



# ASHIHARA KARATE COMPETITION RULES

Kancho

Hidenori Ashihara

Date: 2016.5.11

## Contents

1. <i>New International Karate Organization (N.I.K.O.) as governing body</i> .....	3
<b>PART 1– KUMITE Regulations</b>	
2. <i>Organization of the KUMITE competition</i> .....	4
3. <i>KUMITE Competition officials – rights and responsibilities</i> .....	4
4. <i>Official outfit</i> .....	8
5. <i>Fighting surface</i> .....	10
6. <i>The score</i> .....	12
7. <i>Allowed techniques</i> .....	14
8. <i>Prohibited behavior</i> .....	15
9. <i>Penalty system</i> .....	17
10. <i>Decision criteria</i> .....	19
<b>PART 2– KATA Regulations</b>	
11. <i>Organization of KATA competition</i> .....	20
12. <i>KATA Competition officials – rights and responsibilities</i> .....	21
13. <i>Operations of matches</i> .....	23
14. <i>Evaluation criteria</i> .....	24
15. <i>KATA Tournament divisions</i> .....	26
<b>PART 3– General Regulations</b>	
16. <i>Minimum number of competitors (KUMITE &amp; KATA)</i> .....	27
17. <i>Competition format</i> .....	27
18. <i>Official appeal</i> .....	29
19. <i>Damage and injury during the competition</i> .....	29
20. <i>Video Proof</i> .....	30
Appendix 1 - <i>Duration of the fight</i> .....	31
Appendix 2 – <i>Weight and Age categories</i> .....	32
Appendix 3 – <i>Weight Scale Decision Criteria</i> .....	33
Appendix 4 - <i>Protective equipment</i> .....	34
Appendix 5 - <i>Referee's Signals</i> .....	36
Appendix 6 – <i>KATA list</i> .....	43

## 1. New International Karate Organization (N.I.K.O.) as governing body

1.1. N.I.K.O. (New International Karate Organization Ashihara Kaikan) is the original organization governing Ashihara Karate worldwide and has the roots in the karate style created by Sendai Kancho Hideyuki Ashihara, and is currently under the leadership of his son: Kancho Hidenori Ashihara.

1.2. The official branches in different countries, belonging to N.I.K.O recognized the value to participate and develop Ashihara Karate tournaments in the spirit of fair play, in various countries.

1.3. The ultimate goal of organizing these tournaments is to develop Ashihara Karate and promote the cultural exchange between branches and countries, in a spirit of kindness and respect.

1.4. The purpose of the Ashihara Karate competition rules is to promote a safe environment where we can introduce, standardize and develop the Ashihara Sabaki techniques. ("SABAKI" is a generic term of the Ashihara Karate techniques, one of the most rational karate styles)

1.5. The competitors, coaches, referees and officials, will participate in the Ashihara Karate tournaments with the understanding of the present regulations and agree to obey and respect it at all times.

1.6 All competitors and officials taking part in the Ashihara Karate tournaments must be N.I.K.O. members, with a valid N.I.K.O. membership card.

1.6. Violation of the present regulations will be discussed by the Organizing Committee and/or the Referees Committee in an organized event, sanctioned by N.I.K.O.

# PART 1 – KUMITE Regulations

## 2. Organization of the KUMITE competition

### 2.1. Competitors

2.1.1. All competitors taking part in the tournament must be declared physically fit for contact sports (for the period the tournament is held), by relevant medical authority in the participants country. The responsibility of these medical tests belongs to the sports federations in each participating country.

2.1.2. The affiliation to N.I.K.O includes the acceptance of the World Anti-Doping Code and assumes all the national federations and their members must respect the rules imposed by the *World Anti-Doping Agency*.

2.1.3. All competitors must have sports accident medical insurance. The responsibility for this insurance belongs to the national federations they represent.

2.1.4. A male competitor cannot be registered and/or participate in any female divisions/weight categories. Same way, a female competitor cannot be registered and/or participate in any divisions/weight categories reserved for males.

2.1.5. The official age categories accepted in the Kumite matches are:

-14 years *	-16 years	-18 years	+18 years	+35 years
Cadet	Junior II	Junior I	Senior	Veteran

#### \*NOTE:

The tournament organizer must announce in a timely manner if the Cadet Category takes place or not.

### 2.2. Referees

2.2.1. In order to be part of the referee panel, all referees must have an official NIKO referee certificate.

2.2.2. Each country (branch/club) should make an effort to certify and contribute with referees.

2.2.3. The central referee of a Kumite or Kata bout must not have the nationality (or club) of either of the participants.

2.2.4. Between the four assistant referees, only one referee can be from the same country (or club) as any one of the two competitors.

## 3. KUMITE Competition officials – rights and responsibilities

### 3.1. Organizing Committee

3.1.1. The purpose of the Organizing Committee is to notice, lead and organize the tournament in optimal and professional conditions as well as supervising the tournament development.

3.1.2. The Organizing Committee is the only board to certify the tournament results and publish them.

3.1.3. The Organizing Committee will establish corrective measures and propose them to N.I.K.O. as well as to the national federations.

### 3.2. Referee Commission

3.2.1. The Referee Commission is the only board who can decide the number of referees, required for a proper and professional tournament development.

3.2.2. The number of fighting surfaces as well as number of referees will be decided in relation with the number of registered competitors.

3.2.3. The Referee Commission will decide and name a Chief Referee, who will represent their interest during the tournament.

### 3.3. Chief Referee (SHINPAN SHO)

The rights and responsibilities of the Chief Referee are:

3.3.1. To prepare each phase of the competition in collaboration with the Organizing Committee, in regards to the disposal of the fighting surface, the provision and use of all necessary equipment and facilities, the efficiency and supervision of the matches, safety measures, etc.

3.3.2. To name and allocate the officials responsible with controlling the fighting surface (Centre Referees) and to act or take measures according to what has been stipulated in the reports of the Officials responsible with controlling the fighting surface.

3.3.3. To supervise and coordinate the officials responsible with the arbitration of matches.

3.3.4. To name substitutes for officials where this is required.

3.3.5. Giving the final decision in technical problems which may appear during a match and for which there are no provisions in the regulation.

### 3.4. The Fighting Surface Referee Team

3.4.1. The Fighting Surface Referee Team will consist of the following:

- 1 Coordinator Referee (KANSA)
- 1 Centre Referee (SHUSHIN)
- 4 Four Assistant Referees (FUKUSHIN)

3.4.2. Additionally, in order to facilitate the efficiency of the matches' performance, the following officials are required at each official table (on per each fighting surface):

- **Timekeeper**
- **Secretary**
- **Score supervisor**
- **Announcer**
- **Video Camera**

### 3.5. Coordinator Referee (KANSA)

The rights and responsibilities of the Coordinator Referee are:

3.5.1. Supervision of Centre Referee and Assistant Referees for all the matches developed on the surface they control.

3.5.2. The supervision of the Centre Referee and Second Referees on the surface which is part of their competence and the insurance of the capacity of these officials to complete their tasks.

3.5.3. To order the Centre Referee to stop the match when the Coordinator Referee observes a breaking of the current regulations.

3.5.4. To instruct the Centre Referee and Second Referees to remediate the situation.

3.5.5. If the Centre and/or Assistant Referees have subjective decisions, KANSA has the right to give them a warning.

3.5.6. He has the right to eliminate any Centre and/or Assistant Referees, who were previously warned of having subjective decisions.

3.5.7. He is responsible to find replacements for any referee he eliminates.

3.5.8. He is responsible to maintain the same referees (1 Centre and 4 Assistant) for the same round, with the exception of the case, when he needs to eliminate any referees for making subjective decisions.

3.5.9. He is responsible for a fair and objective decision, on the competition surface he controls.

3.5.10. He must prepare a written report for all referees on the competition surface he controls.

3.5.11. He must know the current regulations.

### **3.6. Centre Referee (SHUSHIN)**

The rights and responsibilities of the Centre Referee are:

3.6.1. The Centre Referee will have the right to lead the matches including to announce the starting, the adjournment and the end of the match.

3.6.2. To give points.

3.6.3. To explain to the Official responsible with controlling the fighting surface, to the Referees Board or Commission of Appeal, if necessary, the reason for which they made a decision.

3.6.4. To impose penalties and to issue warnings before, during or after the fight.

3.6.5. To consult and act according to the opinion of Assistant Referees.

3.6.6. To announce the overtime rounds.

3.6.7. To lead the vote of Referees Commission (HANTEI) and to announce the result of the match.

3.6.8. To announce the winner.

3.6.9. The authority of the Centre Referee is not restricted to the fighting surface but also the perimeter close to this area.

