



WORLD
KARATE-DO
ALLIANCE

Competition Rules

KUMITE
NIHON & SANBON

SETTING HIGHER STANDARDS

Different groups of people with different lived experiences are part of a diverse and caring community. WKA Embraces Diversity and Inclusion and Removes Barriers to provide Access.

WKA Executive Board



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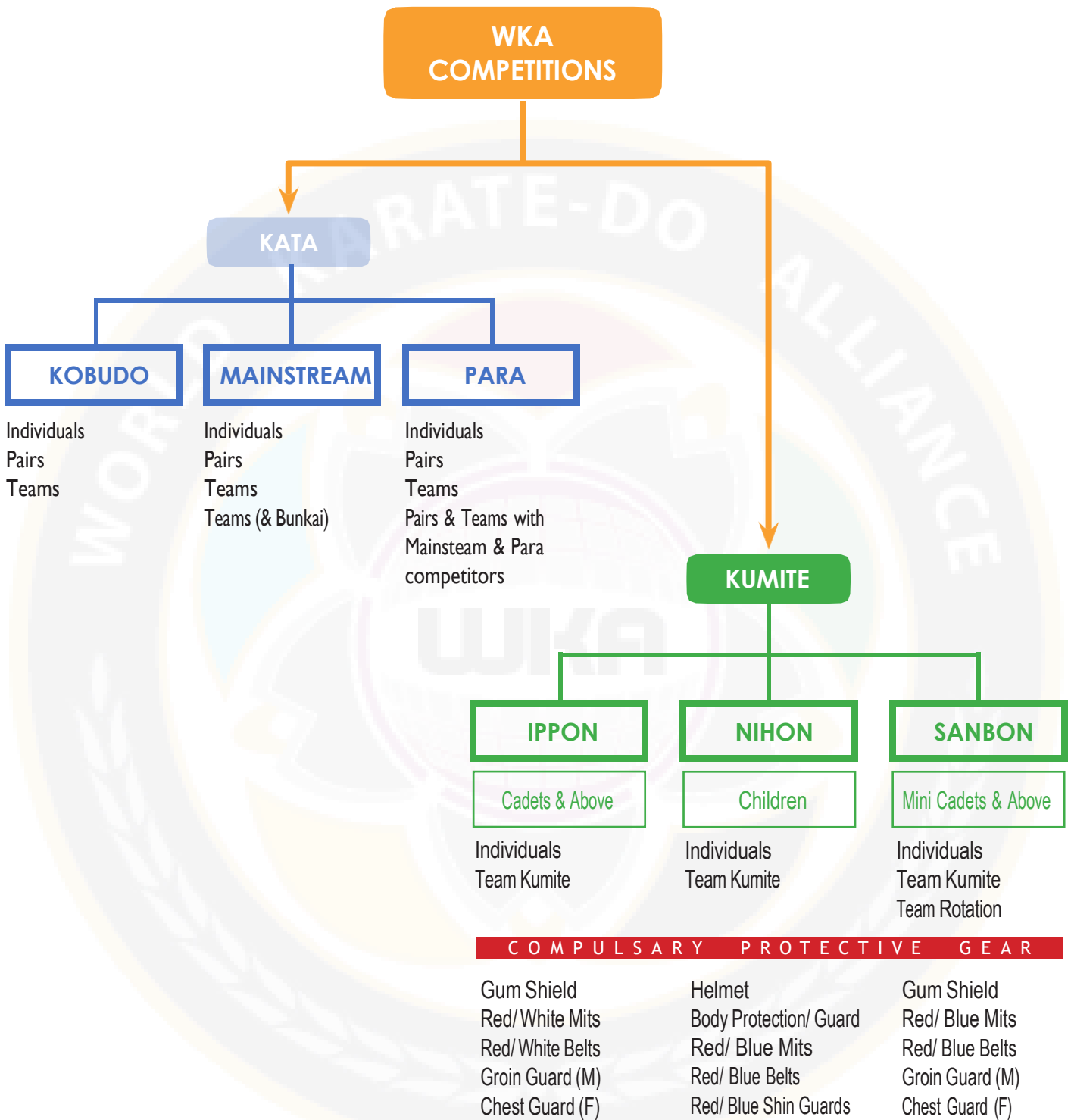
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Fig. 1.01 - Competition Kata and Kumite Structures



1. COMPETITION STRUCTURE

1.01 General Information for Kumite Competition

- 1.01.1 Competitions are divided into 2 major sections: Kata and Kumite, as shown in Figure 1.01.
- 1.01.2 The KUMITE Competitions are divided into 3 Sections: Shobu IPPON, Shobu Nihon, and Shobu Sanbon.
- 1.01.3 This document focuses on the Shobu Nihon and Shobu Sanbon Kumite categories and Rules.
- 1.01.4 The term 'bout' refers to an individual fight between two competitors.
- 1.01.5 Match is the total of all bouts between the members of two teams.
- 1.01.6 The term 'round' refers to a discrete stage which leads to the eventual identification of finalists.
- 1.01.7 Shobu Nihon and Shobu Sanbon Kumite sections are as follows:
- i. The Shobu Nihon is for Children aged 12 years and under and is divided into Individuals and Team Kumite Categories.
 - ii. Shobu Sanbon, which is Open to Mini Cadets, Cadets, Juniors, Seniors and Veterans, is divided into Individuals, Team Kumite, and Team Kumite Rotation Categories.
- 1.01.8 Each bout in Shobu Nihon, and Shobu Sanbon Categories is stopped when scores reach 2 Ippon (4 Waza-ari), and 3 Ippon (6 Waza-ari) respectively, within the time limit. Scores reached can be a combination of both Ippon and waza-ari.
- 1.01.9 The Compulsory equipment for Shobu Nihon and Shobu Sanbon Kumite Section is as follows:
- i. Shobu Nihon: White helmet (or Red/ blue to match belt), white body/chest guard, red and blue mitts, red and blue belts, white/red/blue shin guards. (Groin guards are optional).
 - ii. Shobu Sanbon: White or transparent gum shield, red and blue mitts, red and blue belts, groin guard for males and breast guard (**NOT** the chest guard used for Shobu-Nihon) for females.

