

Chapter 1. General Rules

Article 1. Purpose

1. The purpose of these rules (hereafter "Rules") is to enable smooth and fair administration of competitions of Non-profit-organization Japan Karate Shoto Federation (hereafter "JKS").

Article 2. Application of the Rules

1. In the Rules, a competition may be organized by one of the following groups:
 - 1) Class D group Branch or club.
 - 2) Class C group Organization or joint group of a Prefecture/State/Province.
 - 3) Class B group Organization or joint group of a region.
 - 4) Class A group Foreign national JKS representative.
 - 5) General Headquarters
2. In principle, these Rules must be applied in all competitions.

Article 3. Manners of participants

1. Competitions shall be held fairly on the basis of the Karate spirit, with competitors showing proper respect for all opponents.

Article 4. Miscellaneous

1. If a question arises regarding matters not specified in the Rules, such matters shall be decided by the chief referee.

Chapter 2. Administration of competitions

Article 5. Organization of Competitions

1. A representative of the association organizing a competition shall publicly announce the requirements of the competition before it begins, and notify all concerned parties.
2. When holding a competition, the following staff shall be appropriately positioned:
 - 1) Time keepers.
 - 2) Score keepers.
 - 3) Coordinators.
 - 4) First aid.
3. When holding a competition, the venue must be chosen with the competitors' safety and security in mind. Medical insurance must also be arranged beforehand.
4. When holding a competition, the following officials shall be selected and positioned.
 - 1) Chief referee.

- 2) Referees and judges.
- 3) Arbitrators.

Article 6. Chief Referee

1. The chief referee shall aim to administer a competition fairly and smoothly.
2. The chief referee may ask for other referees or judges' qualifications, as well as for the competitors' membership information.
3. The chief referee shall give appropriate guidance or make a decision in the following cases:
 - 1) If he perceives a violation of the Rules or inappropriate conduct.
 - 2) If he is asked by a judge to give some advice.
 - 3) If a question arises regarding matters not specified in the Rules.
 - 4) If an accident happens during a match.
4. The chief referee may take the following steps, when he/she thinks it necessary, in order for the competition to run smoothly:
 - 1) Give guidance.
 - 2) Dismiss a competitor.
 - 3) Disqualify a competitor.
5. The chief referee should be the director of the technical committee of the groups concerned. If not, a person appointed by him. A vice referee may be selected if necessary.

Article 7. Referees & Judges

1. A referee runs each match and makes the necessary judgment.
2. The authority of a referee covers all aspects of the match of which he takes charge.
3. The judging and direction of a match shall be done only by referees and judges. Nobody can change their decision or protest it directly, except when the authority of an arbitrator is put into effect.
4. A referee administers a match and declares the result with his/her judgment.
5. A judge assists the referee.
6. On the basis of the Qualification Rules, the host association selects referees and judges from the people eligible.

Article 8. Arbitrator

1. An arbitrator shall be appointed for a match.
2. The arbitrator's task is to make sure everyone adheres to the Competition/Judging Rules.
3. The arbitrator shall give appropriate guidance to referees and judges, time keepers, score keepers, etc., in the following cases:
 - 1) If he perceives a violation of the Rules or inappropriate and unfair conduct.
 - 2) If a coach protests or asks a question.
 - 3) If a judge asks a question or asks for advice.
 - 4) If a tournament doctor gives an advice.
4. The arbitrator may ask for an explanation from a judge and/or anyone concerned as the occasion demands.
5. The arbitrator shall be appointed and delegated by people eligible, on the basis of the

Competition Rules

Qualification Rules and by Technical Director.

Article 9. Competitors

1. A host association cannot refuse people who satisfy the conditions of participation based on the requirements of a competition unless there is a specified reason. Nor shall it force them to participate in a competition.
2. In principle, a competitor must be a member of JKS.
3. Use of any drugs or any performance enhancement drugs is prohibited.

Article 10. Coaches

1. A coach may escort a competitor or team during a match.
2. A coach may protest or ask questions through the arbitrator.
3. A coach may give instructions to a competitor at a given place.
4. A coach should have instructor status and judge status.

Article 11. Time keeper

1. A time keeper shall measure the length of each match and notify it to the referee according to the given procedure.

Article 12. Score keeper

1. A score keeper shall register and announce the score and the result of each match, and notify them to the referee as the occasion demands.

Article 13. Coordinator

1. As a liaison, coordinators shall take care of communicating with the competitors and executives during a match. They shall do their best to ensure a smooth match.

Article 14. First aid staff

1. First aid staff shall assist a competitor who is injured or suddenly taken ill in order to ensure a safe match.
2. At least one of the first aid staff should be a doctor.

Article 15. Clothes

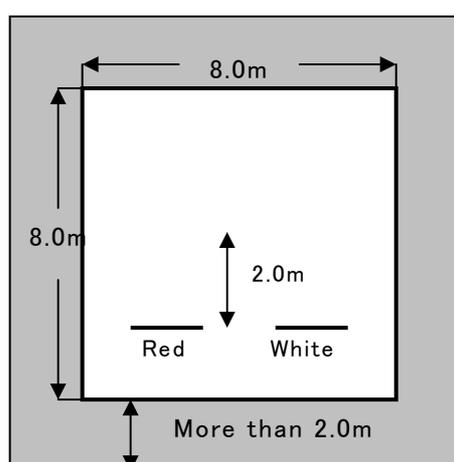
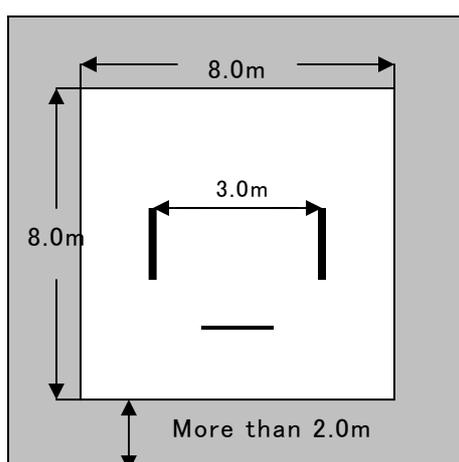
1. Competitors should wear a Karate-gi properly and when necessary should wear a red or white indicator belt to differentiate them. Female competitors should wear a simple white T-shirt (with no printing, writing, logos or pictures) under the upper body Karate-gi. The Karate-gi should be clean and the black belt should be clearly visible and distinguishable.
2. A competitor must wear a previously issued badge or number for a given court.
3. A competitor shall use safety equipment as specified: Mouth piece (clear type only) and JKS

fist protectors.

4. A competitor may wear soft-contact lenses only if necessary.
5. A competitor shall use nothing except the specified safety equipment, except when a referee or judge finds it necessary.
6. A coach shall wear the coach's emblem for a given court.
7. Judges and arbitrators shall wear the clothes which the JKS specifies, with an ID card indicating that he/she is a judge for a given court. Judges uniform consists of: Dark blue blazer, white long-sleeve button-shirt, official necktie (no necktie pin), gray pants, black rubber-soled shoes (no lace) and a whistle.
8. Assistants' uniform should be the same and should be easily distinguishable in the stadium.

