

**United Shotokan Karate Federation
Competition Rules-
Referees & Judges Handbook**



Purpose

The purpose of these rules is to ensure fairness & uniformity of judging. They will be used in all competitions organized by the USKF. The Chief Referee must be consulted whenever a Referee has any difficulties with a decision. Any matters not foreseen in these rules will be referred to the Chief Referee for a decision.

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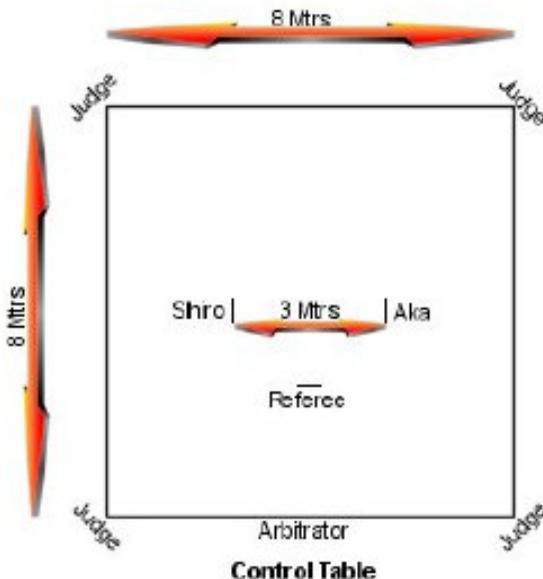


United Shotokan Karate Federation Competition Rules

Kumite- The Rules

Match Area

1. The match area (shiai jo) will have a flat surface with the necessary measures taken for the prevention of accidents.
2. The size of the match area will be eight metres square. The Competitors are positioned three metres apart. Aka (red) is positioned to the right side of the Referee, and Shiro (white) is to the left. The Competitor designated Aka will wear a red belt.
3. The match area should be marked out as shown below:



Karate Gi

1. Karate Gi must be clean, white and undamaged. Only a club or USKF badge may be worn.

Protection

1. Competitors must keep their nails clean and short and must not wear jewellery or the like on their bodies.

2. Protectors:

a. Gum shields are compulsory.

b. Groin guards are recommended.

c. Chest protectors are recommended for female kumite.

3. Bandages or supports are not allowed without the Doctor's permission.

4. Spectacles are not allowed. Contact lenses are allowed with the Doctor's permission.

Methods Of Match

1. Individual Match

Individual matches will normally be for two minutes. However this may be extended in the final match or reduced in elimination matches at the discretion of the tournament organisers. Matches will be decided by Shobu Ippon or Shobu Sanbon.

2. Team Match

The number of Competitors in a team match will be an odd number. Matches between individual team members will be held in a pre-determined order, which must be submitted in

writing before each team match. Each individual match will be for two minutes. Team matches are decided by the number of winners of individual matches. When the number of winners from the two teams are the same, the team which has scored the most ippon will be declared the winner; awasete ippon wins are counted as ippon wins. If the number of ippon wins are equal, then full ippon wins will take precedence over awasete ippon wins. Victories won through disqualification or retirement of the opponent will be counted as full ippon wins. In the event of a draw, one member from each team must compete in an extra match.

Therefore, the criteria to be followed are:-

- a. Number of wins.
- b. Number of ippon wins, including awasete ippon wins.
- c. Number of full ippon wins.
- d. Extra match

3. Extra Match

The extra match in both individual and team matches will be for one minute after which a decision must be made. Only in exceptional circumstances can there be a further match.

4. Duration Of Matches

- a. The match starts on the Referees first command of "Hajime".
- b. The match ends on the Referees last command of "Yame".
- c. Time taken for stoppages will be deducted from the duration of all matches.

Composition Of Judging Panel

1. The Referee and Judges are appointed by the Chief Referee.
2. Elimination matches are mainly judged using one Referee and one Assistant Referee, referred to as the mirror system
3. Final matches are to be judged by a panel consisting of one Referee and four Judges.