3.6.10. The Centre Referee will give all orders and will make all the announcements.

3.6.11. He must respect the Coordinator Referee's decision, if he is being replaced from the competition surface.

3.6.12. He must know the current regulations.

### **3.7. Assistant Referees (FUKUSHIN)**

The rights and responsibilities of the Assistant Referees are:

3.7.1. To assist the Centre Referee through signals made with the help of the flags (white-SHIRO and red-AKA).

3.7.2. To carry out the election right in making a decision by HANTEI.

3.7.3. Assistant Referees must observe attentively the competitors' actions and to signal the Central Referee an opinion in the following cases:

- a. When they observe a scoring technique.
- b. When a competitor made a prohibited action or technique.
- c. When they observe the injury of any competitor.
- d. When one or both competitors are out of the fighting area (JOGAI)
- e. In other cases when it is considered necessary to draw the attention of the Centre Referee.

3.7.4. He must respect the Coordinator Referee's decision, if he is being replaced from the competition surface.

3.7.5. He must know the current regulations.

### 3.8. Timekeeper

The timekeeper is responsible for accurate timekeeping according to the duration of the fight.

### 3.9. Secretary

The secretary will keep the score evidence and fill out the score sheets.

### 3.10. Score supervisors

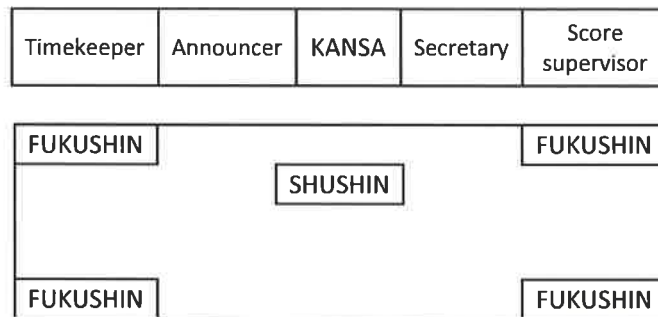
The scoring supervisors will keep a separate evidence of the punctuation given by the Centre Referee and at the same time will supervise the actions of the officials responsible with the timing and scoring.

### 3.11. Announcer

The Announcer's role is to announce the competitors getting ready on their fighting surface, and the competitors for the following fight.

### 3.12. Referees and officials placement

The placement of each official, on the kumite competition surface:



## 4. Official outfit

### 4.1. General rules

4.1.1. All participants (competitors, coaches, referees, officials, stewards) must wear the official outfit, as defined herein.

4.1.2. All participants (competitors, coaches, referees, officials, stewards) must wear the official numbers and badges offered by the tournament organizers.

4.1.3. The Referee Commission may disqualify any official or competitor who does not comply with this regulation.

### 4.2. Competitors

4.2.1. The competitors must wear white uniforms, only with the original Ashihara Karate symbols.

4.2.2. National flag or symbol can be present on the right side sleeve or chest. The maximum accepted size is 10x10 cm on the sleeve and 10x6 cm on the chest.

4.2.3. The identification tournament number must be present on the back of the uniform, right below the name of the style, ASHIHARA KARATE. The maximum accepted size is 35x25 cm

4.2.4. Outside of the items mentioned in 4.2.2 and 4.2.3, the only labels permitted on the uniforms are the original labels of the uniform manufacturer.

4.2.5. The Organizing Committee may authorize the posting of some special labels or trademarks of the approved sponsors. These placement and size of these labels is described below:

<i>Placement on the uniform's jacket</i>	<i>Size</i>
Top of shoulders	20 x 7 cm
Upper side of the back	30 x 13 cm
Lower side of the back	40 x 18 cm

4.2.6. No labels are allowed on the uniform's trousers.

4.2.7. In order to place special labels and/or sponsor's trademarks, the Organizing Committee approval is required. The Referee panel has the right to disqualify any competitor who does not comply.

4.2.8. During the fighting (Kumite) bout, the competitor's colored belts (according to their Kyu or Dan ranks) must be replaced with a white belt for one competitor and a red belt for the other one. The reason for this measure is to provide easy and clear identification for the referees.

4.2.9. The belts will have a width of maximum 5 centimeters and a sufficient length to leave free a 15 centimeters part on each side of the bow.

4.2.10. When the jacket is tied around the waist with the belt, it must have a minimum length so that it covers the hips, but it does not have to exceed three quarters from the hip's length. The female competitors may wear a simple, white shirt under the jacket of the karate uniform.

4.2.11. The maximum length of the jacket's sleeves must not exceed the hand's wrist and it cannot be shorter than half of the forearm. The rolling of the jacket's sleeves is not permitted.

4.2.12. The trousers must be long enough so that they can cover at least two thirds of the tibia and must not exceed the ankle's joint. Rolling of the trousers is not allowed.

4.2.13. The competitors must have clean hair and cut appropriately so that it wouldn't deter from the good evolution of the fight. Wearing head bandanas is not allowed. If the Centre Referee considers that one of the competitor's hair is long and/or dirty, he can disqualify the competitor from that fight.

4.2.14. In Kumite matches, metallic barrettes, ornaments and jewelry are prohibited.



4.2.15. The competitors must have short nails and are not allowed to wear metallic objects or of other kind which might cause injuries to their opponents. The use of metallic braces must be approved by the central Referee and by the official doctor. The competitor assumes his responsibility for any harm.

4.2.16. Wearing glasses is not allowed.

4.2.17. Wearing of bandages is not allowed unless approved by the coordinator referee.

### 4.3. Referees and officials

4.3.1. All referees (coordinator, centre, assistant), as well as the tournament officials must wear the official uniform as decided by the referee committee.

4.3.2. The official uniform must be worn for the whole period of the tournament, as well as during the referee courses, evaluation and formation, before the competition.

4.3.3. Below are the details about the official uniform:

- a. Black trousers, without cuff
- b. Short sleeved white shirt
- c. Dark red tie (with the Ashihara Logo)
- d. Black shoes in order to be used outside of the cushion area
- e. Dark blue or black socks
- f. Dark blue or black jacket

4.3.4. If any male or female referee has long hair, they must have it in a ponytail, tied at the back.

### 4.4. Coaches

4.4.1. All coaches must wear a sport outfit for the whole duration of the tournament. The sports outfit may be as follows:

- g. Polo or T-shirt & Sport jacket
- h. Sport trousers
- i. Sport shoes

4.4.2. The business outfit (jacket and tie) must not be worn by coaches, on the fighting surface area.

4.4.3. Competitors who are accompanied by a coach in the appropriate outfit (as described in 4.4.1), might be disqualified.

**The purpose of these guidelines is to obtain uniformity and the same look.**

## 5. Fighting surface

5.1. The surface must be plane and out of any danger.

5.2. The fighting surface will consist of a square made of mats, of 8 meters side (externally measured), with an additional safety surface on the width of 2 meters around. There will also be on each side a free safety surface of 2 meters.

Additional requirements for is the fighting area is arisen:

- The purpose is to provide additional safety, and avoid falling from it.
- The surface can be arisen with maximum 1 meter from the floor level.
- The arisen platform must have the side of at least 12 meters in order to include both the fighting surface and the safety surfaces.

5.3. At a distance of 2 meters from the Centre of the fighting surface it must be run a half meter line which marks the position of the Centre referee.

5.4. Furthermore, 2 parallel lines one meter long will be run perpendicular to the Centre Referee line, at a distance of a meter and a half from the center of the fighting surface which marks the position of the competitors.

5.5. Assistant Referees will be positioned in the safety area, in each corner of the fighting surface. Each of them will be equipped with a white flag and a red one.

5.6. The coordinator referee will sit at or in front of the small table, very close to the safety surface behind the left side of the Centre referee. This one will be equipped with a red flag or a red sign and a whistle.

5.7. The score supervisor will sit at the official table, between the official responsible with the score and the one responsible with the timekeeping.

### **NOTES:**

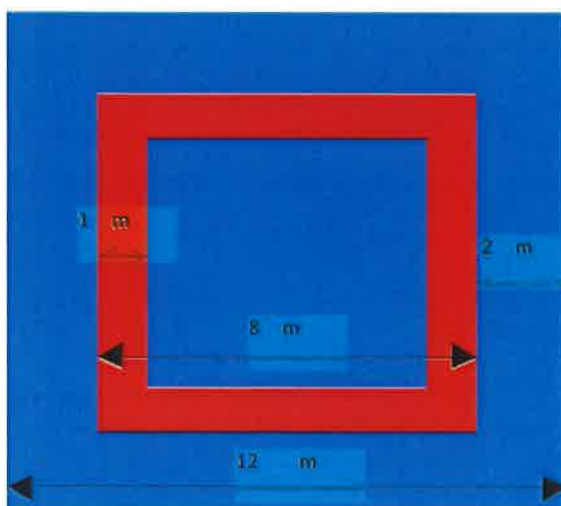
[1] 1 meter around the fighting surface, there must not be any sponsors billboards, walls and/or prop pillars.

[2] The fighting area surface mats must be adherent with the surface floor, and have a low friction on the top site, where the competitors make contact.

