



SOUTH AFRICA

- A. JSKA South Africa Tournament Guidelines**
- B. JSKA South Africa Tournament Course**
- C. JSKA South Africa Tournament Rules for Non-Officials**
- D. JSKA South Africa Tournament Rules for Officials**

A. JSKA SOUTH AFRICA TOURNAMENT GUIDELINES

1. All Dojo Heads must attend the Tournament Seminar and officiate at the JSKA National Tournaments.
2. JSKA South Africa, JSKA International, National and JSKA Regional Tournament will be indicated on the JSKA South Africa Calendar.
3. JSKA Tournament invitation / program will be circulated to all Dojos and Areas within 2 months of the tournament.
4. The Draws for each division and a Programme of events will be circulated to the Dojos within 1 week of the National Championships.
5. The Draws and floor allocation of each competitor will be on display at the stadium on the day of the event.
6. It is important that all Judges, coaches, officials and contestants have a clear understanding and knowledge of the JSKA competition rules.
7. The Judges will be examined and rated.

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JSKA South Africa National Tournaments will consist of the following:

1. Individual Kata
2. Team Kata
3. Sanbon kumite (Competitors of any age graded up to Orange)
4. Kihon Ippon kumite (Competitors of any age graded up to Purple)
5. Jiju Ippon kumite (Competitors of any age graded up to Junior Black)
6. Jiju kumite (Competitors 16 years and older graded 3rd Kyu and higher)

The following Officials are necessary for the successful running of a tournament:

1. Tournament Director (Organiser)
2. Tournament Secretary
3. Director of Operations
4. Chief Judge
5. Disciplinary Board (Technical Board)
6. Head Judge
7. Judges (allocated for a specific tatami)
8. Tournament Officials allocated for a specific tatami
9. Public announcer
10. Runners allocated for a specific tatami

The following authority will be honoured:

1. Technical board
2. Chief Judge
3. Tournament Director
4. Tatami Arbitrator
5. Tatami Head Judge
6. Tatami Judges

Dress codes must be adhered to:

- Ladies – grey trousers, white blouse and JSKA blazer
- Men – grey pants, white short sleeved shirt with JSKA tie and JSKA blazer

Any difficulty experienced by the tournament organiser must be directed to the chief judge who in turn will liaise with the councillors and disciplinary board.

The following matters are important regarding:

- **Contestants**

White gi and protective equipment e.g. mitts and gum-guards are compulsory for all competitors in Jiju Kumite events and breast protectors are compulsory for ladies contestants

- **Coaches**

All coaches representing a participating team shall wear a tracksuit with “coach” clearly visible. No other parties will be entitled to coach.

- **Tournament Organiser**

The tournament organiser is responsible for:

- booking the venue; the public address system, public announcer, runners, security, refreshments, tournament equipment, setting up, marking and numbering rings, First Aid, medals and programme.

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- Conflict Resolutions

Any interference from outside the fighting area, e.g. public gallery must be dealt with by the arbitrator who can stop the match. If the person persists they will be warned or they can be evicted from the stadium. The contestant will be penalised. The arbitrator is responsible for his ring and surrounding area.

B. JSKA SOUTH AFRICA TOURNAMENT COURSE

Structure and running of the course:

1. **Registration of all participants**
2. **JSKA South Africa Tournament Rules / Guidelines** handed to all delegates
3. **Procedures:**
 - a. Provide overview of match area, i.e. tatami, tables, chairs, markings, pens, paper, draw sheets, clocks etc., lining up of judges, coaches and contestants e.g. formal bows and commands and the position of judges, officials and contestants
4. **Kata Course (Individual and Team):**
 - a. Lecture and talk about kata and how to judge it, type of competition, flags or points system, etc.
 - b. Practical overview:
 - One karateka demonstrating – group discussion
 - Two karateka – compare and differentiate (critical analysis and assessment by course leader)
 - Judging formalities, i.e. use of commands, flags and whistles, etc.

General points – look at the strong points, the weak points and the overall presentation of the kata. In the event of both competitors not finishing kata will be disqualified.