Scoring

1. Victory or defeat will be awarded on the basis of ippon, including awasete ippon, victory by decision or defeat due to disqualification or retirement.
2. The scoring areas are as follows:-
 - a. The head.
 - b. The neck.
 - c. The chest.
 - d. The abdomen.
 - e. The back.
3. IPPON - will be decided according to the following requirements:-
 - a. When an exact, decisive, and powerful technique is delivered to a recognized scoring area with good form, proper timing and correct distance.
 - b. When a scoring technique is delivered with perfect timing at the instant the opponent starts to attack.
 - c. When a scoring technique is delivered immediately the opponent is thrown off balance by the attacker.

- d. When there is a combination of successive and effective scoring techniques.
 - e. When an effective technique is delivered on an undefended part of the opponent.
4. WAZA ARI - Waza ari may be awarded for techniques that are slightly less decisive than an Ippon technique.
 5. AWASETE IPPON - Awasete ippon is awarded when a competitor scores two waza ari.
 6. An effective technique delivered simultaneously with the Referee's signal to stop, will be valid.
 7. A technique, even if effective, delivered after an order to stop the match will not be valid.
 8. Techniques initiated from within the match area will be valid even if the opponent is out of the area when the technique is delivered.
 9. Techniques initiated from outside the match area will be invalid.

Criteria For Decision

1. In the absence of ippon or defeat due to disqualification, a decision will be made after taking into consideration the following:-
 - a. Whether there has been a waza ari.
 - b. Whether there has been a hansoku chui.
 - c. The number of escapes outside the match area.

- d. The comparative excellence in the strategy and fighting attitude.
- e. The ability and skill.
- f. The number of attacking moves.

Prohibited Acts And Behavior

1. Uncontrolled techniques.
2. All open hand-attacking techniques.
3. Attacks outside the scoring areas including the groin, hip joints, knee joints and instep.
4. Grabbing, clinching or bodily clashing.
5. Dangerous throws.
6. Escaping out of the match area.
7. Unnecessary time wasting.
8. Any unsporting behavior such as verbal abuse, provocation etc.
9. Failing to obey commands of the Referee.
10. When the Competitors become overexcited, to such an extent that they are considered a danger to their opponent.
11. Any other behavior likely to bring Karate into disrepute

Foul and Disqualification

1. For any minor infringement to the rules, the Referee may give a private warning (keikoku).
2. When a Competitor commits a prohibited act, the Referee may give an official warning (hansoku chui). If the offence is considered serious enough, the Competitor may be disqualified (hansoku).
3. If a Competitor after receiving hansoku chui repeats a prohibited act, the Referee may announce defeat by hansoku. Two hansoku chuis equal hansoku.
4. **JOGAI** - escaping out of the match area.
 - a. After the first escape, the Competitor may be given a private warning (jogai keikoku).
 - b. After the second escape, the Competitor may be given an official warning (jogai chui).
 - c. After the third escape, the Competitor may be disqualified (jogai hansoku).
5. Jogai chui plus hansoku chui does not constitute hansoku.
6. Any unruly behavior from people connected with the Competitor i.e. Manager, Supporters etc., may result in the disqualification of the Competitor and/or team.
7. Other acts which violate the rules of the match.
8. **SHIKKAKU**
A Competitor who seriously contravenes the rules, may, after consultation with the Chief Referee, be disqualified from the

Competition. If the panel of Judges make an official complaint, the Competitor may be barred from future competitions.

Injuries or Accidents during the Match

1. In the event of an injury to a Competitor, the Referee should accept the Doctor's advice.
2. A Competitor who cannot continue due to accidental injury will be declared the loser.
3. When both Competitors suffer accidental injuries, which prevent them from continuing, the match will be declared a draw. However, from the quarterfinals of individual matches a decision will be made on the basis of the performance to the point of injury.
4. A Competitor who withdraws from a match will be declared the loser.