Article 16. Court

1. A court shall be 8-m square, marked with a line 4-cm or more in width.
2. For safety, the difference in level between a raised court and the floor shall be less than 1-m, and there shall be a safety zone of more than 2-m around the court.
3. The court must be level and should be made of board, resin, cloth, tatami mats, urethane mats, etc.
4. To begin a match, both competitors stand at their respective lines. The lines are about 60 cm long and 3-m apart in the center of the court. In principle, the lines are marked from the referee's point of view, the left line should be white, and the right line should be red. In a Kumite match, the position of the referee is indicated by a line 2.0-m behind the center point when facing the front of the court.
5. In a Kata match, the competitors will stand on a 60 cm line. That line is marked in the court, in the following way: the center point of this 60 cm line is marked 2 meters (in the direction opposite the center referee) from the center point of the court, and 2 meters from the sidelines. From the point of view of the referee, the left line is white and the right one is red.



Article 17. Competition events

1. A competition shall be classified into two categories. Individual competitions and team competitions are held respectively in each of the following:

- 1) Kumite.
- 2) Kata.
2. The following competition methods may be used:
 - 1) A league tournament. Each competitor competes against every other competitor. The winner being the one with the least losses.
 - 2) A knockout tournament. A competitor continues until he is eliminated.
3. A host association may have other kinds of events.

Chapter 3. Kumite Match

Article 18. Competition requirements

1. In a Kumite match, both competitors may use their techniques freely within the court in a given time to demonstrate their superiority. The following types of kumite matches are used:
 - 1) "Ippon Shobu" aims to get Ippon (one point) first within a given time.
 - 2) "Sanbon Shobu" aims to get the best out of three "Ippon Shobu", whereby points (Waza-ari/Ippon) and penalties are accumulated throughout the match. The first to complete two Ippon(s) is the winner.
2. In a match Tsuki, Keri, Uchi, etc. must not hit and be sufficiently controlled. A relaxed posture must be maintained to enable the next attack to be made against the opponent.

Article 19. Team match

1. The number of participants in a team shall be odd.
2. A maximum of 2 substitutes are acceptable.
3. The team turnout should be at least half.
4. A list of the team members' order of competition must be submitted by the coach or team captain and the order must be maintained during a match. The number of wins obtained in each match determines the result.
5. If the team commits one of the two following violations, that team will be declared "Shikkaku" and thus disqualified from the competition:
 - 1) If the order of the competitors in a team match is changed, or if a member not on the list, is added, that team shall be disqualified.
 - 2) In the case where all team members have improperly misbehaved, that team shall be disqualified.
6. In a team match, if one person is disqualified, that person is also forbidden from participating in the rest of the team competition. A new team member is allowed to join the next match.
7. The number of wins accumulated by each team will determine their victory or defeat. However, in cases where the number of wins is the same between the two teams, the team who has more wins firstly by Ippon (including Ippon by Hansoku), secondly by Awase-waza Ippon (2 waza-ari)" and thirdly in waza-ari or Hantei gachi (judge's decision)", shall be deemed as the winning team; in cases where the points still remain the same between the two teams an additional match between representatives of each team shall be carried out to obtain a result.

8. In the case of more than one additional match, the same competitor may participate in up to two extension matches.

Article 20. Judgment of techniques

1. Attack objectives are as follows:
 - 1) "Jodan" means the neck and head area.
 - 2) "Chudan" means the front, side and back of the body area.
2. The criteria of judgment are as follows:
 - 1) Correct stance and good attitude.
 - 2) Strong spirit.
 - 3) Suitable distance and timing.
 - 4) Correct grasp of objective.
 - 5) Course of techniques and target.
3. "Ippon" is given when one of the techniques such as Tsuki, Keri, Uchi, etc. has simultaneously satisfied all of the above criteria.
4. The following cases may be deemed as "Ippon" even when the above criteria have not been totally satisfied.
 - 1) Cases where a competitor destroys his/her opponent's balance or posture.
 - 2) Cases where one of the techniques was used together with throwing the opponent.
 - 3) Cases where a series of attacks have reached the objective.
 - 4) Cases where the opponent has become defenseless.
5. "Waza-ari" is given when a valid technique almost equivalent to Ippon has been executed.
6. Two "Waza-ari" are called "Awase-waza Ippon".
7. "Ai-uchi" is when both of the competitors have simultaneously executed their techniques with similar validity.
8. Viewpoint of the judges: Considered by majority rule. In case either 3 or more red or white flags are thrown, a score should be awarded to the corresponding competitor.

Article 21. Judgment of competition

1. In the case where neither of the competitors has got a full score within the given match time, a general evaluation by the judge all referees shall decide which competitor is the winner.
2. In cases where a competitor has been injured, but not by his opponent, or where another factor has made the continuation of the competition impossible, the injured person shall be declared "Kiken", and the opponent shall be declared the winner.
3. The judgment factors in a Kumite competition are as follows:
 - 1) Presence or absence of Waza-ari.
 - 2) Presence or absence of warnings and fouls. (Hansoku, Jogai, Mubobi).
 - 3) Skill and power of technique.
 - 4) Number of attacks.
 - 5) Fighting spirit.
 - 6) Tactical superiority.
 - 7) Etiquette.
4. The final judgment, based on a majority decision between the judges, shall be made by the referee.

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5. "Hikiwake" (draw) shall be declared in cases where both of the competitors are deemed as having the right to be the winner.

Article 22. Extensions

1. If there are no regulations specified, the winners are decided using the following methods:
 - 1) In the case of "Hikiwake", a "Saki-dori" extension may be held. It is a method where the first point scored decides the winner. In the case where no points were scored, a winner will be decided by the raising of either the Red or White flag by the four judges (Hantei). In the case where the flags are tied, the referee decides the winner.
 - 2) In an extension, warnings shall be carried over from the previous match. The referee should convey these warnings to the competitor before the start of the extension.

Article 23. Fouls

1. The following are forbidden in a competition.
 - 1) To make a real physical intentional attack on an opponent.
 - 2) To bite or scratch an opponent.
 - 3) To meaninglessly grasp or tackle an opponent.
 - 4) To carry out a dangerous throwing or joint locking technique.
 - 5) To attack toward the eyes or groin.
 - 6) To attack by Nukite, Kaishu (Slapping) or Zutsuki (head-butt).
 - 7) To waste time or to show lack of fighting spirit by not attacking.
 - 8) To use provocative or ridiculing speech or actions toward an opponent.
 - 9) To execute a technique after the declaration of "Yame" (Stop) or "Jogai" (Over passing the court's boundary).
 - 10) To go against a judge's signal.
 - 11) To behave against the Rules.
2. In cases where a competitor violates one of the above forbidden items, one of the following judgments will be made:
 - 1) When one is considered to have explicitly violated one of the above forbidden items, "Hansoku chui" (Warning of disqualification) will be given. If a violation occurs again by that same competitor, he/she will lose by disqualification, and the referee and judges shall declare the opponent the winner.
 - 2) In cases where one's violation is considered to be slight and does not injure his opponent, one shall be given "Keikoku" (Warning). "Keikoku" is not a factor of judgment, but it may be considered as "Hansoku chui" if repeated. In the event of a "Hansoku", the competitor will be disqualified.
 - 3) In cases where the first violation can be considered grave and vicious, or causes considerable injury to one's opponent, "Hansoku" shall be given at once, and the judges shall declare the opponent the winner.
3. In cases when a competitor wins by the opponent's fouls, if injured, the competitor cannot continue without the doctor's permission.
 - 1) A competitor who wins twice by opponent's fouls may not continue.
 - 2) A competitor in a team match who wins twice by fouls may not continue.
 - 3) If the above points are not followed by the competitor, he/she shall be disqualified from

the tournament.

