

NIHON SHOTOKAN KARATE-DO FEDERATION



N S K F
SOUTH AFRICA

**TOURNAMENT RULES &
REGULATIONS**

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**TOURNAMENT RULES &
REGULATIONS FOR OFFICIALS**

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TOURNAMENT RULES & REGULATIONS

CHAPTER 1 – GENERAL RULES

ITEM 1 – Goal & Objectives

The goal of establishing these rules and regulations is to promote a fair and smooth course of occurrence of all Events in any given tournament.

ITEM 2 – Applicants Concerned

1. These Rules & Regulations shall apply to the following NSKF related Events:
 - a. World Champions & the All Japan Championships hosted by The NSKF Headquarters.
 - b. Regional Tournament/Championships hosted by NSKF Regional Headquarters.
 - c. District Tournaments/Championships hosted by NSKF District Headquarters.
 - d. Local Tournaments hosted by NSKF Dojos.
2. All tournaments shall abide by this present document.

ITEM 3 – Rules of Conduct for All Participants

All participants shall act in accordance to the highest standards of ability and of fair play in the spirit of Karate Do and strive to the utmost respect and dignity towards other participants.

ITEM 4 – Additional Information

If a situation arises undefined by this present document, the decision shall be given by the Master Chief Judge.

CHAPTER 2 – TOURNAMENT OPERATIONS

ITEM 5 – Preparation set-up Prior to Event

1. Prior to holding a tournament, the Host Organization shall notify all concerned of its proposed plan for the upcoming tournament.
2. Also, it is necessary to provide the following support personnel:
 - a. Timekeepers
 - b. Scorekeepers
 - c. Directors of Operations
 - d. Official Doctor
 - e. Medical Attendants
3. As well, the following officials must be provided:
 - a. Arbitrators
 - b. Master Chief Judge
 - c. Head Judges and Judges
 - d. Judge Inspectors

ITEM 6 – Arbitrators

1. One Arbitrators shall be stationed at a *Kumite* Event.
2. An Arbitrator is responsible for the following:
 - a. That the Head Judge and the Judges have appropriate qualifications for tournament
 - b. That the competitors have appropriate qualifications as well
 - c. That the Rules & Regulations are being followed
3. An Arbitrator is responsible to provide appropriate decisions to the Head Judge and the Judges, timekeepers and scorekeepers in the following situation: if the Head Coach has a question or protest.
4. An Arbitrator, if necessary, can consult the Head Judge, Judges or support personnel involved.
5. The Arbitrator is selected and appointed to this position by the Master Chief Judge.

ITEM 7 – Master Chief Judge

1. The Master Chief Judge is responsible to maintain a fair and smooth course of occurrence of all Events in a given tournament.
2. The Master Chief Judge is responsible to provide appropriate decision in the following situations:
 - a. If there is an issue with the Rules & Regulations or if unfairness has been identified
 - b. If there is a matter exceeding this present document
 - c. If there is an accident

3. If a situation has occurred, after consulting with the Judge Inspectors and the Judges, the Master Chief Judge will take action as per the following:
 - a. Give special advise or instructions
 - b. Banish from the tournament
 - c. Disqualify a competitor from the tournament
4. After consultation with the Judges, the Master Chief Judge will decide the duration of disqualification and if it applies to further tournaments.
5. The Master Chief Judge is appointed by the Host Organization. If necessary, the Host Organization will also select an Assistant Chief Judge.
6. As a general rule, the NSKF Chief Instructor is the one selected as the Master Chief Judge in the All Japan Championships as well as the World Championships.

ITEM 8 – Head Judge & Judges

1. The Head Judge and the Judges are responsible for a Match or Event and make decisions during a given Match or Event.
2. The Head Judge and the Judges exert control over the surroundings or the Match or Event as well.
3. The Head Judge and the Judges are solely responsible for the outcome of a Match or Event and cannot be challenged with the exception of the Arbitrator.
4. The Head Judge co-ordinates the Match or Event and gives the final decision regarding the outcome of the Match or Event.
5. The Judges, previously called Corner Judges assist the Head Judge by indicating their own decisions during the Match or Event.
6. The Head Judge and the Judges are selected amongst the pool of certified Judges and appointed to their positions by the Host Organization.

ITEM 9 – Judge Inspectors

1. The Judge Inspector is responsible for providing appropriate guidance and support to Arbitrators and all Judges if there is an issue with the Rules & Regulations or if unfairness has been identified.
2. The Judge Inspector is selected amongst the members of the Masters Committee or *Shihan-Kai* and appointed to that position by the Master Chief Judge.
3. In the All Japan Championships as well as the World Championships, there must be a Judge Inspector present.

ITEM 10 – Competitors

1. If the competitors are qualified, the Host Organization cannot refuse their participation in a tournament.

2. As a general rule, the competitors are active members of NSKF or members of an affiliated organization approved by the NSKF.

ITEM 11 – Head Coach

1. One Head Coach can be present for his competitor during a Match or Event.
2. A Head Coach must be registered with the Host Organization prior to the tournament.
3. If a Head Coach has a question or protest regarding a Match or Event, it has to be addressed to the Arbitrator.
4. A Head Coach gives advice to the competitor from a designated area, during a Match or Event.
5. A Head Coach has to hold instructors qualified.

ITEM 12 – Timekeepers

A Timekeeper is responsible to keep time of a Match or Event, as well as notify the Head Judge of elapsed time during the Match or Event as per set procedure.

ITEM 13 – Scorekeepers

A Scorekeeper is responsible for keeping a record of all scores during a Match or Event, as well as announcing or presenting those scores publicly. If necessary, the scorekeeper shall notify the Head Judge of these scores.

ITEM 14 – Directors of Operations

A Director of Operations is responsible for good communication between all competitors and officials to ensure smooth occurrence of the tournament.

ITEM 15 – Official Doctor

The Official Doctor is responsible for all medical decision that may occur during the course of an incident involving injury.

ITEM 16 - Medical Attendants

A Medical Attendant is responsible to treat and support an illness or injury that may occur during the course of a tournament, in order to maintain a safe environment for all participants.