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- 1.01.10 Groin guards and breast guards must be worn underneath the Karate-Gi, while chest guards used in Shobu Nihon kumite must be worn on **TOP** of the Karate-Gi jacket.
- 1.01.11 Gum shields must be white or transparent.
- 1.01.12 Sport glasses and contact lenses may be worn during kumite at competitor's own risk. (A signed written form must be provided, showing the name and all details of person responsible for any injuries and/or damage incurred during the championships). Spectacles (glass or hard plastic) are **NOT** allowed.
- 1.01.13 For all kumite Sections, one's own grade belt will not be used. Red (Aka) and Blue (Ao) will be used for all Shobu Nihon and Shobu Sanbon Kumite categories.
- 1.01.14 For both Shobu Nihon and Shobu Sanbon Kumite categories, there are 3 categories of warnings/penalties. These are Atenai, Kinshi, and Shikkaku and are explained further on in this chapters.
- 1.01.15 The 'Mirror System' will be used by the Refereeing Panel for all categories of Shobu Nihon and Shobu Sanbon Kumite. This system involves a Central Referee, the Mirror Judge, and the Kansa (Judge as a match supervisor near table officials; seated on the right-hand side of the starting position of the Central Referee).
- 1.01.16 During Rotation Kumite, another Judge will be present to indicate change of competitor on tatami using flags, when coaches announce 'change'.
- 1.01.17 Coaches (in uniform, not in Karate-Gi) of competitors will sit facing the table officials however, taking videos or interrupting fights is prohibited.
- 1.01.18 The 15 seconds signal (by a gong, buzzer, or whistle) before bout ends, referred to as Atoshi Baraku, will be announced during all bouts in all categories of Shobu Nihon and Shobu Sanbon kumite.
- 1.01.19 Both Individual and Team Kumite Categories for 12-year-olds and under are divided into two: (a) Girls, and (b) Boys.
- 1.01.20 Age and weight categories for Individual and Team categories, for Shobu Nihon & Shobu Sanbon, are explained in Chapters 4 & 5.

1.02 Starting and Finishing a Shobu Nihon or Shobu Sanbon Category

1.02.1 It is very important that every coach knows what happens at the start and end of every category to prepare competitors prior a competition. This helps in reducing unnecessary stress and that feeling of “being lost”.

1.02.2 The Start of a Category:

- (a) All competitors are called and lined up by a member of the Refereeing Panel. Name tags are collected and checked.
- (b) Any competitor who is not present on the tatami area will be called twice on the microphone. If there is still no sign of the competitor towards the end of the round, competitor will be declared KIKEN (renunciation).
- (c) Once lined up, all competitors are checked for any irregularities (jewelry, piercings, metal hair clips, long nails, long trousers, rolled up sleeves, bandages) by members of the Refereeing Panel. If presentation does not conform to the rules, competitor is given 1 minute to redress.
- (d) Members of the Refereeing Panel line up facing competitors.
- (e) Central Referee announces *Shomen ni Rei, and Refereeing Panel together with competitors on the tatami turn to bow towards main table (front).
- (f) Central Referee makes the second announcement of **Otogai ni Rei, where members of the Refereeing Panel together with competitors resume their original position and bow towards each other.
- (g) Central Referee takes one step back; Refereeing Panel turns towards him/ her and they exchange bows.
- (h) Members of the Refereeing Panel proceed to their positions (the Mirror System) on the tatami, while competitors break their line and sit down.
- (i) The Central Referee, the Mirror Judge, and the Kansa, find their places, and the first two competitors are called. Colour of belt (Aka/ Ao) is called first, followed by the name of the competitor. Aka is always positioned on the right-hand side of the Central Referee.
- (j) Coaches' name tags are collected by a member of the Refereeing Panel prior each bout and handed back after. The coaches sit facing the Central Referee and table officials.

1.02.3 The End of a Category

- (a) On completion of every category, competitors are asked to line up and winners are announced. On being called, winners step forward and bow.
- (b) After all winners have been announced, the bowing ceremony at the end of the category initiates with the announcement of Otogai ni Rei and all competitors bow towards Refereeing Panel. The second announcement is Shomen ni Rei, where everyone turns and bows towards the main table.

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- (c) Refereeing Panel exchange bows once again as per 1.02.2 (g).
- (d) Name tags are redistributed, and winners are ushered to the podium for medals.

**Shomen ni Rei – meaning ‘face front’, everybody bows to the front, showing respect to Tradition and History.*

***Otogai ni Rei – meaning ‘bow to others’, showing respect to all.*

1.03 Starting and Finishing a Bout

1.03.1 The Start of a bout:

- (a) When the Central Referee announces “Aka/ Ao - Nakae”, the Centre Referee, the Mirror Judge, and the 2 competitors enter the tatami.
- (b) After the Central Referee ensures that the Mirror Judge, both competitors, table officials, and Kansa are all prepared, he/ she announces “Shobu Nihon - Hajime” or “Shobu Sanbon - Hajime”, and the two competitors initiate the fight. At this instant, one of the table officials (timekeeper) starts the stopwatch.
- (c) When the Central Referee calls “Yame” (Stop), the two competitors stop their fight and resume to their original position.
- (d) Time resumes once more on the command of “Tsuzukete Hajime” (Resume fighting), where both competitors are expected to resume fighting. Atoshi Baraku will be announced 15 seconds before bout ends.

1.03.2 Ending a bout

- (a) When time is up, or when a total score of 2 IPPON for Nihon Kumite or 3 IPPON for Sanbon Kumite (or a combination of Ippon and waza-ari) is reached, command given is “Yame”. This command is followed by another command of “Soremade” (End of fight), after which, the Central Referee moves towards the Kansa to verify the scores and announce the decision taken.
- (b) The winner is announced by colour: Aka/ Ao “No Kachi”, and both competitors bow towards Referee and towards each other before exiting the area, while coaches collect their name tags.

1.03.3 Tie Situation

- (a) In the case of **Shobu Nihon Individual** Kumite:
 - (i) If points are equal, Central Referee announces “Hikiwake” (Draw), steps back, and Mirror Judge and Kansa Stand up.

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- (ii) Central Referee announces “Hantei” (Decision), blows the whistle twice, and panel of referees votes for the best fighter (Section 1.04.1). There will be **NO draw** as a voting option, and decision of the Refereeing Panel is final.
 - (iii) All members of the Refereeing Panel resume to their original position and Central Referee announces the winner.
- (b) In the case of **Shobu Sanbon Individual** Kumite:
- (i) If points are equal, same announcement of Hikiwake is done and position assumed by the Refereeing Panel is the same as in Shobu Nihon. When Hantei is announced, and whistle is blown twice, votes can be for Aka, Ao, or a Tie (Draw), unlike in Shobu Nihon.
 - (ii) In the case of a draw, an **extra time of 1 minute** (Enchosen) is given and the Central Referee announces “Enchosen - Shobu Hajime” where competitors fight again for that Extra 1 minute. The one to score first within that extra 1 minute, wins (also known as Sudden death).
 - (iii) If tie continues, Hantei system is implemented and Panel votes for the best fighter observed during Enchosen (Refer to Section 1.04 for Criteria). There will be NO draw as a voting option during Enchosen and decision is final.
 - (iv) All members of the Refereeing Panel resume to their original position and Central Referee announces the winner.
- (c) In the case of a tie in Team Kumite matches in Shobu Nihon and Shobu Sanbon, Hantei system is NOT implemented, and any ties remain recorded as a Draw (Hikiwake).
- (d) In the case of **Shobu Sanbon Rotation Team** Kumite:
- (i) If at the end of a team match (6 minutes running time), the scores are equal, the winner is the team with the **most IPPON**.
 - (ii) If TIE persists, the winner is the team with the **LOWEST total number of PENALTIES**.
 - (iii) If TIE continues, the teams are given 2 minutes extra time (**Enchosen**). The competitor who scores first wins. (Coaches choose the team member to initiate the Enchosen. Requests for substitutions is allowed after 15 seconds fight). **All previous penalties** will be carried forward to the **Enchosen**.

