



國際芦原空手道連盟

ASHIHARA INTERNATIONAL KARATE ORGANISATION



General Kumite Competition Rules, 2021

Revised on 25-09-2021 - Marcel van den Berg



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Article 1: General Rules

1. The maximum age will be left to the discretion of the Tournament Doctor: who will examine all contestants before the eliminations begin.

The AIKO wants competition to be accessible for all students, but we want to be as safe as possible, that means from the ages 6 to 12 children will only be allowed to participate in **low contact** bouts with full protection as described under the topic Protection for children. From the age 12 to 16 teenagers will be allowed to participate in **moderate contact** bouts, excluding knee techniques towards the heads and wearing full body protection as described under the topic Protection for Teenagers. From the age 16 and onwards, students are allowed to participate in **full contact** bouts with the most minimalistic protection as described under the topic Protection for Adults.

2. The weight classes are:

- Under 65kg. - Lightweight
- Under 75kg. - Middleweight
- Under 85kg. - Light-heavyweight
- Over 85kg. - Heavyweight

N.B. The minimum weight in the lightweight category will be decided by the Tournament organisers in consultation with the Tournament Doctor, Differentiation in Weight higher than 5 kg need to be taken into Consideration.

3. The participation of contestants is related to Age but also experience, Contestants with less than 2 years of experience are only allowed to participate in Low Contact or Moderate Contact bouts, when Contestants have the grade of at least 4th Kyu or have practised Karate for at least 2 years and are above the age of 16 then the participation in full contact bouts are allowed,

4. The organisation nor the officers of the Organization will be in any way responsible for any injury or accident which may occur during the Tournament. If insurance is wished, then it is up to the individual contestant to secure and make his own arrangement for that cover. This is the total responsibility of the contestants.

The organisation needs contestants to sign a form waving the right of responsibility, without this form and signature a contestant cannot compete.



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Article 2: Uniforms and personal hygiene

1. Referees

(a). Referees and judges must wear the official uniform designated by the referee council.

This uniform must be worn at all tournaments and courses.

(b). The official uniform will be as follows;

- A white shirt (long or short-sleeved).
- An official tie.
- Black trousers.
- Unpatterned black socks.

(c). Finger and toe nails must be clean and cut short. No jewellery or other objects may be worn.

2. Contestants

(a). The contestants will wear white Karate Gi that are clean and in good condition.

(b). One contestant will wear a white belt and one will wear a red belt.

(c). Groin protection and gum shields are compulsory. There is no deviating from the compulsory protection, not wearing these will result in immediate disqualification. If during the fight accidentally the gumshield is removed the fight will be stopped and if the fighter deliberately removes the gumshield the fighter receives a chui, after 3 times a genten.

Depending on the venue of the Tournament, shin and instep protection may or may not be worn.

In the event of an injury to a contestant, the wearing of bandages or other protective materials will be at the discretion of the Head Referee or the Head Arbitrator in consultation with the Tournament Doctor. Their decision will be binding.

Otherwise, no other protective clothing, bandages or guards than the aforementioned will be allowed.

(d). Finger and toe nails must be clean and cut short. No jewellery or other objects may be worn.

(e). Spectacles may not be worn. Contact lenses may be worn at the contestant's own risk and responsibility.

(f). The wearing of unauthorised clothing or equipment is forbidden and will result in disqualification.

(g). Protection of Children, young kids need to be protected to the highest degree and therefore these kids in the age mentioned in article 1, section 1 need to wear the following gear: Headgear, Gumshield, Body armour, Small open finger gloves (not boxing gloves), Groin protection, and shin guards. There is no deviation on these rules

(h). Protection of Teenager, Teenagers also need safety but as they are more mature can handle more impact therefore Teenagers in the age mentioned in article 1, section 1 need to wear the following gear: Headgear, Gumshield, Groin protection, and shin guards. There is no deviation on these rules

