

# WPFG ABRIDGED RULES - KARATE -- Page 1

## GUIDING BODIES

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- Note:
1. WKF Rules current as at January 2012 apply
  2. Rule changes made by WKF the January prior to the games will be followed.

## EVENTS

### **KUMITE:**

**Men & Women's Individual Kumite** events will be offered for both **Kyu Belt** and **Black Belt** in the following weight and age categories:

**Men;** 18+, 30+, 40+ & 50+

65 kg & under  
70 kg & under  
75 kg & under  
80 kg & under  
85 kg & under  
Over 85 kg

**Women;** 18+ & 30+

55 kg & under  
60 kg & under  
Over 60 kg

**Men's & Women's Kumite Team events;** 18+ only.

Men: 5 competitors + 2 reserves; minimum of 3 to start  
Women: 3 competitors + 1 reserve; minimum of 2 to start

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### KATAS:

NOTE: The WKF recognizes the 4 main styles of Karate

All categories for **Men's & Women's Individual Katas** will be offered from 3<sup>rd</sup> **Kyu Belt** and upwards, including **Black Belt** in the following age categories:

**Men;** 18+ & 35+

**Women;** 18+ & 35+

**Men's & Women's Kata Team** events 18+ & 35+ years: 3 competitors in a team

### MEDICAL

COMPETITORS' MEDICAL REQUIREMENTS: Prior to or during Host Registration all competitors must submit a Medical Release, signed by a licensed physician and based on a physical exam conducted within six months of competition. This release may take the form of a doctor's note stating the entrant's fitness to compete in a contact sport.

### UNIFORMS

1a. Contestants must wear a white unmarked Karate Gi without stripes or piping. Only the national emblem or flag of the country may be worn. This must be on the left breast of the jacket and may not exceed an overall size of 10 sq.cm. Only the original manufacturer labels may be displayed on the Gi and in the normally accepted locations (i.e. bottom right corner of the Gi jacket and waist position on the trousers). In addition, an identifying number issued by the Organizing Committee may be worn on the back. One must wear a red belt and the other a white belt. The white and red belts must be around 5 centimeters wide and of a length sufficient to allow 15 centimeters free on each side of the knot.

1b. Notwithstanding paragraph 1a. above, the Directing Committee may authorize the display of special labels or trademarks, of approved sponsors.

2. The jacket, when tightened around the waist with the belt, must be of minimum length that covers the hips, but no longer than mid thigh. In the case of women, a plain white T-shirt may be worn beneath the Karate jacket.

3. The maximum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. Jacket sleeves may not be rolled up.

4. The trousers must be long enough to cover at least two thirds of the shin and may not be rolled up.

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5. Each contestant must keep his/her hair clean and cut to a length that does not obstruct smooth bout conduct.

Hachimaki (headband) will not be allowed. Should the Referee consider any contestant's hair too long and/or unclean, he/she may, with the Referee Council's approval, disbar the contestant from the bout. In Kumite matches hair slides are prohibited, as are metal hair grips. In Kata a discreet hair clip is permitted.

6. Contestants must have short fingernails and must not wear metallic or other objects, which might injure their opponents.

### EQUIPMENT

#### **Competitor's Equipment and Safety Requirements:**

1. Mitts and gum shields are compulsory. Boxes and soft shin pads are allowed. Shin/instep protectors are forbidden. Glasses are forbidden (soft contact lenses can be worn at the contestant's own responsibility). The wearing of unauthorized clothing or equipment is forbidden. Women may wear the authorized additional protective equipment.

2. The protective equipment must meet standard specifications.

3. The use of bandages or braces because of injury must be approved by the Referee Council, on the advice of the official doctor.

### WEIGH-IN PROCEDURES

Weighing in of the competitors shall not take place more than 24 hours prior to competition for the specific weight category.

The weigh-ins shall be conducted in a private room. The room will be available to the officials at least 15 minutes before the start of the weigh-in.

