



SANBON SHOBU TOURNAMENT RULES SUMMARY

THE INTERNATIONAL FEDERATION OF KARATE KYOKUSHINKAI INCORPORATED

1. MATCH AREA

The match area shall be 8 metres square, but may be modified at the tournament organisers' discretion.

2. KARATE GI

- 2.1 The contestants will wear clean white karate *gi* and one shall wear a red sash.
- 2.2 The contestants will keep their nails short and will not wear metallic objects or the like on the body, which might cause injury to opponents.
- 2.3 Mouthguards are compulsory. Groin guards are compulsory for males. Shin/instep and arm pads are optional. Fist/mitt protectors are *not* permitted.

3. REFEREES AND ARBITRATOR

- 3.1 Four corner judges, one referee, and one arbitrator shall be provided whenever possible and is the preferred option. If there are insufficient officials for the preferred option, mirror judging, comprising one referee, one judge, and one arbitrator will be used.

- 3.2 The arbitrator is appointed to ensure the fairness of the conduct of matches and judgements rendered thereto.
- 3.3 Referee, judges, and arbitrators must be absolutely neutral and impartial.
- 3.4 Referee, judges, and arbitrator must with utmost attentiveness and concentration watch and observe every detail of the match they attend and pass a correct judgement on every move of the contestants.
- 3.5 Referee, judges, and arbitrator must always conduct themselves with dignity and a professional attitude.
- 3.6 During a match, arbitrator, judges, and referee shall speak only to each other; they shall not speak to SPECTATORS. Contestants shall not speak at all unless requested by a match official.
- 3.7 The quality of the judgement and attitude in the match operation shown by referee, judges, and arbitrator exerts a profound effect on the progress of the *karate-do* match operation. It is therefore required that every referee and arbitrator demonstrate exemplary efficiency, speed and refined behaviour. Referee and arbitrator must always bear the above points in mind.

4. CONDUCT OF MATCHES

- 4.1 The contestants shall take up their positions on the lines, bow to each other, and when the referee signals "*Hajime*" they shall start the match.
- 4.2 The referee may stop the match at any time by calling "*Yame*".
- 4.3 When the award is given at the end of the match the contestants will bow to one another. The match shall be conducted exclusively at the instruction of the referee.

5. DURATION OF A MATCH

- 5.1 The duration of a match will be 2 minutes for adults and 1.5 minutes for children.
- 5.2 In the instance of a draw, an extension shall be provided. The first competitor to successfully score shall be deemed the winner.

6. CRITERIA FOR DECISION

- 6.1 Points will be awarded for each clean decisive technique scored during the match. Points will be awarded for the following conditions:
 - a) A combination of sweep, immediately followed by an accurate and powerful punch, strike or kick delivered with good timing and adequate distance..
 - b) When accurate and powerful punches, strikes or kicks are delivered with good timing and adequate distance.

- c) All attacks must have good form, good attitude, strong vigour (*ZANSHIN*), proper timing and adequate distance.
- d) An effective technique delivered with "time up" shall be recognised as valid if executed before referee calls "Yame"..
- e) Points can only be scored when attacking contestant is wholly within match area.
- f) No attack shall be recognised after the referee's announcement of "yame".
- g) In the event of a draw, an extension of time shall be held and the first to score shall be deemed the winner.

7. ARBITRATOR

- 7.1 An arbitrator shall be appointed for each match. They shall oversee the operation of the match and the decision of the referee. When necessary, they may express their opinion to the referee.

8. OTHER MATTERS

- 8.1 Matters relating to judgement not prescribed in these rules for operation shall be discussed among the arbitrators, judges, referees and the chief referee of the day.

9. TARGET AREAS

- 9.1 Head, face, chest, abdomen and back.
- 9.2 All attacks must be well controlled. No contact to the face, head or body will be allowed.

10. FOLLOWING ACTS AND TECHNIQUES ARE PROHIBITED

- 10.1 Direct attacks on hip joints and knee joints.
- 10.2 Direct attacks to the groin.
- 10.3 Grabbing, clinching, or bodily crashing the opponent unnecessarily.
- 10.4 Dangerous throws.
- 10.5 Contact to the face or head.
- 10.6 Excessive moving out of the match area or moves wasting time.
- 10.7 No attacks to the face with hiza geri.
- 10.8 No direct attack to the extremities.
- 10.9 All face, head or body contact.

11. FOUL AND DISQUALIFICATION

- 11.1 When a contestant is about to, or has already, committed a prohibited act, the referee shall give a warning or announce a foul.
- 11.2 If a contestant fails to obey the orders of a referee.
- 11.3 If a contestant becomes overexcited, to such an extent that they are considered by the referee a danger to his opponent.
- 11.4 Other acts which are deemed to violate the rules of the match.

- 11.5 *Chui* 1st – ½ point awarded to the other contestant.
Chui 2nd (= 1st *genten*) additional ½ point awarded to the other contestant, for a total of 1 point.
Chui 3rd – additional ½ point awarded to the other contestant.
Chui 4th (= 2nd *genten*) additional ½ point awarded to the other contestant for a total of 2
Chui 5th – additional ½ point awarded to the other contestant.
Chui 6th (= 3rd *genten*) Additional ½ point awarded to the other contestant. Three *genten* comprise *Shikkaku* or disqualification.
- 11.6 Depending on the severity of an offense, a contestant may explicitly be given a full *genten* penalty at any time during the match, and 1 full point shall be awarded to the other contestant.

12. INJURIES OR ACCIDENTS DURING THE MATCH

- 12.1 When a contestant who suffers a minor injury not serious enough to disable him or her refuses to continue with a match, or requests permission to quit the match, that contestant shall be declared the loser.
- 12.2 In the case of an injury sustained by one contestant during the match, but not caused by the other contestant, and if the injured contestant is unable to continue, the referee may suspend the match or award the match to the other contestant after consulting with the arbitrator.

- 12.3 In the case of any injury to both contestants, for any reasons not ascribable to either contestant, the referee may suspend the match or award the match to the contestant with the highest score. In the event of the score being equal, the referee may make a decision based on the criteria for decision after consulting with the judge and arbitrator.
- 12.4 A contestant who refuses to continue the fight for a reason other than injury, or who requests permission to quit the match for any reason shall be declared the loser.
- 12.5 In a round-robin tournament, if a contestant withdraws from the preliminary rounds, for any reason whatsoever, then that contestant shall no longer be eligible to compete for the remainder of the tournament, regardless of the number of points accumulated before withdrawal.

13. AWARDING OF POINTS

Points shall be awarded as follows:

- 13.1 **IPPON** = 1 Point shall be awarded for:
- * A clear and decisive kick to the head or body. The kick must not have been even partially blocked or avoided.
 - * A clear, strong, well placed combination, with sufficient technique that goes through the opponent's guard decisively.
 - * When one opponent is downed with a technique such as a sweep, and follows through with a well focused *gedan-tsuki* or *geri*.
 - * A clear attack to an unprotected rear, from head down to the belt e.g. after a *mae geri* has been blocked and the kicker spun around thereby exposing his back to attack.

- 13.2 **WAZA-ARI** = 1/2 Point shall be awarded as follows:

- * A clear and decisive strike to the head or body. The technique must not have been even partially blocked or avoided.