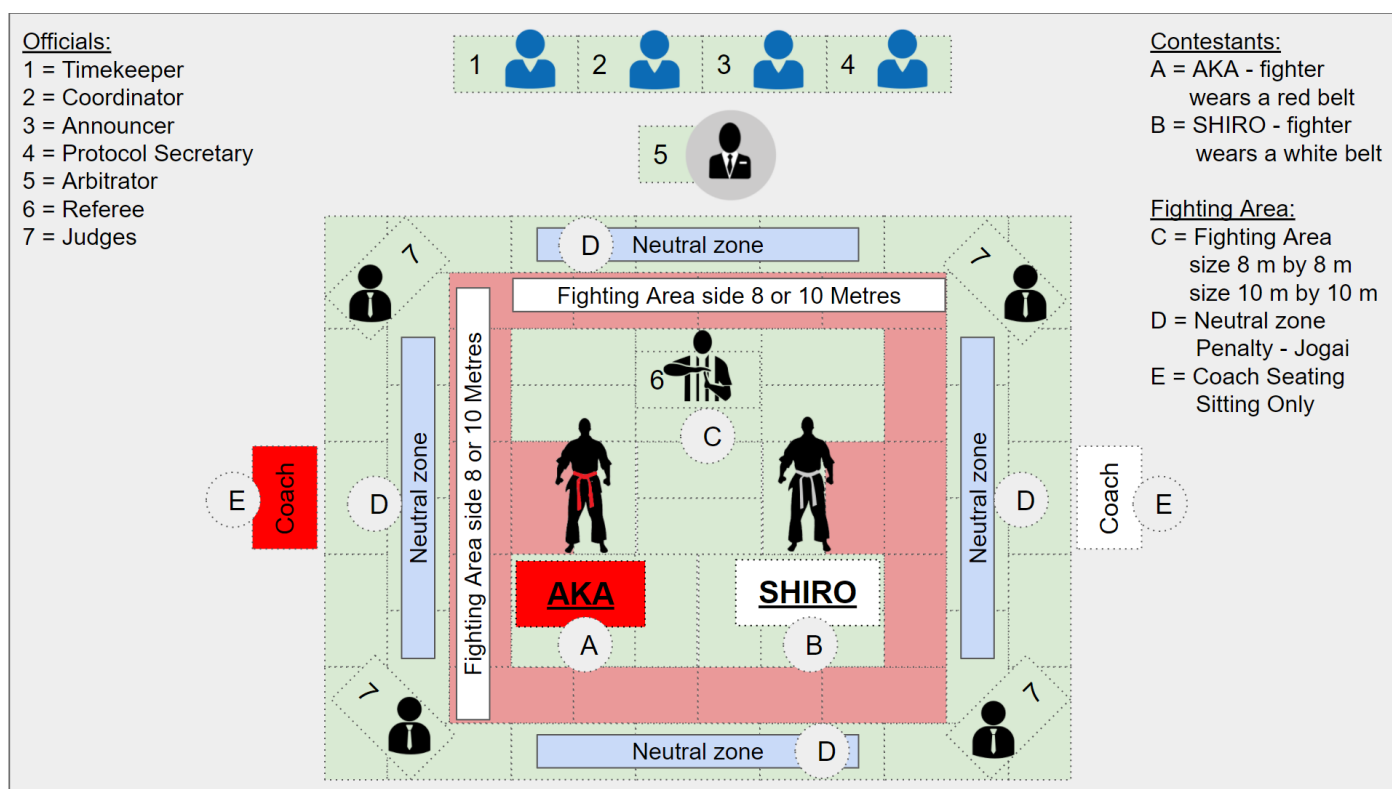
(i). Protection of Adults, Adults in the age mentioned in article 1, section 1 need to wear the following gear: Gumshield, Groin protection, depending on the venue Shin Guards and Finger gloves



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Article 3: Tournament Fighting / Match Area

1. The fighting area shall be 8 or 10 metres square.
2. There shall be a 1-metre wide neutral zone surrounding the fighting area.
3. The marking out of the officials and match areas shall be as per Appendix 1.
4. The official coach of a contestant shall be provided with a chair which is placed 2 metres from the neutral area, directly behind their fighter. The coach is not allowed to leave this chair during the fighting, not obeying this rule will constitute a warning and after three warnings you will be asked to leave the tournament room.
5. When possible, the fighting area should be covered with Tatami. The neutral zone shall be of another colour than that of the fighting area, or clearly indicated in some other manner.