Article 24. Out of court

1. In cases where part of a competitor's body touches outside the line limit of the court, the judges shall declare "Jogai Keikoku" (Warning for stepping out of the court limit) for the first violation, "Jogai Chui" (Warning of disqualification) for the second violation, and "Jogai hansoku" (Disqualification) for the third violation. At that time, the judges shall declare the opponent the winner.
2. Escaping from the ring or wasting time will result in Jogai chui or Jogai hansoku depending on previous warnings issued.

Article 25. Defenselessness

1. In the following cases a competitor shall be called "Mubobi" (Defenseless), and a warning will be given based on the number of times repeated. First time violation "Mubobi Keikoku"; second time violation "Mubobi chui", and third time and final violation leading to the disqualification of the competitor "Mubobi hansoku". They are as follows:
 - 1) In cases where it is evident that the success of a technical attack was due to the defenseless state of the opponent.
 - 2) In cases where it is evident that a competitor has lost his/her fighting spirit.
2. Even in cases where a competitor has been hit by his opponent's attack, a referee shall give him "Keikoku" or "Mubobi chui", when the referee considers his condition to be dangerously defenseless. When "Mubobi chui" is given to a competitor twice, his opponent shall be the winner.

Article 26. Dismissal from competition

1. In the following cases, a competitor shall be declared "Shikkaku" (Dismissed) to make the opponent the winner.
 - 1) In cases where a competitor does not follow the referee's orders.
 - 2) In cases where a competitor makes speech or actions contrary to the Karate-do spirit.
 - 3) In cases where valid reasons are found making the continuation of the match impossible.
2. If a competitor is declared "Shikkaku" and still has remaining events in the competition, he/she may no longer continue participating in any other events.
3. In the event where any person present in the tournament hall or its surrounding area uses violent language or commits acts of violence, he/she will be declared "Taijou" and will be ejected from the tournament area, and in some cases banned from future events.

Article 27. Withdrawal

1. In cases when a competitor leaves the competition place without reporting.
2. In cases where a competitor withdraws from a match, his opponent shall be the winner. In a team match, if the whole team leaves or withdraws, the opposing team shall be the winner. If only one person leaves or withdraws, the individual opponent shall be the winner.

Article 28. Injuries

1. If it is impossible for one or both competitors to continue a match, one of the following judgments shall be made by the referee on the basis of deliberation among the judges.
 - 1) If a competitor is injured accidentally or unintentionally, the referee shall declare him unable to continue (Kiken) and award the match the opponent.
 - 2) If a competitor is injured as a direct result of the opponent's actions, the opponent shall be disqualified and the injured competitor shall be awarded the match.
 - 3) If both competitors cannot continue due to accidental injuries, the match shall be declared a draw (Hikiwake). Both competitors shall be declared "Kiken", and cannot participate in the next match.
2. The doctor may order to stop the match after deliberation among the referee, arbitrator, and judges.
3. If a competitor wins by the disqualification of his opponent due to having used excessive force, and the winning competitor is injured, he may not continue to his next scheduled match unless he receives permission from the referee based on the tournament doctor's advise.

Article 29. Judges

1. A "Kumite" competition is governed by the following:
 - 1) 1 referee.
 - 2) 4 judges.
 - 3) 1 arbitrator.

Article 30. Match time

1. A competition shall be 2 minutes or 5 minutes long.
2. The time of a match shall be defined by each time interval beginning with the referee's order of "Hajime" (Start) or "Tsuzukete hajime" (Start again and continue) and ending with the referee's order of "Yame" (Stop) or "Jogai" and shall not include the time when a match is suspended.
3. Although a referee may signal the end of a match by announcing "Yame", the sound of the bell is the determining factor of the end of the match.

Article 31. Match process

1. Both competitors, facing each other at their individual starting line inside the court, must begin immediately after the referee's order of "Hajime" or "Tsuzukete hajime".
2. The order "Yame" or "Jogai" shall immediately suspend or end the match, and the competitors shall return to their starting positions in order to receive the referee's decision or other instruction.
3. The referee shall give the order "Yame" or "Jogai" immediately after an act requiring it, and suspend or end the match in one of the following cases:
 - 1) In cases of "Waza-ari" or cases of a technique equivalent to "Ippon".
 - 2) In cases where it is necessary to permit a competitor to tidy himself up or to give him

other instruction(s).

- 3) In cases where a competitor has committed an evident foul.
 - 4) In cases where a competitor is injured or an accident has happened.
 - 5) In cases where an arbitrator has given an instruction for a match suspension.
 - 6) In cases where a judge has indicated his opinion and the referee upholds it.
 - 7) In cases where the match situation is considered dangerous.
 - 8) In cases where part of a competitor's body has touched outside the court limits.
 - 9) In cases where the end of the match time has been signaled or the bell has rung to signal it.
4. An arbitrator or a judge shall stop the match immediately by means of his whistle, if he/she feels there is a need to do so, when there is no declaration from the referee. If the arbitrator or judge's request to stop the match goes unnoticed for some time, that time segment is considered "lost time" and will be added to the time of the match.
 5. The referee may call judges, deliberate with them or give them his instructions in cases of necessity, always in the presence of an arbitrator. In cases where judges cannot agree, the referee shall give his definitive decision based on a majority.
 6. Both competitors shall immediately continue their match upon the instruction "Tsuzukete hajime".
 7. A competitor may ask "Time" (Competition suspension) from the referee when he has an accident or injury or is suddenly taken ill, if the referee does not himself notice it.
 8. Each judge shall give his decision by means of his flag, under the referee's order "Hantei" (Decision) or his whistle signal.
 9. The referee shall notify the competitors of his decision based on all of the decisions made by the judges.
 10. A timekeeper, with a stopwatch and at a given position by the court, shall measure the match time, and notify to the judges, by means of a bell as follows:
 - 1) The bell shall be rung once to announce the final 30 seconds of the match.
 - 2) The bell shall be rung twice to announce the end of the match.
 11. A score keeper shall register the result of the referee's judgment on a score sheet.

Article 32. Match equipment

1. A whistle for each referee and judge.
2. A red and a white flag for each judge.
3. A stopwatch for the time keeper.
4. A bell for the time keeper.
5. Score sheets for the score keeper.
6. A red or a white belt shall be worn by competitors as an indicator. The length and width shall be appropriate, so as not to obstruct their movements and should be easily distinguishable.
7. A score board. (If available)

Chapter 4. Kata Match

Article 33. Match method

Competition Rules

1. A kata match consists of the performance of Kata demonstrated within the court, which shall be judged in superiority as follows:
 - 1) "Kohaku hoshiki" (Red and White side method) consists of the performance of the same Kata simultaneously by both competitors and shall be judged on superiority.
 - 2) "Tensu hoshiki" (Point method) consists of the judges' scoring the Kata of each competitor to decide the result based on points.
 - 3) In a team kata match, a team of 3 members perform the same kata synchronized and shall be judged using the point method.
2. A Kata shall be chosen from the following, based on those that have been established by Headquarters' Technical Department:

Heian-shodan, Heian-nidan, Heian-sandan, Heian-yondan, Heian-godan, Tekki-shodan, Tekki-nidan, Tekki-sandan, Bassai-dai, Bassai-sho, Kanku-dai, Kanku-sho, Enpi, Jion, Jiin, Chinte, Unsu, Meikyo, Meikyo-nidan, Wankan, Jitte, Gankaku, Hangetsu, Souchin, Nijyushiho, Gojyushiho-dai, Gojyushiho-sho, and in addition to Junro-shodan, Junro-nidan, Junro-sandan, Junro-yondan, Junro-godan.
3. A Kata match is classified into the following types:
 - 1) "Shitei-kata" consists of the demonstration of one of the following Kata, chosen by the referee:

Heian-nidan, Heian-sandan, Heian-yondan, Heian-godan, Tekki-shodan, Junro-shodan, Junro-nidan, Junro-sandan, Junro-yondan, and Junro-godan.
 - 2) "Sentei-kata" consists of the demonstration of one of the following Kata chosen by the referee:

Bassai-dai, Kanku-dai, Enpi, and Jion.
 - 3) "Tokui-kata" consists of the demonstration of one of the official J.K.S Kata, freely chosen by the competitor.
4. A koten-kata shall be chosen from the following, based on those that have been established by Headquarters' Technical Department:

Suishu, Kashu, Roushu, Kakuyoku-shodan, Kakuyoku-nidan, Kakuyoku-sandan, Jukou-issei, Jukou-nisei, Jukou-sansei, Jukou-yonse, Jukou-gosei, Kyakusen, Rantai, Hachimon, Sensho, and Kibaken.

