



KUMITE RULES

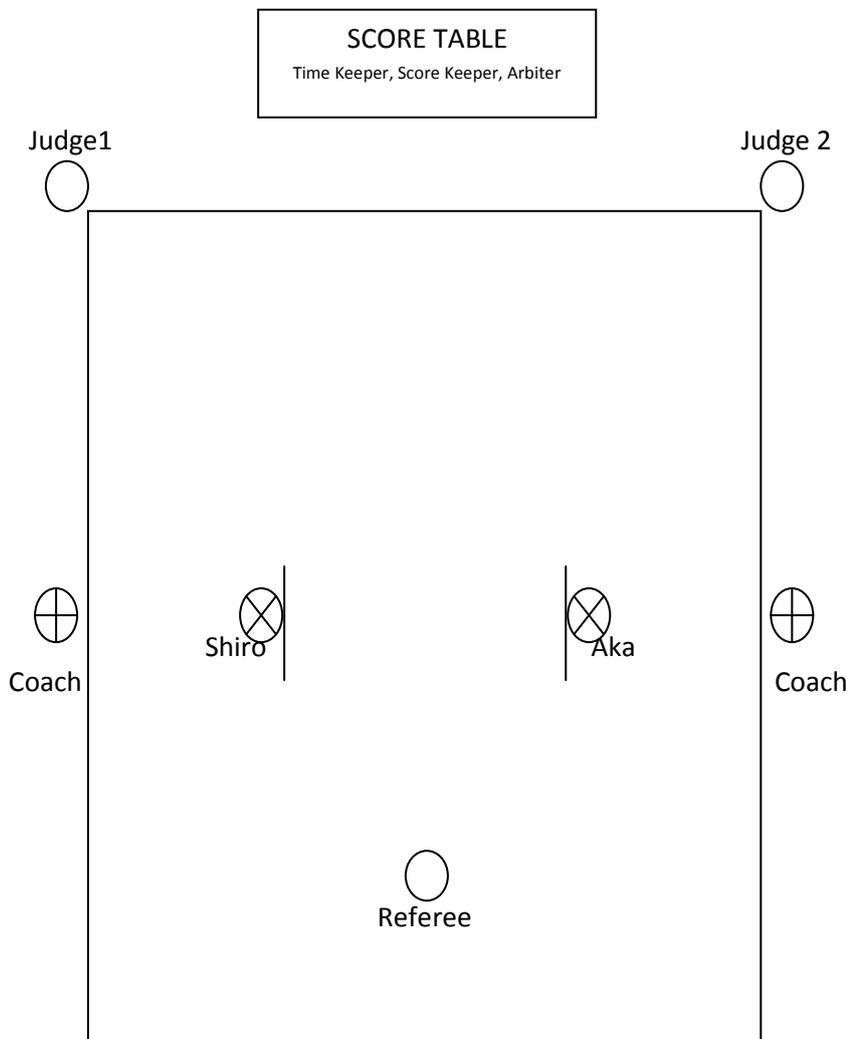
By

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(NKL Founder & Chief Referee)

Article 1: KUMITE AREA

1. Kumite area should be 8m x 8m in size and ideally should be matted for Karate performance.
2. It should be devoid of any hazards.
3. Scoring Table should be at least 1m away from the edge of the area
4. Markings denoting where fighters and referees stand should be clearly mark on the area.
 - i. Fighters should be centrally positioned and be 2m apart
 - ii. Referee should be positioned 2m away from centre and perpendicular to the fighters. Where a 2nd standing Referee is used, s/he should also be positioned opposite to the main Referee 2m away from centre and perpendicular to the fighters
 - iii. A Kumite match will conform to the layout shown below;



Article 2: DRESS CODE

1. OFFICIAL'S DRESS CODE:

- Navy Blue Jacket with 2 silver buttons and NKL Logo on left breast pocket.
- White Shirt.
- Grey Pants.
- NKL Official Tie.
- Whistle
- Black shoes.
- Head ware (Black, or dark Blue) can be used only for medical/religious reasons.

