



## RULES FOR NON CONTACT TOURNAMENTS

Introduction.....	2
1. MATCH AREA .....	3
2. KARATE UNIFORMS.....	4
3. TYPES OF MATCHES .....	4
1. INDIVIDUAL MATCH .....	4
2. TEAM EVENTS .....	4
4. THE REFEREE PANEL.....	4
5. STARTING, SUSPENDING AND ENDING OF THE MATCH.....	5
1. STARTING.....	5
2. STOPPING OR SUSPENDING THE BOUT .....	5
3. RESTARTING.....	5
4. AWARDING THE BOUT.....	5
5. DURATION OF THE BOUT .....	5
6. SCORING .....	5
7. DRAWN BOUT.....	6
8. OTHER MATTERS.....	7
9. ATTACKING AREAS .....	7
10. CONTACT.....	7
11. PROHIBITED TECHNIQUES AND BEHAVIOUR .....	7
12. PENALTIES .....	7
13. INJURY OR ACCIDENTS DURING A MATCH .....	8
14. TERMINOLOGY .....	9

## Introduction

The tournaments run under the “continuous fighting system” which, in a nutshell, is point sparring without the stops. At the end of the bout the judges who have a clicker (counter), notes the points scored by each fighter and then indicates the winner with the flag.

Match officials should note that many fighters seem to feel the more techniques they throw, the better chance they have of winning, of course it goes without saying that the more they score then better chance they have. However the “more the better” system fighters, often do this to the detriment of quality and a reduced quality technique is inevitable should not counted as scoring technique. This no doubt frustrates the fighter who uses this system and then feels cheated. I suggest if you make sure you understand that it is only quality techniques that are actually scored and the winner is not necessarily the fighter who attacked the most or landed the most, but rather the fighter who executes the most quality techniques. It is also worth noting that a combination can only score a maximum of one full point, so it is not constructive for a fighter to stand toe to toe and execute a large number of techniques in the one attack as this is only counted as one full point. Better to complete the attack, get a point, withdraw, regroup and recommence an attack.