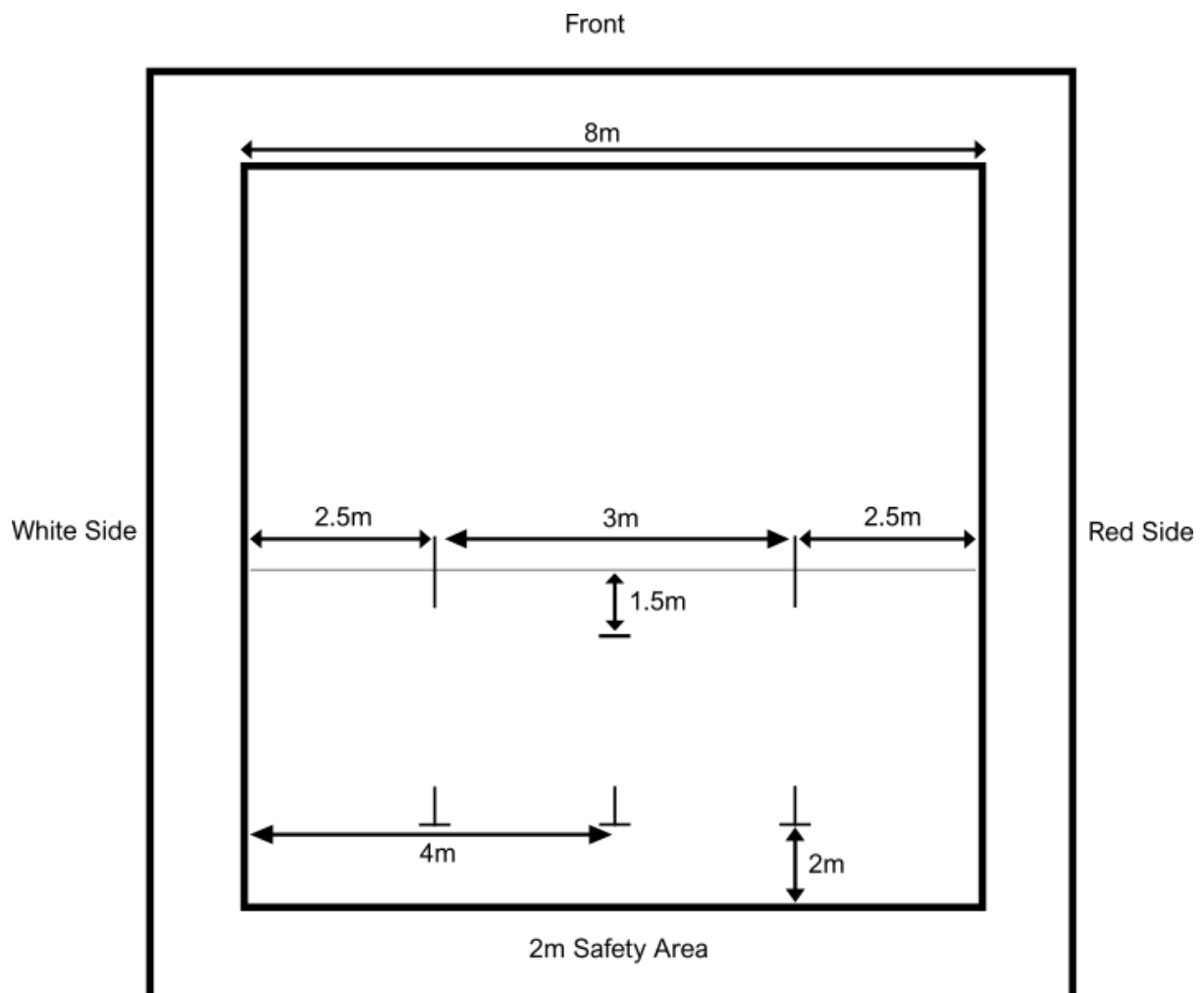
ITEM 17 – Dress Code for Participants

1. A competitor wears an all white karate uniform. In order to differentiate between opponents, one shall wear a thin red band of cloth around the waist.
2. A competitor wears an identifying number that is given prior to the tournament and that is sewn on a designated location of the uniform.
3. A competitor wears protective gear as per specification.
4. A competitor wears nothing more than is mentioned in the prior statement unless specified by either the Head Judge or the Master Chief Judge.
5. A Head Coach must wear an armband on the left upper arm, with the word “COACH” written in Japanese.
6. The Head Judges, the Judges and the Arbitrators must wear the NSKF official dress wear that consists of a pair of navy blue pants, a long-sleeved white shirt and a red tie with the NSKF logo on it. An official judge’s badge is added and worn on the left breast pocket.
7. All other support staff is easily identified as such by wearing a similar dress wear.
8. Rolling up sleeves of karate gi at the tournament is prohibited, except when the sleeve is property sewn towards the inside.

ITEM 18 – Set-up of Courts

1. The court area is a square measuring 8m x 8m, marked off by a 4-5cm wide line. The outer edge of this line measure 8m. If mats are used, the boundary may be marked by mats of a different colour.
2. For a *Kumite* Match or Event, the starting positions of the competitors are on the center line, indicated by two parallel lines both 1m long, and that are 3m apart from each other. In general, when facing what is called the front (*Shomen*), the right line is red and the left line is white.
3. For a Flag System *Kata* Match or Event, the starting lines of the competitors are 2m from the back line and 3m apart from each other. These lines are designed in the shape of a short inverted “T”; the horizontal line is 70cm long and the vertical line is 35cm long. As for a Point System *Kata* Match or Event, the inverted “T” starting lines are 2m back from the center of the court.
4. For safety reasons, a court shall not be raised for more than 1m above the ground level and there is a 2m wide safety area around the court.
5. The surface of the court should be flat and smooth. It may be made of wood, resin, urethane mats or *Tatami* mats.
6. To indicate the position of the Head Judge, a line is drawn 1.5m back from the center of the court.

Set-up & Dimensions of Courts



ITEM 19 – Events & Categories

1. The Events are as follows:
 - a. *Kumite* Events – Individual and Team
 - b. *Kata* Events – Individual and Team
2. It is possible to hold different Events as well.

CHAPTER 3 – KUMITE EVENTS

ITEM 20 – Definition of Event

1. In a *Kumite* Event, two competitors enter the court and within the allotted time, perform various kinds of techniques freely against each other hoping to hold victory. There are three different kinds of scoring systems:
 - a. 1 Point Match – *Ippon Shobu*: The competitor who has scored one full point or 2 half points first, within the allotted time, is declared the winner.
 - b. 3 Points Match – *Nihon Shobu*: The competitor who has scored 2 full points first within the allotted time, is declared the winner.
2. In a Match or Event, all techniques – punches, kicks, strikes, have to be done with control. The distance required to do the techniques should be close enough to be able to be effective. There should be no damage done to the opponent.

ITEM 21 – Definition of Team Event

1. A Team consists of an odd number of competitors.
2. As a general rule, all team members have to present at the first round of a Match or Event. Subsequently, if the team is missing a member or members, that missed person or persons must be placed last in the sequencing of competitors of that Match.
3. Prior to the Event, the order in which the competitors will perform must be reported. The winning team is determined by the number of individual performances that are won.
4. There are two kinds of team competition:
 - a. Match by Elimination: Each team member has one performing bout each. The individual results are then added up to determine which team has won. If there is a draw, the highest score determines the win, as per the following:
1 point (*Ippon*), 2 half points, decision by Judges.
 - b. If there is still a draw, a Match is held with a competitor chosen by each team, in order to determine the win. This is called a Decision Match by Team Choice or *Daihyosha Ketteisen*. This Match until there is a winner. In this case, a team member that has performed before may compete, but no more than twice.
 - c. Round Robin Elimination Match: The winner of the first Match stays in the court and keeps fighting until he loses. The loser steps out and the next team members steps in. When all members of the team have lost, the team itself loses.
5. No mixed team of males and females are allowed.

ITEM 22 – Definition & Criteria for Scoring Points

1. The areas of attacks are defined as follows:
 - a. Head and neck area – Jodan
 - b. stomach, sides of the abdomen and back – Chudan
2. Criteria for scoring points are follows:
 - a. proper execution and power of the technique
 - b. proper distance and timing
 - c. correct posture and proper frame of mind
 - d. concentrated mind and spirit
 - e. execution to the proper target
3. If all the criteria mentioned above have been reached in the execution of a punch, a kick or a strike, this constitutes what is scored as 1 point (*Ippon*).
4. A 1 point (*Ippon*) can be scored even if some of the above mentioned criteria are not reached, in the following situations:
 - a. successfully evading an attack while executing an effective attack
 - b. knocking the opponent off balance and executing an effective attack
 - c. a consecutive series of attacks that all reach their target
 - d. the opponent is without any defense
5. A technique that is well executed but does not qualify as a 1 point (*Ippon*), is defined as a half point (*Waza-Ari*).
6. 2 half points become 1 point (*Ippon*).
7. If both competitors move and execute a technique at the same time, this is called *Aiuchi*. In this instance, the attacks cancel each other and no points are scored.