2. FIGHTERS:

- Clean, white Karate-Gi.
- National Logo is allowed on the left side of Karate – Gi and left side chest.
- In case of women a plain white t-shirt may be worn beneath Karate Jacket.
- The Jacket when tightened around the waist with the Belt, must be of an overall length that it covers the hips.
- The sleeves of the Jacket must reach at least half the way down forearm and may not be rolled up.
- The trousers must be long enough to cover at least two-thirds of the shin.
- Hachimaki (head-band) is not allowed.
- The Belt must be of an overall length that leaves about 15 cm. of extra length on both ends after it has been properly tied around the waist.
- Competitors must have short fingernails and must not wear metallic or plastic, or other dangerous object which might injure himself and their opponents.
- Small trademark of manufacturer is not classed as an advertisement.

3. COACHES:

- Coaches must dress wear Karate-Gi or National Official tracksuit.

Article 3: EQUIPMENT

Mandatory Equipment

1. Karate Mitts with free thumb (thickness maximum 2-3cm, WKF-type mitts).
2. Karate Shin & Foot guards are compulsory.
3. Mouth guards / Gum shield.
4. Males: Groin protectors.
5. All -12yrs must wear Body Shields, Head Guards and Face Mask.
6. Females +12yrs must wear a Karate Chest Guards.
7. Spectacles are not allowed in Kumite (soft contact lenses are allowed at fighters own risk)

Optional Equipment (for +12yrs)

1. Face Mask
2. Head Guard
3. Body Shield

Article 4: SCORING

Target Areas (7 in total):

Jodan (head height area):

1. Head,
2. Face,
3. Neck (not throat)

Chudan (body area):

4. Chest,
5. Abdomen (excluding shoulders),
6. Side of Trunk,
7. Back (including shoulder blades)

Article 5: LEGAL & ILLEGAL TECHNIQUES

LEGAL SCORING TECHNIQUES:

1. Punch (zuki),
2. Strike (uchi),
3. Kick (geri)

Sweeps, Throws and Grabs are not scorable but may be used as long as a scoring attempt is made immediately afterwards.

ILLEGAL TECHNIQUES & ACTS

1. Attacks without Control, e.g. swinging punches, hook, uppercut, spin back fist, etc.
2. Excessive Contact, e.g. those that cause injury
3. Attacks to Leg (between the hip joint to below the knee), and, Arms
4. Attacks to Joints, e.g. knee, hip, elbow, shoulder, instep.
5. Attacks with the Head
6. Elbow Strikes
7. Knee Strikes
8. Open hand attacks to the Face
9. Throat
10. Groin attacks
11. Grabbing the opponent and failing to immediately execute a legal technique
12. Pushing the opponent
13. Passivity
14. Dangerous throws, and those where a safe landing of opponent cannot be guaranteed
15. Avoiding/refusing to fight

16. Unsporting behaviour, e.g. offensive/foul language to opponent and officials. This also extends to a fighter's supporters
17. Mubobi – lack of consideration to self and/or opponent
18. Feigning Injury
19. Bringing the art of Karate into disrepute.

Article 6: SCORING CRITERIA:

A Score will only count when a Punch, Strike, or Kick lands at a Target with (6 things):

1. Good form,
2. Sporting attitude,
3. Vigorous application,
4. Awareness (zanshin),
5. Good timing,
6. Good distance.

Scores should only be given for controlled techniques that show the potential to penetrate deep into the target. Thus, techniques performed whilst retreating cannot be scored as their potential is low.