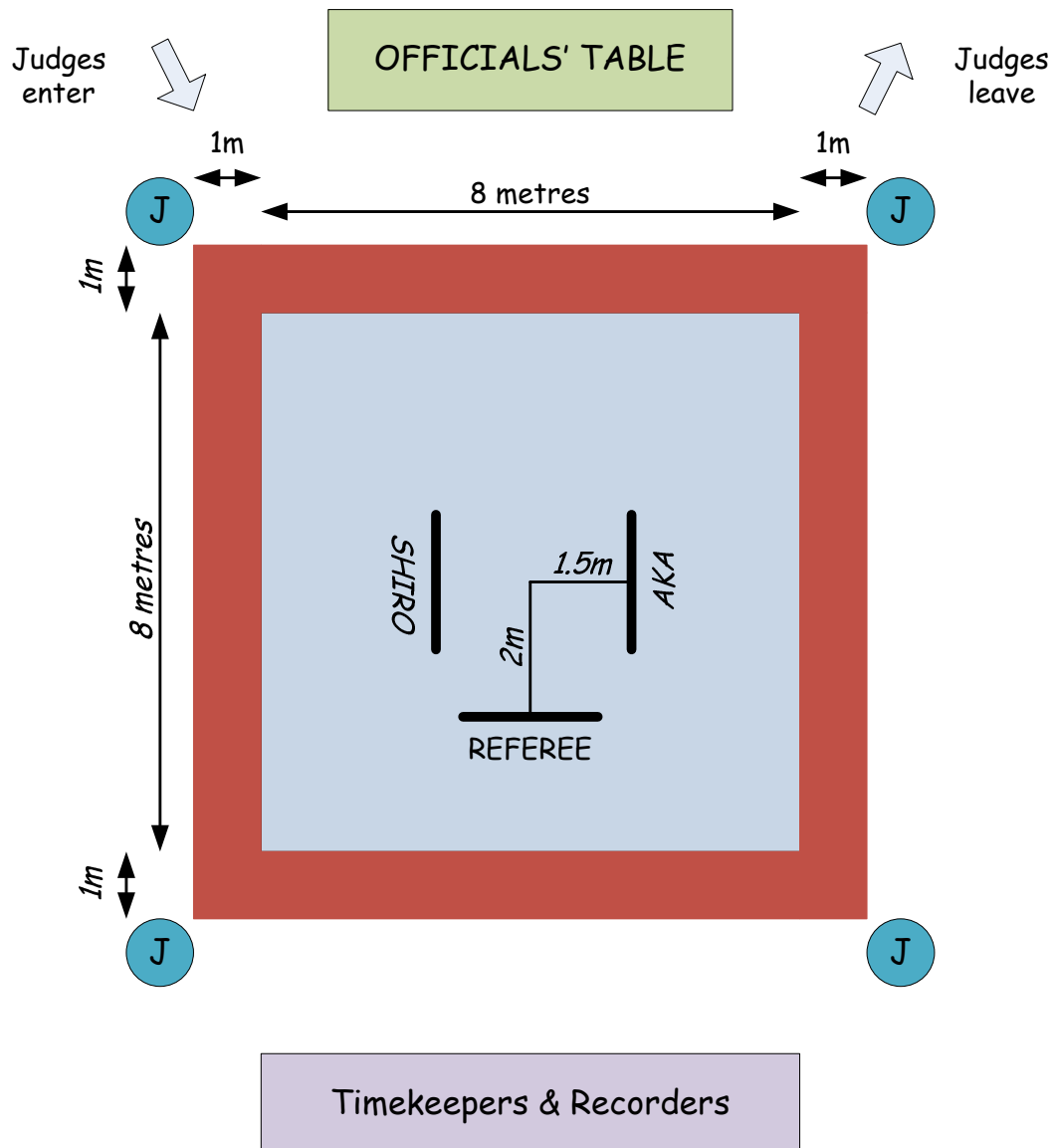
# Karate/AKKA Non Contact Rules

## RULES FOR KYOKUSHIN NON-CONTACT CONTINUOUS FIGHTING

(The term “continuous fighting” means that the match is not stopped to award a score, it does NOT mean that the contestants have to be continually attacking).

### 1. MATCH AREA

The area shall be 8 metres square and devoid of hazard



Timekeepers & Recorders can be anywhere over the area, but they must be as near as possible and with good visibility

## 2. KARATE UNIFORMS

1. The contestants will wear a clean uniform and one contestant shall wear a red sash and the other a white sash.
2. The contestants shall keep their nails short and will not wear any metallic objects or the like on their body or uniform, which may cause injury to the other contestant.
3. The contestants may not use devices for protection other than those approved.
4. Hand mitts shall not be used.

## 3. TYPES OF MATCHES

and how the winner is determined

### ***1. INDIVIDUAL MATCH***

The result of an individual bout shall be determined by a contestant scoring the most points, OR by obtaining a *kiken* or *shikkaku*.

### ***2. TEAM EVENTS***

- a. The total number of wins shall decide team event.
- b. The wins being equal, a member of each team shall be selected to fight each other. If the extra fight is drawn, two more contestants shall be selected and this system shall continue until there is a winner.
- c. The number of contestants comprising a team shall be an odd number.

## 4. THE REFEREE PANEL

The referee panel shall consist of four corner judges, one referee and one arbitrator.

1. An arbitrator shall be appointed to oversee the fairness of the match and the judgement rendered thereon. He/She may call for an explanation in the case that the arbitrator finds the decision unreasonable, demand that the referee review the decision. The arbitrator shall not unless otherwise requested give an opinion as to the points or penalties given, either by gesture or verbally, except in the case where a legally incorrect decision has been given.
2. Referee, judges and arbitrator, must be absolutely neutral and impartial.
3. Referee, judges and arbitrator must with utmost attentiveness and concentration watch and observe very detail of the match. They must attend and pass judgement on every move of the contestants
4. Referees, judges and arbitrator must always comport themselves with dignity and self-possession.
5. During a match, the Judges may only speak to each other or match officials. The referee may speak to the contestants; the referee and arbitrator may speak to the manager or coach.
6. The quality of the judgement and attitude shown by the referee, judges and arbitrator exerts a profound effect on the progress of a karate match operation. It is therefore required that every referee, judges and arbitrator demonstrate exemplary, efficient and refined behaviour.

## 5. STARTING, SUSPENDING AND ENDING OF THE MATCH

### 1. STARTING

The referee, judge and arbitrator shall take their prescribed positions following an exchange of bows. The referee announces "*kamaete*" the fighters and the referee take up a fighting position and the referee announces "*hajime*" the referee punches the air with the rear fist and the bout commences.

### 2. STOPPING OR SUSPENDING THE BOUT

The referee will stop or suspend the match by announcing "*yame*" in a clear loud voice and order the contestants back to their starting positions.

### 3. RESTARTING

The referee restarts the bout with the command "*kamaete*" the fighters and the referee takes a fighting position. The referee announces "*zokko*" then punches the air with the rear fist and the bout recommence.

### 4. AWARDING THE BOUT

The referee shall request a decision from the judges and the judges shall render their judgement accordingly. The referee shall then declare the winner, indicating by raising his/her hand on the side of the winner and declaring "*aka (shiro) no kachi*" or in the case of a draw, "*hikiwaki*". The bout is then ended with the appropriate bows.