1.04 Criteria for Hantei in the case of a Tie

1.04.1 In the case of a Tie/ Draw (Hikiwake), in individual Kumite bouts, Hantei (decision) is taken based on the criteria shown below and the best fighter is voted for by the Refereeing panel on the tatami.

- (a) The ability and skill shown in techniques during the bout.
- (b) Zanshin, fighting spirit and fighting attitude.
- (c) The strategy used.
- (d) Fair play.

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- (e) The number of attacking moves.
- (f) The total number of warnings/ penalties incurred during enchoson.

1.05 Scoring and Non-scoring Areas

1.05.1 The following are the scoring areas:

- (a) Head
- (b) Chest and back (excluding the shoulder blades)
- (c) Abdomen
- (d) Sides (from beneath arm pits downwards, till above hip bone)

1.05.2 It is Forbidden to attack the throat, neck, and groin area.

1.05.3 Parts of the body not mentioned in points 1.05.1 and 1.05.2 fall under the non-scoring areas.

1.06 Warnings and Penalties

1.06.1 The three categories of warnings and penalties are:

- (a) Atenai
- (b) Kinshi
- (c) Shikkaku

1.06.2 The ATENAI Category is subdivided into 3:

1. Atenai
2. Atenai Chui
3. Atenai Hansoku

1.06.3 Penalties can be skipped and can be imposed directly according to the severity of the foul (e.g Atenai Chui can be imposed on the first foul done).

1.06.4 Figure 1.02 shows the 3 hand gestures given by the Central Referee for Atenai.

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Figure 1.02 – Hand gestures for Atenai



(a) *Atenai*

(b) *Atenai Chui*

(c) *Atenai Hansoku*

1.06.5 If a competitor is given all 3 Atenai penalties, or reaches the third penalty, he/ she will be disqualified (Hansoku). More explanations about the Atenai category are given in section 1.07.

1.06.6 The KINSHI Category is subdivided as follows:

1. Kinshi (ichi)
2. Kinshi (ni)
3. Kinshi Chui
4. Kinshi Hansoku

1.06.7 If a competitor is given all the Kinshi penalties, or reaches the final penalty, he/ she will be disqualified (Hansoku).

1.06.8 Penalties can be skipped and can be imposed directly according to the severity of the foul (e.g Kinshi Chui can be imposed on the first foul done).

1.06.9 The Atenai and Kinshi Categories are separate and do not cross-cumulate.

1.06.10 Figure 1.03 shows the hand gestures given by the Central Referee for Kinshi. The first two, which are both announced as “Kinshi”, are the same, however, the Central Referee indicates whether it is the first or second kinshi by announcing “ichi” (one) or “ni” (two) after Kinshi. More explanations are provided in Section 1.08.

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Figure 1.03 – Hand gestures for Kinshi



(a) Kinshi (1 or 2)



(b) Kinshi Chui



(c) Kinshi Hansoku

1.07 The ATENAI Category

1.07.1 The Atenai Category includes all actions in which attacking techniques:

- (1) Make excessive contact with the opponent, irrelevant of whether the point of impact is a scoring area or not.
- (2) Are prohibited.
- (3) Make contact on forbidden parts of the body.
- (4) Make contact on joints and other non-scoring areas.
- (5) In SHOBU NIHON Kumite (both in Individual and in Team Kumite Categories), heavy contact to the helmet is penalized.

1.07.2 Prohibited techniques (point (2) in 1.07.1) refer to the following:

- (a) Open hand techniques to all parts of the body especially the face, neck, and throat.
- (b) Hiza geri (knee strikes), Empi uchi (elbow strikes), Atama uchi (Head butt strikes), Flying/ jumping kicks (mae tobi geri, tobi yoko geri), and Jumping Uraken uchi.
- (c) Dangerous leg sweeping techniques (Ashibarai) which land high on the leg and may cause knee injury.
- (d) Dangerous throws (no safe landing for the opponent).
- (e) Kakato geri (dropping heel kick).
- (f) Maegeri Jodan (maegeri to the face or head).

1.07.3 Leg sweeping techniques and throws in Shobu Nihon Kumite (both in Individual and Team Kumite Categories), are forbidden.

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- 1.07.4 Contact on forbidden parts of the body (point (3) in 1.07.1) refers to any attack to the throat, neck, and the groin area.
- 1.07.5 Point (4) in 1.07.1 refers to any attack to the arms and legs, and to the joint areas such as the elbows, knees, ankles, hip joints, and shoulders.
- 1.07.6 If, however, a controlled mawashi-geri lands on the shoulder blades (which is not a scoring area) of the opponent, attacker will not be penalized, and technique is not a score.
- 1.07.7 Whether penalties for attacks on non-scoring areas are given or not depend on the Referee's discretion (e.g., impact on such areas may be due to Mubobi).

1.08 The KINSHI Category

1.08.1 The Kinshi Category is subdivided into 5 sections:

- (a) Mubobi
- (b) Jogai
- (c) Time Wasting
- (d) Uncontrolled technique
- (e) Unfair Play
- (f) Disrespectful Behaviour

1.08.2 The 5 Sections mentioned in 1.08.1 are penalized if observed during a bout. A brief explanation of each section is given in the next paragraph.

- (a) **Mubobi:** Any situation where the competitor shows a lack of regard for his/ her own safety or integrity (e.g., attacking with an unguarded head in front, exposing their back, not maintaining zanshin (focus) on target before/ during/ and after attack.
- (b) **Jogai:** Competitor touches the floor outside the competing area with any part of the body. This does not apply in the case when a competitor is pushed.
- (c) **Time wasting:** This refers to instances where competitor 'refuses' to fight by running away from opponent, constantly interrupts bout (e.g., putting up hand due to loosely tied gloves/ belt), unnecessary body contact/ grabbing opponent *.
- (d) Non-contact **uncontrolled technique**, which exceeds past or over a target.
- (e) **Unfair play:** Faking injury, exaggerated reactions (over-reacting to light contact).
- (f) **Disrespectful behaviour:** Refusal to cooperate with Referee, throwing gloves, shouting, profanity, all negative reactions which show disrespect. Repeated disrespectful behaviour will result in Shikkaku (Section 1.09).