General Conduct of Referees and Judges

The Referee and Judges will bear in mind the following points:-

1. They must conduct themselves impartially and fairly.
2. They must conduct themselves in a dignified manner at all times.
3. They must concentrate their full attention on the match and judge every action of the Competitors correctly.
4. They must not converse with anyone during the match other than the Judges, Competitors and Table officials.
5. All Karateka, be they Competitors, Referees, Judges or other officials, must follow the Karate maxims of Character, Sincerity, Effort, Etiquette and Self Control.

Responsibilities of Referees

The Referee will be responsible for the conduct of matches, including:-

1. Starting and stopping matches.
2. Awarding ippon for a decisive technique.
3. Awarding a waza ari for an effective technique.
4. Issue warnings.
5. Announcing fouls and disqualifications.
6. Obtaining advice from the Judges.
7. Announcing atoshibaraku.
8. Using their casting vote in a tie decision.

Procedures for Referees

1. The Referee will line up the Competitors and, following an exchange of bows, will start the match with the announcement of "Shobu ippon hajime" or "Shobu sanbon hajime".
2. When observing a technique recognised as ippon, the Referee will stop the match and order the Competitors to return to their positions. The Referee will then identify the decisive technique, announce the winner, and terminate the match.
3. The Referee will temporarily halt the match in the following situation:
 - a. When a waza ari has been scored.

- b. When a Competitor moves out of the area, the Referee will stop the contest, order both Competitors back to their lines and restart the match.
- c. When the Referee notices a Competitor about to commit a prohibited act or receives a signal from a judge regarding the same, the Referee will stop the match, and warn the Competitor.
- d. When a Competitor commits a prohibited act, the Referee will stop the match and call the Judges together to determine the seriousness of the act and the extent of the penalty. The Referee will then warn or disqualify the offending Competitor.
- e. When observing that a Competitor is injured, the Referee must immediately stop the match and call the Doctor.
- f. When a Judge signals, the Referee may overrule the signal and continue with the match. However, when two or more Judges indicate the same signal, the Referee must stop the match, listen to their opinion and announce a decision.
- g. When a match develops into in-fighting, with neither of the competitors delivering effective techniques, the Referee will halt the match, taking necessary precautions to prevent confusion or injuries.
- h. When a match develops into deadlock without an exchange of effective techniques between the Competitors, the Referee may stop the match, order them to their original positions, and resume the match.

4. When resuming the match, the Referee will announce "Tsuzukete hajime"

5. When the match is over, the Referee having announced penalties and awards given will call the Judges for their decision. Majority will decide the result with the Referee having the casting vote. The Referee will announce the winner or declare the match a draw.

Responsibilities of Judges

The Judges will assist the Referee. They will give their opinion regarding the awards given, they will signal their decision by means of flags and whistle regarding scores and penalties and will use their right to a vote at hantei.

Procedures for Judges

1. Judges will take up their positions outside the match area and will carefully observe the actions of the Competitors within their range of vision. In the following circumstances, they will give a signal to the Referee by means of flag and whistle, giving their opinion.

- a. When observing an ippon or waza ari.
- b. When noticing that a Competitor is about to commit or has committed a prohibited act.
- c. When noticing an injury or illness of a Competitor.
- d. When Competitors move out of the match area.
- e. In other cases when finding it necessary to bring something to the attention of the Referee.

2. Each Judge will continuously evaluate the relative excellence of the Competitors and form an opinion independently
3. When the Referee calls "hantei" each Judge will give an opinion in the appropriate manner.
4. The Referee and Judges have an equal vote.

Mirror System

1. In the case of the mirror system, the Referee and Assistant Referee will take up their position opposite each other and on either side of the Competitors. The Assistant Referee will help the Referee by signaling an opinion with hand signals, and also give advice verbally, when requested by the Referee.
2. Although most decisions are by agreement, in the situation of a deadlock, the Referee's decision takes precedence over that of the Assistant Referee.

