

COMPEITION RULES FOR KARATE MATCHES USING THE KYOKUSHINKAI CADET 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 these areas with the legs and feet apart from direct striking kicks are permitted.

There is an age restriction for cadets, they must be a minimum of 16 years old and a maximum of 17 years of age. It will be up to the discretion of the examining doctors as to the minimum weight permitted in the lightweight category.

Members of the International Federation of Karate (“IFK”) must be at least 6th Kyu grade to be eligible to compete. These events will be closed to IFK members only, however, if an Open event inclusive of other organisations is organised by the governing body the members of the other Associations and styles who wish to compete in Kyokushinkai Cadet Tournaments may be any grade providing they sign a disclaimer stating that they have practiced karate for at least two years (i.e equivalent of IFK 6th Kyu).

1.0 GENERAL RULES

1.1 Each contestant must wear a clean white karate gi (sleeves or trouser legs must **not** be rolled up) 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 are allowed to be worn other than a groin guard (chest protector cup type for ladies) and shin/instep protectors of a type approved by the contest referee (**Shushin**). Standard Head Protectors that are authorised by the Chief Referee (**Superior Arbitrator Siako Shimpancho**) and 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 rapping of tape around the knuckles as approved by the referee.

1.3 It is important for competitors including coach or manager to maintain etiquette on the competition area (Saijo) at all times therefore any disrespect towards their opponent or officials will not be tolerated and will be penalised, it is also considered disrespectful therefore forbidden to celebrate victory over an opponent whilst on the competition area, in the case of the manager or coach committing the offence their competitor will receive the warning or penalty.

1.4 Neither the International Federation of Karate nor the officers of the Association 2 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/her own arrangements for that cover. This is the total responsibility of the individual contestant.

1.5 Any situation not defined in these rules shall be resolved by the Chief Referee or the technical or tournament committee on the day-this judgement will be final. Tournament organisers shall have the right to change weight categories.

2.0 MATCH AREA

2.1 The match area shall be eight meters square, with a one meter 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.

3.0 METHODS OF MATCH

3.1 The types of match shall be as follows:

1. Team match (normally 5 contestants plus 2 reserves)
2. Individual match.

3.2 The number of persons comprising a team shall be an odd number.

3.3 The five man team should be divided into the following weights:

- (i) LIGHTWEIGHT
- (ii) MIDDLEWEIGHT
- (iii) HEAVYWEIGHT
- (iv) LADIES LIGHTWEIGHT
- (v) LADIES HEAVYWEIGHT

3.4 If the weight division is impracticable then an agreement must be reached between the two team managers as to what weight categories the team will comprise of. Bearing in mind that both teams should consist of an equal number or weight groups, of the same category.

3.5 Fighters can only compete against opponents in the same weight and sex category. The two reserves can be any weight, however, if required to replace an injured member of the team they can only replace contestants in the same weight categories.

Category 1	-	Lightweight	-	Under 68 kilos
Category 2	-	Middleweight	-	Under 78 kilos
Category 3	-	Heavyweight	-	78 kilos +

3.6 The contestant of each team shall fight in a predetermined order if after the first 2min. a draw is given then a further 2min. (Saishi) is fought if this is a draw at Hantai that result will stand. A team shall be disqualified if any member or the manager at his own discretion, changes the fighting order of

the contestants entry after he has handed the entry form to the official's table.

3.7 Team events will be decided by the number of wins. If both teams have an equal number of winning contestants, the team whose winners have scored a greater number of winning ippons then the winning waza-ari's must be totalled up. If however, both teams have scored an equal amount of winning waza-ari's then a deciding match must be fought by the 6th member of each team. If this match is a draw, then the number 7 man will compete.

If after the 7th member of each team has fought and the result is still a draw, then the team with the quickest ippon will win. If there is still no difference then the quickest waza-ari will decide the victors.

3.8 In all the men's matches the following 3 weight categories shall apply:

Category 1	-	Lightweight	-	Under 68 kilos
Category 2	-	Middleweight	-	Under 78 kilos
Category 3	-	Heavyweight	-	78 kilos +

3.9 In the women's division the following 2 weight categories shall apply:

Category 1	-	Lightweight	-	Under 58 kilos
Category 2	-	Heavyweight	-	58 kilos +

3.10 In the Lightweight category the minimum weight requirements will be at the discretion of the doctor when examining the contestants. In all categories the minimum age shall be 16 years and the maximum 17 years of age.