5. Sanbon Kumite Course

4.1 Before starting on the practical, a clear demonstration must be presented of the following:

Focus on:

- Kamae
- Attacks
- Defence
- Target
- Correct blocking technique
- Direction of movement (straight forwards and backwards)

Sanbon Kumite

- The announcer will call all contestants, red and white, who will stand outside the match area.
- The Head Judge will call contestants for the two lines, 3 metres apart. On command the contestants will bow to each other.
- The Head Judge will say “Sanbon Kumite”. The contestants will move to within arms distance of each other.
- On command, the red contestant will step back “gedan barai kamai”.
- The red contestant must announce “Sanbon” with Jodan oi-zuki followed by Chudan and mae-geri. Attacks.
- The white side contestant must defend “age-uke” followed by a strong “sote uke and gedan barai” followed by a strong “gyaku zuki (counter attack).
- The same procedure is repeated with the white side contestant starting.
- Everything is in a linear direction.

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Judgement of Sanbon Kumite:

Important points regarding Judgement of Sanbon Kumite

- a. After both students have completed attacks and defence, they will return to their starting positions three metres apart.
- b. The Head Judge will then step back blow the whistle and call for “hantei” (decision).
- c. The corner judges will immediately raise their flags for either red or white. No draws are allowed by corner judges.
- d. The Head Judge will announce the winner.
- e. In the case of a draw the final decision must be made by the Head Judge.

Criteria for decisions (similar to kata)

- a. Correct form
- b. Correct sequences and accuracy of techniques
- c. Correct use of power (kime)
- d. Correct co-ordination and timing
- e. Correct kiai at focus point
- f. The attacker may kiai on any move or counter attack
- g. Correct distance of target (maai)
- h. No contact on body or head with attack or defence

4. Kihon Ippon Kumite Course

5.1 Before starting on the practical, a clear demonstration must be presented of the following:

- a. Correct attaching technique e.g. oi-zuki
- b. Target
- c. Correct blocking techniques
- d. Direction of movement (three directions)
- e. Correct counter attacks

5.2 Judgement of Kihon Ippon Kumite:

- a. The announcer will call all contestants, red and white, who will stand outside the match area.
- b. The Head Judge will call contestants to the two lines, 3 metres apart. On command the contestants will bow to each other.
- c. The Head Judge will command Kihon ippon kumite
- d. On command the red contestant will step back into “gedan barai kamae”
- e. The Head Judge will then announce “jodan. Contestant must attack using a jodan step punch.
- f. The defender must block stepping straight backwards using “age-uke” followed by a chudan reverse punch.
- g. The contestants will return to the starting position which is one arm's length distance away.
- h. The white contestant will repeat the jodan attack.
- i. The red contestant will step back into the “kamae” position and announce chudan followed by the contestant announcing it and immediately attack with a chudan stepping punch and the defender must pivot 45 degrees to the left and execute a chudan block (sote-uke) followed by a reverse punch (gyaku-zuki).
- j. On the command of the referee the contestants will return to the centre position. The white side contestant will repeat the same procedure for chudan.
- k. The red contestant will announce mae-geri and will attack with a straight chudan mae-geri, the defender will block using a left gedan-uke shifting at 45 degrees to the right side, followed by a reverse punch to the midriff.
- l. The referee will then command the contestants to return to the 2 metre lines. He will step back and call “hantei” and blow the whistle.
- m. Judgement will be made by corner judges and final decision by the Head Judge.

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6. Jiyu Ippon Kumite Course

Before starting on the practical, a clear demonstration of the following must be presented.

- 6.1 Correct attacking technique e.g. oi-zuki
- 6.2 Target
- 6.3 Correct blocking technique
- 6.4 Direction of movement
- 6.5 Zanshin

Practical and Judgement of Jiyu Ippon:

