge raises the same colour flag as the competitor who they consider to be the winner
Hikiwake	Draw – Flags crossed down in front of judge
Referee counts the flags	
Ichi	One flag
Ni	Two flags
San	Three flags
Shi	Four flags
Shushin, aka/shiro/hikiwake	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.

Shomen ni rei	Face the official seats
Shushin ni rei	Face the main judge
Otagai ni rei	Face each other

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

11.9 Complete change of officials

Fuchushin Shugo	Calling the judges together
Shomen ni rei	Officials in a line bow to the front
Maware migi	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 migi” - turn to the right 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 must be of a different colour to the competition area