ITEM 23 – Criteria for Reaching an Outcome in a Match

1. If neither of the two competitors reach the full score within the allotted time, each Judge indicates their decision as to the outcome of the Match or Event. The outcome of the Match or Event is determined by the decision of all the Judges together.
2. If both competitors get injured or for other reasons cannot continue the Match, the Judges will indicate their decision as to the outcome of the Match or Event.
3. The following elements help to determine the outcome of a Match:
 - a. if any points are scored
 - b. if there are warnings of *Hansoku Chui* that have been given
 - c. if there are out of bounds or *Jogai Chui* that have been given
 - d. if one competitor has dominated more in that match
 - e. skill and strength of the techniques displayed
 - f. fighting spirit and effort shown by a competitor; if there has been any caution or *Keikoku* given
 - g. proper frame of mind shown by a competitor

- h. the amount of attacks performed by one competitor as compared to the other
4. The outcome of the match or event is ultimately decided by the Head Judge who must have taken notice of the decision of each Judge.
5. If the outcome of the match or event cannot be decided, a draw or *Hikiwake* is then declared.

ITEM 24 – Re-Match (*Sai-Shiai*) & Second Re-Match (*Sai-Sai-Shiai*)

1. If there is a draw, another Match will be held. This re-match is called *Sai-Shiai*. If this re-match end up in a draw, a second re-match called *Sai-Sai-Shiai* will be held. However, the Head Judge may order that this second re-match is a “*sudden death*” match meaning that the competitor that scores first is declared the winner.
2. After second re-match the Judges must determine the winner.
3. In a World Championships as well as a National Championships, the final match of that event will have as many re-matches as needed in order to determine a winner.

ITEM 25 – Criteria Leading to Disqualification (*Hansoku*)

1. The following elements are forbidden:
 - a. excessive contact
 - b. performing dangerous throws and where joints are involved
 - c. wasting time by not attacking
 - d. using provocative language, attitude by competitor or his coach, or supporters, and coach interfering with judges and not following protocols; verbal taunting from competitor or supporters
 - e. purposely attacking after stop (*Yame*) or out of bounds (*Jogai*) is called
 - f. head butt attack
 - g. spear hand (*Nukite*) attack
 - h. purposely attacking the groin area
2. If there has been any of the above that have been perpetrated, the following decisions will be made:
 - a. If an element has been identified but not severe as to cause injury or damage to a competitor, a caution (*Keikoku*) is then given. This caution does not affect judging decision but if a second caution is given in the same Match, this could result in disqualification of the perpetrator and the other competitor is declared the winner.
 - b. If an element has been identified as severe and there is obvious malicious intent or if a competitor is seriously injured or damaged, a disqualification (*Hansoku*) is given to the perpetrator and the other competitor is declared the winner.

3. Any competitor who has received a disqualification (*Hansoku*) twice during a tournament, is not allowed to continue to compete in that competition.

ITEM 26 – Out of Bounds (*Jogai*)

If a competitor touches the ground outside the borders of the court with any part of the body, a caution indicative of out bounds (*Jogai Keikoku*) is then announced. If this happens a second time, an out of bounds warning (*Jogai Chui*) is given. If this happens a third time, a disqualification by out of bounds (*Jogai Hansoku*) is given to the perpetrator and the other competitor is declared the winner.

ITEM 27 – Criteria for Volunteer Non Defending (*Muboubi*)

1. A caution for volunteering non defending (*Muboubi Keikoku*), a warning for volunteer non defending (*Muboubi Chui*), and a disqualification for volunteering non defending (*Muboubi Hansoku*) can be given in the following situations.
 - a. if it is obvious that a competitor does not provide any defensive effort and gets hit, then that competitor receives the appropriate level of volunteer non defending and the other competitor the appropriate level of reprimand or *Hansoku*.
 - b. if it is identified that a competitor shows no fighting effort
2. Although not necessary hit, a competitor can receive a non defending reprimand, either a caution, warning or a disqualification as the referee may judge the present situation dangerous. In that case the other competitor is declared the winner.

ITEM 28 – Absolute Disqualification (*Shikkaku*)

1. An absolute disqualification (*Shikkaku*) is given in the following situations and therefore the other competitor is declared the winner:
 - a. non compliance to the orders of the Head Judge
 - b. display of poor and unacceptable attitude and frame of mind and use of unacceptable verbal or body language as a *Karate* competitor
 - c. if it is deemed inappropriate for the match to continue
2. After absolute disqualification has been given to a competitor, that competitor cannot continue to participate in that tournament with the exception of Item 38 under number 2a and 2b
3. The details of an absolute disqualification must be discussed by the involved Judges and given to the pertinent scorekeepers who enter these specified details on the appropriate form which is given to the Master Chief Judge.
4. If a team has perpetrated a serious offence, the whole team is given an absolute disqualification and the other team is declared the winner.

ITEM 29 – Withdrawal (*Kiken*)

1. If a competitor withdraws, the other competitor is declared the winner.
2. A competitor who voluntarily withdraws cannot compete in any other matches or events.

ITEM 30 – In the Case of an Injury

1. If a competitor is unable to continue a Match due to injury, the Judges will decide if a withdrawal (*Kiken*) is to be given. If that is the case, then the other competitor is declared the winner. If both competitors are injured and there is no disqualification (*Hansoku*) issued, then the Match is stopped and a decision as to the outcome of the Match will be called.
2. If the Official Doctor decides that a competitor cannot continue to compete, the Match is stopped and a withdrawal (*Kiken*) is given. The doctor will determine if the injured competitor is fit to compete in further matches or events. If the competitor is deemed fit, the doctor will notify the Master Chief Judge.

ITEM 31 – Required Officials

The following Officials are required per court:

- a) 1 Arbitrator
- b) 1 Head Judge
- c) 4 Judges

ITEM 32 – Time of the Event

1. The allotted time for a Match or Event is 2, 3 or 5 minutes.
2. The Head Judge starts the Match with a verbal cue that ends with the word “BEGIN” (*Hajime*) at which the countdown is started. Countdown is interrupted when “STOP” (*Yame*) or out of bounds (*Jogai*) is called. Countdown resumes when the verbal cue “RESUME” (*Tsuzukete Hajime*) is pronounced. If the allotted time for the Match has elapsed, the timekeeper will announce this to the Head Judge and the Match is thus finished.

ITEM 33 – Procedures and Operations

1. The Head Judge calls the competitors to line up. Then to bow to the Front (*Shomen*) and to each other (*Otagai Ni*).
2. Two competitors move to their respective designated positions and bow to each other.

3. At the end of the Match of Event the Head Judge will call the competitors to line up, then will tell them to bow to each other and to the Front.
4. The Head Judge will call the Match to stop (*Yame*) or out of bounds (*Jogai*) and interrupt the Match, in the following situations:
 - a. if there is 1 point (*Ippon*) or a half point (*Waza-Ari*)
 - b. if the competitors need to fix their uniform or if the Head Judge needs to give them advice
 - c. if there are any elements that can lead to disqualification
 - d. an injury or accident
 - e. if the Arbitrator is indicating to interrupt the Match or Event
 - f. at a Judge's indication and the head Judge considers it necessary
 - g. if a Match or the surrounding of a match is considered dangerous
 - h. if a competitor touches the grounds outside the borders of the court with any part of the body
 - i. when the allotted time for a Match or Event has elapsed
5. During the Match or Event if any of the above is identified, the Judges will signal the identified element by whistle and a corresponding flag gesture to the Head Judge.
6. If necessary, the Head Judge will confer with the Judges to discuss an element and make appropriate recommendations or corrections. This takes place within the presence of the Arbitrator. If the Judges do not agree, then a decision is taken with a majority rule and the Head Judge will be declared the final decision.
7. The Head Judge then gives the command to resume the Match (*Tsuzukete Hajime*) and the Match is thus pursued.
8. A competitor may request to have a Match interrupted by calling a time-out for the following situations that may not have been noticed by the Head Judge: accident, injury or sickness. However, the Match is not interrupted until the Head Judge chooses to call the interruption.
9. When it is time to decide the outcome of the Match or Event, the Head Judge will use either voice command or whistle command to indicate that it is decision time (*Hantei*). The Judges will then indicate their decision by using the flag or flags.
10. After taking notice of the decision of each of the Judges, the Head Judge will announce the outcome of the Match or Event.
11. The timekeeper is seated at a designated location and monitors with a stopwatch the elapsing time during a Match and uses a bell to indicate to the Judges by ringing once that 30 seconds are remaining, as well as by ringing twice, that all allotted time has elapsed. The timekeeper shall call for the time-up of the Match.
12. The scorekeepers use the pertinent official forms to keep records of all scores and outcome of all Matches or Events, following the Head Judges announcement.