- a. The announcer will call all contestants, red and white, who will stand outside the match area and do appropriate bows.
- b. The Head Judge will call the first two contestants to the two lines (red and white), 3 metres apart. On command the contestants will bow to each other.
- c. The Head Judge will command “jiyu ippon kumite” – “hajime”.
- d. On this command the red and white contestants will step forward into jiyu kamae position.
- e. The red contestant will announce jodan.
- f. The red contestant may move and get himself into position (correct distance). He will then attack with a stepping Jodan punch (no bouncing).
- g. The white side contestant may use any block and any shifting to avoid the punch and counter immediately with any focused counter (both contestants must kiai with attack and defence).
- h. The red contestant must lock the attack and wait for the counter which he may not block and then immediately take up the kamae position.
- i. The white side contestant will then announce Jodan (repeat as above).
- j. The red contestant will then announce chudan. The red contestant is allowed to move and get into position and must then execute a chudan oi-zuki.
- k. The white side contestant may use any shifting and block and execute any focused counter followed by a kiai.
- l. The red contestant must wait and may not block the counter. Both contestants must then immediately take up the kamae position.
- m. After shifting toward the 3 metre lines (staying down, the white side contestant must repeat as above).
- n. The red contestant must announce “mae-geri” and execute a mae-geri using the back leg to the chudan area and wait for the counter.
- o. The white side contestant may use any shifting and block and immediately deliver a focused counter technique.
- p. Both contestants must return to the kamae position after which the referee will say “yame”.
- q. They will then step back to the outside of the ring and announce “hantei”. The corner judges will simultaneously on the blast of the Head Judge’s whistle show their decision by raising a red or white flag. No draws are allowed by the corner judges.
- r. The Head Judge will either give the decision to red or white.
- s. The contestants then bow to each other after Head Judge has announced otagai-ni rei.
- t. Please note that jiyu ippon kumite contestants may have either their left or right leg in front.

7. Jiyu Kumite Course:

- 7.1 Before starting the practical, a clear demonstration of the following must be presented:
 - a. Permitted attacking techniques
 - b. Prohibited attacking techniques
 - c. Permitted target areas
 - d. Prohibited target areas
 - e. Prohibited blocks and techniques
 - f. Prohibited contact

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7.2 Jiyu Kumite:

- a. The announcer will call all contestants, red and white, who will stand outside the match area and do appropriate bows.
- b. The Head Judge will call the first two contestants to the two lines (red and white), 3 metres apart. On command the contestants will bow to each other.
- c. The centre referee will then start the match by calling "Shobu Ippon – Hajime!"

Judges gestures and calls

Practical education and evaluation of Head Judge and corner judges.

8. Code of Conduct:

A code of conduct for instructors, referees, coaches and officials

General

In the general the behaviour of all officials should be in a way that it does not harm the image of JSKA South Africa. It includes the tournament spectators, supporters, officials and competitors.

Competitors

The code of conduct for competitors on the floor is spelled out in the tournament rules. Over and above that, competitors are expected to behave according to the ethics as spelled out for supporters.

REFEREES – "JUSTICE MUST BE SEEN TO BE DONE"

Judges are the backbone of the tournament and therefore the tournament depends on the proper functioning and is harmed intensely by malfunctioning of referees.

To ensure quality refereeing some normal refereeing actions are excluded and some privileges reduced.

A. Judges may not judge:

- a member of his / her own family
- a member of his / her own dojo or area
- a member that was a member of his / her dojo within the past 12 months.
- or interfere with the draw sheets after they have been approved by the draws committee.

B. Judges may not be:

- Near a floor where his / her competitor or family member is competing.
- Commenting on referees' decisions where his / her top competitor or family member is OR was involved.

C. Duties additional to the standard duties of judges:

- Control the area around the floor in a responsible way (limits demarcated)
- Impose penalties to coaches and supporters when needed.

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C. TOURNAMENT RULES & REGULATIONS FOR NON-OFFICIALS

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CHAPTER 1 GENERAL RULES

Item 1 – Goal and Objective

The goal of establishing these rules and regulations is to promote a fair and smooth course of occurrence of all events in any given tournament.

Item 2 – Applicants Concerned

- 1) These rules and regulations shall apply to the following JSKA related events:
 - a. World Championships & the All Japan Championships hosted by The JSKA Headquarters in Tokyo, Japan.
 - b. Regional Tournaments / Championships hosted by JSKA Regional Headquarters.
 - c. District Tournaments / Championships hosted by JSKA District Headquarters.
 - d. Local Tournaments hosted by JSKA Dojos.
- 2) All tournaments shall abide by this present document.

Item 3 – Rules of Conduct for All Participants

All participants shall act in accordance to the highest standards of ability and of fair play in the spirit of Karate Do and strive to the utmost respect and dignity towards others participants.