Bout/Match: OPEN SCORING - whoever has the highest score at end of match wins

1. IPPON is awarded for - A 'legal technique' delivered to the 'Target Area' that fully fulfils 'all aspects' of the 'Scoring Criteria' above will score an Ippon (worth 2 Wazari).
2. IPPON will also be awarded for;
 - i. Jodan Kicks
 - ii. Hitting the Target the instant the opponent advances
 - iii. Combination attacks that land in quick succession with each technique having the potential to fulfil the Scoring Criteria
 - iv. Hitting the opponent immediately after unbalancing them, or after a takedown.
 - v. Deflecting an attack and hitting the unguarded back
3. WAZARI – will be awarded for a 'legal technique' delivered to the 'Target Area' that marginally falls short of fulfilling 'an aspect' of the 'Scoring Criteria' required for Ippon. Wazari is recorded as 1 point by the Score-keeper, but a Wazari amounts to 90% or more of the Scoring Criteria.

Scoring considerations

1. For a Score to be considered by the Referee, the scoring fighter must be in the fighting area when the Scoring technique was delivered.
2. When both fighters are outside the fighting area – no Scores can take place.

3. A scorable technique delivered at the same time as end of bout signal is made, it will still count.
4. No scores can be given for any techniques delivered after the 'end-of-bout' signal is made. Even if 'Yame' is called after the end-of-bout signal is made!
5. If two Scorable techniques land at the same time – they shall cancel each other out – AIUCHI.
6. No Score shall be given if a fighter injures the opponent (even superficially) with a legal technique. The Referees must first determine if the opponent had any role to play in their own injury, e.g. where they moving in?, to what degree of impact would they be expected to take?, etc.

Article 7: DECISION (HANTEI) : Declaring the Winner

1. The fighter with the most points at the end of the bout is the Winner.
2. If a fighter is leading with a margin of 8 points then the bout is stopped and s/he is declared the winner.
3. In case the Scores are equal, the following shall be considered in making a Decision;
 - i. Which fighter scored more IPPONS
 - ii. Which fighter showed more superiority in Techniques and Tactics displayed
 - iii. Which fighter showed superiority in their attitude to the bout by their actions
 - i. Power and fighting spirit shown
 - ii. Number of attacks made
 - iii. Fair-play & Sporting attitude shown
4. If no majority Decision can be made, then a DRAW is declared and an EXTENSION BOUT should proceed.

DRAWN BOUT

If the result of HANTEI is a DRAW then an 'Extension Bout' must be fought. And, if a Draw still persists, then a 'First-to-Score' bout will take place. In the case of another continued DRAW, the Referees must declare a Winner by Decision (HANTEI).

The Referees must keep a close eye on the developments during the bout in order to make their Decision easy at the end of the bout. Referees should remember that equal scores do not automatically mean a DRAW and that an 'Extension bout' must take place!

EXTENSION BOUT (1min)

This is a New bout and NO previously accrued penalties or weight of scores (Ippons & Wazari) are carried over. This is fresh bout.

FIRST-TO-SCORE (30secs)

All previously gained penalties earned in the EXTENSION BOUT are carried through to this bout. This is the final bout.

Team Matches

In a Team Match there are NO Extension Bouts. If the bouts won, drawn, or lost are equal then precedence is given to the team that scored the most Ippons, then Wazaris, then highest total score. If a Draw still persists, then a nominated fighter from each team fight off to decide the winning team in the same manner as an individual bout.

Article 8: WARNING & PENALTY

- Fouls committed are in 3 categories (JOGAI, ATENAI, FORBIDDEN BEHAVIOUR). Warnings & Penalties do not cross-accumulate among these categories.
- Except for JOGAI (Area exits), penalties for ATENAI (Excessive contact) and FORBIDDEN BEHAVIOUR may or may not rise cumulatively, depending on the severity of the foul committed (immediate Hansoku may be imposed if the foul warrants it).

1. **JOGAI** - Competition area exits (*a Push is not classed as an Exit!*).