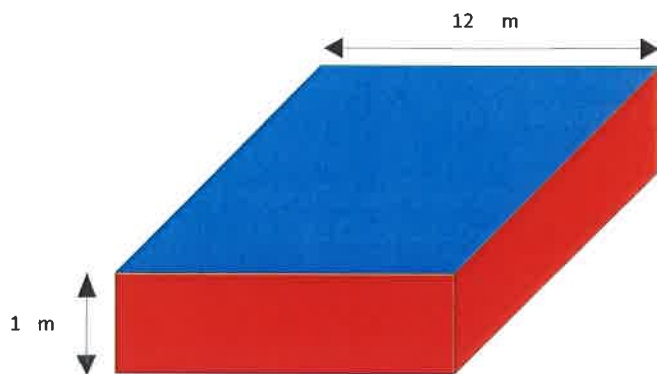
[3] The mats should be specific to Karate. Judo mats should be avoided, since they might reduce the competitor mobility and movement.

[4] The Centre referee must assure the mats don't move around during the tournament, since the empty spaces between the mats may cause serious injuries.

### **Fighting area overview:**



**Arisen fighting area overview:**



## 6. The score

YUKO	WAZA ARI	IPPON
1 Point	2 Points	4 Points

1 YUKO = 1 Point

2 YUKO = 2 Points, and is equivalent with WAZA ARI

1 WAZA ARI = 2 points

2 WAZA ARI = 4 Points, and it is equivalent with IPPON

4 YUKO = 4 Points, and it is equivalent with IPPON

### 6.1. IPPON (4 points) will be granted in the following situations:

6.1.1. When the competitor cannot continue the fight after 5 seconds or more due to the allowed techniques (applied).

6.1.2. When the fight is stopped, it is the Centre referee's attribution to make a decision due to the fact that the competitor can or cannot continue the fight.

6.1.3. Accumulating two WAZA ARI is equivalent with IPPON.

6.1.4. Accumulating four YUKO is equivalent with IPPON.

6.1.5. Accumulating 4 points (IPPON) will immediately end the bout.

### 6.2. WAZA ARI (2 points) will be granted in the following situations:

6.2.1. When one of the competitors is knocked down using the allowed techniques and is capable to continue the fight in the first 5 seconds.

6.2.2. When one of the competitors is **controlled** and **scored**, after allowed SABAKI and/or NAGE techniques have been applied.

- **Controlled** means a throwing or cutting technique, after which the opponent is brought to the ground.
- **Scored** means a hand strike at the upper body level (excepting the face), on an unprotected (not covered by the hands for protection) area. The scoring technique must be applied without contact, approximately 2 to 5 cm from the opponent's body. The scoring technique must be performed once, and with hikite and balance.
- **WAZA ARI** (2 points) will only be awarded if the control techniques are followed by a scoring technique.

If the competitor executing a technique loses his balance during or after the throwing or cutting techniques, there will be no points awarded.

If both competitors end up on the ground, no points will be awarded.

6.2.3. Accumulating two YUKO is equivalent with WAZA ARI.

### 6.3. YUKO (1 point) will be granted in the following situations:

6.3.1. When one of the competitors is controlled **without being** scored, after allowed SABAKI, NAGE or CUTTING techniques have been applied.

## 6.4. Points will be granted in the following situations:

### 1 point:

- When one competitor is penalized with CHUI ICHI, his opponent will be awarded 1 point.
- When one of the competitors refuses to continue the fight (KICKEN).
- When the competitors have equal amount of points and the victory is decided by the referees decision (HANTEI).
- When the victory is decided at the weight scale.

### 2 points:

- When one competitor is penalized with CHUI NI, his opponent will be awarded 2 points.
- When a CHUI SAN penalty is being preceded by a CHUI NI. This penalty (CHUI SAN) will automatically imply the end of the bout.

### 3 points:

- When one competitor is penalized with CHUI SAN, his opponent will be awarded 3 points.
- This penalty (CHUI SAN) will automatically imply the end of the bout.

### 4 points:

- When one of the competitors is penalized straight with HANSOKU.
- This penalty (HANSOKU) will automatically imply the end of the bout.

### **NOTES:**

- *IPPON will immediately end the bout*
- *2 WAZA ARI are equivalent with IPPON and will immediately end the bout.*
- *2 YUKO are equivalent with WAZA ARI.*
- *A difference of four points will immediately end the bout.*

## 7. Allowed techniques

### 7.1 Kicking techniques against the following body parts:

- a. Head (excluding the back of the head), Face, Neck (excluding the tracheal area)
- b. Abdomen, Chest, lateral side of the Bust (ribs), Back (excluding the spine area)
- c. Legs (excluding the knee joint)
- d. Arms (excluding joints)

**Please note the kicking restrictions, for Cadet and Junior divisions, described in 8.1.1!**

### 7.2 Punching techniques against the following body parts:

- a. Abdomen, Chest, lateral side of the Bust (ribs), Back (excluding the spine area), Arms and Legs.

**Please note the following new rules (7.2 b, c, d) apply ONLY for the SENIOR (+18Years) New Style Division:**

- b. Punches to the head (protected by a space helmet) are allowed.
- c. **ONLY** up to **3 consecutive punches** to the head level are allowed in a single combination.  
(After a 3rd consecutive punch to the head level, a kicking technique or body punch must follow.)  
(The 4<sup>th</sup> consecutive punch to the head level will be treated as penalty.)
- d. Punches mean any striking techniques using only the fist, and **NOT** the forearm, elbow or shoulder.

### 7.3 The grabbing techniques

- a. The grab (hold) with only one arm, followed by the striking, kicking, throwing and cutting techniques **must not last more than 3 seconds**.
- b. The grab with a MAWASHI UKE technique (both arms grabbing only one side of the opponent), followed by the kicking, throwing and cutting techniques **must not last more than 3 seconds**.

### 7.4 The grabbing and hitting techniques

- a. The hold on the head is only allowed with one arm, followed by **only ONE** hitting technique.
- b. **Only ONE** kicking technique is allowed at the head level, when grabbing (holding).

**Please note the rules (7.4 c, d) apply ONLY for the SENIOR (+18Years) New Style Division:**

- c. **Only ONE** punching technique is allowed at the head level, when grabbing (holding).
- d. While grabbing (holding), combining 1 punching + 1 kicking technique at the head level is allowed.

### 7.5 The grabbing and throwing techniques

- a. After any hold/grab (as defined in 7.3, 7.4), it is allowed to bring the opponent to the ground and score with a valid and controlled technique.
- b. Throwing techniques defined by Ashihara Karate: MAKI KOMI NAGE, URA NAGE, CUTTING, HIKITAOSHI.

7.6 An efficient technique performed simultaneously with the end of fight signal, is considered valid.

7.7 The scoring of efficient techniques performed simultaneously by both competitors (AIUCHI) will not be scored.

#### **NOTE:**

**In the SENIOR (+18Years) New Style Division, head punches are allowed, using space helmet and gloves.**

## 8. Prohibited behavior

### 8.1. Category 1- Prohibited Techniques

- a. Techniques that are in contact with the neck (tracheal area);
- b. Attacks in the inguinal, spine, wrists areas (knee joint), or stepping (stomping) on the foot.
- c. Attacks on the face using arm techniques; (excluding the Senior Division)
- d. Elbow strikes to the head level are prohibited for all divisions.
- e. Dangerous or prohibited throwing techniques (over the hip);
- f. Head butts;
- g. Holding with both hands (by both sides) of the head, neck and both shoulders (except MAWASHI UKE), as well as holding one arm and the leg on the opposite side.
- h. Holding a leg with both arms.
- i. Any throwing technique over the hip;
- j. Pushing or holding the opponent without trying to perform a technique or an allowed throw (because of fear);
- k. Pushing the opponent with the intention of taking him outside of the fighting surface;
- l. Attacks making contact to an opponent who is on the floor;
- m. Touching the face is prohibited during the backward throw URA NAGE;
- n. The uncontrolled MAWASHI UKE performance that could lead to the opponent's injury and shaking (hitting the opponent's back of the head while performing the hold);
- o. All attacks targeting the opponent's joints by striking or locking.
- p. All the other techniques considered inappropriate by the referees.

#### **Contact to the Head Level Area for the following divisions:**

##### **CADET Division**

- The knee strikes and frontal leg kicks to the head are prohibited!
- All the other leg techniques are allowed as light contact (the one who receives the hit must be able to keep his balance). If not, the attacker will be penalized (it is considered that the hit was uncontrolled).

##### **JUNIORS (I & II) Division**

- The knee strikes to the head are prohibited!
- All the other leg hits are allowed as light contact (the one who receives the hit must be able to keep his balance). If not, the attacker will be penalized (it is considered that the hit was uncontrolled).