Protest

1. Competitors cannot personally protest against a decision.
2. When a decision is suspected of violating the rules, the team manager of the Competitor must report it to the control desk where the decision will be reviewed by the Referee and a decision will be made.

Arbitrator

1. An Arbitrator will be appointed for international matches. The Arbitrator, when requested, may give an opinion to the Referee regarding the operation of the match.
2. When receiving a protest from a team manager regarding a violation of the rules, the Arbitrator will review the complaint

and if necessary, request the panel of Judges to revise the decision.

Time Keeper

1. For the purpose of facilitating the operation of matches, Timekeepers and Recorders will be appointed.
2. The Timekeeper is responsible for ensuring that the match continues over its allotted time. The Timekeeper will stop the clock when the match is stopped and will restart when the match resumes.
3. The timekeeper will give signals using a bell, gong or buzzer.
 - a. One signal is used to indicate that 30 seconds of the match are remaining.
 - b. Two signals are used to indicate the end of the match.

Recorder

KIHON IPPON KUMITE

Method of Match

1. The method of match will be Individual.
2. The match result is decided by majority vote using the flag system.
3. In the event of a draw, a further match will be undertaken after which a decision must be made.

Conduct of Matches

1. The Competitors will take up their positions on the contest lines, bow to each other and on the Referee's command, move together to make their distance and proceed with the match.
2. Aka (red) attacks first followed by Shiro (white).
3. The attacks are:-
 - a. Jodan oi tsuki.
 - b. Chudan oi tsuki.
 - c. Chudan mae geri.
 - d. Chudan yoko geri.
4. The Competitors will attack first with the right side and then with the left side.
5. After completing the match, the Referee will instruct the Competitors to return to the contest lines, bow and face the Referee to await the decision of the Judges. Following the

announcement of the decision, the Competitors will bow to the Referee and leave the match area.

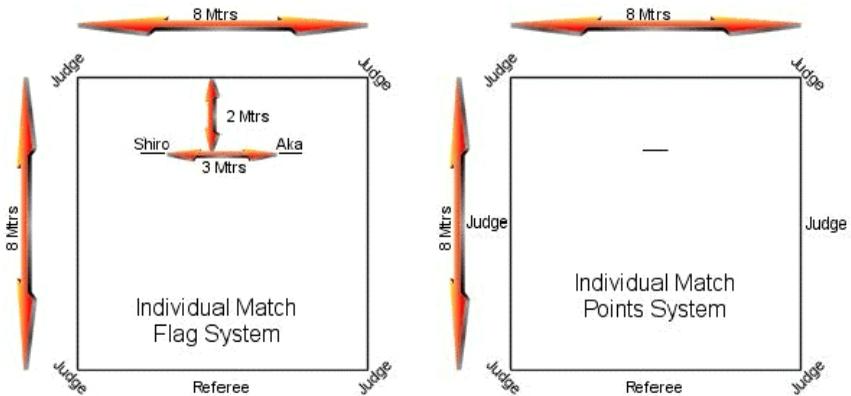
Prohibited Acts

1. The following techniques are prohibited:-
 - a. Uncontrolled counter attacks.
 - b. Counter attacks to the groin or eyes.
 - c. Throws and sweeps.
2. If a Competitor commits a prohibited act, the Referee must immediately halt the match, call the Judges and decide what action to take.