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Article 4: Officials

1. Each fighting area shall have the following officials:

By the table: A **Timekeeper**, a **Coordinator**, an **Announcer**, a **Protocol secretary**.

Between the table and the fighting area: an **Arbitrator**.

Fighting area: A **Referee** (SHUSHIN) , and **Judges** (FUKUSHIN), whose number is determined by the organisers (usually 4 persons in case of international tournaments).

2. In a decision upon the outcome of a contest, each referee and each of the Judges shall have one vote.

3. The Arbitrator is appointed to ensure the fairness of the conduct of matches and judgments rendered thereon. He should be provided with a red flag and a whistle, so he can indicate, if he notices violation of the rules in the work of judges.

Article 5: Duration of a Match

1. Each match is 2 minutes long by the adults. If the match did not fall, the extension period is also 2 minutes.

2. If the extension does not produce a clear result, the judges may decide on a tie, but not necessarily, then there will be an extension of 1 minute, at the end of which, in the event of equality of points, a judicial decision must be taken.

3. In each case the time of the fight begins with the starting signal of the referee for the HAJIME and each Judge YAME, the timing must be stopped for command.

4. The timekeeper indicates a period of fighting time with a clearly audible gong or siren. Competitors can only finish the race with the referee. A valid, effective technique, valid at the same time as the end of a given round I match ending, is considered to be valid. An attack after a command to stop or suspend a match, even if it was effective, could not be scored and penalised.

5. In the event that one or both of the competitors are out of the arena and the Referee has not stopped the fight, all techniques must be evaluated according to the required score.

6. Each competitor must have a break of 10 minutes as recovery time. This is the minimum time between bouts, and the organisation needs to create a time schedule that allows the necessary rest.



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Article 6: Organization of Competitions

During the tournament with 3-5 people we use rounds, with six to sixteen people we use mixed system, and over 16 people we use elimination.

The use of the names of competitors in international competitions may cause problems due to misunderstandings due to identification and pronunciation, so race numbers must be provided and used in the race.

Article 7: Criteria for a Decision

Decisions are made per round and every time a new round is started the points and penalties are reset to zero.

1. Ippon:

(a) With the exception of techniques which are fouls and not allowed by the contest rules, any contestant who knocks his opponent down and the opponent is unable to continue within 10 seconds, scores an Ippon. This automatically terminates the match.

(b) When a contestant informs the referee that he is beaten, as the result of techniques allowed within the contest rules, his opponent shall be awarded an Ippon. This automatically terminates the match.

(c) Two Waza-ari are the equivalent of an Ippon. Waza-ari Awasete Ippon.

2. Waza-ari:

(a) Where a contestant is knocked down by a technique allowed within the contest rules and is able to continue to fight within 10 seconds, a Waza-ari will be awarded. Any contestant who is clearly not in a condition to continue will not be allowed to do so by the referee. The referee may consult the Tournament Doctor if he sees fit. In a case where the contestant is stopped from continuing, the opponent will be awarded an Ippon.

(b) A contestant who clearly shakes his opponent with a technique allowed within the contest rules and the opponent is able to continue within 10 seconds, shall be awarded a Waza-ari.

A contestant who has gained a Waza-ari, over an opponent who has not scored a Waza-ari will normally, but not necessarily, be awarded the victory at the time of the referees' and judges' decision.



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3. Superiority:

The referee and judges may award a decision (HANTEI) on the basis of:

- (a). Superior technique (outstanding techniques, technical qualification, accuracy, initiative)
- (b). State of mind (fighting spirit, attitude)
- (c). Physical state (speed, strength, endurance, resistance, fitness)
- (d). Victory: Ippon, giving up, Wazari or score above Wazari or a referee decision at the end of the match.

Article 8: Allowed Target Area and Techniques

1. The following are the legitimate targets for punches and elbow strikes:
 - the shoulders and arms
 - the chest
 - the abdomen
 - the ribs
 - the legs (above knee) (unless it's a sweeping/barai technique)
2. The following are the legitimate targets for kicks:
 - the head
 - the face
 - the shoulders and arms
 - the chest
 - the abdomen
 - the ribs
 - the thighs
3. Throws, sweeps and take-downs are allowed but only if the contesteer doing the technique is not going down and remaining standing to perform a finish punch to the head. The finishing technique is to be made within 5 cm from the head, no more or the technique will not be appointed as a finishing technique. If the finishing technique impacts the head also, no points are rewarded, controlled and clean techniques only.