##### **SENIOR Division**

- Only up to 3 consecutive punches are allowed to the head level.
- After a 3rd consecutive punch to the head level, a kicking technique or body punch must follow.
- The 4<sup>th</sup> consecutive punch to the head level will be considered a penalty!
- Elbow, forearm and shoulder strikes are prohibited!

## 8.2. Category 2- Unethical attitude (lack of fair play)

- Simulation or exaggeration of an injury;
- Jeopardizing himself by having a behavior that exposes the competitor to being injured by the opponent or not taking the self-protection adequate measures (MUBOBI);
- Avoiding the fight as a means to stop the opponent from scoring;
- Dialogue with the opponent, offending him, not observing the indications of the central referee, defiant behavior towards the referees, or any other breaches of the protocol
- A technique performed after a fight suspension or stop will not be scored. In this case the attacker might also receive a penalty.
- Any other behavior seen as inappropriate by the referees

### NOTE:

In case of breaching the regulations of the categories 1 and 2 (prohibited techniques and attitude), the competitor must be warned and penalized and in more serious cases, the competitor might be disqualified. The disqualified fighters must be immediately eliminated from the match.

## 8.3. Category 3- Stepping outside of the fighting surface (JOGAI)

JOGAI represents the situation when both legs of any of the opponents touch the floor outside of the fighting area. If a fighter leaves the fighting surface in order to avoid the fight, he will be warned on the first offence and penalized on the following offence



## 9. Penalty system

**WARNING** → This is a verbal warning for a minor and/or unintentional offence. There is no point deduction.

**PENALTY** → This means a point deduction will be made. The penalty is the next step after a warning.

The main point is the order of warning and penalties and the fact there is a progression in the order a competitor will be sanctioned, starting with a warning (DAME) and then continuing with a penalty (CHUI).

The order is as follows: **Dame → CHUI-ICHI → CHUI-NI → CHUI-SAN (Disqualification)**

For a minor and unintentional mistake, the first step is to issue a warning, and then, if they repeat the same mistake, it will transform into a penalty (CHUI ICHI, CHUI NI, and so on) as per the table below:

DAME	CHUI-ICHI	CHUI-NI	CHUI-SAN
0 Points	1 Point	2 Points	Disqualification

The progression of penalties is only for minor and repetitive offences. (Prolonged grabbing, unintentional strikes, etc)

If a major offence takes place, a CHUI NI or even CHUI SAN can be awarded right away.

9.1. **DAME** (warning) can be imposed for attempts of minor breaches, or first minor offence.

- Dame can be received at any one of the 3 categories of prohibited technique and behavior.
- Dame can be received only one time in any of the prohibited behavior categories.
- The second time an offence is committed, this must be a penalty.
- Dame doesn't imply any penalty and/or point deduction for the opponent, it is just a warning.

9.2. **CHUI-ICHI** is imposed for minor breaches for which a warning was previously given during that fight, or for breaches that were not serious enough to impose a CHUI NI.

- CHUI-ICHI can be received at any one of the 3 categories of prohibited behaviors.
- CHUI-ICHI can be received only once.
- A subsequent penalty of equal gravity automatically becomes CHUI NI.
- CHUI-ICHI penalty means "1 point" is added to the opponent's score.

9.3. **CHUI-NI** is usually imposed for breaches for which a CHUI ICHI has already been imposed during the fight, although it may be imposed directly for serious breaches, for which a HANSOKU. (CHUI SAN) is not appropriate.

- CHUI-NI can be received at any one of the 3 categories of prohibited behaviors.
- CHUI-NI can be received only.
- CHUI-NI is a penalty by which "2 points" are added right away to the opponent score.

9.4. **CHUI-SAN** is imposed after a very serious breach or when a CHUI NI has already been given. Its result is the disqualification.

- CHUI-SAN can be received only once.
- CHUI-SAN is a penalty by which "3 points" are added right away to the opponent score.
- CHUI-SAN means the opponent's disqualification from the current fight.

9.5. **HANSOKU** it is imposed after an extremely serious breach at category 1 or 2 of the prohibited behaviors.

- HANSOKU penalty means "4 points" are added to the opponent's score.
- HANSOKU means the opponent's disqualification from the current fight.

9.6. **SHIKKAKU** is a disqualification from the tournament, and current match. In order to define the application limit for SHIKKAKU, the Referees College shall be consulted.

- SHIKKAKU can be invoked when a competitor does not observe the indications of the central referee, acts with hatred or performs an action that reflects on the prestige and honor of Karate, or when other actions are considered as breaching the rules and spirit of the competition.
- SHIKKAKU means the opponent's disqualification from the current fight and also tournament.
- SHIKKAKU can have long term consequences, depending of N.I.K.O. and/or national federations decisions.

## 10. Decision criteria

The winning decision criteria can be one of the following:

- **Points** (highest amount of points wins, with a total of 4 points ending the fight)
- **Decision** (HANTEI) (in case of equal amount of points)
- **Disqualification** (HANSOKU, SHIKKAKU or KIKEN)

10.1. The result of a fight is established when a competitor has 4 points (IPPON) or at the end of the fight has the highest score (highest number of points), obtaining a decision (HANTEI), or by HANSOKU, SHIKKAKU or KIKEN, imposed on the opponent.

10.2. When a fight ends with a draw or without any point scored, the Centre Referee will announce a draw situation: HIKIWAKE.

10.3. In case of a draw situation:

a. During the qualification rounds, fighters will proceed to the weight scale decision\*. If a weight difference is not established, the fight will continue for 1 minute overtime. At the end of the overtime minute, the one who has the most points shall be declared winner. If none of the competitors receives points, will follow according to 10.4

\* For the weight scale decision criteria, please see APPENDIX 3

b. During the semifinals and finals, the fight will continue for 1 minute overtime. If none of the competitors receives any points at the end of the 1st overtime minute, (or have scored an equal amount of points), the fight will continue with the 2nd overtime minute.

c. At the end of the 2nd overtime minute, the one who has the most points shall be declared winner. If none of the competitors receives any points, or have scored an equal amount of points, we will follow according to 10.4.

10.4. In case of a draw situation, the decision shall be taken by the final vote of the central Referee and the four second Referees (HANTEI). A decision in favor of one of the competitors is mandatory and is made based on the following criteria:

- Technical superiority (accuracy, initiation of most of the actions).
- State of mind (attitude)
- Physical state (speed, resistance, strength)

# PART 2 – KATA Regulations

## 11. Organization of KATA competition

- All competitors must be NIKO members with a valid membership card.
- The following two competitions forms are accepted in the kata tournament: Individual and Teams.
- An individual competitor is 1 member.
- A team consists of 3 members.
- A kata will be performed twice, to demonstrate SABAKI and fight control, which is unique to ASHIHARA KARATE:
  - 1<sup>st</sup> time: as an individual performance
  - 2<sup>nd</sup> time: Sabaki no Kata, with attacking partner(s), to demonstrate the meaning of the kata.
- Competitors (both Individual and teams) must perform a different kata in each round.
- Once performed, a kata cannot be repeated.
- The number of kata required is depended on the number of individual competitors or teams entered as shown in the following table:

<b>Competitors or Teams</b>	<b>Kata Required</b>
65-128	7
33-64	6
17-32	5
9-16	4
5-8	3
4	2

**NOTE:** As an example, if there are 32 competitors in a division, the number of kata a competitor needs to perform for being declared the winner of that division is 5 different kata.

- Only kata from Ashihara Karate may be performed.
- For the World Tournament, HONBU will choose **7** different KATA from the list below:

Shoshin 1	Shoshin 2	Shoshin 3	Nage 3
Kihon 1	Kihon 2	Kihon 3	Nage 4
Nage 1	Nage 2	Kumite 3	Kumite 4
Kumite 1	Kumite 2	Jissen 1	Kumite 5
			Jissen 2

- There is a maximum amount of time allowed for the entire kata performance, including individual Kata and Sabaki No Kata combined. The maximum execution time specific for each type of kata is specified in chapter 14.6.

## 12. KATA Competition officials – rights and responsibilities

The following definitions will remain unchanged, as previously defined:

- Organizing Committee (as defined in the chapter 3)
- Referee Commission (as defined in the chapter 3)
- Chief Referee (Shinpan Sho) (as defined in the chapter 3)
- Official outfit (as define in chapter 4)

The competition surface referee team must consist of the following:

- 1 Coordinator Referee (KANSA)
- 1 Centre Referee (SHUSHIN)
- 4 Assistant Referees (FUKUSHIN).

Additionally, each Kata competition surface must have the following:

- Timekeeper
- Secretary
- Score supervisor
- Announcer
- Video camera (to record all performances)

### **NOTES:**

1. All referees must be certified by NIKO, by attending an official referee seminar.
2. All accredited referees must participate to the technical meeting, organized a day before the KATA tournament.
3. This is necessary in order to provide professional judgment and understand the evaluation criteria.

