

**WORLD SPORTS KARATE FEDERATION**  
*(International Non-Olympic Committee)*



**KUMITE RULES FOR SPORTS KARATE**

Version' 2012

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## RULES OF FIGHTING

### Article 1

#### PRE-REQUISITE

1.1. Definition: In Sports karate, two contestants meet as opponents in a bout and test their karate fighting abilities under the supervision of judges and in the picture of these rules by trying to hit one another with strikes or kicks, to fell one another by means of physical power one another out of the bout area or making high scoring through strikes or kicks. Each contestant can have his or her coach. If the sports bout is a part of an official/public karate competition, a doctor (a person whose job is to treat people who have an illness or injury) must be present as well.

### Articles 2

#### TYPES OF MATCH

The types of Match shall be as follows:

2.1 Individual match: The Individual Match is decided by "Ippon & Waza-ari". The match timing is 1 minute

2.2. Team match: The number of persons make up a team (male and female) shall be 3 person per team.

*Step 1: The Team consist of five members, the match timing is 3 minute. Every one minute one person from a team is the eligible to participate.*

*Step 2: Rotation base participation is important. Note: Rotation is not carry out by the team; the particular team will be rejected from a match.*

*Step 3: Step by step participation is important, more over every person from a team should involve in the match. Completion of 3 minute the score will be announced.*

*Step 4: In case team get ties, the extra one point match will announced. The decision shall be made on the basis of first point is the winner of the match. Note: One person from one team is eligible for extra one point match.*

### Article 3

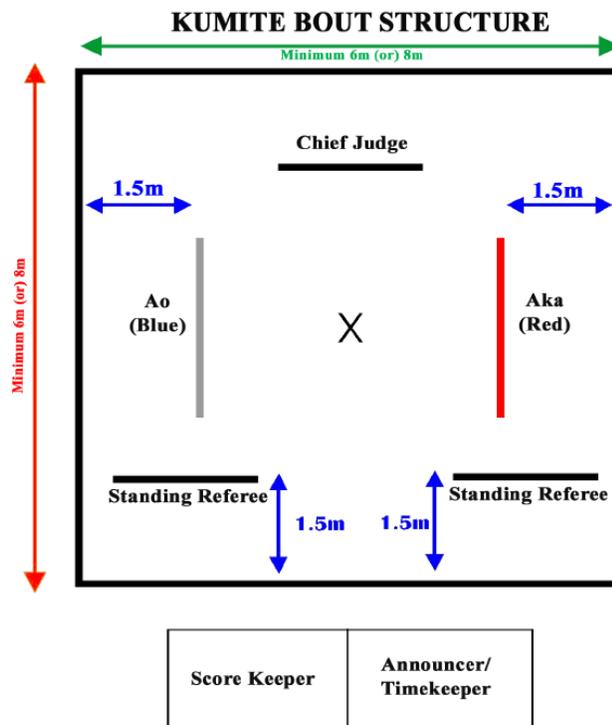
CATEGORIES WILL BE FOLLOWED:

Level	Weight
1	Below 10 kg
2	10-15 kg
3	16-20 kg
4	21-25 kg
5	26-30 kg
6	31-35 kg
7	36-40 kg
8	41-45 kg
9	46-50 kg
10	51 kg and up

Note:

1. In Our rules there are no senior and junior categories because we are providing equal opportunity for all.
2. No Belt system & Age will be followed in Kumite.

#### 3.1. Bout area:



## Article 4

### OFFICIAL UNIFORM

#### 4.1. Student Dress

There is specific uniform for competitors. They can wear only karate uniform i.e. white and white, which must be clean and decent. Competitors are not allowed to wear any jewellery or piercing of any kind.



#### 4.2. Indication belts

During a match one fighter wears a red and the other a blue belt instead of his or her own belt.  
*Comment: Alternatively, both fighters keep their belts, one wearing a red, and the other a blue belt.*

#### 4.3. Protectors (COMPULSORY)

### MANDATORY SAFETY EQUIPMENT

This is required or you will not be allowed to compete.