ITEM 34 – Required Equipment

1. Whistles – one per Official
2. Red and White flags – a pair for each Judge
3. A stopwatch
4. A bell
5. Officials forms for scorekeepers including a copy for the Arbitrator
6. Red bands of cloth to differentiate the competitors – the dimensions of the red band of cloth worn around the waist should not hinder the Match in any way
7. Guards for the hands*
8. Chest protector for the women*
9. A mouth guard*

* For the equipment listed in #7, 8 and 9 see specific protocols provided per tournament

CHAPTER 4 – KATA EVENTS

ITEM 35 – Definition & Guidelines for Event

1. In a *Kata* Event, a *Kata* is performed in a court. The Judges make a decision in order to declare a winner. The following types of *Kata* Events or Matches are as follows:
 - a. Red and white Flag System: 2 competitors simultaneously perform the same *Kata* that is chosen by the Head Judge and a winner is declared. The Head Judge shall pick a *Kata* at random and tells the competitors. The competitors shall repeat the name of the *Kata* clearly. The Head Judge shall reconfirm the name of the indicated *Kata* before the Match begins.
 - b. Point System: 1 competitor at a time performs a *Kata* and each Judge gives points on the performance of that competitor. The points are added up for a total score and a winner is declared.
 - c. Team *Kata*: 3 competitors perform the same *Kata* and start by facing the front (*Shomen*), at a designated starting position of their choice. The team is given a total score according to the Point System.
2. Each competitor or team chooses a *Kata* from the following list that has been approved by the Masters Committee (*Shihan-Kai*)
3. The types of *Kata* matches are as follows:
 - a. Matches by Designated Basic *Kata* (*Shitei Kata*) – the Head Judge chooses at random one of the *Kata* from the following list and the winner is declared by Red or White Flag System:
Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan
 - b. Matches by Designated Intermediate *Kata* (*Sentei Kata*) – the Head Judge chooses at random one of the *Kata* from the following list and the winner is declared by Red or White Flag System:
Bassai Dai, Kanku Dai, Jion, Enpi
 - c. Matches by Designated Intermediate *Kata* (*Sentei Kata*) in the Point System – the competitor chooses one *Kata* from the Designated Intermediate *Kata* list to perform and the winner is declared by Point System
 - d. Match by Favorite *Kata* (*Tokui Kata*) – the competitor chooses a *Kata* from the list as seen in the above #2 with the exception of all the *Kata* in the Designated Basic *Kata* list (*Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan*), and the winner is declared by point system.

ITEM 36 – Required Officials

The following officials are required per court:

- a. 1 Head Judge
- b. 4 Judges for the Red and White Flag System events & 6 or 4 Judges for the Point System events

ITEM 37 – Criteria for Judging

1. Criteria for judging a *Kata* Event are as follows:
 - a. Proper sequence of movement and correct accuracy of the techniques
 - b. observing the 3 key elements of *Kata*: levels of strength, contraction and expansion of the body and change in the speed of the techniques
 - c. following the proper course of direction and showing smoothness in feet movements
 - d. demonstrating an understanding of the meaning of each movement
 - e. overall performance and illustrating the essential characteristics of the chosen *Kata*
 - f. correct eye contact
 - g. power and accuracy in performance of basic techniques
 - h. fighting spirit and effort
 - i. proper use of stance and posture or *Kamae* and the ability to focus the mind (*Zanshin*)
 - j. proper frame of mind
 - k. accuracy in returning to the starting position
 - l. accuracy in transforming the body parts into “weapons” of attack and defense
 - m. accuracy in reaching the point of target
 - n. if there are any exaggerated movements
 - o. intentional change to the set flow of the *Kata*
 - p. synchronization of performance in Team *Kata*
2. For Point System, 10 is the highest score. The Judges and the Head Judge decide and indicate their score on their respective score boards. The highest and the lowest scores are dropped and the rest is added up forming the total score.

ITEM 38 – Criteria for Point Deduction & for Disqualification

1. Points are deducted as per the following situations:
 - a. the competitor makes a mistake, but continues to perform
 - b. the competitor pauses for no apparent reason but continues to perform
2. The competitor is disqualified as per following situations:
 - a. the competitor does not finish the *Kata*

- b. the competitor does a different *Kata* from the one announced
- c. the competitor uses a profane verbal or body language
- d. as a general rule, a competitor that has been disqualified in a *Kumite* Match or Event cannot compete in *Kata* as well

ITEM 39 – Re-Match

1. If there is a draw in a Red and White Flag System Match or Event, the Head Judge will choose another *Kata* to be performed by the 2 competitors.
2. If there is a draw in a Point System Match or Event, the competitors will perform the same *Kata* again. If there is still a draw, the lowest score that was dropped is now added up for a total score. If there is still a draw, the highest score that was dropped is now added up as well for a total score. If finally there is still draw, the competitors will perform a different *Kata*.

ITEM 40 – Procedures and Operations

1. For a Red and White Flag System Match or Event, each competitor moves to their respective starting positions and bow to each other. The Head Judge then chooses at random a *Kata* and announces the name of the *Kata* to the competitors who repeat the name of the *Kata*. Both competitors begin their performance at the Head Judges command to start.
2. When their performances are finished, the 2 competitors will then bow to each other and then to the Front.
3. For Designated Basic *Kata* (*Shitei Kata*), the Head Judge chooses at random a *Kata* from the set of Designated Basic *Kata* cards then announces the name of that *Kata* to the 2 competitors who begin at the Head Judge's command to start.
4. For Point System, each competitor chooses their own starting positions, and announces the name of their chosen *Kata*. The Head Judge will repeat the name of that *Kata* and the competitor will then start their performance at their own timing.
5. For Designated Intermediate *Kata* (*Sentei Kata*), please follow the directions of the above #3 and #4 as per applied.
6. When the performance is finished, the competitor returns to the starting positing and waits for the decision of all the Judges.
7. If necessary, the Head Judge will confer with the Judges to discuss and make appropriate recommendations or guidance as per the following:
 - a. improper behaviour leading to disqualification (*Hansoku*) or making a mistake
 - b. injury or accident
 - c. questionable issue prior to scoring
 - d. at a Judge's indication and the Head Judge considers it necessary

8. If any of the above has been identified, the judges will indicate it to the Head Judge by whistle command.
9. The scorekeepers use the pertinent official forms to keep records of all the names of the *Kata* chosen by each competitor.
10. For Red and White flag System, when it is time to decide the outcome of the match or Event, the Head Judge will use either voice command or whistle command to indicate that it is decision time (*Hantei*). The Judges will then indicate their decision by using a flag or flags.
11. For Point System, when it is time to decide the outcome of the Match or Event, the Head Judge will use whistle command to indicate that it is decision time (*Hantei*). The Judges will then raise their score boards or score cards with their choice of score.
12. One of the Scorekeepers reads in a loud and clear voice, each score, starting from the Head Judge and moving clockwise. The other scorekeepers write the announced scores on the appropriate official forms and make the necessary calculations for a total score.
13. A scorekeeper will announce the final score and the Head Judge repeats this score. The Head Judge will then use whistle command to indicate to the Judges to lower their score boards or score cards. (*This point may be wrong. To be confirmed*)
14. After the announcement of the final score or outcome of the Match, the involved competitor steps out of the court.

