

**I.S.K.A**  
**KOSHIKI KARATEDO AUSTRALIAN COMPETITION RULES**

The Koshiki rules in this book are the standard rules that the Australian I.S.K.A. circuits are using, please note that if you intend to travel overseas and compete it is advisable to acquire a copy of the rules that are in use by that organisation.

**Version Control**

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# **KOSHIKI KARATEDO AUSTRALIA COMPETITION RULES**

## **- THE RULES OF KUMITE**

### **1. OFFICIAL ATTIRE**

1. The jacket when tightened around the waist with the belt must be of an even length covering the hips.
2. The length of the sleeves must not only cover the elbows, but also cover at least half of the forearm.
3. The length of the pants shall cover at least 3/4 of the skin down from the knees.
4. Hair should be clean, reasonable in length and should not interfere with the competition.
5. The use of bandages, supports, fist guards, kick guards for reasons of injury, must be approved by the referee.

### **2. PROTECTIVE EQUIPMENT (ANZEN BOGU)**

1. All contestants are required to wear the standard shiai protectors, consisting of the main body protector (do), face protector (men) and groin guard (kin-ate). For safety reasons, only certified protectors are approved as the official shiai protectors for tournaments. Foam protectors are not to be used. It is mandatory for contestants to wear shiai protectors
2. The referee will ensure that equipment used at a tournament is valid. Any equipment deemed by the referee to be unsafe cannot be used in competition unless it is repaired to the satisfaction of the referee.
3. All female contestants may an additional chest protector under the gi.
4. The use of a mouth guard is optional.

### **3. JUDGES AND REFEREES**

1. The judgment of the matches shall be made by judges (one referee and two corner judges).
2. Prior to the match, and prior to taking up their prescribed positions, all of those concerned at the match site must first bow to the front (shomen ni rei), then to the referee (shinpan ni rei) and finally to each other (otagai ni rei).
3. At the end of the match, all of those concerned must return to their original positions, stand correctly, and bow to each other (otagai ni rei), then to the referee (shinpan ni rei) and then to the front (shomen ni rei). After this they exit the shiai-jo (taijo) and shake hands with fellow competitors. Courtesy suggests that all competitors then thank the referees, judges, arbitrators, other officials and coaches.
4. The red/white distribution shall be red (aka) to the right, and white (shiro) to the left from the referee's perspective.

### **4. CONDUCT OF SHIAI**

1. The match shall commence on the referee's command of "hajime".
2. When the call "yame" is given by the referee, the contestants will disengage from the bout and return to their prescribed positions to await an award from the referee. They shall continue the shiai on the referee's command of "hajime". When the referee announces "yame soremade", the contestants shall again return to their prescribed positions to await the referees awarding of the match. When this is given, the contestant shall again bow to each other, to the referee, and then shake hands with each other. The shiai is then over and the competitors should leave the mat.
3. The shiai shall be conducted exclusively under the instructions of the referee.

## **5. SHIAI JIKAN (MATCH TIME)**

1. Shiai time shall be three minutes in principle. The panel of judges, in consultation with each other, may specify that the shiai time for specific events (e.g. female and/or junior events) be two minutes or one and a half minutes, as deemed appropriate.
2. An encho sen (first extension) of one minute shall be staged if no decision is reached or if no conclusive judgment can be given in the main bout. In this case, the rules of shiai shall be followed in the normal manner. Prior to the extension, the contestants may be given a short rest period as deemed appropriate by the referee, based on is/her assessment of the contestant's conditions.
3. If no conclusion is reached after the encho sen, a sai encho sen (final extension) shall be staged, again following all normal rules of the match. Only one sai encho sen shall be staged, after which the judges must indicate a decision. No draw shall be permitted in a final extension.
4. The final extension shall take the form of "sagidori", in which the first point scored (ippon or waza ari), from technique or foul, shall determine the winner.
5. Shiai time shall be taken from the referees signal to commence the shiai, and shall be counted until the final cessation of the match. However, any time spent in discussion among the referee and judges, or in connection to an injury, shall not be included in the shiai time.
6. An effective technique delivered simultaneously with the time up signal shall be counted as part of the score. No technique executed after the referee has signalled "yame, soremade" shall be counted as part of the score.