- i. 1st Exit – 1st Warning (Jogai)
- ii. 2nd Exit – 2nd Warning (Jogai Chui)
- iii. 3rd Exit – 3rd Warning (Jogai Hansoku Chui)
- iv. 4th Exit – Disqualification (Jogai Hansoku)

2. **ATENAI** – used for Excessive Contact: depending on the severity of the foul, this warning/Penalty may lead directly to disqualification.

3. **FORBIDDEN BEHAVIOURS**

- i. Executing an illegal technique.
- ii. Goading or enticing the opponent
- iii. Unsporting attitude
- iv. Passivity
- v. Feigning Injury
- vi. Falling after delivering a technique, or falling when an opponent attacks
- vii. Discourteous behaviour to Officials, Opponents, Coaches, Spectators
- viii. Discourteous behaviour of Supporters, team members, or Coach of fighter towards Officials and Organising body of tournament
- ix. Avoiding or refusing to fight
- x. MUBOBI - Lack of safety precautions shown for self and the opponent

Awarding of Warnings & Penalties

JOGAI is illustrated above.

For ATENAI and FORBIDDEN BEHAVIOURS:

1. 1st Offence – Referee signals to offender with gesture – Score-table records it
2. 2nd Offence – Referee signals to offender as above – Score-table records it
3. 3rd Offence – Referee signals to offender. Announces HANSOKU-CHUI – Score-table records it, (for ATENAI, Hansoku-Chui is given when there is a significant decline in the ability of the fighter to continue as at start of match, due to received injury).
4. 4th offence - HANSOKU (Disqualification): may be given immediately for Forbidden Behaviour or Atenai, or, can result from accumulated penalties. Or, when a fighter is unable to continue due to injury inflicted by opponent as identified by the tattami doctor. In a Team match, the opponent's score is raised to 8 points above that of the opponent.

Article 9: INJURIES

1. A fighter found to be feigning injury will be warned and then disqualified.
2. If a competitor is injured the bout shall be stopped by the Referee for long enough for the Doctor to treat the injury. The Doctor decides if the Fighter can continue. The bout can be stopped for a maximum of 2 minutes. If the fighter is unable to continue, a Decision (Hantei) must be sought by the Referee.
3. If the injured fighter is declared fit by the doctor then the bout will continue. But if the injured fighter avoids continuing the bout, or, wishes to withdraw, he will lose by KIKEN and the opponents score shall be raised by 8 points lead.
4. In the event of a doctor declaring a fighter unfit to continue:
 - a. If injury was caused solely by other fighter's actions, then the injured fighter will be deemed the winner.
 - b. If injury is not caused solely by other fighter's actions, then the injured fighter may be deemed the loser after a Refereeing panel consultation. The 3 referee's must vote for majority decision if consensus is absent.
5. If both fighters are injured accidentally at the same time and both are not able to continue the bout, the decision will be made by the HANTEI as to who wins.
6. If a fighter wins by injury (caused on him/her), s/he cannot fight again without first seeking medical clearance from the Tattami Doctor.
7. The doctor is the only person who can determine the competitors' fitness to continue fighting.

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Article 10: PROTEST

1. The Fighters or Coach cannot protest against Judgments of the Referee or the Officials.
2. Only the coach may protest against Administration errors.
3. If the Referee/Judges do not conform to these set of rules, then the Coach may approach to speak with the Tattami Chief.
4. The Tattami Chief will decide if an official protest is warranted to be launched by the Coach.
5. The Coach must submit his/her evidence with a payment of £30 to show

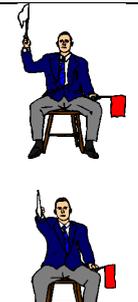
seriousness of protest. The money will be refunded in full if the protest is decided in their favour.