### 5. DURATION OF THE BOUT

Duration of the bout shall be two minutes for adults and one and a half minutes for contestants under sixteen years of age. However the Tournament committee may vary the time of the bouts and the match will only stop before the time has expired IF a contestant is disqualified or a contestant gives up or cannot continue due to injury.

## 6. SCORING

A bout shall be awarded to the contestant with the highest score.

**IPPON:** An *ippon* is awarded on the following basis:

1. A clear decisive kick to the head or body. The kick must not have been partially blocked or avoided (excluding a roundhouse kick to the outside leg).
2. A strong clean well placed fist combination that is not even partially blocked and each technique is capable of scoring in its own right
3. The following are to be kept in mind when a match official considers awarding an *ippon*:
  - (a) Good form
  - (b) Strong application
  - (c) Correct timing
  - (d) Correct distance
  - (e) Good focus

**WAZA-ARI:**

1. A clear decisive strike to the body which has not been partially blocked or avoided.

2. A clear decisive roundhouse kicks to the outside of the thigh (above the knee and below the hip) which must not have been partially blocked or avoided.
3. The following points are to be kept in mind when a match official considers awarding a *waza-ari*:
  - (a) Good form
  - (b) Strong application
  - (c) Correct timing
  - (d) Correct distance
  - (e) Good focus

**Special note:** Competitors who move backward as they strike, shall not have the technique counted as a scoring technique.

**The following should be kept in mind when awarding a score.**

1. An effective technique delivered at the same time as the end of the bout is signalled is considered to be valid. An attack, even if effective, delivered after *yame* or stop, shall not be scored and may result in a penalty being imposed.
2. No technique will be scored if it is delivered when the two contestants are outside the competition area. However, if one of the contestants is outside the competition area and the opponent delivers an effective technique whilst still inside the competition area, and before the referee calls “*YAME*”, the technique will be scored.
3. Simultaneous techniques delivered by both contestants, shall not score.

#### **CRITERIA FOR DECISION:**

Points shall be awarded for each clean decisive technique scored during the match.

Points shall be awarded for the following conditions:

1. A combination of hand or a kicking technique.
2. When accurate and powerful techniques delivered with good timing and adequate distance.
3. Attacks must have good form and attitude, vigour, good timing and distance.

## **7. DRAWN BOUT**

If the first round is drawn, the referee will declare an *encho-sen* (extension). Unless otherwise decided by the tournament committee prior to the commencement of the tournament, only one *encho-sen* is allowed.

A: At the end of the *encho-sen*, the judges must declare a winner and shall be based on the following points:

1. The number of escapes outside the match area.
2. Whether there has been a warning due to a foul.
3. The comparative excellence in fighting attitude.
4. The ability and skill shown.
5. The number of attacking moves.
6. The comparative excellence in strategy.

B: If, after the extension, two judges have voted for red and two judges have voted for white, the referee has the casting vote and a decision must be made.

## 8. OTHER MATTERS

Matters relating to judgement not prescribed in these rules shall be discussed among the arbitrator, referee and chief referee of the day.

## 9. ATTACKING AREAS

1. Head
2. Face
3. Neck
4. Abdomen
5. Chest
6. Back (excluding shoulders)
7. Outside of the leg (above the knee and below the hip)

## 10. CONTACT

All attacks must be well controlled and any contact to the head or face or excessive contact to the body will incur a penalty.

## 11. PROHIBITED TECHNIQUES AND BEHAVIOUR

1. Techniques which attack the face with the arm, open hand or fist
2. Techniques which make contact with the head, face or neck
3. Techniques which make excessive contact to the body
4. Techniques that attack the groin, joints or instep
5. Spinning back kicks (excluding back kick)
6. Descending kicks
7. Attacking the extremities (excluding the thigh)
8. Having no regard to the scoring area
9. Grabbing or pushing
10. Repeated exits from the area (*jogai*)
11. No regard to his or her own safety or not offering a defence (*mubobi*)
12. Feigning injury to gain advantage
13. A contestant who is about to commit a prohibited technique.
14. A contestant fails to obey the order of the referee.
15. Becoming over excited and is considered a danger to his opponent.
16. Other acts which are deemed to violate the rules and spirit of the match.

## 12. PENALTIES

Every fighter who contravenes the rules shall be warned or penalised. The penalty shall be directly related to the severity of the infringement. The referee shall announce the penalty after consultation with the match officials.

### THE FOLLOWING PENALTIES SHALL APPLY AND POINTS AWARDED:

1. PRIVATE WARNING: No penalties shall apply

2. *CHUI: Waza-ari* (half point) awarded to the opponent.
3. *GENTEN: Ippon* (full point) awarded to the opponent
4. *SHIKKAKU*: Disqualification.

In a team event the contestant who has been given the *SHIKKAKU* may not participate in any further team event/s during that tournament, and the offending contestant may not be replaced within the team.