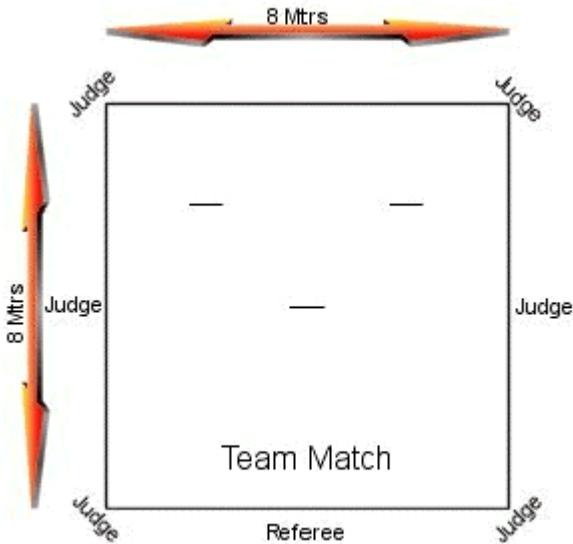
KATA - THE RULES

Match Area

1. The match area will have a flat surface with necessary measures taken for the prevention of accidents.
2. The size of the match area will be eight metres square. When using the flag system, the Competitors are positioned 3 metres apart, facing the Referee. Aka is positioned to the right side of the Referee, and Shiro to the left. The Competitor designated Aka will wear a Red belt.
3. When using the points system, the Competitor must directly face the Referee.
4. The match area should be marked out as shown below. In team kata matches, the Competitors will form a triangular pattern as shown below.



In the team kata matches, the competitors will form a triangular pattern as shown below



Methods of Match

1. Individual Match

- a. The elimination kata are selected by the Tournament Host and will be announced prior to the competition. The Referee will draw the kata to be performed from the selection.
- b. In the event of a draw, a further match will be undertaken after which a decision must be made.
- c. The final kata will be selected by the Competitor.
- d. The final kata must be different from the elimination kata.

2. Team Match

- a. Teams will be composed of three Competitors.
- b. Both elimination and final kata are selected by the competitors but they must be different.

Note: If there is a tie in either individual or team kata finals, the same or different kata may be performed, but not one used in the eliminations.

Composition of Judging Panel

1. For elimination matches the panel of Judges will consist of one Referee and either two or four judges.
2. For the final matches the panel will consist of one Referee and four or six Judges.

Scoring

1. Individual Match
 - a. Elimination Matches - Flag or Points System
 - b. Final Matches - Points System
2. Team Match
 - a. Elimination Matches - Points System
 - b. Final Matches - Points System

Criteria for Decision

1. Individual Kata

Decision will be based on the following:-

- a. Quality of Technique
- b. Speed

- c. Power
- d. Focus
- e. Rhythm Control
- f. Tension and Relaxation
- g. Appropriate Breathing
- h. Eye Intensity
- i. Martial Attitude

2. Team Kata

In addition to the criteria for individual kata, the team must be synchronised and remain symmetrical throughout the performance.

Method of Decision

1. Elimination Matches - Flag System

When called, the competitors will proceed to the Shiai jo and bow to the Referee who will state clearly the name of the kata to be performed. The Competitors will commence their kata on the Referee's command "Hajime" and will finish on the Referee's command "Yame" to await the Judges decision. Following the announcement of the decision, the Competitors will bow to the Referee and leave the match area.

2. Elimination or Final Matches - Points System

- a. When called, the Competitor will proceed to the Shiai jo, bow to the Referee and state the name of the Kata to be performed. The Referee will announce the selected kata and the Competitor will commence the performance. Upon completion of the Kata, the Referee

will call for the Judge's Decision, the Referee and Judges will raise their score-cards and the announcer will call out the scores. After the score is announced, the Referee will order the Judges to retract their score-cards. Out of the seven scores given the highest and lowest will be disregarded and the remaining five will be totaled; the announcer will then declare the final score. In the situation of a tie, the lowest score will be added, if there is still a tie, the highest score will be added back. If there is still a tie, there will be an extra match.

b. In the case of an extra match, the first Competitor will be given the average score. The second Competitor must then be given 0.1 higher or lower than the previous Competitor.

c. The procedure for both eliminations and finals of team kata matches will be as the points system stated above.

d. In the situation where the competitor makes a mistake, the Referee will call the Judges and decide what penalty to impose.

e. Competitors failing to complete their kata will be disqualified.