The following take-downs are legitimate:

- Maki komi nage
- Ashi Barais
- Hip throws
- O Soto Gari
- Leg sweeps



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Article 9: Prohibited Acts and Techniques

The following matters may merit disqualification at the entire and absolute discretion of the referee of the contest. The contestant disqualified may give notice through his coach to the contest arbitrator of his wish to appeal to the Chief Referee who, after consultation with the referee and judge(s), may reinstate the disqualified contestant or endorse and confirm the match referee's decision.

The Tournament Chief Referee's decision is final.

1. The following techniques are forbidden and shall be punished in accordance with their severity:
 - Attacks to the opponent's head, face, throat or neck with the open hand, fist or any part of the arm.
 - Kicks to the groin.
 - Head thrusts or butts.
 - Kicks to any part of the knee joint.
 - Attacks to any part of the opponent's back.
 - Making an attack from the floor after having been downed by an opponent. (N.B. competitors are allowed to defend themselves.)
 - Striking or kicking an opponent who has been downed, unless the attack follows a sweep or downing technique, in which case it is not allowed to make contact.
 - Any other techniques or practices that the referee of the match decides is improper or unfair
 - Take-downs and sweeps, where the thrower/sweeper is going down also and does not remain standing
 - Techniques that impact the head after sweeps or take-downs
2. The following behaviour is forbidden and shall be punished in accordance with its severity:-
 - failing to obey the referee's instructions during a match.
 - Frequently leaving the fighting area. (Jogai)
 - Deliberately wasting time.
 - Discourteous behaviour
 - Persistent bad behaviour or violence.
 - Hair pulling, biting, gouging etc.
 - grabbing without following up immediately with a technique.
3. The contestants are allowed to grab and hold their opponents for no longer than 2 seconds or while performing a total of 2 techniques. The grab must be followed immediately by a technique*. Persistent grabbing and holding without following up with a technique will be punished by an official warning.
*Turning techniques are an exception to this rule, but a technique must follow immediately when the turning technique is completed.
4. The coach of a competitor shall, at all times during the operation -of the match, remain in the coach's official seat. The coach will not use foul language or interrupt the smooth operation of the match. In the event that the coach violates this rule, then his/her contestant will be penalised according to the provisions of the article on Penalties, or the coach is removed from the fighting area.
5. Contestants who arrive late for bouts or who fail to appear* can merit automatic disqualification.
*(The Contestants will be called maximum three times, with 30 seconds between each call and 1 minute after the last call.)



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Article 10: Penalties

1. Jogai: Each time a competitor is penalised with an official Jogai warning, the opponent is automatically awarded 1 point. Jogai relates to a situation where a contestant's foot moves outside the fighting area. An exception is when the contestant is actually propelled from the area by his opponent. (This rule is devised to prevent contestants from deliberately stepping out of the area in order to avoid an opponent's attack. It also applies to competitors who passively allow themselves to be propelled out of the area.)

- The first four occasions will be penalised by private warnings.
- The fifth occasion will be penalised by Chui Ichi.
- The sixth occasion will be penalised by Chui Ni.
- The seventh occasion will be penalised by Chui San.
- The eighth occasion will be penalised by Hansoku Make.

(N.B. Jogai warnings do not cross accumulate with other warnings.)

2. Chui: Each time a competitor is penalised with an official warning, the opponent is automatically awarded 2 points

3. Genten: A Genten is equivalent to 2 Chui's, A competitor is penalised with a Genten warning for serious infringements of the rules, and the opponent is automatically awarded 4 points.