### **12.1. Coordinator Referee (KANSA)**

The rights and responsibilities for the Coordinator Referee are described below:

- 12.1.1. To supervise the Centre and Assistant Referees for the competition surface he is responsible for.
- 12.1.2. To supervise the Centre and Assistant Referees competency and objective judgment.
- 12.1.3. If the Centre and/or Assistant Referees have subjective decisions, KANSA has the right to give them a warning.
- 12.1.4. He has the right to eliminate any Centre and/or Assistant Referees, who were previously warned and still have subjective decisions and/or don't respect the evaluation criteria (as defined in chapter 14).
- 12.1.5. He is responsible to find replacements for any referee he eliminates.
- 12.1.6. He is responsible to maintain the same referees (1 Centre and 4 Assistant) for the same round, with the exception of the case, when he needs to eliminate any referees for making subjective decisions.
- 12.1.7. He is responsible for a fair and objective decision, on the competition surface he controls.
- 12.1.8. He must prepare a written report for all referees on the competition surface he controls.
- 12.1.9. He must know the current regulations.

### **12.2. Centre Referee (SHUSHIN)**

The rights and responsibilities for the Centre Referee are described below:

- 12.2.1. He is responsible to invite the competitors inside the competition surface.
- 12.2.2. He is responsible for the optimal course of the matches, without any wasted time.
- 12.2.3. He must know the current regulations.
- 12.2.4. He must evaluate each competitor and make an objective decision, as defined in chapter 14.
- 12.2.5. He is responsible to ask for the decision, after either competitors (or teams) performed their kata.
- 12.2.6. He is responsible to announce the decision, after counting all the votes (including his own).
- 12.2.7. He must respect the Coordinator Referee's decision, if he is being replaced from the competition surface.

### 12.3. Assistant Referee (FUKUSHIN)

The rights and responsibilities for the Assistant Referee are described below:

12.3.1. He must know the current regulations.

12.3.2. He must evaluate each competitor and make an objective decision, as defined in chapter 14.

12.3.3. He is responsible to present his decision without hesitation, once the Centre Referee asks for it.

12.3.4. He must respect the Coordinator Referee's decision, if he is being replaced from the competition surface.

#### **NOTES:**

[1] Each referee has one vote. There are 5 votes in total (1 Centre Referee + 4 Assistant Referees).

[2] The Centre and Assistant referee's votes are equal.

[3] The competitor who receives the majority of the votes will be declared the winner.

### 12.4. Timekeeper

- He is responsible to keep the time and make it visible for the announcer.
- The time starts with the first bow, before the individual performance and stops with the last bow, after the kata demonstration with an attacking partner(s).

### 12.5. Secretary

- He is responsible to keep the evidence and write down the following:
- The result of each match.
- The warnings issued by KANSA to the Centre and/or Assistant Referees, for subjective decisions
- The Referees eliminated by KANSA for subjective decisions, or any other reasons.

### 12.6. Score supervisor

- He is responsible to supervise the following officials: Timekeeper and Secretary.
- He is responsible to signal if one competitor wants to perform a kata already executed in a previous round.

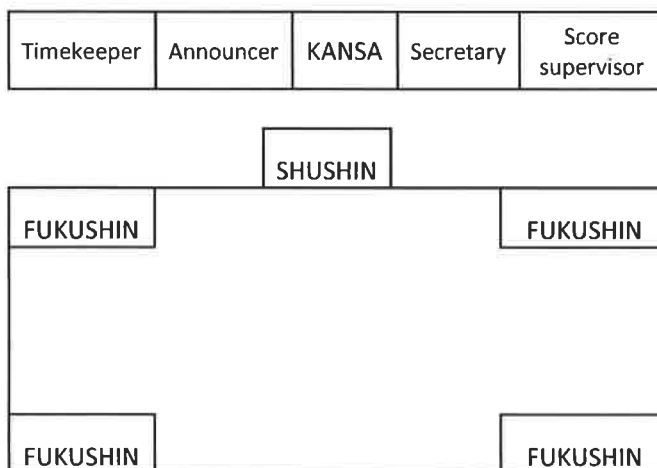
### 12.7. Announcer

He is responsible to announce the following:

- Name and country for each competitor (or team).
- Total amount of time of each performance (this is the time measured by the timekeeper).
- To announce the final decision, and the winner of the match.

### 12.8. Referees and official placement

Here is the placement of each official, on the Kata competition surface:



### 13. Operations of matches

- One competitor must wear a WHITE ribbon (SHIRO), and the other one must have a RED ribbon (AKA) at the back of their belt, to be easily identified by the referees. There is no need to remove their rank belts.
- For the Teams competitions, only one member will wear the colored ribbon at the back of the belt. (The team member who has the role of UKE will be wearing the colored ribbon.)
- Once their names are announced, all competitors (or teams) will step inside of the competition surface and line up facing the Centre Referee. They will first bow to the Centre Referee, and then bow to each other.
- AKA will bow and step out of the competition area, waiting for SHIRO's performance.
- After a bow, SHIRO starts his execution.

#### **Performance of the kata for the INDIVIDUAL competition**

- Every kata must be performed twice.
- 1st time: as an individual performance.
- 2nd time: Sabaki no Kata, with an attacking partner, to demonstrate the meaning of the kata.
- Each individual competitor must have an attacking partner (TORI).
- TORI must know the attacks, according to the kata chosen for that round.

#### **Performance of the kata for the TEAM competitions**

- Every kata must be performed twice.
  - 1st time: as a team performance, all members executing the kata in the same time.
  - 2nd time: Sabaki no Kata, with attacking partner(s), to demonstrate the meaning of the kata.
  - Only 1 competitor will perform the second time as UKE, the other 2 will become TORI.
  - All team members must participate in the 2<sup>nd</sup> performance
  - In a team of 3 competitors, 1 member will have the role of UKE, and the other 2 will be TORI.
  - Only if a team member gets injured during the competition, he (she) can be replaced with different TORI.
  - TORI(s) must know the attacks, according to the kata chosen for that round.
- Once SHIRO finishes his (her) performance (1st individual and 2nd with partner), will bow towards the Centre Referee and step outside of the competition surface.
  - AKA steps in the middle of the competitions surface and after a bow, he (she) starts the execution of the kata.
  - After AKA has finished his (her) performance, SHIRO comes back to the competition surface and they both wait for the Referee's decision.
  - The Centre Referee (SHUSHIN) will ask for the decision: HANTEI ONEGAISHIMASU!

- At his (SHUSHIN) whistle signal, all 5 referees must simultaneously indicate their decision, raising either the White (SHIRO) or Red (AKA) flag.
- The decision must be for SHIRO or AKA. A draw decision is not allowed.
- The competitor (team) with the majority of the votes is declared winner and will advance in the next round.
- The Centre Referee (SHUSHIN) counts the votes and declares the winner.
- Both competitors bow to the Centre Referee and to each other and then step outside of the competition area.

## 14. Evaluation criteria

- **The performance of a KATA must adhere to the traditional values and principles, as created by Sendai Kancho Hideyuki Ashihara.**
- **Kata must be a realistic representation of the fighting techniques, demonstrating strength, speed, rhythm, balance, as well as a perfect fight control, during the sabaki performance.**

The following major evaluation criteria elements will be used to evaluate a kata performance.

### 14.1. Conformance with Ashihara Kata

All the moves have to correspond to the actual moves from the kata chosen to be performed.

### 14.2. Demonstration of the kata with an attacking partner

Fight control, when kata is being performed with an attacking partner.

- Injuring the attacking partner because of lack of control, will be considered a mistake.
- If the attacking partner has exaggerated or non-realistic moves, this will also be considered a mistake.

### 14.3. Technical performance

- a. Basic techniques
- b. Focus (Kime)
- c. Strength / Speed / Balance
- d. Rhythm
- e. Synchronization (only for the Team event)

All of the 3 criteria (14.1, 14.2, and 14.3) are to be given equal importance in the evaluation of the kata performance!

Evaluation of a kata performance starts from the first bow, before the 1st individual performance and ends with the last bow, after the 2<sup>nd</sup> execution with an attacking partner(s).

### 14.5 Advantages

The following advantages must be taken into consideration by the Referees, when awarding the winning decision:

- Performing the correct movements, corresponding to the kata chosen for the current round.
- Proper fight control, when demonstrating the kata with an attacking partner.



- Performing realistic fighting moves, with an attacking partner, without injuring the partner (TORI).
- Proper and correct basic techniques.