Article 34. Judges

1. Rotation or changing of the judges cannot take place until the end of each round.
2. A Kata match shall be carried out with the following judges:
 - 1) 1 referee.
 - 2) 4 judges in the case of Kohaku hoshiki, and 6 or 4 judges in the case of Tensu hoshiki.

Article 35. Match judgment

1. Match judgment shall be based on the following criteria:
 - 1) Correctness of the order of the Kata, and correctness of the course of techniques.
 - 2) Presence of the 3 elements; Strength, Elasticity of body, and Speed control of techniques.
 - 3) Correctness of kata course (Embusen), and smoothness of foot movements (Unsoku).
 - 4) Use of a technique with understanding of its meaning.
 - 5) Good unity and good characterization of a technique.
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- 6) Correct aim at the target, correct method of breathing.
 - 7) Presence of power in basic techniques and its correct use.
 - 8) Presence of a strong spirit.
 - 9) Completeness of Kamae and Zanshin.
 - 10) Good manners, and good attitude.
 - 11) Feet and Hands in correct form.
 - 12) Correct grasp of objective.
 - 13) Absence of exaggerated movement.
 - 14) Absence of speed control.
 - 15) Good control and unification of the demonstration, in the case of a group match.
 - 16) Correct course for tsuki, uchi, keru, uke.
 - 17) Correct standing posture.
 - 18) No reduction of points even though competitors over pass outside of court in individual / group competitions.
 - 19) No lifting of the back leg's heel when in a stance.
 - 20) Smoothness of continuation after an error in the kata was made.
 - 21) Pause to think of the next movements of the kata.
 - 22) No wearing, holding, or carrying of any unnecessary items during the kata.
2. In the Kohaku hoshiki event, at the end of the kata performance, the referee will announce "Hantei" followed by a whistle sound, after which all four judges will raise the appropriate flag simultaneously to declare their decision.
 3. In the Tensu hoshiki event, an average score will be decided and judges and referees will score up to one point above or below that average. For example, if 8.0 is the average, then the highest score would be a 9.0 and 7.0 would be the lowest.

Article 36. Loss of points and disqualification

1. The following cases shall cause disqualification:
 - 1) Cases where a kata was discontinued.
 - 2) Cases where a competitor changed parts of his declared kata or performed a kata other than the one declared.
 - 3) Cases where a competitor makes speech or actions contrary to the Karate-do spirit.
 - 4) Cases when the Rules are violated.

Article 37. Additional match

1. In the case of a draw in a match based on the Kohaku hoshiki, the referee shall choose a different Kata. In the case of a second draw, the referee decides the winner.
2. In the case of a draw in a match based on the Tensu hoshiki, a judgment shall be made by adding the lowest score of all the judges' points to the previously added score. If it still cannot be finalized, a judgment shall be made by adding the judges' highest score to the previously added score. Finally, if still undecided, an additional match may be held. The Kata performed in the additional match must be different from the one performed in the initial match.

Article 38. Match process

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1. In the case of Kohaku hoshiki, the referee shall notify to a competitor the name of a Kata specified at random by the referee himself out of all of the cards of the specified Kata, and the competitor shall immediately begin his demonstration under the referee's order of "Hajime" or his signal by whistle.
2. In the case of Tensu Hoshiki a competitor shall stand at a point appropriate for the completion of the Kata within the court, declare loudly the name of the Kata to be carried out, and after the referee has repeated the name, the competitor shall begin his demonstration without any order or signal by the referee.
3. After the demonstration of Kata, the competitor shall return to his initial position and receive a judgment.
4. In one of the following cases, the referee may call the judges for deliberation or to give them his instructions. (In the event that the judges disagree during their deliberation, the referee shall rule on the basis of majority.)
 - 1) In cases where it is evident that a competitor has committed a foul or an error.
 - 2) In cases where an injury or another accident has happened to a competitor.
 - 3) In cases where a question has arisen about scoring.
 - 4) In cases where a judge has indicated or wants to indicate his opinion and the referee upholds it.
 - 5) In cases where the tournament arbitrator has given an instruction.
5. A judge shall indicate his opinion by means of his whistle when he notices one of the above cases.
6. A score keeper shall record the name of the Kata to be performed by a competitor on his score sheet.
7. In the case of a judgment by the Kohaku hoshiki, each judge shall indicate his/her decision by means of his flag, under the referee's signal by whistle. Judges may not put their flags down until the referee's next signal.
8. In the case of judgment by the Tensu hoshiki, each judge shall lift up his/her score board in order to indicate his/her judgment points, upon the referee's whistle signal. Judges may not put their score boards down until the referee's next signal.
9. One of the score keepers shall read loudly the points indicated by the judges, starting from the referee and proceeding clockwise. The other score keeper shall record them on his/her given score sheet in order to count the total points according to a given counting method.
10. One of the score keepers shall notify the total points to the referee, who shall repeat it.
11. A competitor may leave the court only after the judgment or notification of the score is made by the referee.

Article 39. Match equipment

1. A whistle for each referee and judge.
2. A red and a white flag for each judge.
3. A score board for the referee and each judge.
4. Equipment for score keeping.
5. One set of cards for Shitei-kata and one set of cards to Sentei-kata shall be held by the referee.
6. A red or white belt shall be worn by competitors at his/her waist as an indicator. The length and width shall be appropriate, so as not to obstruct and yet be easily distinguishable.

Chapter 5. Supplementary Rules

Article 40. Revision of the Rules

1. Revision of the Rules requires the approval of the Board of Directors by the vote of two thirds or more of the Board of Instructors.

Article 41. Date on which the Rules take effect

1. These Rules go into effect on April 1st, 2010.

Chapter 1. General Rules

Article 1. Purpose

1. The purpose of these rules (hereafter "Rules") is to enable smooth and fair administration of youth competitions of Non-profit-organization Japan Karate Shoto Federation (hereafter "JKS").
2. These Rules have been established in addition to the Competition Rules, in order to clarify and provide specific details pertaining to Judging.

Chapter 2. Kihon-ippou Kumite

Article 2. Basic idea

1. The Kihon-ippou kumite contest is to compete using the exchange of powerful attacks and defenses while applying basic principles. It excludes the use of adapted or changed techniques, or the execution of only rudimentary techniques and is meant as an exercise to train for correct basic posture.