ITEM 41 – Required Equipment

1. Whistles – one per official
2. Red and White Flags – a pair for each Judge
3. Score boards or score cards – set per Judge
4. Official forms for scorekeepers including a copy for the Arbitrator
5. *Kata* cards: a set of Designated Basic *Kata* and a set of Designated Intermediate *Kata* – a set of the appropriate ones for the Head Judge
6. Red bands of cloth to differentiate the competitors – the dimensions of this red band of cloth worn around the waist should not hinder the Match in any way.

CHAPTER 5 – ADDITIONAL INFORMATION

ITEM 42 – Junior Tournaments

The Rules & Regulations that concern the Junior Tournaments are to be separately provided.

ITEM 43 – Revision of Document

The revision of this document is done by the Masters Committee (*Shihan-Kai*) with a majority of two thirds of the members present.

Additional clause

Date of Revision:

Last Date of Revision:

TOURNAMENT RULES & REGULATIONS FOR OFFICIALS

CHAPTER 1 – GENERAL RULES

ITEM 1 – Goal & Objectives

1. The goal of establishing these Rules & Regulations for officials is to promote standardized guidelines to ensure a fairness and smoothness flow in decision making.
2. This document is to be used as a supplement to the Tournament Rules & Regulations document.

ITEM 2 – Guide for Use

All official tournaments sponsored by Nihon Shotokan Karate-do Federation are to follow these Rules & Regulations

ITEM 3 – Rules of Conduct for Officials

1. All judging officials are to be neutral and fair.
2. All judging officials should make their decisions freely and based on the Tournament Rules & Regulations documents.
3. All judging officials are to behave in a dignified and professional manner.
4. All judging officials give their decisions promptly and accurately/
5. During a Match or Event, a judging official does not talk to any person other than the involved ones in that particular Match or Event.

ITEM 4 – Additional Information

If a situation arises undefined by this present document, the decision shall be given by the Master Chief Judge.

CHAPTER 2 – PROCEDURES FOR JUDGING

ITEM 5 – Voice Commands for the Head Judge

1. The following commands are to be used by the Head Judge:
 - a. 1 Point or 3 Point Match begin – *Shobu Ippon Hajime* or *Shobu Sanbon Hajime* for a *Kumite* Match or Event.
 - b. Ready, begin for a *Kata* Match or Event – *Yoi Hajime*
 - c. Stop – *Yame*
 - d. Return to your starting position – *Moto No Ichi*
 - e. Resume, for a *Kumite* Match or Event – *Tsukukete Hajime*
 - f. 30 seconds time remaining – *Ato Shibaraku*
 - g. Half point – *Waza Ari*
 - h. 1 point – *Ippon*
 - i. Together making 1 point – *Awasete Ippon*
 - j. No points – *Torimassen*
 - k. Faster attack – *Hayai*
 - l. Simultaneous attacks – *Aiuchi*
 - m. Distance not sufficient – *Maai*
 - n. Blocked attack – *Ukete Masu*
 - o. Off target attack – *Nukete Masu*
 - p. Weak attack – *Yowai*
 - q. Caution – *Keikoku*
 - r. Warning – *Chui*
 - s. To disqualify – *Hansoku*
 - t. Non defending – *Muboubi*
 - u. Out of bounds – *Jogai*
 - v. Decision time – *Hantei*
 - w. Red (or White) is the winner – *Aka (or Shiro) No Kachi*
 - x. Draw – *Hikiwake*
 - y. Re – match – *Sai Shiai*
 - z. Second re-match – *Sai Sai Shiai*
 - aa. Call to confer – *Shugo*
 - bb. Withdrawal of competitor – *Kiken*
 - cc. Absolute disqualification – *Shikkaku*
2. For the following verbal commands, the Head Judge clearly announces to which competitor, either the red or the white one, the command is addressed to:
 - a. Winner – *Kachi*
 - b. 1 Point – *Ippon*
 - c. Half point – *Waza Ari*
 - d. Caution – *Keikoku*
 - e. Warning – *Chui*
 - f. To disqualify – *Hansoku*

- g. Out of bounds – *Jogai*
 - h. Non defending – *Muboubi*
 - i. Withdrawal of competitor – *Kiken*
 - j. Disqualification – *Shikkaku*
3. When 1 point (*Ippon*) or half point (*Waza Ari*) is scored, the Head Judge clearly announces the target area and the kind of attack that was done effectively.
- a. Head and neck area – *Jodan*
 - b. Stomach, sides of the abdomen and back – *Chudan*
 - c. Punch – *Tsuki*
 - d. Kick – *Geri*
 - e. Strike – *Uchi*
4. If a competitor scores with consecutive techniques (*Renzoku Waza*), the Head Judge announces the target and the kind of attack as well as announces either a half point by consecutive techniques – *Renzoku Waza Waza Ari*, or a 1 point by consecutive techniques, *Renzoku Waza Ippon* given.

ITEM 6 – Whistle Commands

_____ indicates the length of whistling

1. The following are the whistle commands used by the Head Judge:
 - a. _____ start – *Hajime*
 - b. ____ stop – *Yame*
 - c. ____ call to confer – *Shugo*
 - d. _____ decision time – *Hantei*
 - e. ____ lower flags for score boards
2. The following are the whistle commands used by the Judges:
 - a. ____ stop the Match
3. The following are the whistle commands used by the Judges:
 - a. _____ 1 point (*Ippon*) has been scored
 - b. ____ half point (*Waza Ari*) has been scored
 - c. ____ attention call to Head Judge

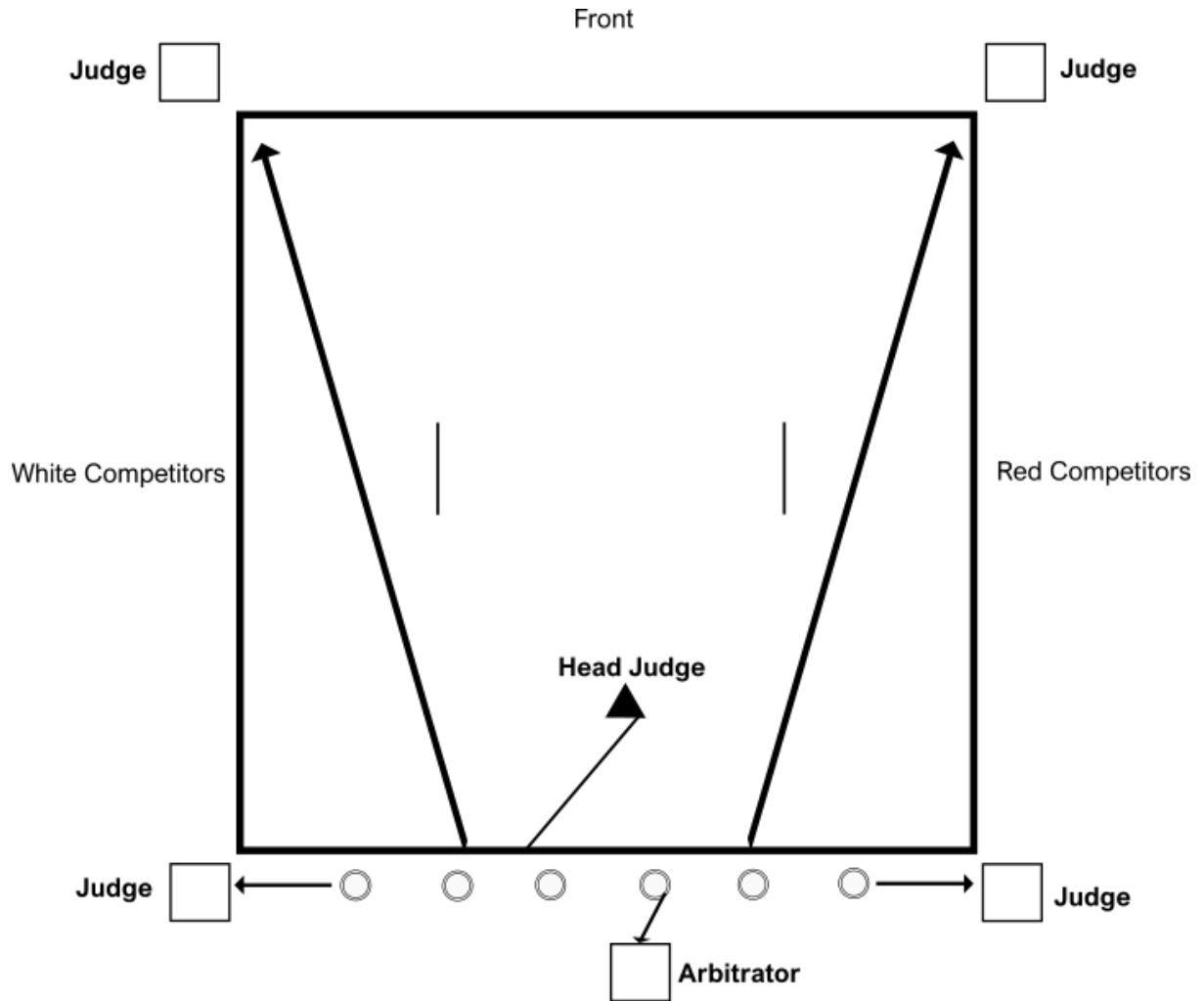
ITEM 7 – Hand & Flag Signals for Court Officials