## 14.6 Mistakes

The following mistakes must be taken into consideration by all Referees, when awarding the final decision:

- Performing the wrong move, not corresponding with the kata chosen.
- Lack of synchronization during the team event.
- Lack of fight control and injuring the attacker, during the demonstration with an attacking partner.
- Non-realistic and exaggerated moves from the attacking partner, during the demonstration with a partner.
- Executing the wrong attack by TORI.
- Losing the balance during the individual and/or the demonstration with an attacking partner.
- Using any kind of signals (visual and/or audio) in order to help the synchronization between team members.
- Exceeding the maximum allowed time for performing the kata(entire kata performance, including demonstration with a partner), as defined below:

Category I	Category II	Category III	Category IV
1 min 10 sec	1 min 20 sec	1 min 30 sec	1 min 40 sec
Shoshin 1	Shoshin 2	Shoshin 3	Nage 3
Kihon 1	Kihon 2	Kihon 3	Nage 4
Nage 1	Nage 2	Kumite 3	Kumite 4
Kumite 1	Kumite 2	Jissen 1	Kumite 5
			Jissen 2

## 14.7 Reasons for disqualification

An individual competitor and/or team can be disqualified for the following reasons:

- Verbal and/or physical interference with any one of the referees (KANSA/SHUSHIN/FUKUSHIN).
- Physical contact with the Centre (SHUSHIN) and/or Assistant (FUKUSHIN) referees.
- Not respecting the referee(s) instructions and any other discipline abuse.

## 15. KATA Tournament divisions

### Individual:

Cadet Individual	Junior Individual	Senior Individual
-14 Male	-18 Male	+18 Male
-14 Female	-18 Female	+18 Female

Name	Age
CADETS	-14 YEARS
JUNIORS	-18 YEARS
SENIORS	+18 YEARS

### NOTES:

- [1] The only criteria for placing the competitors in a division are their age and gender.
- [2] The attacking partner (TORI) can be male or female.
- [3] For example a female competitor can have a male attacking partner (TORI).
- [4] The attacking partner (TORI) can be from any division.

### Teams:

Cadet Team	Junior Team	Senior Team
-14 Years	-18 Years	+18 Years

Name	Age
CADETS	-14 YEARS
JUNIORS	-18 YEARS
SENIORS	+18 YEARS

### NOTES:

- [1] For the team competition, only teams of 3 members are allowed.
- [2] There is no difference between male, female or mixed teams.  
All teams will compete in a specific division, according their age.
- [3] It is allowed to have a mixed gender team. The teams will compete in a division, according to their age.
- [4] A team consists of 3 members.
- [5] All 3 team members must be in the same age category.

# PART 3 – General Regulations

## 16. Minimum number of competitors (KUMITE & KATA)

The World Tournament represents the image of ASHIHARA KARATE and it is the highest level of competition in NIKO.

For this reason, each country/branch must select only the best competitors to represent their country/branch. These competitors could be the winners of the national championships from each country.

This way we will guarantee the highest level possible for the World Tournament, as well as a limited time necessary for the kata competition.

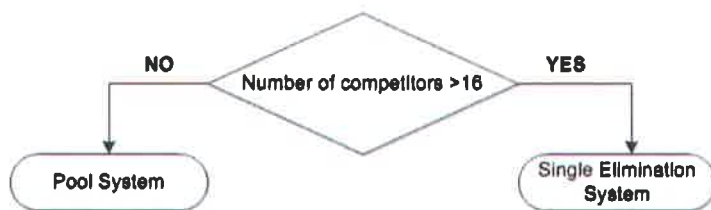
The minimum number of competitors in any category/division for either Kumite or Kata MUST be 8. In case a category/division has less than 8 competitors, two adjacent categories/divisions will be mixed together, in order to have at least 8 competitors.

## 17. Competition format

### 17.1 KUMITE competition format

The KUMITE competition format can be either a **single elimination** or a **pool system**. The number of competitors enrolled in each division will determine the competition format.

In case the number of competitors is **more than 16**, a single elimination tournament will be organized. In case the number of competitors is **less than 16**, the pool system will be used.



### 17.2 KATA competition format

Regardless of the number of competitors, the KATA competition format is a **single elimination** tournament. This single elimination format is for both the Individual and Team event.

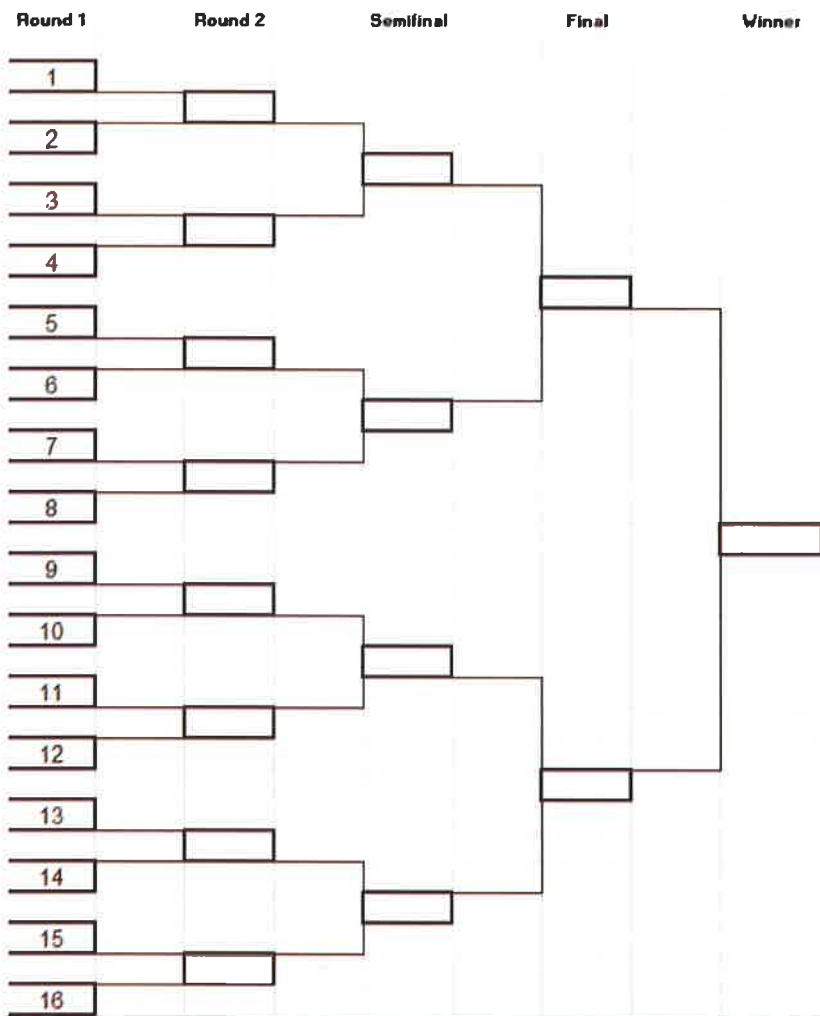
### 17.3 Single elimination system

The Organizing Committee is responsible for the tournament draw. The following guidelines must be respected, during the tournament draw:

- Competitors from the same country or branch will not compete against each other in the first round.
- The competitor's names are extracted from the pool, and placed on the tournament draw.
- If two competitors (teams) from the same country/branch are extracted from the pool, one of them will be placed in the opposite side of the tournament draw.
- The winners of the previous world tournaments will be placed on opposite sides of the tournament draw.

In a case of fewer competitors than the ideal number (16/32/64), some will have a « bye » in the first round. The « bye » will be decided by extracting the name of the competitors from the pool. Any competitor (or team) must have an equal chance to have a bye in the first round.

Here is an example of a tournament draw for 16 competitors (teams).  
 In the same way a tournament draw will be created for 32 or 64 competitors (teams).  
 The example of the tournament draw is for one division.



## 17.4 Pool system

The pool system means the competitors will be placed in pools and then compete against all the others from the same pool.

For example:

- If a pool has 4 competitors, each one will have to compete 3 times.
- If a pool has 3 competitors, each one will have to compete 2 times.

At the end of all the matches in each group, the winners of the group will be decided based on number of wins and secondly in case of an equal number of wins, by points:

- If winning by decision, without scoring any points → 1 point will be awarded for the winner of the match.
- If winning by points → the points will be added to the competitor's final score.

The goal of the pools is to allow the Organizing Committee to establish the competitors who will take part in the finals. The pool matches final score will establish which competitors will advance for the finals.

## 18. Official appeal

18.1. No one can protest against a decision in front of the Referees' Commission.

18.2. If an arbitration procedure goes against the rules, the President of the Organization/Federation or the official representative is the only person that can protest.

18.3. The protest can have the shape of a written report presented immediately after the fight that generated the protest. (The only exception is the case in which the protest refers to an administrative irregularity. The official responsible with the fight area verification shall immediately notify the administrative irregularity that has been observed).

18.4. The appeal shall be submitted in a short time (5-10 minutes after the match) by a representative of the Appeal Commission. In due course, the Appeal Commission shall analyze the circumstances that lead to the appealed decision. Taking into consideration the exposed facts, it will write a report and shall be authorized to act as a consequence.

18.5. Any appeal referring to the regulations application must be performed according to the complaints procedure. This shall be submitted in writing and signed by the official representative of the team or competitor.