## **6. VICTORY AND DEFEAT**

Victory or defeat shall be awarded on the basis of "ippon", the greatest number of waza ari's, decision, or defeat due to a foul or disqualification.

Areas of attack:

- Controlled contact attacks may only be delivered to protected areas.
- Non contact controlled techniques may be executed to the back of the torso area. If successfully executed and recognised, such an attack may be awarded a single waza ari.

## **7. CRITERIA FOR DECIDING AN "IPPON" (WINNING POINT)**

1. An "ippon" shall be awarded when an accurate, well controlled, powerful and effective punch (tsuki), kick (keri) or strike (uchi) is executed to a recognized target area with the following conditions:
  - Good form
  - Good attitude
  - Strong vigour
  - Zanshin
  - Proper timing and
  - Adequate distancing
- a) An "ippon" may be awarded for a technique which meets the above criteria, and was preceded by a throwing or sweeping technique.
- b) Techniques delivered outside the prescribed shiai-jo (fighting area) shall be invalid. If however the attacking contestant was entirely within the boundary at the time of executing a technique, it shall be considered valid provided it was delivered prior to the referee's "yame" signal.
- c) A sequence of three or more effective techniques in an unbroken combination (renzoku waza) shall be awarded "ippon".
- d) In the event that the opponent has lost the will to fight, the other contestant shall be awarded "ippon".

## **8. CRITERIA FOR DECIDING A "WAZA ARI"**

The criteria for deciding a "waza ari" (one point) are the same as those for deciding an "ippon" except that the techniques are judged to be slightly less powerful and perfect in execution. Such techniques must in all other ways be comparable to an "ippon".

Kicking techniques (keri waza) to protected areas shall be counted as two waza ari, except when they are considered suitable for "ippon".

Non contact controlled techniques (punches, strikes and kicks) delivered to the back of the torso area shall only be awarded a single waza ari, if judged to be suitable.

Techniques scored simultaneously by both contestants and recognized by the referee shall be awarded ai uchi - meaning a waza ari is awarded to each contestant.

## **9. CRITERIA FOR DECISION (HANTEI)**

1. In the absence of an "ippon" or victory due to a foul or disqualification during the prescribed shiai time including extensions, a decision shall be awarded on the basis of the following:

- Which contestant has scored the greatest number of waza ari;
- The relative excellence of fighting attitudes;
- Ability and skill;
- The degree of vigour and fighting spirit;
- The number of valid attacking moves; and
- Relative excellence in strategy.

## **10. PROHIBITED ACTS AND TECHNIQUES**

1. Direct attacks to unprotected areas, including joints.
2. Striking while holding the protective equipment.
3. Attacks to the groin area.
4. Attacks to the head without correct pullback.
5. Unnecessary grabbing, clinching and bodily crashing against the opponent.
6. Any un-sportsman like, discourteous behaviour, such as name calling, provocation and unjustifiable utterances.
7. Kicking techniques executed to the legs. However, foot sweeping techniques are allowed, provided that they are immediately followed by another valid attacking technique.
8. Elbow strikes to the head (jodan hiji ate).
9. Knee kicks to the head (jodan hiza geri).
10. Any stalling or avoiding of competition.
11. Any stepping or moving outside of the designated shiaijo.
12. Any attack directed to the area of the ear.

## **11. FOUL AND DISQUALIFICATION**

1. When a contestant is about to commit a prohibited act, or has just done so, the referee shall give him/her a warning or a foul.
  - a) If a contestant, after having once been warned, repeats prohibited techniques, the referee may award "ippon" to the opponent.
  - b) In the event that a contestant actually violates the rules by executing a prohibited technique, the referee may award hansoku (disqualification) or hansoku chui (penalty) as deemed necessary. In the event that a hansoku is awarded, an ippon shall be awarded to the opponent. In the event that a hansoku chui is awarded, a waza ari shall be awarded to the opponent.

- c) If a contestant is deemed by the referee and judges to be stalling or avoiding competition, he/she will be given a warning (mukogeki keikoku). Following the reprimand, the offending contestant must deliver an attack within ten seconds, after which time a "mubobi chui" shall be awarded and a waza ari awarded to the opponent, if no attack is executed.
2. When a contestant commits any of the following acts, the contestant shall be awarded hansoku or shikkaku (expulsion), and referee shall award ippon to the opponent. If shikkaku is awarded, the contestant may be barred from participating in the remainder of the tournament in progress at the discretion of the Chief Referee. These acts are:
  - a) Being deemed to be acting maliciously, wilfully violating the rules;
  - b) Failing to obey the instructions of the referee; and
  - c) Becoming overexcited, to the extent that the contestant is considered unfit for engagement in the shiai.