**Grabbing opponent in Nihon Kumite is NOT allowed. In shobu Sanbon it is not penalized unless immediately followed up by a technique.*

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1.09 Shikkaku

- 1.09.1 Any disrespectful behaviour shown by a competitor will result in the expulsion of that individual from the category, following which a record of behaviour is taken and the relevant Name Tag is marked accordingly. Repeated disrespectful behaviour will eventually result in Shikkaku; that is, disqualification from WKA tournaments.
- 1.09.2 The disrespectful behaviour mentioned also includes that of the coaches. If any coach or member of any team does not follow orders, makes obscene/ offensive gestures, threats, uses foul language, shows aggression, to any member of the Refereeing Panel/other competitors/ or coach, or acts maliciously during a bout, Shikkaku will be announced.
- 1.09.3 Any competitor receiving Shikkaku, will lose all placings won in that Category and will NOT be awarded any medals.

1.10 Scoring IPPON or WAZA-ARI

- 1.10.1 An Ippon is awarded when a precise and powerful controlled technique lands with perfect timing and good form, at the correct distance, on an opponent while zanshin is maintained throughout the whole action. Technique must also reflect a good sporting attitude (no malicious intentions).
- 1.10.2 Precise and Powerful controlled techniques are those attacks which hit the scoring area with controlled explosiveness with no damage inflicted on opponent.
- 1.10.3 Examples of Perfect timing: when an attack is delivered exactly as the opponent starts to move towards attacker; when an attack is delivered immediately as the opponent loses balance.
- 1.10.4 Good form refers to the correct execution of the technique.
- 1.10.5 Correct distance is the distance in which the executed technique can be performed in good form.
- 1.10.6 Zanshin is the focus of the competitor before his/ her attack, during the attack, and after the attack; zanshin must be maintained.

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- 1.10.7 Good sporting attitude is when attacker has no malicious intentions of hurting opponent despite the pressure to win.
- 1.10.8 More examples of effective techniques, displayed with the above-mentioned characteristics, that deserve to be awarded an IPPON are:
- (a) Effective Jodan Geri techniques (contact is not a must, however, maximum distance from face; for points to be awarded; must be at least 2 inches).
 - (b) Effective attacks delivered on the undefended scoring areas with delayed or no reaction from opponent.
 - (c) Effective attacks delivered on opponents who turned their back to their attackers. If any criteria mentioned in 1.10.1 is missing, technique will not be awarded an Ippon. If technique is too weak, it may not be scored at all.
 - (d) When a combination of effective consecutive techniques is delivered on opponent (that is, if each technique on its own would have merited a waza-ari).
- 1.10.9 A Waza-ari is awarded for a technique almost comparable to that needed to score an IPPON, as explained above.

1.11 The Winning Team

- 1.11.1 Identifying the winning team in Shobu Nihon and Shobu Sanbon Team Kumite:
- (a) The winner of every Team match is determined by the results of the individual matches.
 - (b) In both Shobu Nihon and Shobu Sanbon, if there is no score, or score is equal, Hantei is not called, and decision remains Hikiwake (draw).
 - (c) The order of Criteria for deciding the winner of a Team match is as follows:
 - (i) Number of wins each Team has.
 - (ii) The total score each Team has (Ippon and Waza-ari are added together).
 - (iii) The number of Ippon each Team has (winning Team is the one scoring most Ippon).
 - (iv) The total number of warnings/ penalties (The winning team will be the team with least number of warnings/ penalties).
 - (v) An Extra match if all the above are equal. Coach chooses fighter for that extra match. If this Extra match results in a TIE, enchosen will be given. If there is still no score, Hantei is done (Section 1.04.1)
 - (d) If a team member is disqualified (Hansoku) or withdraws voluntarily (Kiken) during a team match, the opponent's score will be counted as Nihon (2 Ippon) or Sanbon (3 Ippon), depending on the category.
 - (e) The disqualified competitor (by Hansoku or Kiken), will keep the score registered at the time of disqualification.

2. THE COMPETITOR

2.01 Presentation on Tatami

2.01.1 The competitor's Karate -Gi must be white and clean.

2.01.2 Female competitors must wear a white T-shirt/ or decent white top underneath the Karate-Gi jacket. Male competitors are not allowed to wear anything under the Karate-Gi jacket.

2.01.3 Karate-Gi jacket and pants may include the manufacturer's brand/logo and a discreet trademark logo with no additional stripes or decorations.

2.01.4 The competitor's Karate-Gi Jacket may display the following advertising items (Refer to Figure 1.04 below):

- a) National Country badge [Maximum area covered is 10 square centimetres] on either the right side of the chest.
- b) The Club/ Federation Logo on the left side of the chest.
- c) One sponsorship logo (Maximum size of 30 cm x 15 cm) on the back of the Karate-Gi jacket, at shoulder height.
- d) Any other requests for display of labels/ brands are to be sent to the WKA admin.

FIGURE 1.04 Competitor's Karate-Gi Jacket – Front and Back



2.01.5 When tightened with the belt, the jacket must be of overall length that it covers the hips and the backside, but it must not reach the knees.

- 2.01.6 Once tied, both ends of the belt must be equal in length and must not reach the knees. This applies only at the start of each category, as during bouts, initial appearance cannot be maintained.
- 2.01.7 The jacket sleeves may cover the wrist bone where gloves are tied but must not be longer than the wrist bone.
- 2.01.8 The trousers must be long enough to cover two-thirds of the shin but not too long that its hem touches the tatami. Trousers must not be rolled up, neither from the inside, nor from the outside.
- 2.01.9 During bouts in Shobu Nihon and Shobu Sanbon (both individual and Team categories), competitors must wear red or blue belts as requested by the Refereeing panel.
- 2.01.10 Women can wear a white hijab, long white sleeves (Figure 1.05), white jeggings (not shown) due to Cultural/ Traditional or Religious beliefs. Headbands, bandana, hachimaki (Japanese head bands), or any type of hairclips are not allowed.