#### **Sports Karate Hand Gloves**

Hand Gloves is compulsory for all students when time of kumite competition (Fight). Hand Gloves should be made in rubber or sponge.

Note: Without this protection the competition will not be undertaken by any countries.



## **Sports Karate Foot Pad**

Foot Pad is compulsory for all students when time of Kumite competition (Fight). Foot Pad Gloves should be made in rubber or sponge.

Note: Without this protection the competition will not be undertaken by any countries.



## **Male and Female Groin Guard**

Groin Guard is compulsory for all students when time of kumite competition (Fight). Groin Guard protects the competitor's lower abdomen.

Note: Without this protection the competition will not be undertaken by any countries.



## **Head Guard**

Head Guard is compulsory for all students when time of Kumite competition (Fight). Head Guard protects the competitor's face. Note: Without this protection the competition will not be undertaken by any countries.



## OPTIONAL SAFETY EQUIPMENT

### Body Shield

This protection is recommended to use in all sports karate competition which protects the competitor's chest and body from dangerous attacks.

Note: In Sports Karate Rules there is no serious fighting. So, this protection is only recommended not compulsory.



#### 4.4. Nails, jewelry, glasses, hair

The fighters appear are footed. Finger- and toenails have to be cut short. During a bout it is not allowed to wear any jewelry or anything else which might harm the opponent.

Fighting with glasses is explicitly forbidden! The haircut has to enable free sight.

## Article 5

### JUDGES

#### 5.1. Members

A sports bout is only possible under the conduct of a judges consisting of:

- Announcer
- Score keeper
- Timer
- Chief-Referee
- Two Corner Referee

#### 5.2. REFEREES AND JUDGES UNIFORM

The official uniform will be as follows: A white shirt with Full Hand, Meroon tie, Plain Black trousers, black socks and black shoes for use on the match area. Female referees and judges may wear a hair bands. *Comment: Referees can wear Blazer. Not compulsory*



### 5.3 Announcer

The Announcer will announce the mark and he/she announce the competitor name or Announcer is the responsible for all announcements.

### 5.4. Score Keeper

The Score keeper sits near the announcer chair, Score Keeper will keeping eye contact with the referee the score keeper will intimate the marks to announcer the announcer will announce the score.

### 5.5. Timer

The timing of the bout starts when the Referee gives the signal to start, and stops each time the Referee calls "YAME". The timekeeper shall give signals by a clearly audible gong, or buzzer, indicating "30 seconds to go" or "time up". The "time up" signal marks the end of the bout.

### 5.6. Chief Referee

The referee moves with the fighters across the bout area, thereby keeping a good view of what is happening, but at the same time not obstructing the view of his/her assistant(s). His/her starting point is 2.5 meters from the center of the bout area, facing the AST (announcer, scorekeeper, and timer) chair.

## 5.7. Two Corner referee

In two Corner referees of the bout area. *Note: Usually, in the qualification matches the Chief - Referee is assisted by a Two Corner Referee.*

## Article 6

### DOCTOR (COMPULSORY)

The doctor or medical officer sits beside the first aid table that is placed beyond the focus of the spectators' attention. When necessary, the doctor or medical officer provides first aid and decides if and when the affected fighter can continue the fight. When so required by the referee, the doctor or medical officer also states if the impact has caused an injury or not, or finds out how grave the inflicted injury is.

### 6.1. Coach

The coach is the agent and supporter of a competitor or a team, taking care of all the preparations and registration issues. During a match, he or she stands behind his or her protégé, inside the security zone, on the side of the judges' chair. He or she has to wear sports shoes and is dressed in such a way (e.g., in a team tracksuit) that his or her function is clearly recognizable.

## Article 7

### COURSE

#### 7.1. Opening

Before the beginning of a specific category of matches - individual or team – the Announcer will call out the fighters and has them line up accordingly. After greeting, led by the Chief Referee – the contestants giving a bow to the Chief Referee, to the audience, and to each other - the fights begin. Each pair of contestants has to be called out and informed which belt to wear - "Blue" or "Red"- for the first time one fight in advance, and for the second time immediately before entering the bout area. If a fighter does not appear at the announcement, she or he has to be called out additionally twice, at intervals of 10 seconds. If a contestant fails to appear after that, he/she loses the match.