## **12. INJURIES OR ACCIDENTS DURING THE SHIAI**

1. If a contestant suffers any injury, minor or disabling, which is not as a result of a foul and requests permission to quit or is unable to continue due to injury sustained or other reasons, his/her opponent shall be awarded ippon and declared the winner.
2. In the event that a contestant receives a waza ari and the other contestant receives an injury not caused by a foul and cannot continue, the contestant with the single waza ari shall be declared the winner.

## **13. PROTESTS AND OTHER MATTERS**

No contestant may personally protest to the referee and/or judges in relation to any decision(s) rendered.

1. The referee's decision is final.
2. If a decision given by the referee and judges is suspected of being in violation of the rules, the registered coach of the team or individual involved may protest to the Chief Referee against the decision.
3. Coaches behaving inappropriately (e.g. abusive language or gestures) may be relieved of their duties for the match and/or the remainder of the tournament in progress, at the discretion of the Chief Referee.

## **14. MISCELLANEOUS RULES**

1. In the event of a situation not foreseen in these Rules, or in case that there is doubt about the applicability of these Rules to a given situation, the judges, the referee and the Chief Referee shall consult amongst themselves to find a suitable solution thereto.
2. These Rules shall be effective as of 28<sup>th</sup> July 2009, and shall be enforced as of that date.

## **THE RULES OF JUDGING OF KUMITE COMPETITION**

### **1. PURPOSE**

These rules are instituted for the purpose of insuring strict fairness and uniformity of the methods of judging, and thus to enhance the authority of the judges.

### **2. METHODS OF DECISION**

Referees and judges shall judge matches in accordance with the "Rules of the Shiai".

### **3. METHODS OF JUDGEMENT**

The panel of judges for each match shall consist of one referee and two judges. In addition, for the purpose of facilitating the operation of the matches, several time keepers, record keepers and score keepers shall be appointed.

### **4. THE POWER AND DUTY OF REFEREES AND JUDGES**

The referees and judges shall be vested with the following power:

The referee shall have the power to conduct matches (including announcing the commencement and conclusion of the match), to award ippon and waza ari for accurate and effective techniques, to explain when necessary the grounds on which he/she awarded such decisions, to announce hansoku or shikkaku, to issue warnings (prior to or during a Match ), to take other disciplinary actions (to dismiss or suspend a contestant from a match), to obtain advice from judges, to decide victory by casting his/her vote in the case of a tied decision, and to announce the extended match. A referee's decision is final.

The judges shall take up their positions at prescribed locations outside the match area, carrying a pair of flags (one red and one white). They shall assist the referee, give their opinion regarding the awards to be given, signal their judgment by means of flags, and exercise their right to express their decision or view.

### **5. OTHER MATTERS**

Matters relating to judgment not prescribed in these Rules shall be discussed among the judges and referees. The decisions thus reached shall be referred to the Chief Referee for approval.

### **THE CONDITIONS FOR OPERATING THE JUDGING RULES**

1. When a judge signals (by flags) an effective technique executed by one of the opponents, the referee may ignore the signal and continue the match. When both judges signal likewise, however, the referee must acknowledge their opinion and render a judgment on the technique. If the referee decides not to award such a technique, he/she must briefly and audibly announce the reasons for his/her decision.

2. Only the referee shall have the authority to suspend or terminate the match. No one other than the referee shall be permitted to halt the match arbitrarily. An attack even if effective, delivered after an order to halt the match, shall not be recognized, and shall not constitute the basis for a decision.

3. When the contestants have stepped out of bounds, the match shall continue until the referee orders it to be halted.

4. When the match develops into a deadlock without the exchange of effective techniques, the referee may temporarily stop the match and announce a "mukogeki keikoku" (warning for stalling) requiring the contestants to exchange techniques within a 10 second period. If a contestant seizes the opponent by the hands, the referee shall forthwith separate them.