FIGURE 1.05 Hijab/ T-shirt/ Long sleeves/ Leggings



- 2.01.11 Competitor's fingernails must be short (and clean), such that no injuries are incurred.
- 2.01.12 Competitor must not wear any jewelry, earrings, facial or tongue or any body piercings, amulets, wristbands, watches, or any metallic objects on his/her body.
- 2.01.13 Competitors with medical issues who need to have a medical app on their body are to provide a certificate from their doctor as proof to show during competition and will wear these during bouts at their own risk.
- 2.01.14 Before all bouts, hair must be clean and neatly tied or set such that it does not obstruct vision or cover any parts of the face. Any head covering (2.01.10) must be securely fixed before bouts.
- 2.01.15 In the case of Nihon Kumite (both in individual and Team kumite), competitors with long hair are allowed to wear a bandana underneath the helmet to avoid having their hair stuck to the velcro of the helmet.
- 2.01.16 Spectacles are not allowed during bouts. Contact lenses and Sport plastic glasses are allowed at the competitor's own risk - consent & responsibility sheet must be signed on the tatami.
- 2.01.17 Excessive make-up is not permitted; competitors must maintain a natural and competition

appropriate appearance.

- 2.01.18 Any bandages or support can be worn if presented with the doctor's certificate. Certificate must be legible and must briefly explain the medical condition of the competitor. If bandage/ support is visible, this must be white/ skin colour.
- 2.01.19 Compulsory and optional equipment according to category is to be worn before competitor presents him/ herself on tatami.
- 2.01.20 If competitor does not present him/ herself as explained in this Section, he/ she will be allowed 1-2 minutes to change, otherwise, decision will be KIKEN (renunciation).
- 2.01.21 If any disrespectful behaviour is shown by the competitor, he/ she will be expelled from the category and record of behaviour is taken. Repeated disrespectful behaviour will eventually result in Shikkaku.

2.02 Etiquette

- 2.02.1 Karate begins with courtesy and ends with courtesy. The competitor must always show respect.
- 2.02.2 When called, competitor is expected to bow towards the Central Referee before stepping onto the tatami area and bow again after finding his/her place on the tatami.
- 2.02.3 Competitors must show respect towards their opponent both before and after bouts.
- 2.02.4 The competitor is expected to bow again before exiting the tatami area. Competitor's back is never given to the central Referee, as this shows disrespect.
- 2.02.5 In Pairs and Teams categories, the same etiquette is expected.
- 2.02.6 All competitors must remain present on the tatami till end of category unless called by another Referee to another tatami.
- 2.02.7 In the presence of an injury, when the medical officer is called, competitors and coaches are not allowed on the tatami unless requested by the Refereeing panel.
- 2.02.8 During medical examination on the tatami, any offence or inappropriate gestures by the coaches/ competitors/ relatives/ or related officials themselves will not be tolerated. Such behaviour will be penalized accordingly.

3. THE COACH

3.01 The Competitor's Role Model

- 3.01.1 The Coach is responsible for his/ her competitors.
- 3.01.2 Etiquette applies also to Coaches as they are their students' role models.
- 3.01.3 Coaches must wear their National/ Club uniform (polo/t-shirt & tracksuit). Tracksuit must display the name of their Club/ Federation and tracksuit jackets must not be worn around the waist. As with competitors, coaches will be given 1-2 minutes to change if appearance does not conform to the rules.
- 3.01.4 Name tags must be always worn, and any coach without one will be asked to leave the tatami area. Coaches are expected to cooperate and lead by example.
- 3.01.5 Coaches will sit on chairs provided on the tatami when their student is competing, but are not allowed to interfere, or take videos, or interrupt without permission.
- 3.01.6 Only 1 coach for each competitor can be present on the chair provided and he/she must be always seated and as explained in 3.01.3 - 3.01.5.
- 3.01.7 The Points assigned by the Refereeing Panel are Final and are not contested; that is, questioned or argued over.
- 3.01.8 Coaches are Not WKA Referees, so they are expected to perform the duty of a competent Coach, who encourages his/ her students to give their best, be polite, view success as well deserved and view any defeat to improve, without any unnecessary shouting.
- 3.01.9 A competent coach can identify the weaknesses of his/ her students during their performance and can better guide his/ her students to improve for their next performance. A positive attitude always yields better results.
- 3.01.10 Coaches are not allowed to interrupt the Table Officials.
- 3.01.11 If a coach is concerned about whether his/ her student is called or not, before any category, he/ she is to approach the Main Table respectfully (bow) and provide the name of the competitor.
- 3.01.12 Any disrespectful behaviour from any coach will result in immediate dismissal by the security from the competition area.
- 3.01.13 A coach must keep in mind that his/her behaviour will influence his/her competitors' performance.

4. SHOBU NIHON KUMITE - Individual and Team Categories

4.01 Shobu Nihon Individual Kumite

- 4.01.1 The duration of each bout in Shobu Nihon is 1 minute 30 seconds (effective time).
- 4.01.2 Leg sweeping techniques and grabbing opponent or other inappropriate body contact are prohibited and penalized.
- 4.01.3 The helmets and chest/ body - guard are compulsory and the latter must be worn over the Karate - Gi jacket. Shin guards are also compulsory (white or blue or red).
- 4.01.4 In the case of a draw (Hikiwake) between 2 competitors in Individual Kumite categories, the Hantei system is implemented as explained in Section 1.03.3, where either Aka or Ao wins; there is no draw.
- 4.01.5 When time limit is reached, in the case of a competitor scoring at least one Waza-ari more than the opponent, he/ she will be automatically declared the winner.
- 4.01.6 Children aged 9 and less will be grouped only by age unlike the 10- to - 12-year-olds, who will be grouped by age and weight. This applies to both boys and girls as shown in Table 1.01.

*Table 1.01 – Shobu Nihon Individual Kumite
Age and Weight Categories for Boys and Girls*

| All Belts | Weight (Kg) | | | | | | |
|-----------|-------------|---|---|-------------------------|----------|-------------------------|----------|
| | > 7 | 7 | 8 | 9 | 10 Years | 11 Years | 12 Years |
| Boys | Open Weight | | | <30, <35, <40, <45, >45 | | <40, <45, <50, <55, >55 | |
| Girls | Open Weight | | | <30, <35, <40, >40 | | <42, <47, >47 | |

* < means Less than or below

* > means Greater or above

4.02 Shobu Nihon Team Kumite

- 4.02.1 The helmets, chest/ body - guard, and shin guards are also compulsory as in the Individual categories as explained in Section 1.01.8 (ii).
- 4.02.2 The duration of each bout is also 1 minute 30 seconds (effective time).
- 4.02.3 Leg sweeping techniques, grabbing opponent or other inappropriate body contact are prohibited and penalized.
- 4.02.4 The Team Kumite Age Categories are divided into Two Age groups, for both Boys and Girls, namely, 9-year-olds and under, and 10- to 12-year-olds, as shown in Table 1.02.