An example of the different levels of warnings is as follows:

- (a). Any **deliberate** attack to the opponent's head, face, throat or neck with the open hand, fist or any part of the arm, which shakes the opponent or worse, shall merit an automatic disqualification from the match (**Hansoku make**).
- (b). Any **not deliberate/Accidental** attack to the opponent's head, face, throat or neck with the open hand, fist or any part of the arm, which clearly hurts the opponent but he or she is able to continue normally, shall normally merit an automatic public warning (**Chui**).
- (c). Any **not deliberate/Accidental** contact to the opponent's head, face, throat or neck with the open hand, fist or any part of the arm, which shakes the opponent or worse and the contestant needs a minute to recover shall normally merit an automatic public warning (**Genten**).
- (d). Any **not deliberate/Accidental** contact to the opponent's head, face, throat or neck During take-downs, which clearly hurts the opponent, shall normally merit an automatic official warning (**Chui**).
- (e). Any **not deliberate/Accidental** contact to the opponent's head, face, throat or neck During take-downs, which shakes the opponent or worse and the contestant needs a minute to recover shall normally merit an automatic public warning (**Genten**).

The order of warnings is as follows:

- Warning = private warning
- Chui Ichi = 1st official warning
- Chui Ni = 2nd official warning = Genten Ichi
- Chui San = 3rd official warning (approximately = Waza-ari)
- Chui Yon = 4th official warning = Genten Ni can result in Hansoku make

N.B. A contestant cannot be saved from disqualification by the act of the injured/fouled opponent "throwing in the towel". In such a case, if the injured/fouled contestant withdraws from any further participation in the Tournament, the perpetrator is disqualified.



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Article 11: Power and Duties

1. The Chief Referee's powers and duties shall be as follows: 1 per tournament

- (a).** To ensure the correct preparation for each given tournament in consultation with the tournament organising committee, with regard to competition area arrangement, the provision and deployment of all equipment and necessary facilities, match operation and supervision, safety precautions, etc.
- (b).** To decide, in advance, the allocation and appointment of arbitrators, referees and judge(s) and to arrange for the operation of a referee commission to oversee the performance of the refereeing officials.
- (c).** To nominate substitute officials where such are required. The composition of a panel of officials may not be changed at the sole discretion of the arbitrator referee or judge(s).
- (d).** To pass the final judgement on matters of a technical nature which may arise during a given match and for which there are no stipulations in the rules.

2. The Arbitrator's powers shall be as follows: 1 per fighting area

- (a).** An arbitrator shall be appointed for each match. He shall oversee the operation of the match and actions of the referee and judge(s), and when requested, he may express his opinion to the referee.
- (b).** Only when taking part in consultation with the referee and judge(s) or when referred to for an opinion, shall the arbitrator be entitled to cast a vote.
- (c).** When the referee and judge(s) consult, the arbitrator if requested shall take part. When the arbitrator has an opinion to express, it must be done through the intermediary of the referee, who will consequently summon the judge(s). This full procedure may, however, be omitted when the referee simply refers to the arbitrator for an opinion.
- (d).** The arbitrator can request the referee to halt a match if there has been an infraction of the rules, or if an administrative malfunction has occurred. The arbitrator may not, however, request the referee to halt a match if he/ she disagrees with a judgment made by the referee and judge(s) in accordance with the rules. Whenever the arbitrator wishes the referee to halt the bout, he/she will blow his / her whistle.
- (e).** The power of the arbitrator will include supervision and direction of the time-keeper
- (f).** The arbitrator will assist the referee by making note of the points and penalties awarded.



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3. The Referee's powers shall be the following: 1 per fighting area

(a). The main duty of the referee is to see that the matches flow continuously without unnecessary interruptions. The referee shall have the power to conduct matches, including the start, the suspension and the end of a match. He has the power to:

- To award an Ippon, Waza-ari or Points.
- To impose penalties and to issue warnings, before, after or during a match.
- To terminate a match if one competitor is clearly inferior to the other and in risk of serious injury.
- To obtain the opinion(s) of the judge(s) and arbitrator when required.
- To explain, if necessary, the basis for giving a judgement.
- To announce extensions.

(b). The authority of the referee is not confined solely to the competition area, but also to its entire immediate perimeter

(c). The referee need not halt a match when a judge signals, if the former is convinced the signal is incorrect. The referee's judgement in this instance is made "on the move". Before over-ruling the judge's signal, the referee must consider if the judge was better sighted.