18.6. The Appeal Commission is composed of one of the representatives of the Referees College, Technical Commission and Medical Commission.

### **Explanation:**

Within the appeal, the names of the competitors, the Referees Commission and precise details about the appeal, shall be mentioned. The general complaints referring to the general standards shall not be accepted as legitimate. Proving the validity of the protest is the responsibility of the claimant.

The appeal will be analyzed by the Appeal Commission and as part of this analysis, the Commission shall study the samples presented in order to support the appeal. The Appeal Commission may analyze video images and may interview Officials, in order to objectively examine the protest validity.

If the protest is considered valid by the Appeal Commission, the appropriate action shall be performed. In addition, all necessary measures in order to avoid the production of such a situation in the future competitions shall be taken.

The further matches and fights shall not be delayed, even if an official protest is prepared. The coordinator referee is responsible for ensuring the development in good conditions of the match according to the Competition Rules.

In case of an administrative irregularity during a match, the Coach can directly notify the Official responsible for verifying the fight surface. Instead, the Official responsible for the fight surface verification shall notify the central Referee.

## 19. Damage and injury during the competition

19.1. KIKEN or defeat is the decision given when one or several competitors do not appear when they are called, cannot continue, abandon the fight or are withdrawn as a result of the central Referee decision. The abandon reasons may include the injury that is not provoked by the opponent action.

19.2. If two competitors hurt each other, or suffer from the effects of the previous injuries and the competition doctor declares that they cannot continue the fight, the competitor that gathered the most points up to that moment, is declared winner. In the individual matches, if the score is equal, then the result of the fight shall be decided by voting (HANTEI).

19.3. An injured competitor that is declared unfit to fight by the competition doctor (sports doctor), cannot continue within the competition.

19.4. An injured competitor that wins a fight because of the opponent disqualification for injury cannot fight within the same competition without the doctor's permission.

19.5. When a competitor is injured, the central Referee shall immediately stop the fight and call the doctor. The doctor is authorized only for diagnosing and treating of injuries.

19.6. A competitor injured during an ongoing fight and who requires medical care shall receive three minutes to be attended. If the treatment is not concluded during the given time, the central Referee shall decide if the competitor is not able to continue or the attendance time shall be extended

## 20. Video Proof

Each competition surface (for either Kumite or Kata), must have a video camera recording the action.

When there is a controversial situation, the Coordinator Referee (Kansa) has the right to ask for the Video Proof, and have a decision based on the replay from the camera.

A competitor and/or coach have no right to ask for the video proof. This right is exclusively for KANSA.

## Appendix 1 - Duration of the fight

AGE	SEX	Preliminaries (minutes)	Semi-finals and finals (minutes)
- 14 years Cadet	Male	2 → scale → 1 → final decision	2 → 1 → 1 → final decision
	Female	2 → scale → 1 → final decision	2 → 1 → 1 → final decision
- 16 years Junior II	Male	2 → scale → 1 → final decision	2 → 1 → 1 → final decision
	Female	2 → scale → 1 → final decision	2 → 1 → 1 → final decision
- 18 years Junior I	Male	3 → scale → 1 → final decision	3 → 1 → 1 → final decision
	Female	2 → scale → 1 → final decision	2 → 1 → 1 → final decision
+ 18 years Senior	Male	3 → scale → 1 → final decision	3 → 1 → 1 → final decision
	Female	2 → scale → 1 → final decision	2 → 1 → 1 → final decision
+ 35 years Veteran	Male	2 → scale → 1 → final decision	2 → 1 → 1 → final decision
	Female	2 → scale → 1 → final decision	2 → 1 → 1 → final decision

(3 = Three minutes / 2 = Two minutes / 1 = One minute)

- The timing of a fight starts when the central Referee gives signal „HAJIME” and stops every time when he shouts stop „YAME”.
- The time responsible shall announce by sound signals using a gong or a whistle, indicating that "30 seconds of fighting are left" or "the fighting time expired".
- The "fighting time expired" marks the end of the fight.

### NOTES:

1. No competitor can be replaced by another during a match.
2. The competitors that do not appear in 2 minutes after they were called, shall be disqualified (KIKEN) from that category.
3. The break for every competitor between matches will be of minimum 10 minutes of recovery time.

## Appendix 2 – Weight and Age categories

### I. Age Categories:

-14 years	-16 years	-18 years	+18 years	+35 years
Cadet	Junior II	Junior I	Senior	Veteran

### II. Weight Categories Senior:

AGE	GENDER	WEIGHT				
(+18 Years) SENIOR	Male	-60 KG	-70 KG	-80 KG	-90 KG	+ 90 KG
	Female	-55 KG	-65 KG	+65 KG		

### III. Weight Categories Cadet/Juniors:

AGE	GENDER	WEIGHT				
(-14 Years) CADET	Male	-40 KG	-50 KG	-60 KG	+60 KG	
	Female	-45 KG	+45 KG			
(-16 Years) JUNIOR II	Male	-55 KG	-60 KG	-65 KG	+65 KG	
	Female	-55 KG	+55 KG			
(-18 Years) JUNIOR I	Male	-55 KG	-65 KG	-75 KG	-85 KG	+85 KG
	Female	-55 KG	-60 KG	+60 KG		

### IV. Weight Categories VETERANS:

AGE	GENDER	WEIGHT	
(+35 Years) Veterans	Male	-80KG	+80KG
	Female	-65KG	+65KG



## Appendix 3 – Weight Scale Decision Criteria

- If a competitor is over the weight category limit and also there is a 5 KG\* weight difference, the lighter competitor will be declared winner.
- For the heavyweight division (+90 KG), the difference must be 10 KG.
- The weight scale criteria are **ONLY** used in the preliminary matches.

### Examples:









- If both competitors are still in the weight category, the weight scale is not a criteria for decision.
- If one competitor weights 61KG and the other 69KG, there is no winner at the weight scale.
- If in the Welter Weight division\*, both competitors are less than 70 KG, the scale will not decide the winner.
- If in the Welter Weight division\* a competitor weights 68 KG and his opponent weights 73 KG or more, the lightest competitors is declared winner.

### NOTES:

- The Welter weight division was used as an example.
- Same principle will be applied to all the other divisions.
- The exception is the Heavy weight, where the difference must be 10 KG

## Appendix 4 - Protective equipment

The protective equipment required for each division is outlined in the table below:

Age	Name	Gender	Gloves	Shin pads	Groin protector	Head gear	Mouth piece	Female chest protector
-14 years	Cadet	Boys						
		Girls						
-16 years	Junior II	Boys						
		Girls						
-18 years	Junior I	Boys						
		Girls						
+ 18 years	Senior	Men						
		Women						
+ 18 years New Style	Senior	Men						
+35 years	Veteran	Men						
		Women						

Approved protectors (Space helmet & gloves) for the **SENIOR** Division:



## Appendix 5 - Referee's Signals

### A. Centre Referee (SHUSHIN) Signals



DOZO



SHOMEN NI REI

SHUSHIN NI REI

OTAGNI NI REI



KAMAETE

HAJIME

YAME



**TORIMASEN**



**YUKO**



**WAZARI**



**IPPON**



**DAME**

**JOGAI**



**CHUI-ICHI**



**HIKIWAKE**



**CHUI-NI**



**CHUI-SAN**



**KICKEN**



**SHIKAKU**



**HANTEI**



**NO KACHI**

**B. Assistant Referee (FUKUSHIN) Signals**



**BASE POSITION**



**HIKIWAKE**



**MIENAI**





**TORIMASEN**



**YUKO**



**WAZARI**



**IPPON**



**JOGAI**

**PENALTY**

**MAJOR PENALTY**



**HANTEI**

**NO KACHI**

## Appendix 6 – KATA list

Below, please find the KATA chosen for the **2016 World Championship**:

<b>Individual divisions</b>	<b>Final</b>	<b>Semi-final</b>	<b>Quarterfinal</b>	<b>Elimination A</b>	<b>Elimination B</b>	<b>Elimination C</b>	<b>Elimination D</b>
-14 Male	Kumite 5	Nage 3	Kumite 4	Kumite 3	Shoshin 3	Kihon 3	Kumite 2
-14 Female	Kumite 5	Nage 3	Kumite 4	Kumite 3	Shoshin 3	Kihon 3	Kumite 2
-18 Male	Kumite 5	Nage 3	Kumite 4	Kumite 3	Shoshin 3	Kihon 3	Kumite 2
-18 Female	Kumite 5	Nage 3	Kumite 4	Kumite 3	Shoshin 3	Kihon 3	Kumite 2
+18 Male	Kumite 5	Nage 3	Kumite 4	Kumite 3	Shoshin 3	Kihon 3	Kumite 2
+18 Female	Kumite 5	Nage 3	Kumite 4	Kumite 3	Shoshin 3	Kihon 3	Kumite 2