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Table 1.02 – Shobu Nihon TEAM Kumite
Age, Weight, and Belt Categories

| Age Category | Gender | Weight Categories | Belt Categories |
|----------------------|--------|-------------------|-----------------|
| 9 Years and Under | Boys | Open | Open |
| 10/ 11/ 12-Year-olds | | Open | Open |
| 9 Years and Under | Girls | Open | Open |
| 10/ 11/ 12-Year-olds | | Open | Open |

- 4.02.5 In Shobu Nihon Team Kumite, the team must be composed of 3 competitors at the start of a category and not less, otherwise, team will not be allowed to compete and will be declared KIKEN (renunciation) at the beginning of the match.
- 4.02.6 Each team may have only ONE reserve. The Reserve may be substituted for an injured or sick competitor for the next round, only after the latter is declared unfit and unable to continue by the competition Doctor.
- 4.02.7 At the beginning of each match, only the team members (without the Reserve) must line up on the tatami.
- 4.02.8 The substitution of a competitor cannot be done during an ongoing round as this constitutes a change in fighting order (Refer to Sections 4.02.10, and 4.02.11).
- 4.02.9 In the case of a Hikiwake (tie) between competitors in Team kumite, Hantei will not be called, and the score will remain a Draw.
- 4.02.10 Before every Team match, the coach must hand in the fighting order of the team members to the Refereeing panel. The fighting order can be changed for each round, but once notified, it cannot be amended.
- 4.02.11 If coach does not notify Refereeing Panel about change in fighting order (before commencement of round), the team will be disqualified.
- 4.02.12 Matches between the individual members of each team will be held in a predetermined order.
- 4.02.13 If during a round, a team member is injured, and the competition Doctor confirms that the competitor is unfit/ unable to continue, the team will be allowed to continue competing in that category with only 2 competitors.
- 4.02.14 In the case of Kiken or Disqualification of a team, the opponent's score will be set to Nihon.
- 4.02.15 An example of the fighting order is shown in Figure 1.06.

Figure 1.06 – Fighting Order

| Name of Team: _____ | | Category: _____ | | |
|----------------------|---------|-----------------|---------|---------|
| Competitors' Numbers | Round 1 | Round 2 | Round 3 | Round 4 |
| 1. 5601 | 1 | 3 | | |
| 2. 5114 | 2 | 1 | | |
| 3. 4902 | 3 | 2 | | |

5. SHOBU SANBON KUMITE – Individual, Team, and Team Rotation

5.01 Shobu Sanbon Individual Kumite

5.01.1 Shobu Sanbon Kumite is for Mini-Cadets, Cadets, Juniors, Seniors, and Veterans.

5.01.2 The duration of Shobu Sanbon Individual Kumite depends on the age category. The Veteran categories, Mini-Cadets, and Cadets' categories (both male and female) are given a total of 2 minutes effective time, while the Juniors and Seniors are given 3 minutes effective time.

5.01.3 The age categories for Mini-Cadets to Seniors are shown in Tables 1.03. Table 1.04 shows the Veterans' age categories.

*Table 1.03 – Age Categories for Females and Males
Mini-Cadets to Seniors*

| MINICADETS | CADETS A | CADETS B | JUNIORS | SENIORS |
|------------|---------------|--------------|-------------|-------------|
| 13 years | 14 - 15 years | 16 -17 years | 18-20 years | 21-35 years |

*Table 1.04 – Veterans' Age Categories
For Males and Females*

| VETERANS | A | B | C | D | E |
|----------|-------------|-------------|---------------|-------------|------------|
| AGES | 36-40 years | 41-45 years | 46 - 50 years | 51-60 years | > 60 years |

5.01.4 For the explanation of tie situations, Refer to Section 1.03.3 (b).

5.01.5 For Points and Compulsory equipment, Refer to Sections 1.01.7 and 1.01.8 (iii) respectively.

5.01.6 When time limit is reached, in the case of a competitor scoring at least one Waza-ari more than the opponent, he/ she will be automatically declared the winner.

5.01.7 In the case of a draw (Hikiwake) between 2 competitors in Individual Kumite categories, the competitors will be given 1-minute extra time (Enchosen) as explained in Section 1.03.3 (iii).

5.01.8 The weight categories for both males and females for Mini-cadets, Cadets, Juniors, Seniors, and Veterans are shown in Table 1.05.

Table 1.05 – Shobu Sanbon Individual Weight Categories

| GENDER | WEIGHT CATEGORIES (Kg) - ALL BELTS | | | | |
|---------------|------------------------------------|--------------------|--------------------|---------|----------|
| | Mini-Cadets | CADETS A & B | JUNIORS | SENIORS | VETERANS |
| Male | <45, <55, <65, >65 | <55, <65, <75, >75 | <65, <75, <85, >85 | | Open |
| Female | <50, <55, <60, >60 | <50, <55, <60, >60 | <55, <60, <65, >65 | | Open |

5.02 Shobu Sanbon Team Kumite

- 5.02.1 Points and compulsory equipment for Shobu Sanbon team kumite are the same as those for individual Sanbon Kumite rules (1.03.3(b) & 1.018 (iii)).
- 5.02.2 The duration of each bout in Shobu Sanbon Team Kumite is 2 minutes for all Categories.
- 5.02.3 The team must be composed of 3 competitors, just like Shobu Nihon team kumite.
- 5.02.4 Only one reserve is allowed per team, however, at the beginning of the match, the reserve does not line up on the tatami with the other 3 members, as in Nihon team Kumite.
- 5.02.5 In the case of a draw (Hikiwake) between 2 competitors during Shobu Sanbon team kumite, the score will remain a draw (Enchosen will not be given).
- 5.02.6 In the case of equal scores from both Teams, winning team is determined as explained in Section 1.11.1 (c).
- 5.02.7 Weight for all Shobu Sanbon Team Kumite is 'Open'.
- 5.02.8 Fighting order to be given by coach.
- 5.02.9 In the case of Kiken or Disqualification, of a team, the opponent's score will be set to Sanbon.
- 5.02.10 The categories for females and males Sanbon team kumite are the same. They are like the categories as per individual Shobu Sanbon kumite, except for the Cadets' and Veterans' categories, where Cadets A and B have been amalgamated, and Veterans' Categories grouped as shown in Table 1.06.

Table 1.06 - Shobu Sanbon Team Kumite Categories
Categories for males and females are the same

| MINI CADETS | CADETS A & B | JUNIORS | SENIORS | VETERANS (A, B, & C) | VETERANS (D, & E) |
|-------------|--------------|-----------|-----------|----------------------|-------------------|
| 13 years | 14 -17 yrs | 18-20 yrs | 21-35 yrs | 36 - 50 yrs | > 50 yrs |

5.03 Sanbon Rotation Team Kumite

- 5.03.1 The duration of each match is 6 minutes running time (timekeeper stops clock when Referee requests time). Any changes in running time may be made according to the discretion of the organizer.
- 5.03.2 All 3 competitors on the team **MUST** fight at least once for 15 seconds (minimum), during the 6 minutes running time.
- 5.03.3 Reserve competitor will only fight if competition doctor declares one of the team members to be injured and unable to fight again. Any faking of injury by any team member will result in the disqualification of the whole team.
- 5.03.4 Change requests will **NOT** be accepted during the last 20 seconds of the match.