Item 4 – Additional Information

If a situation arises undefined by this present document, the decision shall be given by the Chief Judge.

CHAPTER 2 TOURNAMENT OPERATIONS

Item 5 – Preparation Set-up Prior to Event

- 1) Prior to holding a tournament, the Host Organization shall notify all concerned of its proposed plan for the upcoming tournament.
- 2) Also, it is necessary to provide the following support personnel:
 - a. Timekeepers
 - b. Scorekeepers
 - c. Directors of Operations
 - d. Official Doctor
 - e. Medical Attendants
- 3) As well, the following officials must be provided:
 - a. Arbitrators
 - b. Chief Judge
 - c. Head Judges and Judges

Item 6 – Arbitrators

- 1) One Arbitrator shall be stationed at a Kumite Event.
- 2) An Arbitrator is responsible for the following:
 - a. that the Head Judge and the Judges have appropriate qualifications for tournament
 - b. that the competitors have appropriate qualifications as well
 - c. that the rules and regulations are being followed
- 3) An Arbitrator is responsible to provide appropriate decisions to the Head Judge and the Judges, timekeepers and scorekeepers in the following situation: if the Head Coach has a question or protest.
- 4) An Arbitrator if necessary can consult the Head Judge, Judges or support personnel involved.
- 5) The Arbitrator is selected and appointed to that position by the Chief Judge.

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Item 7 – Chief Judge

- 1) The Chief Judge is responsible to maintain a fair and smooth course of occurrence of all events in a given tournament.
- 2) The Chief Judge is responsible to provide appropriate decisions in the following situations:
 - a. if there is an issue with the rules and regulations or if unfairness has been identified
 - b. if a judge is requesting advice or guidance
 - c. if there is a matter exceeding this present document
 - d. if there is an accident
- 3) If a situation has occurred, after consulting with the Chief Judge will take action as per the following:
 - a. give special advise or instructions
 - b. banish from the tournament
 - c. disqualify a competitor from the tournament
- 4) After consultation with the Judges, the Chief Judge will decide the duration of disqualification and if it applies to further tournaments.
- 5) The Chief Judge is appointed by the Host Organization. If necessary, the Host Organization will also select an Assistant Chief Judge.
- 6) As a general rule, the JSKA Chief Instructor is the person that is selected as the Chief Judge in the All Japan Championships as well as the World Championships.

Item 8 – Head Judge & Judges

1. The Head Judge and the Judges are responsible for a match or event and make decisions during a given match or event on a specific tatami.
2. The Head Judge and the Judges exert control over the surroundings of the match or event as well.
3. The Head Judge and the Judges are solely responsible for the outcome of a match of event and cannot be challenges with the exception of the Arbitrator.
4. The Head Judge coordinates the match or event and gives the final decision regarding the outcome of the match or event.
5. The Judges, previously called Corner Judges assist the Head Judge by indicating their own decisions during the match or event.
6. The Head Judge and the Judges are selected amongst the pool of certified Judges and appointed to their positions by the Host Organization.

Item 9 – Arbitrator

1. The arbitrator is responsible for providing appropriate guidance and support to arbitrators and all judges if there is an issue with the Rules and Regulations or if unfairness has been identified.
2. The arbitrator is selected amongst the members of the masters committee or Shihan-Kai and appointed to that position by die Chief Judge

Item 10 – Competitors

1. If the competitors are qualified, the Host Organization cannot refuse their participation in a tournament.
2. As a general rule, the competitors are active members of the JSKA or members of an affiliated organization approved by the JSKA.

Item 11 – Head Coach

1. One Head Coach can be present for his competitor during a match or event.
2. A Head Coach must be registered with the Host Organization prior to the tournament.
3. If a Head Coach has question or protest regarding a match or event, it has to be addressed to the Arbitrator.
4. A Head Coach gives advice to the competitor from a designated area, during a match or event.
5. A Head Coach has to hold instructor's qualification.

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Item 12 – Timekeepers

A timekeeper is responsible to keep time of a match or event, as well as notify the Head Judge of elapsed time during the match or event as per set procedure.