THE TERMS AND THEIR MEANINGS

Aka-	Competitor designated 'red' - wears a red belt.
Shiro-	Competitor designated 'White'.
Waza ari-	An effective technique.
Awasete ippon-	Two effective techniques.
Ippon-	A decisive technique.
Keikoku-	Warning.
Hansoku chui-	Official warning.
Hansoku-	Disqualification.
Shikkaku-	Disqualified from the tournament.
Torimasen-	no score.
Hayai-	Red (White) first.
Aiuchi-	Simultaneous techniques.
Maai-	Distance.
Ukete masu-	Blocked.
Nukete masu-	Missed.
Yowai-	Weak.
Mienai-	Nothing Seen.
Hajime-	Start.
Shobu ippon – hajime-	Start of match for 1 full point.
Shobu sanbon – hajime-	Start of match for 3 full points.
Tsuzukete-	Continue the match.

Tsuzukete hajime-	Restart the match.
Fukushin shugo-	Calling the judges.
Motonoichi-	Take starting positions.
Atoshibaraku-	30 seconds of the match remaining.
Hantei-	Decision.
Hikiwake-	Draw.
Yame-	Stop.
Yame hayai-	After order to stop.
Yame jogai nakae-	Stop - Return to the match area.
Yame soremade -	Stop - End of match.
Jikan-	Time.
Shiai-	Match.
Shiai jo-	Match area.
Sai shiai-	Extra match.
Aka (Shiro) waza ari-	Red (White) awarded point for effective technique.
Aka (Shiro) waza ari, awasete ippon -	Red (White) awarded further point winning the match.
Aka (Shiro) ippon-	Red (White) awarded full point for decisive technique.
Aka (Shiro) hansoku, Shiro	Red (White) disqualified

(Aka) no kachi-	through foul, White (Red) awarded the match.
Aka (Shiro) jogai hansoku, Shiro (Aka) no kachi -	Red (White) disqualified through escaping from area, White (Red) awarded the match.
Aka (Shiro) no kachi -	Red (White) awarded the match.
Aka (Shiro) no kiken niyori, Shiro (Aka) no kachi -	Victory by White (Red) due to renunciation by Red (White).
Rei-	Bow.
Shomen ni rei-	Judges and Competitors bow to dignitaries.
Shimpan ni rei-	Judges and Competitors bow to each other.
Otagai ni rei-	Competitors bow to each other.

This order is reversed at the end of the match

Referees' Signals



HAJIME START
(KUMITE)



HAJIME START
(KATA)