(d). When explaining the basis for a judgement, the referee may speak to the arbitrator, Chief Referee or referee committee. The referee shall explain to no one else.

4. The Judge's powers shall be as follows: max 4 per fighting area

(a). To assist the referee.

(b). To take part in a consultation with the referee and arbitrator when invited.

(c). The judge must only score what he /she actually sees. When signalling a score, the judge should use signals which may be clearly seen, yet which are not overly obtrusive. The object is to inform the referee of an opinion - not to seek to impose it.

(d). To exercise a right to vote on a decision to be taken.

(e). The judge shall speak only if summoned by the referee.

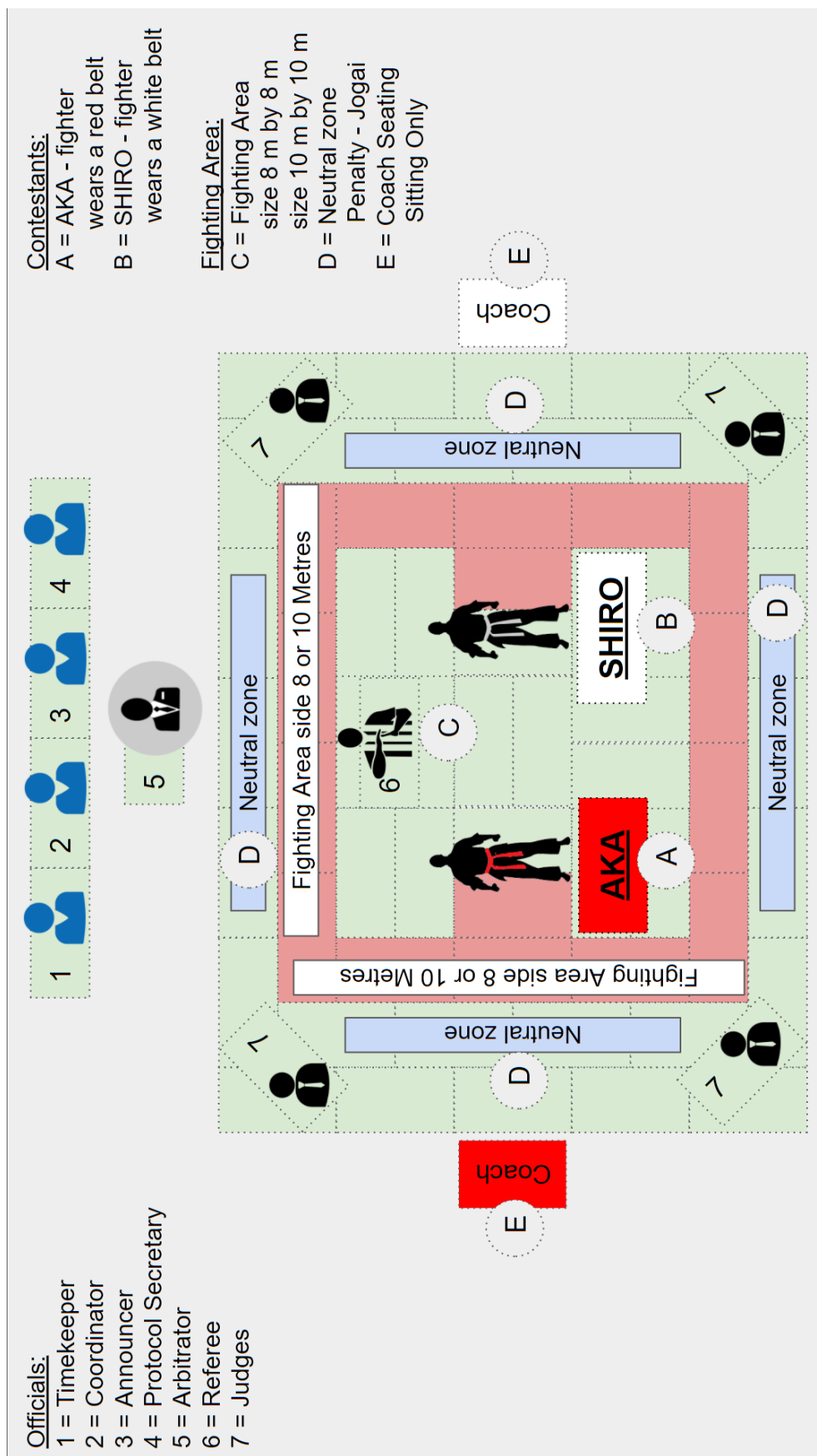
(f). The judge shall carefully observe the actions of the contestants and signal to the referee an opinion in the following cases:

- When an Ippon or Waza-ari is observed.
- When a contestant appears about to commit, or has committed, a prohibited act and / or technique.
- When an injury or illness of a contestant is noticed.
- When one or both of the competitors have moved out of the competition area.
- In other cases when it is deemed necessary to call the attention of the referee.



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Appendix 1: Fighting area





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Appendix 2: TERMINOLOGY USED BY REFEREES AT KARATE TOURNAMENTS

1 - JUDGES ENTERING THE FIGHTING AREA

SHINPAN GA ATSUMARU	Referees Assemble.
SHOMEN NI REI	Cross the arms in front of the chest and say "Osu".
SHUSHIN NI REI	Face the official seats.
OTAGAI NI REI	Referees bow to each other
SHINPAN GA SUWARU	Referees Sit down.

2 - OPENING THE BOUT

MANAKA NI HAITE	Enter the ring/fighting area.
REI	Cross the arms in front of the chest and say "Osu".
SHOMEN NI REI	Face the official seats.
SHUSHIN NI REI	Face the main judge.
OTAGAI NI REI	Face each other "KAMAETE" Take a fighting stance.
HAJIME	Fight/Start the bout.

3 - DURING THE BOUT

YAME	Stop the bout immediately.
KAMAETE	After stopping the bout, take a fighting stance again.
ZOKKO	Start again the bout.
ZOKKO / FIGHT	Attack. (No interactions of both competitors).
SHIRO	First competitor entering the arena. (White).
AKA	Second competitor entering the arena. (Red).

4 - FOULS-NAMES

GANMEN-KOGEKI	Attacking the face with the hand or elbow.
TSUKAMI	Grasping the Dogi longer than 3 seconds.
JOGAI,	stepping outside the fighting area.
	3 rd and 4th time is jogai yonkai (half point to opponent).
KINTEKI-KOGEKI	Kick to the groin.
ZUTSUKI	Head thrust.
OTHERS	Attack from the back, attacking an opponent who is down, etc.

5 - FOULS - CLASSIFICATION

CHUI-ICHI	First warning.
CHUI-NI	Second warning. This constitutes a penalty.
GENTEN-ICHI	First penalty.
GENTEN-NI	Second penalty. This actually constitutes disqualification.
	Main-judge says "Genten-ni, Hansoku Make ".
HANSOKU MAKE	Disqualification From the Bout in progress.
SHIKKAKU	Disqualification From the complete tournament.

6 - DECLARATION OF FOULS

The main judge designates the competitor who made the foul as Aka or Shiro, and he declares the foul, and its nature e.g. "Aka, tsukami, chui-ichi". The competitor who committed the foul has to say "Osu" when hearing the main judge's declaration.



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7 - POINTS

(a). Ippon

The declaration of ippon entails victory. The main judge designates the competitor as Aka or Shiro and declares "Ippon" and its nature. Clear clean Technique, e.g. "Aka, migi-mae-geri, Ippon".

Effective attack which damages the opponent, but to the same extent as an ippon. Two declarations of waza-ari constitute a full-point.

(b). Waza-ari is

Declared in the same way as Ippon. e.g. "Aka, migi-mae-geri, Waza-ari."

(c). Yuko

Score close to waza-ari

(d). Awase-Ippon

Ippon by two Waza-ari is declared in the same way as Ippon. e.g. "Aka, migi-jodan-mawashi, Waza-ari, Awasete-ippou."

8 - DECISION

When no clear full-point has been scored, the victory is awarded by decision.

The procedure of decision is as follows:

SHOMEN-MAWATE

Face the front

HANTEI-O-ONEGAI SHIMASU

The main judge asks the decision of the assistant judges.