**SPECIAL NOTE: (excessive contact to the body or contact to the head)**

1. 2<sup>nd</sup> *Chui*: = *Genten* & *Ippon* (full point) awarded to the opponent
2. 3<sup>rd</sup> *Chui* or 2<sup>nd</sup> *Genten* = *Shikkaku*

**It should be noted** that penalties other than those for excessive contact to the body or contact to the head do not lead to “*shikkaku*”.

#### **PENALTY CONSIDERATIONS:**

1. Once a penalty (other than a private warning) is given the Referee MUST award the half or full point to the other contestant and advise the judges accordingly.
2. Each judge must make note that such a half or full point has been awarded and must add the half or full point to the score.
3. Once a penalty has been given and a point awarded and added to the opponents score, further reference to the penalty, in the mind of the judge, is incorrect. The contestant has been penalised for the infringement and not be penalised twice by using that same penalty as an excuse for the contestant to not to be awarded the bout, provided the contestant is ahead on points.
4. Officials should be aware that there is no limit to the number of *chui* or *genten* that can be awarded in a match (other than for excessive contact)
5. Where contact is deemed to be excessive by the majority of match officials, but does not diminish the opponent’s chances of winning. A *chui* shall be awarded against the offending competitor and a half point awarded to the fouled competitor. A second such contact and *chui* by the same competitor, a *genten* shall be awarded to the offending competitor and a full point awarded to the fouled competitor. A third offence by the same competitor will result in a *shikkaku* penalty being given to the offending competitor.
6. The referee may conclude that the excessive contact is in deserving of a *genten* even though it was the first such offence and go directly to a *genten*.
7. The referee may conclude that the excessive contact is in deserving of a *shikkaku* (disqualification) even though it was the first such offence and under such circumstances go directly to a *shikkaku* (disqualification) penalty.

### **13. INJURY OR ACCIDENTS DURING A MATCH**

1. When a contestant suffers an injury not serious enough to disenable the contestant and refuses to continue or requests permission to quit, the other contestant shall be declared the winner.
2. In the case of an injury sustained during the match, but not caused by the other contestant AND if the injured constant is unable to continue, the referee may suspend the match, or award the match to the other contestant after consultation with the match officials.



3. Any contestant who refuses to continue with the bout for any reason other than injury, or who requests permission to quit the bout for any reason other than injury shall be declared the loser.
4. A contestant who wins a bout by “*shikkaku*” (the opponent is disqualified) due to contact to the head, may not continue in the event.

## 14. TERMINOLOGY

Term:	<i>KAMEATE</i>
Meaning:	Take up fighting position
Action:	The referee takes up fighting position
Term:	<i>HAJIMA</i>
Meaning:	Start
Action:	The referee punches the air with the rear fist
Term:	<i>YAME</i>
Meaning:	Stop
Action:	Interruption or end of the bout. The referee indicates by chopping down with his/her hand and announcing “ <i>yame</i> ”
Term:	<i>ZOKKO</i>
Meaning:	Fight on
Action:	Resumption of fighting ordered
Term:	<i>MOTO NO ICHI</i>
Meaning:	Come to the line
Action:	Contestants enter the match area
Term:	<i>SHUGO</i>
Meaning:	Judge called
Action:	The referee beckons the judge with one arm
Term:	<i>HANTEI</i>
Meaning:	Judgement
Action:	The referee requests a decision
Term:	<i>HIKIWAKI</i>
Meaning:	Draw
Action:	The referee crosses arms in front of the body
Term:	<i>ENCHO-SEN</i>
Meaning:	Extension
Action:	Referee restarts bout with: <i>encho-sen</i> , <i>kamaete</i> , <i>hajime</i> .
Term:	<i>KIKEN</i>
Meaning:	Renunciation
Action:	Referee points to the side that has given up or not appeared, and awards the bout to the opponent.

Term: *CHUI*  
 Meaning: Warning with a *waza-ari*  
 Action: Referee points to the abdomen of the offender, awards a half point to the opponent, announcing *aka (shiro) chui, shiro (aka) waza-ari*

Term: *GENTEN*  
 Meaning: Warning with an *ippon*  
 Action: Referee points to the abdomen of the offender and awards a point to the opponent, announcing "*aka*" (*shiro*) *genten, shiro (aka) ippon*.

Term: *SHIKKAKU*  
 Meaning: Disqualification  
 Action: Referee points to the face of the offender, then obliquely above and behind him/her and announces victory to the opponent.

Term: *MUBOBI*  
 Meaning: Not offering a defence  
 Action: Penalty can apply

Term: *NO KACHI*  
 Meaning: Win by superiority  
 Action: Referee raises his/her arm in the direction of the winning fighter and announces *akkalshiro no kachi*