YAME STOP



MOTONOCCHI
TAKE YOUR POSITIONS



TSUZUKETE HAJIME
RESTART MATCH



WAZA ARI
EFFECTIVE TECHNIQUE



IPPON
DECISIVE TECHNIQUE



TORIMASEN
NO SCORE



HAYAI
RED (WHITE) FIRST



ARUCHI
SIMULTANEOUS TECHNIQUE



MAA!
DISTANCE



UKETE MASU
BLOCKED



NUKETE MASU
MISSED



NUKETE MASU
MISSED



FUKUSHIN SHUGO
CALLING ONE JUDGE



FUKUSHIN SHUGO
CALLING ALL JUDGES



YOWAI
WEAK TECHNIQUE



KEIKOKU
WARNING



HANSOKU CHUI
OFFICIAL WARNING



HANSOKU
DISQUALIFICATION



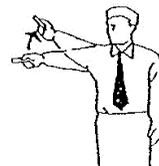
JOGAI
OUT OF AREA



HIKIWAKE
DRAW



YAME HAYAI
AFTER ORDER TO STOP



SHIRIKAKU
DISQUALIFIER FROM

Judges' Signals

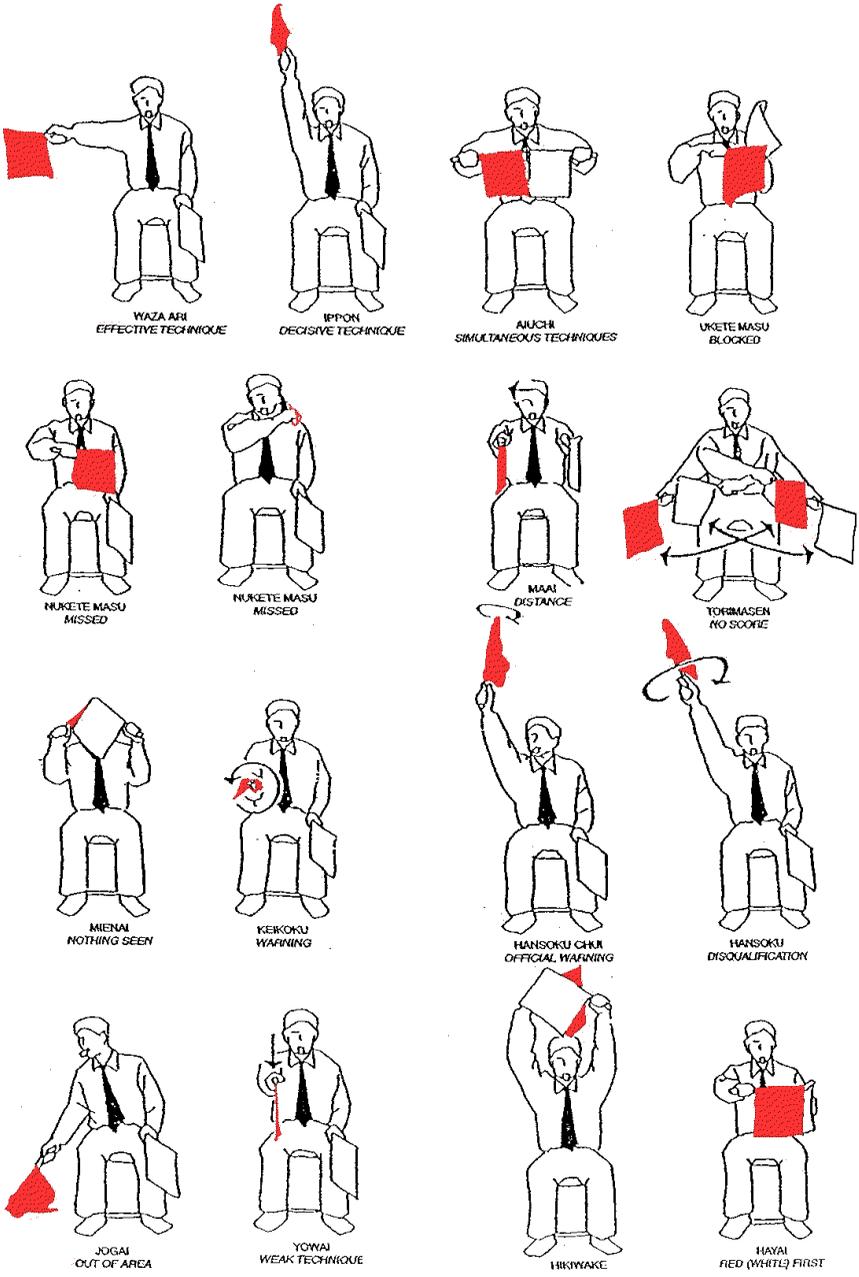


Table of Judges' Signals

1					Victory of shiro
2					Victory of shiro
3					Victory of shiro
4					Victory of shiro or a draw
5					Victory of aka
6					Victory of aka
7					Victory of aka
8					Victory of aka or a draw
9					Draw
10					Draw
11					Draw
12					Draw
13					Draw or victory of shiro
14					Draw or victory of aka
15					Draw, victory of shiro, or victory of aka