Article 3. Instructions for participants and refereeing rules

1. The participants when called proceed to the starting positions and make a standing bow to each other after their competition numbers have been checked. They also bow to each other after the result has been announced. They should not bow to the referee or judges.
2. On the instruction "Hajime" by the referee, the red participant steps back one pace from shizentai into kamae with gedan-barai and clearly announces to his opponent the target he/she is about to attack.
3. When the red belt participant has finished his attack he/she steps back one step returning to shizentai. The white belt participant steps forward one step and returns to shizentai after finishing his/her counter attack. The initiation of each attack changes from white side to red side, and the vice versa, after each attack.
4. The attacker must attack the target with precision. The defender may step sideways (taisabaki). Therefore the attacker is allowed to attack in the direction the defender steps towards, if he steps away too early).
5. After the attacks and defenses have all been completed the participants return to their original places and make a standing bow to each other, then wait for judgment.

Article 4. Concerning the attacker

1. The attacker should attack directly from a position of kamae (gedan-barai), in the order of jodan, chudan, then maegeri.
2. Each attack consists of only one technique, those being a jodan oizuki aimed at the area between the nose and the mouth, a chudan oizuki and a chudan maegeri using the back leg,

both aimed at the abdomen. Punching techniques are not to be snapped back.

Article 5. Prohibitions for the attacker

1. Attacking while crowding the opponent.
2. Attacking after inducing the opponent to move (feints and such).
3. A ramming attack.
4. In the case of an upper level punch pushing down the punch unnecessarily (aiming the punch too low).
5. To hit the opponent with the technique.
6. To change the side of the attacking kamae used in the previous attack(s).

Article 6. Concerning the defender

1. The defender should retreat in coordination with the opponent's attack by stepping back and blocking.
2. The blocks allowed are the following:
 - * against jodan punch: age-uke, soto-uke, or uchi-uke.
 - * against chudan punch: soto-uke, or uchi-uke.
 - * against maegeri attack: gedan-barai.
3. The block can be with the leading arm or the opposite arm. (one should block on the ankle and wrist.)
4. The finishing counter attack is free, but is limited to only one technique.
5. One should not snap back the counter attack.

Article 7. Prohibitions for the defender

1. To sweep, execute a throw, or joint lock technique, either while blocking or when counter attacking.
2. Blocking on the elbow of the opponent.
3. Hitting with the finishing technique.
4. One should not retreat ignoring the opponent's attack or take a larger fighting distance than necessary.

Article 8. Points of attention

1. Apart from when so suggested by the referee competitors are not allowed to have a second try.
2. Both when attacking or when defending there should be only one kiai at the time the technique is executed.
3. It is not allowed to jump forward sliding the back leg. (Although an exception can be made on this rule when a short person faces a tall opponent.)
4. It is not allowed to wear spectacles. Soft contact lenses, however, are allowed.

Article 9. About penalties

1. When one of the competitors executes a clearly forbidden/prohibited action or technique that merits to be punished by “Hansoku-Makeh” or straight disqualification, the referee can on his own account, or after an appeal by a judge, interrupt the match and the referee and the judges are required to deliberate before they hand-out the punishment.
2. If a competitor executes a mildly inappropriate action, technique, or infraction, the referee can on his own account, or after an appeal by a judge, interrupt the match and after consulting with all the judges, can give an appropriate warning or penalty that should and will be taken into account during a “Hantei” or the handing-out of the final decisive score.

Chapter 2. Jiyu-ippou Kumite

Article 10. Basic idea

1. A Jiyu-ippou kumite contest is for competitors with more advanced basic skills. Its objective is to come close to free sparring and further the use of tactical skills. Eliminating as much as possible restricting rules and prohibitions.

Article 11. Instructions for participants and refereeing rules

1. After having bowed to the front and each other the competitors proceed to the starting places and make a standing bow to each other after their competition numbers have been checked. After judgment has been passed they also bow to each other. They should not bow to the referees or judges. (Their initial positions will be 3 meters apart.)
2. On the instruction “Hajime” by the chief referee the participants alternately attack each other, with the red belted opponent attacking first.
3. The kamae of both defender and attacker is free.
4. After one attack has been finished, the opponents adjust their breathing and return to the ideal fighting distance while keeping eye-contact and from there attack again. (However, it sometimes is necessary to go back to the initial positions.)
5. After finishing all attacks they retreat to their initial positions and wait for the judgment after a standing bow to each other.
6. Both attack and defense should be executed within the court (shiai-jo). As a rule, a shiai-jo is 8 meters square.

Article 12. Concerning the attacker.

1. After informing his opponent clearly of the target, the attacker should, from his position of Kamae, attack starting with “Jodan” followed by “Chudan” and then by “Maegeri”, while adjusting his/her attacking distance.
2. The attacks will be jodan oizuki aimed at the area between the nose and mouth, chudan oizuki and a chudan maegeri using the back leg, both aimed at the abdomen, all executed one time.
3. One should without fail attack in the direction of the opponent.

Article 13. Prohibition for the attacker

1. A ramming attack that fails to take the fighting distance into account.
2. Hitting the opponent with the attack.
3. Blocking the counter attack or evading it or similar behavior.
4. To grab the opponent.
5. To use bouncing footwork.
6. To switch the attacking side (used in the previous attacks) just before the attack.
7. To change the side of his/her attacking kamae.
8. To feint prior to an attack. In the case of a feint, referee will stop the attacker and ask him/her not to feint and continue the match. No points are to be deducted or disqualification if the competitor abides the rules.

Article 14. Concerning the defender

1. Block and evasion, or their joint use, are free. The counter attack is also free but restricted to just one technique.

Article 15. Prohibitions for the defender

1. To step out of the court more than once (Chui, warning, is given out the first time, followed by hansoku, disqualification, given out the second time.)
2. To counterattack before blocking (De-ai).
3. To sweep the attacker's leg.

Article 16. Points of attention

1. There is no second chance for both attack and defense.
2. There should be only one kiai, at the time of executing the attack or defense.
3. It is not allowed for the attacker to close the fighting distance if subsequently failing to attack.
4. The defender must not take a longer "Maai" than necessary, or run away.
5. Both opponents are not allowed to hit each other (this will lead to disqualification).
6. The counter attack must be snapped back.
7. The judgment is based on the quality, strength, and control of the attack. Both attacker and defender are not to make contact with each other.

Article 17. About disqualification

1. Same as in Kihon-ippou kumite.

Chapter 3. Jiyu Kumite

Article 18. Individual Event

1. The decision of the referee and judges carry the same weight.
2. The full time of the match is two minutes. If the full time of the match is to be different from the norm, the actual duration must be announced in the packet of the competition. The match stops on the command "Yame" by the referee and starts again at his/her "Tsuzukete Hajime".
3. The semifinal and final matches are two minutes sanbon shobu. This rule, however, is subject to change depending on each competition.
4. If there is no winner after two minutes, there will be a "Saki-dori" extension. If there were no points scored by the end of the extension, the winner shall be decided by "Hantei" (Judges decision). In the case of a draw between the flags, the referee decides the winner. Also, warnings (keikoku and chui) are transferred into the extension.

Article 19. Team Event

1. During a team match, in the case of a draw, where both teams have the same amount of wins, the winning team is decided by comparing the two teams' types of wins. There are three types of wins, thus three levels of ratings, with A having preference over B, and B having preference over C.
 - 1) Amount of wins by full ippon (A), and also, a full ippon following a waza-ari counts as (A).
 - 2) Wins through ippon due to disqualification count as (B) and also, if there has been hansoku after chui, this counts as a (B).
 - 3) Wins through Awase-waza is a (C).
2. During a team match, in the event of a draw, a representative must fight, usually the captain. However, there can only be two representative fights and the winner should be decided during the second fight.
3. During a team match, if the representative match leads into an extension, the penalties from the main fight are not transferred.
4. If during the team match, the order of appearance of competitors has been changed or a member has been replaced after the member list has been filed, that team will be disqualified.
5. If in the team match a team cannot bring together more than half the prescribed number there will be no fight.