### BRACKETING

1. 1 to 5 competitors in a class/division: Round Robin, finals from results.  
6 or more competitors in a class/division: group play with draw; Double Elimination finals

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### KUMITE

#### Scoring:

1. In the absence of a SANBON score, or of a defeat caused by KIKEN, HANSOKU, or a SHIKKAKU during the bout a decision is taken on the basis of the following considerations:
  - a. Whether there have been any IPPONS or WAZA-ARI awarded.
  - b. The attitude, fighting spirit and strength demonstrated by the contestants.
  - c. The superiority of tactics and techniques.
2. In individual category where there is no score superiority, then the following procedure will be followed:
  - a. If, at the end of a bout, the 2 contestants have no score, the winning decision shall be given by HANTEI.
  - b. If, at the end of a bout, the 2 contestants have scored equally, the decision for victory shall be given by HANTEI.
  - c. If, at the end of a bout, neither contestant has established a superiority, then the decision for that bout shall be a draw ("HIKIWAKE") and ENCHO-SEN should be announced.
  - d. A penalty or warning incurred in the bout will be carried forward to the ENCHO-SEN.
3. In team competition the winning team is the one with the most bout victories.
4. If 2 teams have the same number of victories, the winner is the one whose contestants have scored the most points, taking both winning and losing fights into account.
5. If 2 teams have the same number of victories and scores, a deciding bout must be held between representatives of the two teams. In the event of a continuing tie, there is an extension ("ENCHO-SEN"). The first contestant to score IPPON or WAZA-ARI is declared the winner..
6. If there is no decision after a bout of an individual match, an extension ("ENCHO-SEN") will be fought. In the event of a tied ENCHO-SEN, the majority decision of the panel will be announced by the Referee.

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### PROHIBITED BEHAVIOR

1. The following are forbidden:

- a. Techniques which make contact with the throat.
- b. Techniques which make excessive contact, having regard to the scoring area attacked. All techniques must be controlled. Any technique, which impacts the head, face or neck and results in visible injury must be penalized, unless caused by the recipient.
- c. Attacks to the groin, joints, or instep.
- d. Attacks to the face with open hand techniques ("TEISHO" or "NUKITE").
- e. Dangerous throws which by their nature preclude or prejudice the opponent's ability to land with safety.
- f. Techniques which by their nature, cannot be controlled for the safety of the opponent.
- g. Direct attacks to arms or legs.
- h. Repeated exits from the competition area (JOGAI), or movements, which waste too much time. JOGAI relates to a situation where a contestant's body or part thereof touches the floor outside of the competition area. An exception is when the contestant is actually pushed or thrown from the competition area by his/her opponent.
- i. Wrestling, pushing or seizing without an immediate technique.
- j. MUBOBI relates to a situation where one, or both contestants display a lack of regard for his/her, or their own safety.
- k. Feigning of injury in order to gain advantage.
- l. Any discourteous behavior from a member of an official delegation can earn the disqualification of the offender or the entire team delegation from the tournament.

### PENALTIES

1. The following scale of penalties shall operate:

**ATENAI YONI:** (Warning) May be imposed for attended minor infractions or for the first instance of a minor infraction

**KEIKOKU:** This is a penalty in which WAZA-ARI is added to the opponent's score. KEIKOKU is imposed for minor infractions for which a warning has previously been given in that bout, or for infractions not sufficiently serious to merit HANSOKU-CHUI.

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HANSOKU-CHUI: This is a penalty in which IPPON is added to the opponent's score. HANSOKU-CHUI is usually imposed for infractions for which a KEIKOKU has previously been given in that bout.

HANSOKU: This is imposed following a very serious infraction. It results in the opponent's score being raised to SANBON. HANSOKU is also invoked when the number of HANSOKU-CHUIS and KEIKOKUS imposed raise the opponent's score to SANBON.

SHIKKAKU: This is a disqualification from the actual tournament, competition, or match. The opponent's score is raised to SANBON. In order to define the limit of SHIKKAKU, the Referee Council must be consulted. SHIKKAKU may be invoked. When a contestant commits an act which harms the prestige and honor of Karate-do and when other actions are considered to violate the rules of the tournament.

### Match Duration:

1. All matches will be 3 minutes for men, 2 minutes for women, in duration. The clock is stopped during the award of a point or three points.
  - a) Time will be stopped when a competitor is injured.
  - b) Time will be stopped when the Chief Official, says "Yame."
2. The time starts when the referee gives the signal to start.
3. If at the end of a match or in the event of a tie score competitors shall have a 30-second rest period and then shall continue fighting for an indefinite time until the first point is scored and that will denote the winner of the match.