The Judges use specific gestures when expressing their judgements and decisions. See Appendix for illustrated table.

Chapter 3 – TO JUDGE KUMITE

ITEM 8 – Location of Court Officials

1. The Head Judge during a Match or Event is positioned as seen below and moves according to the competitors.
2. The Judges hold a whistle in their mouth and a red and white flag in each hand. They are positioned as seen below.



NOTE: For a Red and White Flag System, please see above diagram. The red competitors are situated at the right side of the Head Judge while the white competitors are at the left side.

For the Head Judge and the Judges, please follow the arrows to see where they are positioned after initial bowing and when the Match or Event is over, to see them come back to their original positions for final bowing.

The Arbitrator sits facing the Front (*Shomen*) for observation of Match or Event.

ITEM 9 – Criteria for decisions

The Head Judge decides the outcome of the Match following the indications of all the Judges. Please see the table below for all possible decisions in a Red and White Flag System both for *Kumite* or *Kata* events.

Decisions by Judges					Decision by the Head Judges
1	○	○	○	○	White is the winner
2	○	○	○	●	White is the winner
3	○	○	○	×	White is the winner
4	○	○	×	●	White is the winner/Draw
5	●	●	●	●	Red is the winner
6	●	●	●	○	Red is the winner
7	●	●	●	×	Red is the winner
8	●	●	×	○	Red is the winner/Draw
9	×	×	×	×	Draw
10	○	×	×	●	Draw
11	○	×	×	×	Draw
12	×	×	×	●	Draw
13	○	○	×	●	Draw/Red is the winner/White is the winner
14	○	○	×	×	White is the winner/Draw
15	×	×	●	●	Red is the winner/Draw