Item 13 – Scorekeepers

A scorekeeper is responsible for keeping a record of all scores during a match or event, as well as announcing or presenting those scores publicly. If necessary, the scorekeeper shall notify the Head Judge of these scores.

Item 14 – Directors of Operations

A director of operations is responsible for good communication between all competitors and officials to ensure smooth occurrence of the tournament.

Item 15 – Official Doctor

1. The Official Doctor is selected by the tournament officials.
2. The Official Doctor in conjunction with the Chief Judge is responsible for all medical decisions that may occur during the course of an incident involving injury, whereas the candidate is to continue or withdraw from a match.

Item 16 – Medical Attendants

A medical attendant is responsible to treat and support an illness or injury that may occur during the course of a tournament, in order to maintain a safe environment for all participants.

Item 17 – Dress Code for Participants

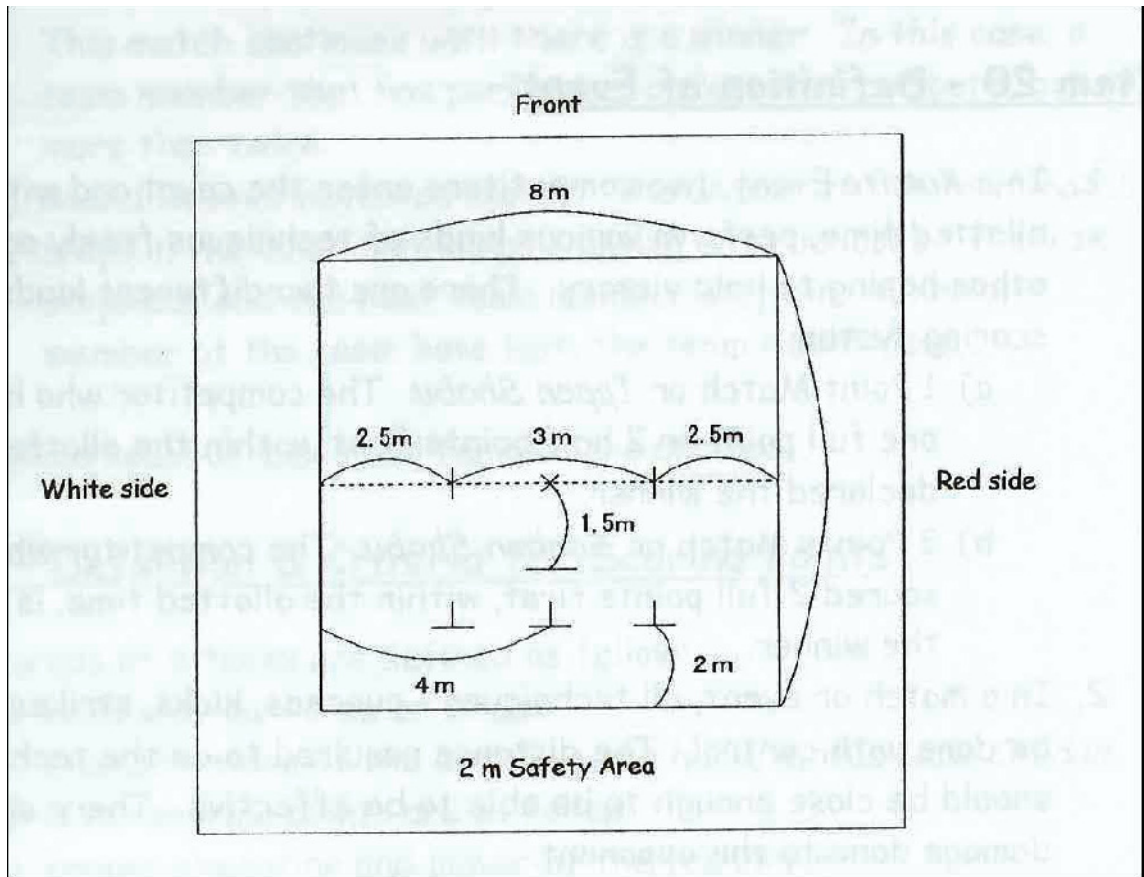
1. A competitor wears an all white karate uniform. In order to differentiate between opponents, one shall wear a thin red band of cloth around the waist.
2. A competitor wears an identifying number that is given prior to the tournament and that is sown on a designated location of the uniform.
3. A competitor wears protective gear as per specification.
4. A competitor wears nothing more than is mentioned in the prior statement unless specified by either the Head Judge or the Chief Judge.
5. A Head Coach must wear an armband on the left upper arm, with the word coach written in Japanese.
6. The Head Judges, the Judges and the Arbitrators must wear the JSKA official dress wear that consists of a pair of light gray pants, a short sleeve white shirt and JSKA tie. An official judge's badge is added and worn on the left breast pocket.
7. All other support staff is easily identified as such by wearing a similar dress wear.