### Ring Courtesy:

1. All competitors are expected to exhibit appropriate courtesy to officials, fellow competitors and spectators.
2. Competitors will bow into and out of the ring prior to and after competition.
3. Competitors will bow to ring official and fellow competitor at direction of ring official prior to and after competition.

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### INJURIES

1. KIKEN or forfeiture is the decision given when a contestant or contestants are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not ascribable to the opponent's actions.
2. If 2 contestants injure each other at the same time or are suffering from the effects of previously incurred injury and are declared by the tournament doctor to be unable to continue, the bout is awarded to the contestant who has amassed the most points at that time. If the points score is equal, then a decision (HANTEI) will decide the outcome of the bout.
3. An injured contestant who has been declared unfit to fight by the tournament doctor cannot fight again in that competition.
4. An injured contestant who wins a bout through disqualification due to injury is not allowed to fight again in the competition without permission from the doctor. If he/she is injured, he/she may win a second bout by disqualification but is immediately withdrawn from further Kumite competition in that tournament.
5. When a contestant is injured, the Referee shall at once halt the bout and call the doctor. The doctor is authorized to diagnose and treat injury only.
6. Any competitor who falls, is thrown, or knocked down, and does not fully regain his or her feet within 10 seconds, is considered unfit to continue fighting and will be automatically withdrawn from the tournament.

DISPUTES: Disputes will be handled by judges and Karate Coordinator. If the dispute cannot be resolved, competitors may protest the disputed decision to WPFGF who will make the final decision.

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### THE TERMINOLOGY

SHOBU SANBON HAJIME	Start the Bout	Referee stands on his/her line.
SHOBU HAJIME	Start the extended bout	Referee stands on his/her line.
ATOSHI BARAKU	A little more time left.	An audible signal will be given by the time keeper 30 seconds before the actual end of the bout.
YAME	Stop	Interruption, or end of the bout. The Referee chops downwards with his/her hand. The time-keeper stops the clock.
MOTO NO ICHI	Original position	Contestants, Referee and Judge return to their respective standing lines.
TSUZUKETE	Fight on.	Resumption of fighting ordered when unauthorized interruptions occur.
TSUZUKETE HAJIME	Resume fighting - Begin!	Referee standing upon his/her line, steps back into Zenkutsu - Dachi and brings the palms of his/her hands towards each other.
SHUGO	Judges called	The Referee beckons with his/her arms to the Judges.
HANTEI	Judgment	Referee calls for judgment by blowing his/her whistle and the Judges render their decision by flag signal.
HIKIWAKE	Draw	Referee crosses arms over chest, then uncrosses and holds arms out from the body with the palms showing upwards.
TORIMASEN	Unacceptable as scoring techniques	As Hikiwake, but culminating with the palms facing downwards towards body.
ENCHO-SEN	Extension	Referee reopens match with command "Shobu Hajime!".
AIUCHI	Simultaneous Scoring Technique	No point awarded to either contestant. Referee brings fists together in front of the chest.
AKA (SHIRO) NO KACHI	Red (White) wins	The Referee obliquely raises his/her arm on the side of the winner.
AKA (SHIRO) IPPON	Red (White) Scores Ippon	As above.
AKA (SHIRO) WAZA-ARI	Red (White) Scores Waza-Ari Penalty.	The Referee extends downward 45 degrees with his/her arm on the side of the scorer.