Symbols: ● Red
 ○ White
 × Draw

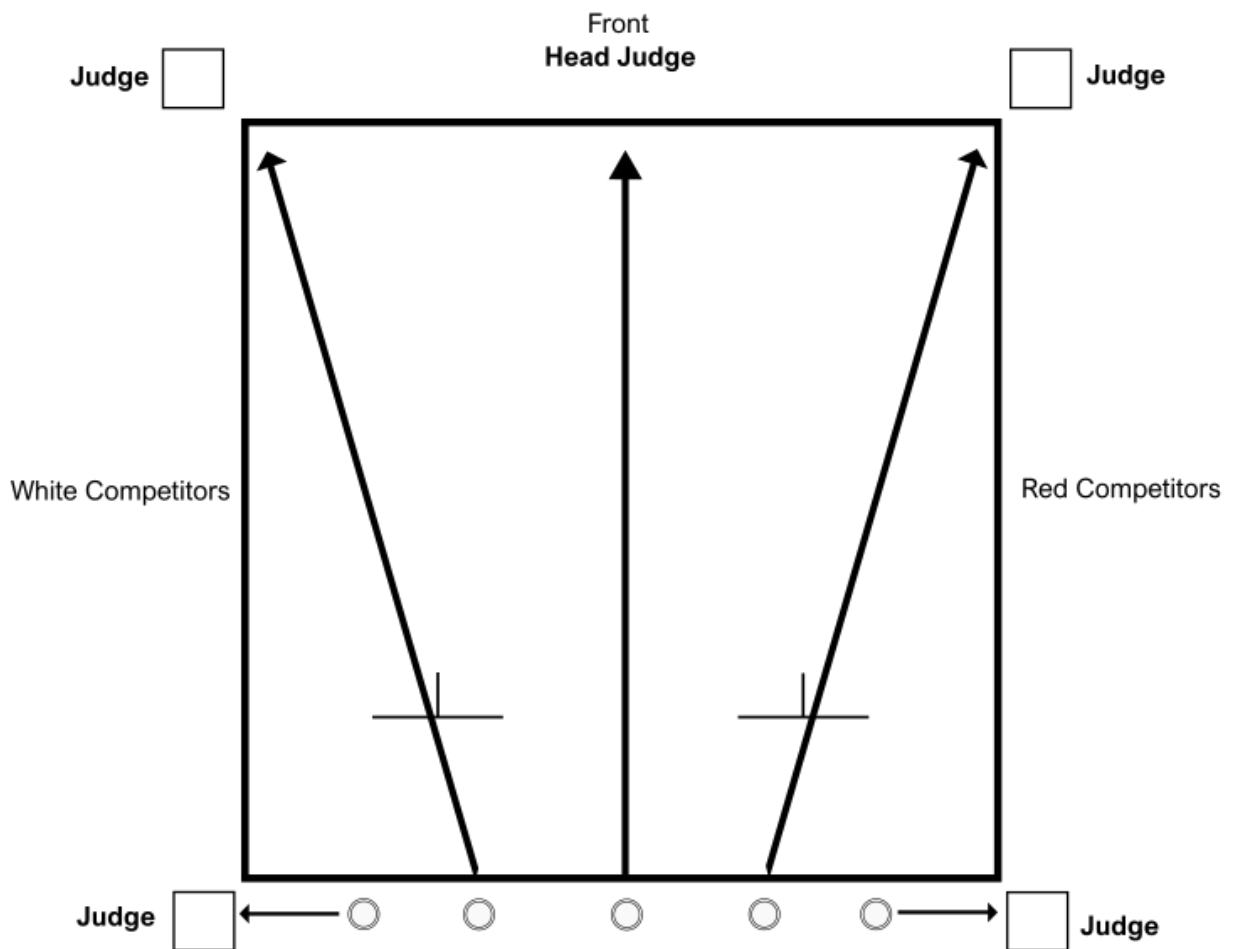
CHAPTER 4 – TO JUDGE KATA

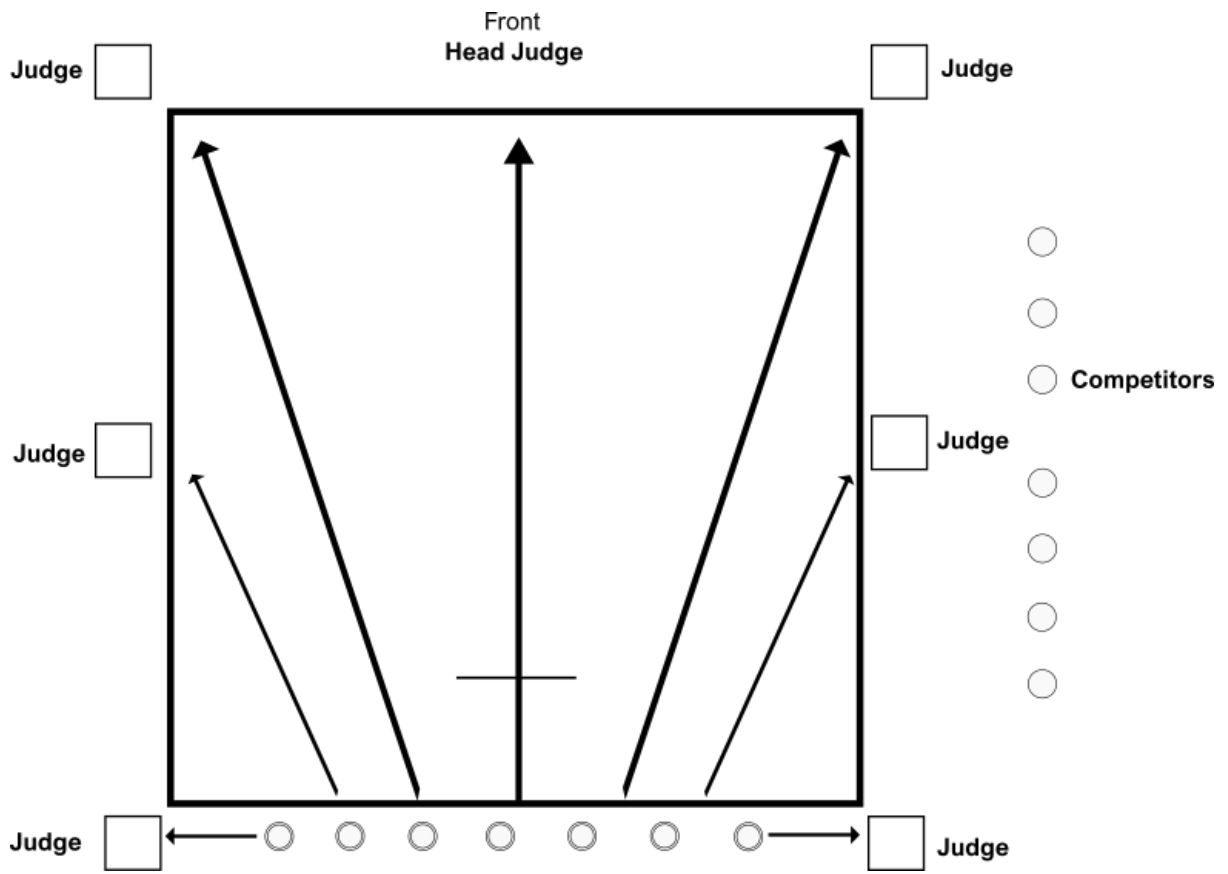
ITEM 10 – Location of Court Officials

Please see the diagram below for the location of the Head Judge and the Judges as part of a Red and White Flag System as seen on the diagram above and a Point system as seen on the lower diagram.

For the Head Judge and the Judges, please follow the arrows to see where they are positioned after initial bowing and when the Match or Event is over, to see them come back to their original positions for final bowing.

The Arbitrator sits facing the Front (*Shomen*) for observation of Match or Event.





ITEM 11 – Criteria for Decisions

Points are awarded according to the following elements as seen below:

1	Frame of mind, spirit and eye contact
2	Perfection overall
3	Levels of strength
4	Contraction and expansion of the body
5	Change in the speed of the techniques
6	Line of performance (<i>Enbusen</i>)
7	Smoothness of feet movements
8	Understanding of the meaning of techniques
9	Illustrating the essential characteristics of the chose <i>Kata</i>
10	Overall smoothness of movements

Elements as Part of *Kata* Sequence

1	Did not return to the starting point
2	Mistake is made, but immediately corrected and <i>Kata</i> is resumed
3	Movement is missed, but <i>Kata</i> is continued
4	Major mistake is made and several movements are missed
5	Stopped in the middle of the performance
6	Being interrupted by the Head Judge

Fundamental Criteria for Decisions

1	Posture
2	Balance
3	Stances <ul style="list-style-type: none"> a) Width and length b) Adherence of the feet to the floor c) Position of the hips d) Rotation of the hips
4	Basics (<i>Kihon</i>) <ul style="list-style-type: none"> e) Transforming the body parts into “<i>weapons</i>” f) Strength and focus of techniques g) Aiming for the proper target h) Proper course of techniques

CHAPTER 5 – ADDITIONAL INFORMATION

ITEM 12 – Junior Tournament

The Rules & Regulations that concern the Junior Tournaments are to be separately provided.

ITEM 13 – Revision of Document

The revision of this document is done by the Chief Instructor of Nihon Shotokan Karate-do Federation South Africa

Additional clause

Date of Revision: 20 June 2024

Last date of Revision: 23 June 2024

SPECIFIC GUIDELINES FOR 1 POINT BASIC FIGHTING - *KIHON IPPON KUMITE*

TO START A MATCH OR EVENT

When called, the 2 selected competitors move forward to their designated starting position and bow to each other

1. The head judge starts the match with the vocal command: BEGIN (HAJIME)

NOTE: Red side always start first. Then, the attacks alternate between each side

ATTACKING TECHNIQUES

1. Punch to the face (JODAN OI ZUKI) aiming for either just below the nose and in this particular situation , as well the lower part of the chin.
2. Punch to the stomach (CHUDAN OI ZUKI) aiming for the solar plexus.
3. Front kick to the stomach(CHUDAN OI ZUKI) using the back leg, aiming for the solar plexus.

NOTE: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot

4. There must be appropriate distance to attack. The attacking competitor steps the leg back and forms a downwards block (GEDAN BARAI). Each attack must be clearly announced before execution.

NOTE: For the execution of front kick (MAE GERI) both arms are extended and kept on each side of the body

5. After the completion of an attack and defense sequence, both competitors simultaneously return to the natural position (SHIZENTAI). The attacking competitor takes a step back to the natural position while the defending competitor takes a step forward to do the same

NOTE: If the distance between the competitor is not appropriate. The head judge or the judges will tell the competitors to adjust their distance appropriately.

DEFENSIVE TECHNIQUES

1. Any kind of blocking techniques and body shifting can be used
2. Any kind of counterattack to the areas, as mentioned above, can be used but only a single counterattack is allowed

ADDITIONAL POINTS

1. An attack or defense technique can only be used one time.
2. There is to be one sudden vocal release of energy (KIAI) per attack and counterattack

OUTCOME OF A MATCH OR EVENT

1. The outcome of the match or event is decided by the head judge and the 4 judges.
2. If there is a draw, the same attack are done with the left side initiating the attacks. Following this , a decision to declare a winner must be reached.

PROHIBITED ELEMENTS

Pertinent to Attack

1. Faking a movement in order to have the opponent move, and then attack that opponent
2. Lunging the body towards the opponent or taking more than one basic step forward to attack.
3. From the natural position(SHIZENTAI) the attack must follow a straight line forward and not follow the opponent who may have moved prior to completion of the attack .
ATTENTION: The foot of the attacking competitor that has stepped forward, should end up positioned between the opponent`s legs. Fundamental basic technique must be applied during execution.
4. Face level and stomach level attacks that are executed with forceful motion, such as pressing the arm downwards while the opponent is executing a blocking technique.
5. Withdrawing too quickly that hand is executing an attack.