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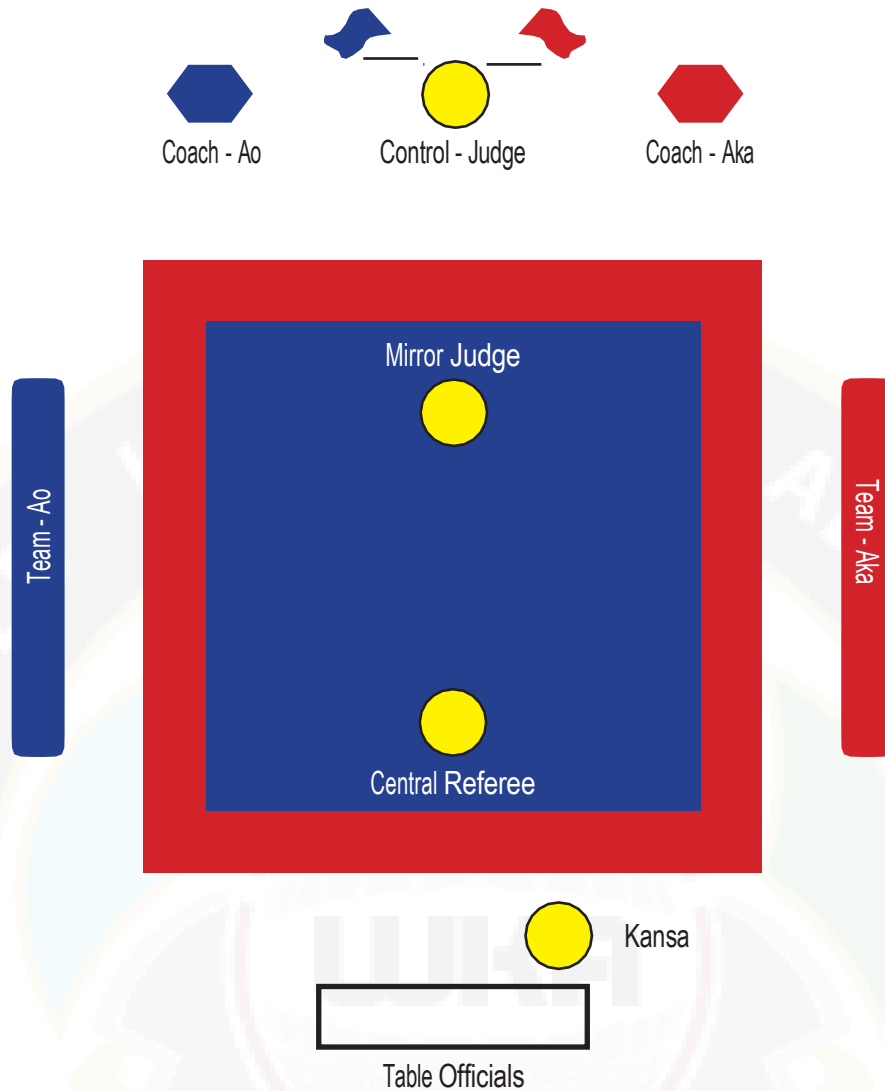
- 5.03.5 If after 6 minutes, one of the competitors in a team has not fought, his/ her whole team will be disqualified (Hansoku) except in the case of point 5.03.7 below.
- 5.03.6 Points gained by each member of the Team are accumulated and carried forward till end of match. Each team may score as many points as its team members are capable of - there is no limit.
- 5.03.7 If, however, one competitor reaches an advantage of 6 points (3 Ippon or 6 waza-ari or a combination of both), ahead of the other team before the 6 minutes are up, his/ her team will be declared the winner, even though the other two team members did not fight.
- 5.03.8 All warnings/ penalties incurred by each competitor in the team will be carried forward. For e.g., If competitor 1 is penalized with atenai chui, competitor 2 will be carrying this penalty, and will be penalized with atenai hansoku if another penalty in the atenai category is incurred.
- 5.03.9 If a team member is penalized by Shikkaku during a team match, the whole team is disqualified or eliminated for the entire tournament/ championships.
- 5.03.10 After 6 minutes, the team with most points scored will be the winner.
- 5.03.11 If after 6 minutes, there is a Tie, the team who has most IPPON will be declared the winner. In the case of a persisting Tie, Refer to Chapter 1.

5.04 Substitutions in Rotation Team Kumite

- 5.04.1 All 3 team members MUST fight ONCE for at least 15 seconds each.
- 5.04.2 The coach must announce 'CHANGE' to the 'control-Judge' to substitute the fighter.
- 5.04.3 The Control-Judge, in turn, will signal and announce CHANGE to the central Referee if all rules have been followed. Signal for change by the Control- Judge may thus not be immediate.
- 5.04.4 There is no restriction in the number of changes a coach can make, however, it is the Referee's decision when to stop the fight.
- 5.04.5 The other 2 members of the Team must be fully equipped and ready to be called on the Tatami by the central Referee.
- 5.04.6 The substitution of a team member must be made within 3 seconds from when the central Referee allows the change, otherwise, Team is penalized with Kinshi.
- 5.04.7 If a team member is substituted without the Referee's command, the team will be penalized with Kinshi.
- 5.04.8 A substitution is allowed after 15 seconds fight. During these 15 seconds, no other substitution can occur.
- 5.04.9 Coaches must sit down on either side of the Control -Judge as shown in Figure 1.07.

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Figure 1.07 - Tatami set-up for Rotation Team Kumite



5.04.10 Change requests Cannot be made by both coaches at the same time.

5.05 Injuries, Accidents, and Decisions taken

- 5.05.1 Central Referee calls the medical staff on the tatami for any injury that requires immediate medical attention.
- 5.05.2 Decisions related to injuries, accidents, or the physical condition of competitors, however, are taken only by the medical staff present on the tatami.
- 5.05.3 Any faking of injury will result in immediate disqualification.
- 5.05.4 If the competitor suffers a minor injury which is deemed by the medical staff that it is not serious enough to disable him/ her from continuing the match, but the competitor refuses to continue (or requests permission to quit the match), he/ she will lose the fight by KIKEN.