#### 7.2. Begin

After being called out, each fighter places himself or herself on the appropriate side of the bout area in the security zone. Viewed from the judges' chair, the first one called out stands on the left side and wears the white bound, while the second one stands on the right side and wears the Red bound. At the referee's signal, both fighters go to their starting positions marked in the bout area and, following the referee's signal again, bow to each other as a mutual greeting. The bout begins at the signal of the referee: "Start!" In Japanese term "Hajime".

### 7.3. Performance

During the match, both fighters try to apply the techniques favored by these rules upon each other and thus to gather as many positive action points as possible, as well as to avoid getting negative action points for the penalized activities. They have to follow orders, signals, instructions, and warnings of the referee immediately and strictly.

### 7.4. When an action – Situations

The referee stops the fight when:

- he recognizes a punishable action, e.g., such is signaled by the Two corner Referees;
- a fighter gets injured;
- the bout situation becomes dangerous or uncontrollable;
- he receives the signal for the end of match from the ATS table;
- The ATS requests him to do so.

### 7.5. Proceeding

Every time the referee commands: "Stop!" In Japanese term "Yama". Both fighters have to halt their current actions and return to their starting positions. The referee announces his evaluation and after that, gives the signal to continue with fighting, unless the match has already ended.

### 7.6. Coaching

During interruptions of the bout - between the commands "Stop!" / "Start!" or "Yama" / "Hajime"- the coach can inform his or her fighter about the score and time and gives him or her practical advice, but is not supposed to start a dialog. Neither is the coach supposed to comment on the ratings of judges or decisions of the Chief-referee. The referee can directly warn him or her for not complying with these rules and/or punish his or her contestant with negative points. In cases when there was a procedural mistake or omission, the coach may make an objection by calling: "Protest!" stretching an arm in the direction of the arbiter, approaching him or her immediately and explaining concisely the matter. After the arbiter's intervention - or rejection - further objections to the same issue are excluded, except in case of a new formal mistake or misunderstanding. *Note: The procedures being properly observed, no decision of the referee can be objected.*

### 7.7. Urgent cases

In urgent cases when a fighter needs to inform the Chief-referee about something, he or she stretches an arm in the direction of the referee, during an interruption of the match, so that the referee can see his or her open hand. Thereupon, the Chief-Referee approaches him or her and the fighter can explain the issue.

## Article 8

### FINAL ACTIVITY

#### 8.1. Kinds of end

A match ends when the regular bout time lapses or one of the fighters or in special cases both:

- do not show up (absence);
- retreat from further fighting (abdication);
- gather six (6) or more negative movement points (lower limit);
- gather in total (positive and negative points together) twelve (12) or more positive action points (upper limit);
- Are expelled from further fighting (disqualification).

#### 8.2. Continuation after the limit

When both fighters reach the upper limit of action points simultaneously, the match continues until the first difference in points appears.

#### 8.3. Extension

A match ends with a victory of one of the contestants or with a tie. If due to the competition system a tie is not applicable, the match can be extended (except when both contestants abdicated or were disqualified). The extension lasts until the first difference in points is achieved

#### 8.4. Proceeding

The end of the match is signaled by a double gong, another kind of a double sign, or/and by an exclamation "Time!" (The bout time has lapsed) or "Limit!" (Somebody has reached the upper or lower limit of points) by the chief of Referee. Upon such a signal, the referee immediately stops the bout, announces his rating for the last fighting action, and declares the end of the match and, following the acknowledgment of the final score by the chief of Referee, announces the match outcome. After that, the fighters greet each other with a slight nod and leave the bout area to their respective sides. *Note: In order to avoid misunderstandings, the winner shall report him- or herself to the jury desk as winner.*

#### 8.5. Closing

With team matches, the members of each team line up on their respective sides. After the referee's declaration of the team match outcome, following the command of the chief of protocol, they bow to the other team, to the audience, and to the jury.