Article 20. Safety measurements

1. The use of mouth piece (clear type only), fist protectors, and chest protectors are compulsory. A groin protector is optional or mandatory depending on the tournament organizer.

Chapter 4. Kata Competition

Article 21. Participation method

1. After bowing to the front and to each other the competitor (or team, if in a team event) only bows to the front when standing in front of the start line. After the results are announced

the competitor should also bow to the front.

2. When the kata performance starts the competitor stands in shizentai on the start line. When the kata to be performed is not free (shitei-kata) the chief referee specifies the name of the kata and the competitor repeats the name. The competitor starts performing the kata on "Hajime" or a whistle signal. When the performance is completed "Yame" will be called and judgment will be passed.
3. In the Tensu hoshiki event, an average score will be decided and judges and referees will score up to one point above or below that average. For example, if 8.0 is the average, then the highest score would be a 9.0 and 7.0 would be the lowest.
4. The points given by all the judges, including the referee, shall be totaled leaving out the maximum and minimum points given.
5. If there is a draw under the point system, first the lowest score will be added to the previous totaled score. If there is still a draw, then the highest score will be added to that score. If there is still no winner, a rematch will be held. The kata, however, must be a different one.
6. Team kata competition is always according to the point system.
7. There is no arbitrator in Kata competition.
8. As a basic principle, one should not raise both flags at the same time to indicate a draw.
9. The referees should see for themselves every move until the competitor has returned to shizentai.
10. The flag or cards of the referee should be placed on the knee. The scorecard or score book should be placed between the feet of the referee and judges.
11. The referees cooperate for the progress on the court and will adapt to circumstances as they appear during the competition.
12. The list of required Kata should be, either announced in the competition bulletin or decided in the judges meeting before the competition.

Article 22. The formation of the kata referees panel

1. Both in competitions with flag system or with point system, the referees cannot be changed until the end of the round.
2. The number of referees is 5, or 7.

Chapter 5. Points of attention for referees

Article 23. Attitude of referees

1. The judgment of the relativity of excellence of Kihon-ippon kumite, Jiyu-ippon kumite, and Kata should be equally neutral, fair, and impartial to all competitors. The referees should, through consultation within the referees' team, solve all problems clearly while keeping a neutral standard of technical ability and personality.

Article 24. A standard for the judgment of Kihon-ippon and Jiyu-ippon kumite competitions

Please use the following criteria:

1. To what extent the power of the whole body is concentrated, both in case of the defender and the attacker.
2. The rotation and the drive of the hips or the foot movement are used smoothly and the coordination between the direction of movement of the whole body is in coordination with that of the technique.
3. The stance, posture or body part used are in correct form at the moment of execution.
4. The movement of hands and feet is coordinated with the hips as the source of the movement.
5. The kiai is full and heart and spirit are as one.
6. The attitude is correct.

Article 25. If there is a draw.

1. In kumite there is an extension. In kata, there is a kata rematch, where all judges must raise a flag.
2. If there are as many red as white flags the chief referee should decide on the winner.
3. On the standard of judgment please refer to the Competition Rules and the Judging Rules sections.

Article 26. Other points of attention

1. If an attack hits the opponent, the referee panel decides whether it was intentional or not.
2. The chief referee will move with the movement of the competitors to the best position from which to see both competitors. The referee may stop the match if he/she feels that a dangerous situation is likely to take place.
3. In jiyu ippon kumite, stepping out of the court limits two times leads to hansoku (disqualifications).
4. The referee panel can give a warning to a competitor who is on the verge of breaking the rules.
5. The person responsible for the refereeing on each court can, during the competition, also serve as supervisor.

Chapter 5. Supplementary Rules

Article 27. Revision of the Rules

1. Revision of the Rules requires the approval of the Board of Directors by the vote of two thirds or more of the Board of Instructors.

Article 28. Date on which the Rules take effect

1. These Rules go into effect on April 1st, 2010.

Chapter 1. General Rules

Article 1. Purpose

1. The purpose of these present rules is to define unified criteria with the aim of carrying out fair and smooth judging in Non-profit-organization Japan Karate Shoto Federation (hereafter "JKS").
2. The present rules (hereafter "Rules") have been established in addition to the Competition Rules, in order to clarify and provide specific details pertaining to Judging.

Article 2. Application of the Rules

1. All judging of official competitions given by JKS shall be done on the basis of these present Rules. However, the Rules shall not apply when otherwise specified by the director concerned of the technical committee.

Article 3. Manners of a judge

1. A judge shall be fair and impartial.
2. A judge shall be guided only by his conscience and all rules concerned, and shall carry out his duties independently.
3. A judge shall always be fair and dignified on the court.
4. A judge shall make a correct and swift judgment.
5. A judge shall not talk with anybody during a match, except with the other judges concerned.

Article 4. Miscellaneous.

1. If a question arises regarding matters not specified in the Rules, such matters shall be decided by the chief referee.

Chapter 2. Way of Judging

Article 5. Orders of the referee

1. The following basic words shall be used as the orders of a referee.
 - 1) "Shobu Ippon (Sanbon) Hajime".....A declaration of commencement for a Kumite Match.
 - 2) "Hajime".....A declaration of commencement for a Kata match.
 - 3) "Yame".....Interruption of a match.
 - 4) "Moto no ichi".....Making a competitor return to the initial starting line of the match.
 - 5) "Tsuzukete hajime".....To continue a match.
 - 6) "Ato shibaraku".....To declare the remaining 30 seconds of the match.
 - 7) "Waza-ari".....To declare an effective technique.
 - 8) "Ippon".....To declare a perfect technique.

- 9) "Awasete ippon".....To declare that two effective techniques have been carried out.
 - 10) "Hayai".....To indicate that one side was quicker than the other.
 - 11) "Torimasen".....To declare the invalidity of a technique.
 - 12) "Maai".....To declare the invalidity of a technique due to an inaccurate distance.
 - 13) "Ukete-masu".....To declare the invalidity of a technique due to block of the opponent.
 - 14) "Nukete-masu".....To declare the invalidity of a technique due to failure to correctly find the target.
 - 15) "Yowai".....To declare the invalidity of a technique due to insufficient strength.
 - 16) "Yame, torimasen".....To declare the invalidity of a technique due to having declared "Yame" (Stop) prior to a technique.
 - 17) "Hansoku Keikoku".....To give a verbal warning.
 - 18) "Hansoku Chui".....To give a warning of disqualification.
 - 19) "Hansoku".....To declare disqualification.
 - 20) "Mubobi Keikoku".....To give a first warning for defenselessness.
 - 21) "Mubobi chui".....To give a second warning for defenselessness.
 - 22) "Mubobi hansoku".....To indicate the disqualification of the competitor due to defenselessness.
 - 23) "Jogai Keikoku".....To give a first warning for having stepped out of the court limits.
 - 24) "Jogai Chui".....To give a second warning for having stepped out of the court limits.
 - 25) "Jogai Hansoku".....To indicate the disqualification of the competitor due to having stepped out of the court limits for the third time.
 - 26) "Aiuchi".....To declare that attacks by both competitors were made simultaneously.
 - 27) "Aka (or shiro) no kachi".....To declare the winner of a match.
 - 28) "Hikiwake".....To declare a draw.
 - 29) "Encho sakidori ippon hajime".....To declare the start of the extension period.
 - 30) "Shugo".....To call the judges together.
 - 31) "Kiken".....To declare a withdrawal.
 - 32) "Shikkaku".....To declare a dismissal.
2. When a referee perceives that any of the following orders applies, he shall indicate one of the following for "Red" (Aka) or "White" (Shiro).
- 1) "Kachi" (win)
 - 2) "Ippon" (full point)
 - 3) "Waza-ari" (half point)
 - 4) "Hansoku Keikoku" (warning)
 - 5) "Hansoku Chui" (warning of disqualification)
 - 6) "Hansoku" (disqualification)
 - 7) "Jogai keikoku" (first warning for having stepped out of the court limits.)
 - 8) "Jogai chui" (second warning for having stepped out of the court limits.)
 - 9) "Jogai hansoku" (disqualification of the competitor due to having stepped out of the court limits for the third time.)
 - 10) "Mubobi keikoku" (first warning for defenselessness.)
 - 11) "Mubobi chui" (second warning for defenselessness.)
 - 12) "Mubobi hansoku" (disqualification of the competitor due to defenselessness.)
 - 13) "Shikkaku" (dismissal)
 - 14) "Kiken" (withdrawal)
 - 15) "Hayai" (quicker)
-