4.0 REFEREE, JUDGES AND ARBITRATORS

4.1 Each contest shall have four judges, (Fukoshin) who's duty it is to signal all points warnings and penalties and vote on any decisions taken, one match referee (Shushin) who gives all commands and make all announcements, one arbitrator (Shimpancho) 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 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 judgement rendered thereon. The Arbitrator should be in principal a qualified Referee The arbitrator will not be entitled to vote.

5.0 DURATION OF THE MATCH

5.1 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 authorise an extension (sai-shai) such an extension to be limited to the same duration as the 1st round.

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 (ensho-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.

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.

6.2 It is the competitors responsibility to defend themselves at all times regardless of the judges blowing their whistle or if the referee has called Yame or not.

(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 scores a full point.

© When the contestant informs the referee and judges that he 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 well focus legal kicking technique to the head body or legs that is deemed by the judging panel to be not quite the standard of an ippon.

(b) Where a contestant is downed with any technique including foot sweeps followed by a immediate and a well focused but none contact technique is delivered, waza-ari is awarded. Waza-ari may be awarded for a technique (allowed 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 techniques, technical skill, fighting spirit and penalties.

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 (Saiko Shimpancho) 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 (Hansoku).
- (b) Kicks to the groin.
- © Head thrust or butts.
- (d) Kicks to any part of the knee joint.
- (e) Knee kicks whilst grabbing
- (f) Strikes to the spine. Elbow strikes to any part of the opponents 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 this includes pressing (using sustained pressure) with hands or body against their opponents hands or body to control or suppress the opponents movement.
- (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) Retreating from or out of the contest area in order to avoid the fight or moves that waste time.
- (b) Pushing an opponent with open hand.
- © Persistent bad behaviour 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. (Kikken)
- (b) No competitor may be replaced by another.
- (c) It is the competitors responsibility to present themselves to the correct area on time when called.
- (d) Contestants who refuse to engage in kumite during a match after 3 calls by the referee (Shikaku). Physical disability arising during the tournament shall allow a contestant to withdraw (Kikken) after examination and verification of the injury by the tournament physician. The decision is final.
- (e) 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 with themselves be penalised or disqualified (Shikaku).
- (f) 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. If both competitors are deemed not to be fighting to their ability they may both be disqualified (Shikaku)

10.0 THE ORDER OF WARNINGS WILL BE AS FOLLOWS

- (i) CHUI ICHI
- (ii) CHUI NI
- (iii) GENTEN ICHI
- (iv) GENTEN NI - 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

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

11.2 DURING THE BOUT

Yame	Stop the bout immediately
Kamaete	After stopping the fight take fighting stance again

Zoko	Continue
Shiro(white)	First competitor entering the arena
Aka (red)	Second competitor entering the arena
Atoshabaraku	30 seconds remaining

11.3 FOULS

1	Chui	Private warning - point to offenders feet
2	Chui ichi	First warning - point to offenders abdomen
3	Chui ni	Second warning point to offenders abdomen
4	Genten ichi	Penultimate warning point to face
5	Genten ni Hansoku Shikkaku	Final warning with disqualification - point to face obliquely behind.

11.4 DECLARATION OF FOULS

The referee designates the competitor who committed the foul as Aka or Shiro and he declares the foul and its nature ie “Aka, kicking the knee - chui ichi” The competitor who has committed the foul has to say “osu” when hearing the referee 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 downs (or incapacitates the opponent for less than five seconds. Two declarations of Waza-ari constitutes a full point (ippon) Waza-ari is declared in the same way as ippon (ie “Aka - waza-ari”).

Awase-ippon Ippon by two waza-ari is declared in the same way as ippon ie “Aka - waza-ari, awase-ippon”

11.6 DECISION

When no full clear point has been scored, the victory is warded 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)	The judge raises the same colour flag as the competitor
Aka (Red)	who they consider to be the winner.
Hikiwaki	Draw - Flags crossed down in front of judge.

Referee counts the flags using the right hand only

Ichi	One flag
Ni	Two flags
San	Three flags
Shi	Four flags

Shushin, aka/shiro/hikiwaki The decision of the referee. The referee counts the number of flags and states his/her decision (e.g 1 “hikiwaki 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 decision, he/she points obliquely with his/her hand to the winner. In 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 OFFICIALS SEATS
SHUSHIN NI REIL	FACE THE MAIN JUDGE
OTAGAI NE REI	FACE EACH OTHER

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

11.9 COMPLETE CHANGE OF OFFICIALS

FUCHINSHI SHUGO	Calling the judges together
SHOMEN NI REI	Officials in a line bow to 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 hadari” - turn to the left and moves off, the replacement referee gives the command “Maware migi” the officials turn to the right and take up their positions at the front.