## Article 9

### FAVORED ACTIONS

#### 9.1. Kinds

In a sports bout, only those karate-like fighting actions are favored that is carried out within the borderlines of the bout area as well as within the bout time, and are qualified as a strike/kick, or forcing out.

Comments:

1. No action carried out while the attacker loses balance, or lies on the ground, can be considered favored.
2. No action started later than simultaneously with the referee's command to stop, or with the signal for end of match by the jury desk, can be considered favored.
3. All the activities that aim at stopping or preventing the favored attacks, like dodging, diverting, blocking, or barring the opponent, are permitted. These permitted actions are not evaluated, regardless of their effectiveness.

## Article 10

### SCORING AREAS

Attacks are limited to the following areas:

- a) Head
- b) Face
- c) Neck (but excluding the throat)
- d) Abdomen
- e) Chest
- f) Back (but excluding the shoulders)

#### 10.1 IPPON SCORE

In scoring, it must be noted that an IPPON is worth one point.

To score an IPPON, a technique must meet the following criteria.

- a) Mawashi Geri - Roundhouse Kick (head level)
- b) Ura – Ken (Side Face Attack)

#### 10.2 WAZ-ARI SCORE

In scoring, it must be noted that an WAZ-ARI is worth half point.

To score an WAZ-ARI, a technique must meet the following criteria.

- a) Mawashi Geri (Roundhouse Kick - back side - above belt level below face level)
- b) Chudan Zuki (Middle Punch), Back Punch, Jodan Zuki (Upper Punch – Only face punch)
- c) Mae-Geri (Front Kick)
- d) Yoko Geri (Side Kick)

## Article 11

### PENALIZED ACTIONS

#### 11.1. Kinds

All undesirable actions carried out in a match, that is within the time between entering the bout area and leaving it after declaration of the match outcome, are penalized with negative action points. Here, a differentiation is to be made between forbidden techniques, tactics, and behavior.

*Comment: The conduct of all participating contestants during an entire organized contest is put under sanction.*

#### 11.2. Forbidden techniques

Forbidden are all techniques that are dangerous for the opponent, such as the attacks:

- that are evidently carried out without enough self-control;
- that demonstrate an intention to injure the opponent;
- with the fingers, head, elbow, or knee to the head, throat, neck, or spine;
- in any form to the protected areas underneath the belt;
- unsafe felling;
- all kinds of neck-, wrist-, finger, and leg-levers.

#### 11.3. Forbidden tactics

Forbidden tactics are:

- screaming without reason;
- derogatory, mocking, or threatening gesticulation;
- holding or grabbing the opponent or leaning on the opponent without a strike, kick, sweep, or throw following;
- assuming a posture unsuitable or insulting for sports fighting;
- evidently faking the sports fight.

#### 11.4. Prohibited behaviour

Forbidden behaviour during a match in the bout area is:

- a discussion with anybody, including one's own coach;
- bringing one's own outfit in order without a referee's instruction to do so;

- not following the referee's instructions;
- commenting on the bout events or the referee's decisions;
- Unsportsmanlike behaviour in general.

## Article 12 RULES OF JUDGING

### TASKS OF THE JURY

#### 12.1. Announcer

The Announcer will announce the mark and he/she announce the competitor name or Announcer is the responsible for all announcements.

#### 12.2. Score Keeper

The Score keeper sits near the announcer chair; Score Keeper will keeping eye contact with the referee the score keeper will intimate the marks to announcer the announcer will announce the score.

#### 12.3. Timer

The timing of the bout starts when the Referee gives the signal to start, and stops each time the Referee calls "YAME". The timekeeper shall give signals by a clearly audible gong, or buzzer, indicating "30 seconds to go" or "time up". The "time up" signal marks the end of the bout.

#### 12.4. Chief Referee

The referee moves with the fighters across the bout area, thereby keeping a good view of what is happening, but at the same time not obstructing the view of his/her assistant(s). His/her starting point is 2.5 meters from the center of the bout area, facing the AST (announcer, scorekeeper, timer) chair.