3. At the moment of declaration of "Waza-ari" or "Ippon", a referee shall indicate which part was attacked and what kind of technique was applied, by using one of the following words:
 - 1) "Jodan"
 - 2) "Chudan"
 - 3) "Tsuki"
 - 4) "Keri"
 - 5) "Uchi"
4. At the moment of declaration of "Ippon" due to a combination of techniques, a referee shall indicate the part the last technique that reached the opponent, using one of the above listed.
5. If a referee makes a wrong declaration, he should immediately give the sign for cancellation and make another declaration correctly. (See Gestures of Judges section.)

Article 6. Whistle signals

The length of the whistle blow is indicated by the length of the line (——) below:

1. When a referee uses a whistle, the following indications shall be given by him.
 - 1) "—" To declare "Hajime" (Start) instead of ordering it verbally.
 - 2) "—" To declare "Yame" (Stop) instead of ordering it verbally.
 - 3) "—— —" To ask for an indication of a judge's judgment.
 - 4) "—" To end the display of a flag or score board by the judges.
2. When an arbitrator uses a whistle, the following indications may be given by him.
 - 1) "— — — —" To interrupt a match.
3. When a judge uses a whistle, the following indications may be given by him.
 - 1) "——" When he perceives "Ippon".
 - 2) "——" When he perceives "Waza-ari".
 - 3) "— — — —" When he has something to tell the referee.

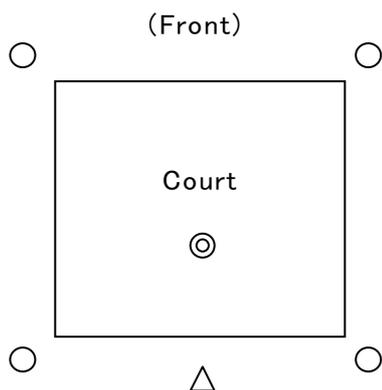
Article 7. Gestures of a judge

1. A judge shall make a given gesture, when he has something to indicate or declare. (See the Gestures of Judges section).

Chapter 3. Judging of a Kumite Match

Article 8. Position of judges

1. A referee shall stand at the top position of a triangle formed by him and both competitors, and move in accordance with the competitors.
2. Judges carry a red flag and a white flag, and have a whistle in their mouth. They shall be positioned as shown below.



△ Position of arbitrator

◎ Position of referee

○ Position of judges

Article 9. Criteria for judgment

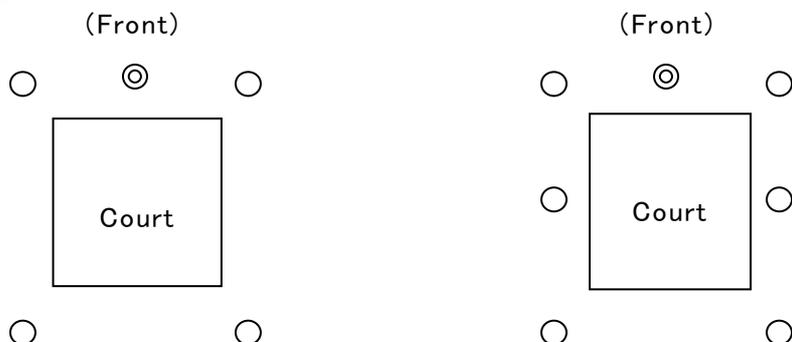
When a referee makes a judgment according to the indication of the judges, he shall consult this criteria table. (○ Victory for white side ● Victory for red side × Draw)

	Judge's conclusion	Referee's judgment
1	○○○○	Victory for White side
2	○○○●	
3	○○○×	
4	○○●×	Victory for White side or Draw
5	●●●●	Victory for Red side
6	○●●●	
7	●●●×	
8	○●●×	Victory for Red side or Draw
9	××××	Draw
10	○●××	
11	○×××	
12	●×××	
13	○○●●	Draw, victory for Red or White side
14	○○××	Victory for White side or Draw
15	●●××	Victory for Red side or Draw

Chapter 4. Judging of Kata

Article 10. Position of judges

Judges shall be positioned as shown below.



⊙Position of referee

○Position of judges

Article 11. Criteria for judgment (for reference)

Estimation of Kata shall be given according to the following criteria.

	Points of Kata order	Marks Deducted
1	Although a competitor makes a mistake, he/she quickly fixes the error and continues the kata.	0.2
2	A competitor forgets a certain part in his Kata, but continues with it.	0.5
3	A competitor makes a big mistake and forgets some movements of his Kata.	1.0
4	A competitor stops part way through his Kata.	Disqualification
5	A competitor is stopped by a judge.	Disqualification

	Basic criteria 1	Marks Deducted
1	Posture	0.1
2	Balance	0.1
3	Stance ①Length of steps. ②Tension of the hips. ③Position of the hips. ④Turning of the hips.	0.1
4	Basic ①Parts which are used. ②Power and Kime (focus) of technique. ③Grasp of objective. ④Course of technique.	0.1
	Basic criteria 2	

1	Attitude, spirit, aim of eyes.
2	Maturity.
3	Physical strength.
4	Tempo of a technique.
5	Expansion and contraction of the body.
6	The pattern formed by the kata's movements.
7	Smooth movement of legs.
8	Significance of a technique.
9	Characterization of the Kata.
10	Fluidity of the competitor's movements.

Chapter 5. Supplementary Rules

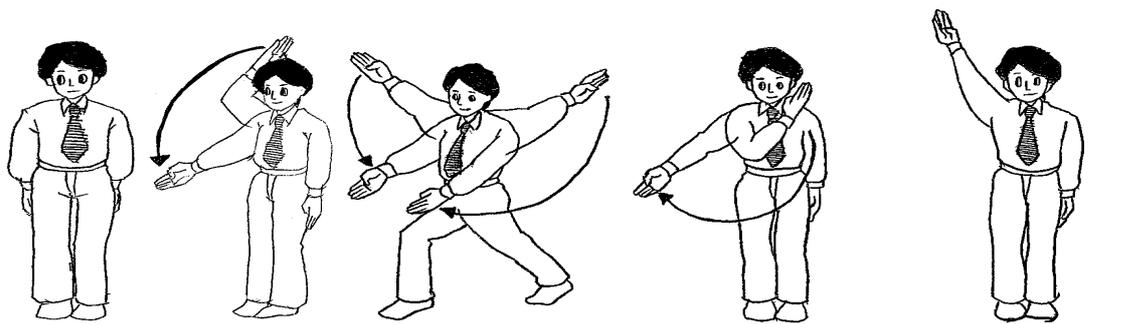
Article 12. Revision of the Rules

1. Revision of the Rules requires the approval of the Board of Directors by the vote of two thirds or more of the Board of Instructors.