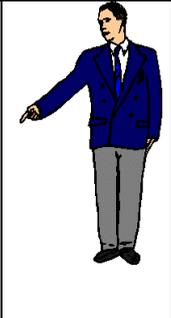
6. The bout will halt while the protest is being resolved. Other bouts may be started on the same tattami while the protest is being dealt with.
7. Tattami Chief will consider the evidence and speak with the Referee/Judges and ask them to correct their decision if the protest is upheld.
8. If Referee/Judges disagree with Tattami Chief, then they will confer with Chief Referee/tournament director.
9. When the decision is reached it will be final. No further protest will be allowed.

REFEREE & JUDGE'S TERMINOLOGY & SIGNALS

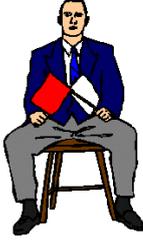
TERM	MEANING	ACTION	SIGNAL	JUDGE'S SIGNAL
MOTO NO ICHI	Original position	Contestants, go to their respective standing lines.		-
SHOBU SANBON HAJIME	Fight to 3 ippon, begin	Referee stands on his line		-
SHOBU HAJIME	Start the extended bout	Referee stands on his line	"	-
ATOSHI BARAKU	A little more time left	An audible signal will be given by the time keeper 30 seconds before the actual end of the bout	Verbal command	-
YAME	Stop	Interruption or at the end of the bout. The referee chops downwards with his hand. The time keeper stops the clock.		-

TSUZUKETE HAJIME	Resume fighting - Begin	Referee standing upon his line, steps back and brings the palms towards each other.		
HANTEI	Judgement	Referee lift both hands upwards to signal to judge to reconsider their decision on his whistle.		
HIKIWAKE	Draw	Referee crosses arms in front of the chest, then uncrosses and holds the arms out from the body with the palms facing upwards.		
TORIMASEN	Unacceptable as a scoring technique	As above, but culminating with the palms facing downwards.		
ENCHO-SEN	Extension	Referee re-opens the match with the command 'Shobu Hajime'.		
AIUCHI	Simultaneous scoring technique	No point awarded to either contestant. Referee brings both fists together in front of his chest.		

Aka (Shiro) NO KACHI	Red (White) wins	The referee, obliquely raises his arm on the side of the winner.		
Aka (Shiro) IPPON	Red (White) Scores Ippon	As above		
Aka (Shiro) WAZA-ARI	Red (White) Scores Half point	The referee extends his arm downwards and to the side of the scorer.		
HANSOKU CHUI	Warning with an Ippon penalty	Referee points with his index finger to the offender's stomach.		
HANSOKU	Foul – leads to disqualification	The referee points with his index finger to the face of the offender and announces a victory for the opponent.		

JOGAI	Exit from the fighting area	The referee points with his index finger to the area boundary on the side of the offender		
SHIKKAKU	Disqualification	Referee uses two hand signals with 'Aka (Shiro) - Shikkaku'. He first points with his index finger to the offender's face then obliquely above and behind him. Then awards the win to the opponent.		-
KIKEN	Renunciation	The referee point with his index finger towards the renouncing contestant's feet, then announces victory to the opponent.		-
MUBOBI	Self endangerment	The referee brings up his index finger on the offenders side		

<p>ATENAI</p>	<p>Private waning for Excessive contact</p>	<p>Referee brings his fist to his open hand on the offenders side</p>		
	<p>Technique deflected before hitting target</p>	<p>Can be done during the bout or after Yame is called to outline reason for no score being given</p>		
	<p>Poor distance Techniques was short of Target</p>	<p>Can be done during the bout or after Yame is called to outline reason for no score being given</p>		
	<p>Poor distance Technique was too close to Target</p>	<p>Can be done during the bout or after Yame is called to outline reason for no score being given</p>		

	Forbidden Technique	Referee crosses his arm in front of the chest on the offenders side		
	Missed or went past the Target	Referee move his fist from outside towards the inside		
	Did not see Technique			
	Low in Power	Referee signals by moving his palm from a high position to a low position		
	Passivity	Referee roles his wrists and then points (as is Mubobi) to the offending side		