#### 12.5. Two Corner-referee

In two corner referees of the bout area, *Comment: Usually, in the qualification matches the Chief - Referee is assisted by a two corner Referee..*

#### 12.6. Warning

A fighter get two warnings the third warning will be the Half minus point for fourth warning will be the One Minus point. *Comment: If the forbidden deed is obviously intentional, a contestant can immediately be penalized with one or even two negative action points, or, depending on the seriousness of the incident, can even be disqualified.*

## 12.7. Disqualification - Kinds

A disqualification is declared in cases such as:

- intentionally ignoring the rules;
- continuing the forbidden activities despite the preceding negative rating;
- ill-controlled hitting of the impact control areas (upper body) or non-vital areas (shoulder blades, arms, hips, buttocks, legs) which cause such a shock to the opponent that he or she is knocked out of the fight for a while, meaning, he or she needs an unacceptably long break and/or a more intensive medical treatment;
- causing a slight injury in the touch control (head, neck, spine), or protected vital areas (low stomach, genitals, coccyx, knees, shins) because of which the opponent needs a break and/or a simple medical treatment;
- inflicting even the slightest injury in the no-touch area (larynx);
- causing a serious injury by preventing the opponent from falling securely or using an unsafe way of felling.
- gathering six negative action points.

## 12.8. Scoring value

Beside the case when the accumulated six minus points have led to disqualification, each other kind of disqualification brings six minus points as well. These six minus points have to be added to the existing total amount of positive and negative action points.

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Article 13

SIGNALIZATION  
CHIEF REFEREE HAND SIGNAL



SHOMEN – NI – REI  
(Bow to Chief Referee)



OTAGAI – NI – REI  
(Competitor Bow to each other)



HAJIME  
(Start the Match)



YAME  
(Stop the Match)



WAZARI  
(Half Point)



IPPON  
(One Point)



NO KACHI  
(Win)



TORIMASEN  
(No Point)



HIKIWAKE  
(Draw)



JOGAI  
(Out of Match Area)



SHUGO  
(Judges Called)



HANSOKU  
(Disqualification)



CHUI  
(Warning with Waza-Ari )



CHUI  
(Warning with Ippon )



AIUCHI  
(Attacks at same time)



MIENAI  
(Unable to see)

Article 14

TWO CORNER REFEREES HAND FLAG SIGNAL



WAZA-ARI  
(Half Point)



IPPON  
(One Point)



CHUI  
(Warning with Waza-Ari)



TORIMASEN  
(No Point)



HIKIWAKE  
(Draw)



JOGAI  
(Out of Bout)



CHUI  
(Warning with Ippon)



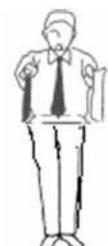
**HANSOKU**  
(Disqualification)



**AIUCHI**  
(Attacks at same time)



**MIENAI**  
(Unable to see)



**MAAI**  
(Distance is not sufficient)

## Article 15

### SCOREKEEPERS MARKS

<b>0.5</b>	<b>Waza-Ari</b>	<b>Half Point</b>
<b>1</b>	<b>Ippon</b>	<b>One Point</b>
<b>W</b>	<b>Kachi</b>	<b>Winner</b>
<b>L</b>	<b>Make</b>	<b>Loser</b>
<b>D</b>	<b>Hikiwake</b>	<b>Draw</b>
<b>WN</b>	<b>Warning 1</b>	<b>Warning with Half Point</b>
<b>WP</b>	<b>Warning 2</b>	<b>Warning with One Point</b>
<b>DQ</b>	<b>Hansoku</b>	<b>Disqualification</b>
<b>DQ</b>	<b>Shikkaku</b>	<b>Serious Disqualification</b>

## Article 16. CHAMPIONSHIPS CONDITIONS

### General

**The competition will host for 2 days (Week end program)**

**Team event will held after individual event**

**Every category only one participant can register from National Federation/State Association**

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