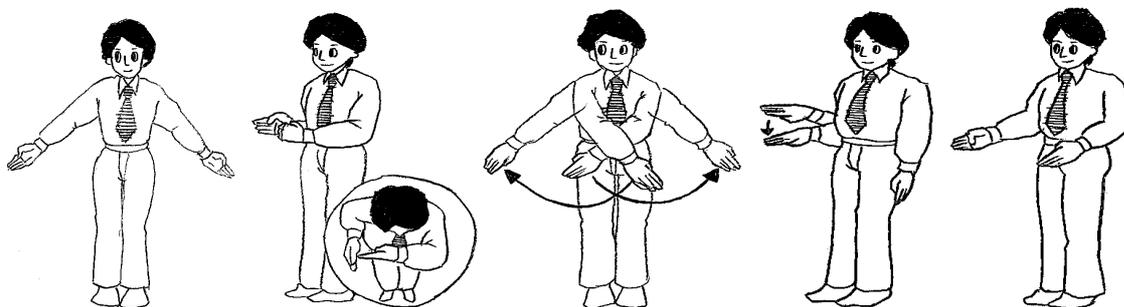
Article 13. Date on which the Rules take effect

1. These Rules go into effect on April 1st, 2010.

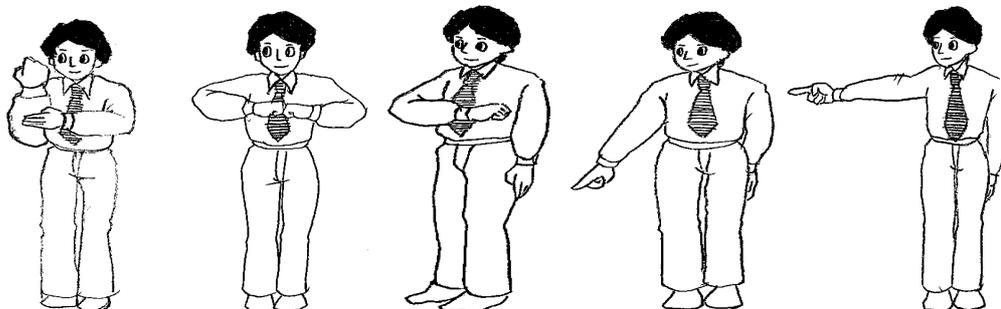
Referee



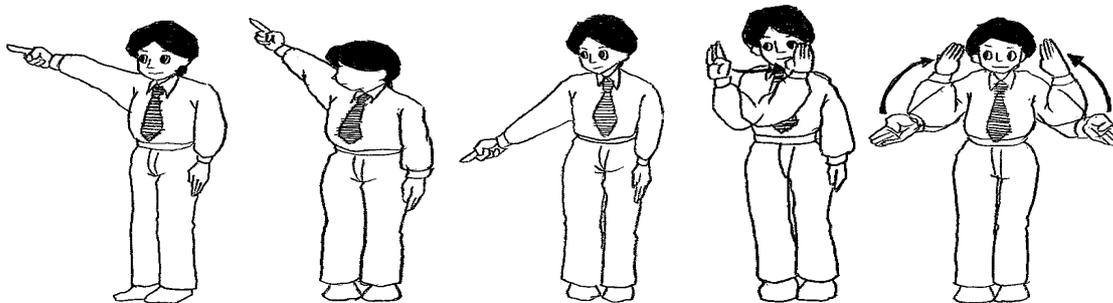
「始め」 Hajime 「止め」 Yame 「続けて始め」 Tsuzukete Hajime 「技有り」 Waza-ari 「一本」又は「勝ち」 Ippon or Kachi



「引き分け」 Hikiwake 「早い」 Hayai 「取りません」 Torimasen 「弱い」 Yowai 「間合い」 Maai



「受けてます」 Ukete-masu 「相打ち」 Aiuchi 「抜けてます」 Nukete-masu 「警告」 Keikoku 「注意」 Chui



「反則」 Hansoku 「退場」 Taijo 「場外」 Jogai 「無防備」 Mubobi 「集合」 Shugo

Judge

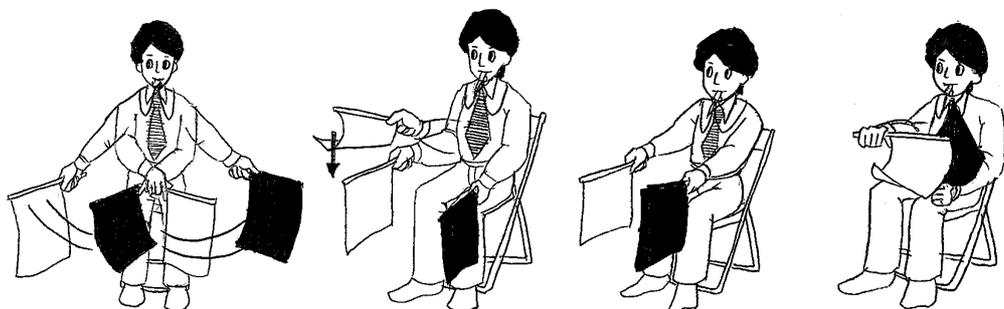


「技有り」
Waza-ari

「一本」
Ippon

「引き分け」
Hikiwake

「早い」
Hayai

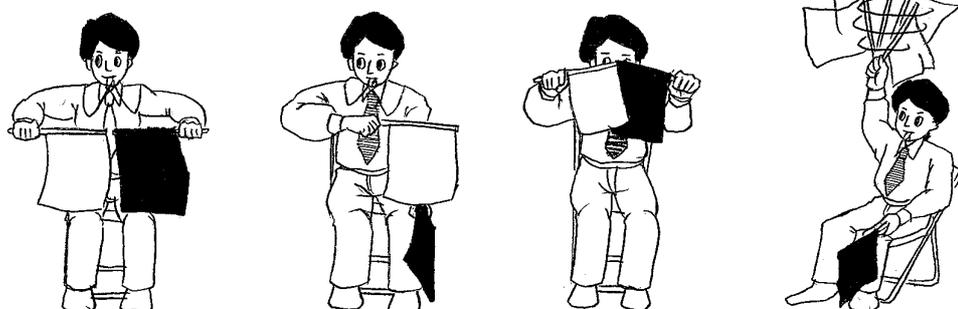


「取りません」
Torimasen

「弱い」
Yowai

「間合い」
Maai

「受けてます」
Uketemasu

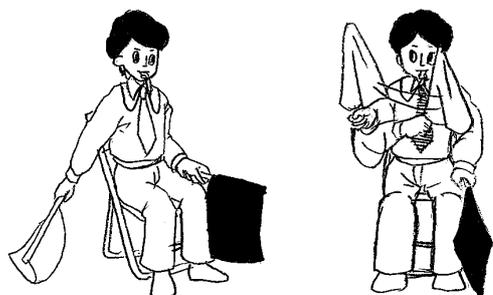


「相打ち」
Aiuchi

「抜けてます」
Nukete-masu

「見えません」
Miemasen

「警告・注意・反則」
Keikoku, Chui or Hansoku



「場外」
Jogai

「無防備」
Mubobi