... Continued

- 5.05.5 If the competitor suffers an injury which is considered disabling by the medical staff, or is considered unfit to continue the match due to certain physical conditions, either of the following decisions is taken:
- (a) If the competitor's injury is ascribable to his/ her opponent, he/she will be declared winner since the opponent would be disqualified.
 - (b) If the competitor's injury is not ascribable to his/her opponent, he/she will lose the fight.
- 5.05.6 In the case of 5.05.5 (a), the competitor must be accompanied by a member of the Refereeing panel to the medical staff for a second visit. The competitor needs written permission from the medical staff to be able to fight again if he/ she has more categories to compete.
- 5.05.7 It is the duty and responsibility of the competitor to inform the Refereeing panel about any previous injuries on the day before the start of any match or bout.
- 5.05.8 For the safety of all, an injured competitor will not be allowed to continue a Round if medical staff do not allow it, irrespective of any excuses brought by the coach or by the injured competitor.
- 5.05.9 If a competitor fails to inform the Refereeing panel of his/ her previous injuries on the day, but he/ she is observed by the refereeing panel to be unstable, the Central Referee has the right to call the medical staff to examine the individual before he/ she is allowed to continue.
- 5.05.10 Depending on the medical staff's decision, the competitor will or will not be allowed to participate.
- 5.05.11 No points will be awarded if a competitor injures his/ her opponent, irrespective of how minor the injury is.
- 5.05.12 In the case of Nihon Kumite, 5.05.11 may not always apply since children may make a fuss due to self-pity even in the case of light contact with no visible injuries.
- 5.05.13 In the case of two competitors who are both declared unfit to continue by the medical staff due to previously incurred injuries, or injuries not ascribable to either competitor, the result of the match will be as follows:
- (a) The fight is won by the competitor with the most points.
 - (b) If the score is the same, the fight is won by the competitor with the greatest number of Ippons.
 - (c) If both competitors have the same number of Ippons, the winner is the one with the least number of warnings/ penalties.
 - (d) HANTEI is taken if (c) is also equal for both.
- 5.05.14 Section 5.05.13 applies also in the case where both competitors quit the match.

6. TERMINOLOGY, MEANINGS, & GESTURES

- 6.01 Table 1.07 shows the terms used by the Central Referee during Sanbon and Nihon Kumite.

Table 1.07 - Terminology

| TERMS | | MEANING |
|-------|------------------------------------|---|
| 1 | AIUCHI* (cannot be given by Kansa) | Simultaneous scoring - no points awarded |
| 2 | AKA/ AO no Kachi | Red/ Blue wins |
| 3 | ATENAI | Warning for excessive contact and/or dangerously uncontrolled techniques where contact is made. |
| 4 | ATOSHI BARAKU | A little more time left (= 15 seconds) |
| 5 | AWASETE IPPON | Two waza-ari recognized as 1 Ippon |
| 6 | CHUI | Final warning |
| 7 | ENCHOSEN | Extension (extra time in shobu sanbon) |
| 8 | HANSOKU | Disqualification |
| 9 | HANTEI | Judgement |
| 10 | HAYAI | First to score (quickest) |
| 11 | HIKIWAKE | A draw |
| 12 | IPPON | One Point |
| 13 | JOGAI | Exit from the fighting area |
| 14 | KIKEN | Renunciation |
| 15 | KINSHI | Warning for uncontrolled techniques where no contact is made or prohibited behaviour. |
| 16 | MAAI | Bad distance |
| 17 | MOTONOICHI | Return to original position |
| 18 | MUBOBI | Defenseless behaviour |
| 19 | NAKAE | Enter the tatami |
| 20 | NUKETE IMASU | Missed target |
| 21 | SHIKKAKU | Disbarment from the championships/ tournament/ competition |
| 22 | SHOBU SANBON/ NIHON HAJIME | Start (the fight) |
| 23 | SHOBU HAJIME | Start the extended time |
| 24 | SHUGO | Judges called |
| 25 | SOREMADE | End of fight |
| 26 | TORIMASEN | Not acceptable as score |
| 27 | TSUZUKETE | Continue fight |
| 28 | TSUZUKETE HAJIME | Restarting the fight |
| 29 | UKE IMASU | Technique blocked |
| 30 | WAZA-ARI | Half point |
| 31 | YAME | Temporary halt of the fight |

6.02 Referee's & Judge's Gestures

Figure 1.08 shows some of the Referee's gestures during Nihon and Sanbon fights/ matches. The competitor must recognize these gestures to better understand and improve his/ her fighting skills and strategy.

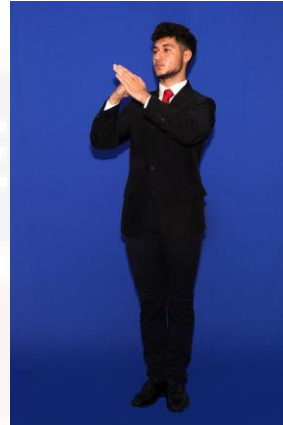
Figure 1.08 – Referee's & Judge's Gestures



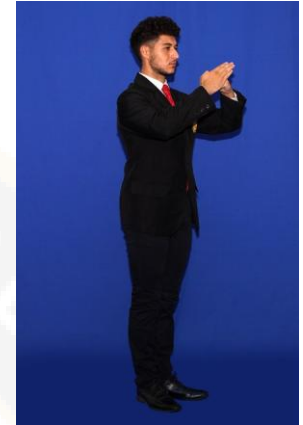
SHOBU - HAJIME



JOGAI



ATENAI (AKA)



ATENAI (AO)



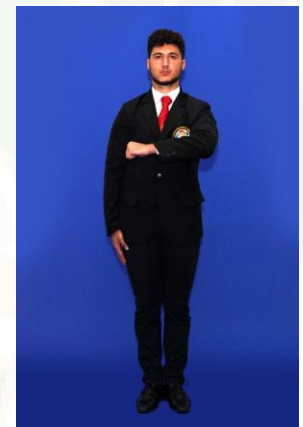
YOWAI



MAAI



UKE IMASU



NUKETE IMASU



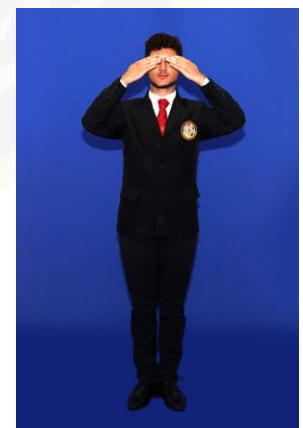
HAYAI (AO)



KINSHI



UNCONTROLLED



MIENAI (JUDGE)

... Continued



IPPON (JUDGE)



TIME WASTING



MUBOBI



*AIUCHI



SOREMADE



FUKUSHIN SHUGO



YAME



TZUZUKETE - HAJIME

**AIUCHI cannot be given by Kansa.*

... Continued



TORIMASEN



HIKIWAKE



KINSHI CHUI



KINSHI HANSOKU



WAZA-ARI



IPPON

... Continued



KIKEN



NO KACHI



ATENAI CHUI



ATENAI HANSOKU



SHIKKAKU