HANTEI

The assistant judge must use the flags to show their decision.

SHIRO (White)

The referee raises the flag having the same colour as the

AKA (Red)

competitor whom they consider to be the winner.

HIKIWAKE

Draw.

DECLARATION OF DECISION

Main judge counts the number of flags, and says his own decision. At the same time, he points obliquely with his hand to the winner. In case of a draw, he crosses obliquely downwards with his hands. (Then an extension is allowed).



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9 - END OF THE BOUT

The main judge declares victory. This is the end of the bout.

ICHI One flag.
NI Two flags.
SAN Three flags.
SHI Four flags.

Decision of the main judge counts the number of flags and says his decision.

SHUSHIN, AKA
SHUSHIN, SHIRO
SHUSHIN, HIKIWAKE

Examples

- (a). "Hikiwake ichi, Shiro, ichi, ni, san, Shushin, Shiro", In this case "Shiro" wins by 4 to 0.
(b). "Hikiwake ichi, ni, Shiro, ichi, ni, Shushin, Shiro", In this case "Shiro" wins 3 to 0.
(c). "Shiro, ichi, ni, Hikiwake, ichi, ni, Shushin, Hikiwake", In this case there is a draw.

SHOMEN-NI-REI
SHUSHIN-NI-REI
OTAGAI-NI-REI

The same as the opening of the bout.

After bowing to each other, competitors shake hands and leave the arena from their corner.

10 - TAMESHIWARI - When Performed!!

SHOMEN-NI-REI
MAWATE-REI
ICHI NI-TSUITE
HAJIME

The same as the opening of the bout.
Turn around and say "Osu".
Stand by.
Break the boards.

11 - DECLARATION OF RESULTS

KANSUI
SHIPPAI

All the boards have been broken.
The breaking test failed.

In case of "Kansui"; competitor's number, the number of the broken boards, Kansui.
In the case of "Shippai"; competitor's number, Shippai.

12 - JUDGES LEAVING THE FIGHTING AREA

SHINPAN GA ATSUMARU
SHOMEN NI REI
SHUSHIN NI REI
OTAGAI NI REI
SHINPAN WA KAININ SA RETA

Referees Assemble.
Cross the arms in front of the chest and say "Osu".
Face the official seats.
Referees bow to each other
Referees are dismissed



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Appendix 3: Corner judges flag signals

Yoi - Ready to begin



Wazari - ½ Point



Ippon - Winner / 1 Point



Torimasen - No Point



Mienai - Nothing seen



Warning - Decision by referee on the severity



Faul - Decision by referee on the severity



Jogai - Moving out off the fighting Area



Hansoku Make - disqualification
Shikakku - disqualification





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Hikewake - Draw,
Flags crossed up or
Flags crossed down



Mienai - Nothing seen



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Appendix 4 Head judge hand signals

Starting Pose



Depending on the circumstances we use this movement to get referees on the mat, ask the referees to sit or request the Fighters to come on the mat
SHINPAN GA ATSUMARU
SHINPAN GA SUWARU
MANAKA NI HAITE

Ippon - Winner/1 Point



Waza-Ri - ½ Point



Torimasen - No Point



Hikewake - Draw, hands crossed up or hands down crossed



Hajime - Continue



Yame - Stop





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Jogai - Moving out off the fighting Area



Chui - Official Warning



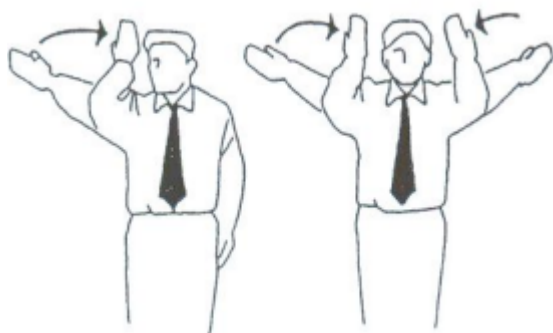
Chui - Penalty



Hansoku make - Disqualification from the bout



Shikakku - Absolute disqualification, tournament disqualification



Shugo - Call the judges to refer about what has happened