Pertinent to defense

1. Contact or hitting the attacking competitor other than the blocking technique that should be executed.
ATTENTION: There is no contact to the other competitor than the blocking technique.
2. Any combination techniques: sweeping the attacking competitor (ASHI BARAI) any projection techniques or holds involving the joints.
3. During the execution of a blocking technique to the stomach, to be blocking at the other competitor`s elbow.
ATTENTION: Proper blocking is done at the wrist of the attacking competitor.
4. During the execution of a blocking techniques to the face, any forceful motion that may cause a loss of balance of the attacking competitor.
5. During the execution of a blocking techniques to the stomach, to be using any forceful downward motions.
6. Withdrawing too quickly the hand that is executing a counterattack.

REGARDING CRITERIA LEADING TO DISQUALIFICATION

1. When a prohibited element has been identified, the head judge and the judge will confer and indicated their decision regarding the degree of severity and give the appropriate reprimand, a caution (KEIKOKU), A warning (CHUI) or disqualification (HANSOKU) and pronounce absolute disqualification (SHIKKAKU).
2. Please refer to the section criteria leading to disqualification (HANSOKU) as part of the tournament rules & regulations document for additional information

SPECIFIC GUIDELINES FOR SEMI – FREE FIGHTING (JIYU IPPON KUMITE)

TO START A MATCH OR EVENT

1. When called, the 2 competitors move forward to their designated starting positions and bow to each other
2. The head judge starts the match with the vocal command: BEGIN (HAJIME). As both competitors steps forward in their ready to fight positions (KAMAE) red always starts first. After each attack, block and counterattack sequence is completed, the competitors pause in ready to fight position (KAMAE) at a proper distance (MAAI) then return to their starting points , still ready to fight positions. The 2 competitors then wait for the head judge`s command to resume fighting, either the red side or the white side initiating.
3. The competitor may choose their ready to fight position (KAMAE). However it is recommended that in a junior tournament the competitor hold their in front of their body.
4. After all the attacks are executed from both sides, the competitors return to their designated starting position and wait for the decision of the judges.
5. Both competitors must wear guards for the hands as per the tournament rules and regulations document

ATTACKING TECHNIQUES

1. Punch to the face (JODAN OI ZUKI) aiming for the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach (CHUDAN OI ZUKI) aiming for the solar plexus.
3. Front kick to the stomach(CHUDAN OI ZUKI) using the back leg, aiming for the solar plexus.

NOTE: The above techniques are done with the right hand and right foot. If there is a draw, the above techniques are repeated but with the left hand and left foot

4. There must be appropriate distance to attack and each attack must be clearly announced before execution.

NOTE: If the distance between the competitors is not appropriate, the head judge or the judges will tell the competitors to adjust their distance appropriately.

DEFENSIVE TECHNIQUES

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas, as mentioned above, can be used but only a single counterattack.

ADDITIONAL POINTS

1. An attack or defence technique can only be used one time
2. There is to be one sudden vocal release of energy (KIAI) per attack and per counterattack
3. When there is proper distance (MAAI) to attack. The competitor must initiate that attack. It has been that proper distance (MAAI) has been reached and no attack is initiated. This must not be done.
4. The defending competitor must not back away creating a longer distance from the attacking competitor.
5. Faking a movement (KENSEI) is not allowed

PROHIBITED ELEMENTS

Pertinent to attack

1. Distance is too short and lunging the body towards the opponent.
2. Withdrawing too quickly that hand that is executing an attack
3. Contact or hitting the opponent
4. Blocking or shifting the body during the counterattack (must wait for the counterattack)
5. Grabbling or holding the opponent.

Pertinent to defence

1. Stepping out of the court for 3 times. A caution (keikoku) is given for the first time, a warning (CHUI) is given for the second time and a disqualification (HANSOKU) is given for the third time.
2. Blocking and counterattacking at the same time
NOTE: please refer to the section criteria leading to disqualification (HANSOKU) as part of the tournament rules and regulation document of additional information

SPECIFIC GUIDELINES FOR JUDGING 1 POINT BASIC FIGHTING KIHON IPPON KUMITE AND SEMI – FREE FIGHTING – JIYU IPPON KUMITE

Frame of mind of competitors

1. Proper manners
2. Fighting spirit and effort
3. Eye contact
4. Poise and readiness

DISTANCE (MAAI)

1. Proper distance and angle of the techniques towards the target areas
2. Proper timing when blocking and if the attacks are properly blocked at the wrist and ankle of the opponent as well as the attack being done properly diverted and the body moved from the line of attack.
3. If the blocking technique is practical and body shifting is done according to the opponent.
4. Proper choice of counterattack from the defending position and according to distance and the rapidity of execution of this element.
5. Motionlessness of supporting leg when initiating blocking or attacking sequence.

FOCUS OF POWER

1. Degree of use of the body to generate this focus and power.
2. Hip rotation and feet movement are smooth and proper direction of body and techniques
3. Proper stance and posture and the degree of transforming the body parts into “weapons” of attack and defence
4. Proper sudden vocal release of energy (KIAI), spirit and power as a unit

SPECIFIC GUIDELINES FOR FREE FIGHTING (JIYU KUMITE)

1. These tournament follows the tournament rules & regulation document .
2. For the age group of 11 and 12 years old, the best 8 will do free fighting or jiyu kumite and must wear a mouth guard, guard for the hands and a body protector as well.
3. For the age group 13 to 15 years old, a competitor must wear a mouth guard, guards for the hands and a body protector as well.

4. For the age group 16 to 18 year olds, a competitor must wear a mouth guard and guard for the hands. The girls will wear body protector as well

SPECIFIC GUIDELINES FOR *KATA* TOURNAMENT

THIS APPLIES TO CHILDREN AND YOUTH UP TO 18 YEARS OLD.

1. The red and white flag system will be used up to the best 8 competitors, using this designated basic kata list (SHITEI KATA)
 - Heian Shodan
 - Heian Nidan
 - Heian Sandan
 - Heian Yondan
 - Heian Godan
 - Tekki Shodan
2. This point system will be used for the best 8 competitors, using the following KATA as choices
 - Bassai Dai
 - Kanku Dai
 - Jion
 - Empi
 - Jiite
 - Hangetsu
 - Gankaku
3. For all pertinent item, please refer to the tournament rules & regulations document

HAND & FLAG SIGNALS FOR COURT OFFICIALS

1a HAND SIGNALS FOR THE HEAD JUDGE



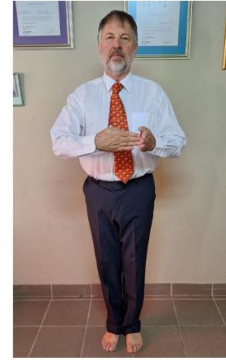
Shobu Ippon Hajime



Yame



Moto No Ichi



Hayai



Tsuzukete Hajime



Torimasen



Waza Ari



Ippon



Nukete Masu



1b HAND SIGNALS FOR THE HEAD JUDGE



Keikoku



Chui



Hansoku



Muboubi



Shikaku



Hikiwake



Shugo



Yowai



Jogai



Aiuchi



Maai



Ukete Masu



Kiken

2a HAND SIGNALS FOR JUDGES



Yoi Hajime



Waza Ari



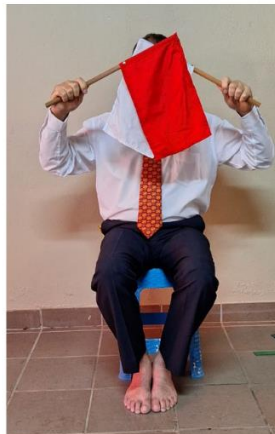
Ippon



Torimasen



Aiuchi



Mienai



Ukete Masu



Nukete Masu

Hikiwake



Keikoku

Hansoku Chui

Hansoku

Hayai



Jogai

Maai

Muboubi