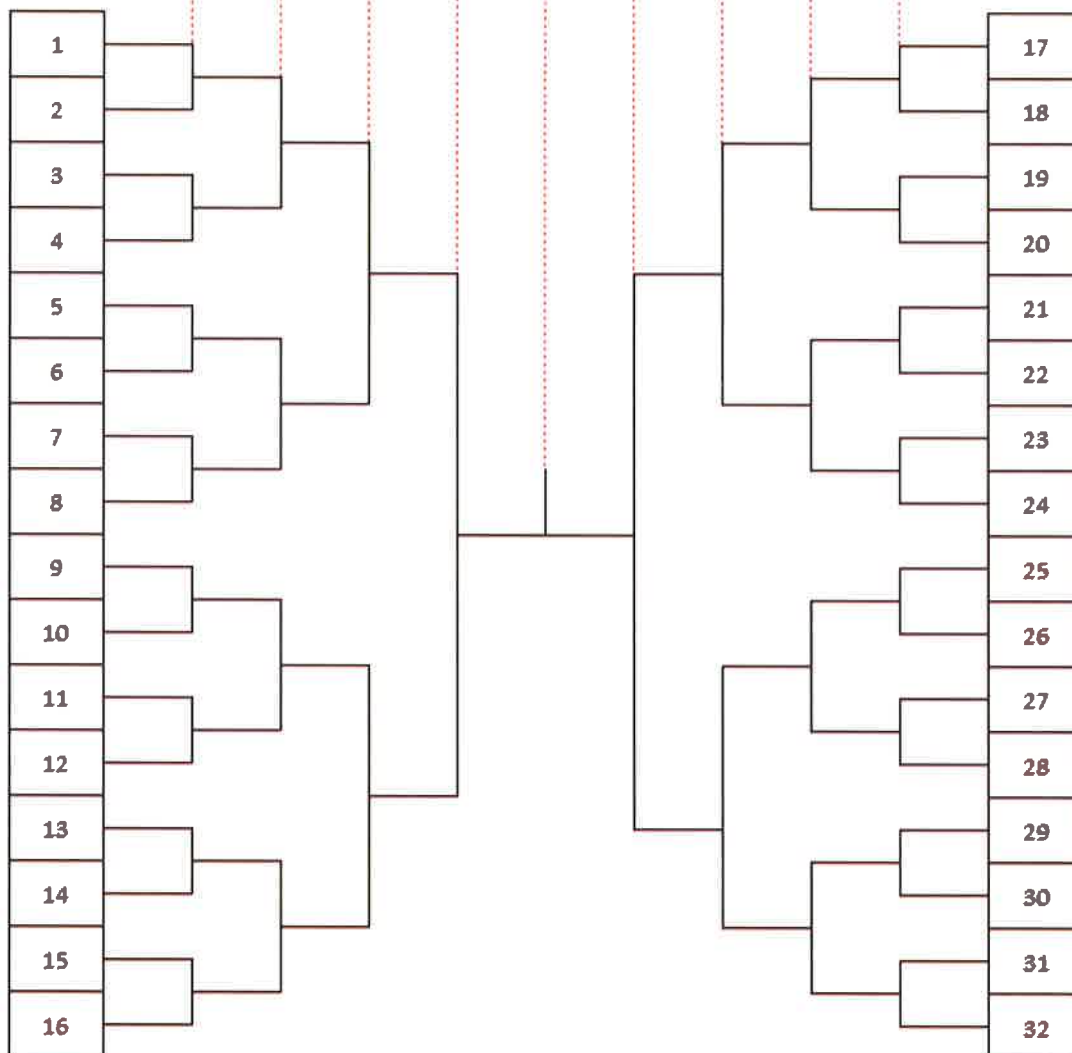
<b>Teams divisions</b>	<b>Final</b>	<b>Semi-final</b>	<b>Quarterfinal</b>	<b>Elimination A</b>	<b>Elimination B</b>	<b>Elimination C</b>	<b>Elimination D</b>
-14 Cadets	Nage 4	Jissen 2	Kumite 5	Kihon 3	Jissen 1	Nage 3	Kumite 3
-18 Juniors	Nage 4	Jissen 2	Kumite 5	Kihon 3	Jissen 1	Nage 3	Kumite 3
+18 Seniors	Nage 4	Jissen 2	Kumite 5	Kihon 3	Jissen 1	Nage 3	Kumite 3

### **NOTES:**

- The elimination rounds (A, B, C, D) are designed for up to 128 competitors in each division.
- Depending of the number of competitors (or teams), it is possible to have less elimination rounds.
- If there are 32 competitors in one division, 2 elimination rounds will be necessary (A and B)
- If there are 16 competitors in one division, 1 elimination round (A) is required.
- The examples below will provide guidance for different cases: 128, 32 or 55 competitors.

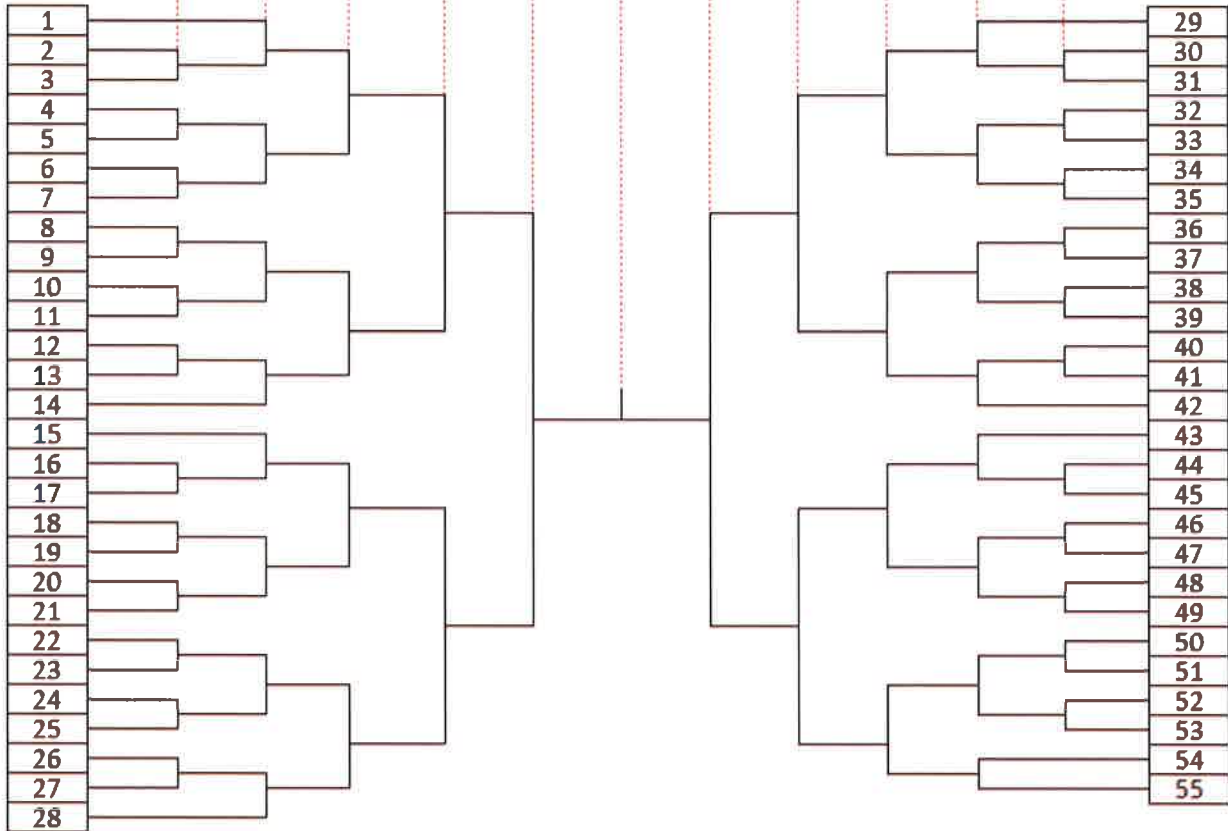
**Example 1: 32 competitors (2 elimination rounds)**

Elimination B	Elimination A	Quarter final	Semifinal	Final	Semifinal	Quarter final	Elimination A	Elimination B
Shoshin 3	Kumite 3	Kumite 4	Kumite 3	Kumite 3	Kumite 3	Kumite 4	Kumite 3	Shoshin 3



**Example 2: 55 competitors (3 elimination rounds)**

Elimination C	Elimination B	Elimination A	Quarter final	Semifinal	Final	Semifinal	Quarter final	Elimination A	Elimination B	Elimination C
Kihon 3	Shoshin 3	Kumite 3	Kumite 4	Hage 3	Kumite 5	Hage 3	Kumite 4	Kumite 3	Shoshin 3	Kihon 3



Example 3: 128 competitors (4 elimination rounds)