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ATENAI YONI	Warning without penalty.	The Referee raises one hand in a fist with the other hand covering it at chest level and shows it to the offender.
KEIKOKU	Warning with Waza-Ari penalty in Sanbon Shobu.	Referee points with his/her index finger to the feet of the offender at an angle of 45 degrees.
HANSOKU-CHUI	Warning with an Ippon Penalty.	The Referee points with his/her index finger to the abdomen of the offender parallel to the floor.
HANSOKU	Foul	The Referee points with his/her index finger to the face of the offender at a 45 degree angle and announces a victory for the opponent.
JOGAI	Exit from fighting Area.	The Referee points with his/her index finger at a 45 degree angle to the area boundary on the side of the offender.
JOGAI-KEIKOKU	Second exit from fighting area.	Waza-Ari penalty is given to the opponent.
JOGAI HANSOKU CHUI	Third exit from fighting area.	Referee uses two hand signals with announcement "Aka (or Shiro) Jogai Hansoku Chui. He/she first points with his/her index finger to the match boundary on the side of the offender, then to the offender's abdomen.
JOGAI-HANSOKU	Fourth and final exit from the fighting area.	Fourth exit from the fighting area. Referee announces victory to the opponent. Aka (Shiro) Nokachi.
SHIKKAKU	Disqualification	Referee uses two hand signals with the announcement "Aka (Shiro) - Shikkaku". He/she first points with his/her index finger to the offender's face then obliquely above and behind him/her. The Referee will announce with the appropriate gesture as previously given "Shiro (Aka) No Kachi!"
KIKEN	Renunciation	The Referee points with his/her index finger towards the contestant.
MUBOBI	Warning for lack of regard for ones own safety	Referee points one index finger in the air at a 60 degree angle on the side of the offender.
MUBOBI-KEIKOKU	Warning with Waza-Ari penalty.	Referee uses two hand signals with announcement Aka (or Shiro) -

		Mubobi-Keikoku. He/she first points with his/her index finger 60 degree angle on the side of the offender, then to the offender's feet.
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**KATAS (Forms)**

SCORING

The Kata competition is organized into 3 rounds. The first round selects 16 contestants, the second round selects 8 contestants and the third round selects the winner and final placing.

CRITERIA FOR DECISION

1. In assessing the performance of a contestant or team, the following criteria must be adopted:
  - a. The Kata must be performed with competence and must demonstrate a clear understanding of the principles it contains.
  - b. The Kata performance must have demonstrated correct focus of attention ("CHAKUGAN"), use of power, good balance and proper breathing.
  - c. The performance should also be evaluated with a view to discerning other points.
2. A contestant is disqualified if he/she interrupts or varies the Kata, or he/she performs a Kata different from that drawn or announced. If the performance is brought to a halt, or the Kata is varied, the contestant(s) will be disqualified.
3. In team competition the competitors must perform their Kata with all 3 team members facing in the same direction toward the Chief Judge in the performance area.
4. In the final of the Team Competition each team must perform bunkai of the kata.

**Team Kata:**

All those ingredients inherent in the criteria for Individual Kata apply, see WKF Rules, as per January 2012, with some additional requirements for the Team Kata.

The Kata nevertheless must not alter in rhythm or timing for the sake of synchronization. It must demonstrate the correct dynamics of Kata as if performed by an individual.

No external cues, (e.g. audible breathing) should be given during the Kata as an aid to synchronization.

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A mistake in synchronization of Team Kata requires the same numerical deductions as in a technical mistake in individual Kata. This means for example, the movements must initiate in unison as well as end in unison

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1b. Notwithstanding paragraph 1a.above, the Directing Committee may authorize the display of special labels or trademarks, of approved sponsors.

2. The jacket, when tightened around the waist with the belt, must be of minimum length that covers the hips, but no longer than mid thigh. In the case of women, a plain white T-shirt may be worn beneath the Karate jacket.

3. The maximum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. Jacket sleeves may not be rolled up.

4. The trousers must be long enough to cover at least two thirds of the shin and may not be rolled up.

5. Each contestant must keep his hair clean and cut to a length that does not obstruct smooth bout conduct.

Hachimaki (head band) will not be allowed. Should the Referee consider any contestant's hair too long and/or unclean, he may, with the Referee Council's approval, disbar the contestant from the bout. A discreet hair clip is permitted.

### EQUIPMENT

Competitor's Equipment and Safety Requirements:

1. All competitors SHALL supply their own safety equipment, to include groin cup, mouth piece, hand/foot gear and chest protector.
2. All women competitors shall provide a chest protector and mouth piece.
3. Additionally All Competitors shall supply two (2) sets of hand, leg and foot protectors (1 blue & 1 red) which are mandatory.

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### GENERAL RULES for Hyungs Weapons (if conducted)

1. Each participant must be properly attired in a traditional uniform.
2. Competitors forgetting their forms during their performances will automatically be disqualified.
3. In the event of a tie score the competitors will be asked to repeat their Kata. In the event of a second tie they must perform another Kata.