Item 18 – Set-up of Courts

1. The court area is a square measuring 8 meters X 8 meters, marked off by a 4-5 centimetres wide line. The outer edges of this line measure 8 meters. If mats are used, the boundary may be marked by mats of different colour.
2. For a Kumite Match or Event, the starting positions of the competitors are on the centre line, indicated by two parallel lines both 1 meter long, and that are 3 meters apart from each other. In general, when facing what is called the Front or Shomen, the right line is red and the left line is white.
3. For a Flag System Kata Match or Event, the starting lines of the competitors are 2 meters from the back line and 3 meters apart from each other. These lines are designed in the shape of a short inverted T; the horizontal line is 70 centimetres long and the vertical line is 35 centimetres long. As for a Point System Kata Match or Event, the inverted T starting lines are 2 meters back from the centre of the court.
4. For safety reasons, a court shall not be raised for more than 1 meter above the ground level and there is a 2 meters wide safety area around the court.
5. The surface of the court should be flat and smooth. It may be made of wood, resin, urethane mats or Tatami mats.

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- To indicate the position of the Head Judge, a line is drawn 1.5 meters back from the centre of the court.



Item 19 – Events & Categories

- The events are as follow:
 - Kumite Events – Individual and Team
 - Kata Events – Individual and Team
- It is possible to hold different events as well.

CHAPTER 3 KUMITE EVENTS

Item 20 – Definition of Event

- In a Kumite Event, two competitors enter the court and within the allotted time, perform various kinds of techniques freely against each other hoping to hold victory. There are two different kinds of scoring system:
 - 1 Point Match or Ippon Shobu: The competitor who has scored one full point or 2 half points first, within the allotted time, is declared the winner.
 - 3 Points Match or Sanbon Shobu: The competitor who has scored 3 full points first, within the allotted time, is declared the winner.
- In a match or event, all techniques – punches, kicks, strikes, have to be done with control. The distance required to do the techniques should be close enough to be able to be effective. There should be no damage done to the opponent.

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Item 21 – Definition of Team Event

1. A team consists of an odd number of competitors.
 2. As a general rule, all team members have to be present at the first round of a match or event. The team that is seeded or placed in order to not face each other in the first round, have to be present at the second round of a match or event. Subsequently, if the team is missing a member or members, that missed person or persons must be placed last in the sequencing of competitors of that match.
 3. Prior to the event, the order in which the competitors will perform must be reported. The winning team is determined by the number of individual performances that are won.
 4. There are two kinds of team competition. The first one is when an equal amount of competitors from each team face each other, determining a number of wins.
 - a) Match by Elimination: Each team member has one performing bout each. The individual results are then added up to determine which team has won. If there is a draw, the highest score determines the win, as per the following:
 - 1 point or Ippon, disqualification or Hansoku, absolute disqualification or Shikkaku, withdrawal by disqualification or Kiken, out of bounds or Jogai Hansoku, volunteer non-defending or Muboubi Hansoku, 2 half points, decision by Judges.
 - b) If there is still a draw, a match is held with a competitor chosen by each team, in order to determine the win. This is called a Decision Match by Team Choice or Daihyosha Ketteisen. This match continues until there is a winner. In this case, a team member that has performed before may compete, but no more than twice.
- The second kind of team competition is when an equal amount of competitors from each team face each other; the winner of a match remains to fight each competitor of the opposing team in turn, until a loss. The competitor who loses a match is eliminated from this process.
- c) Round Robin Elimination Match: The winner of the first match stays in the court and keeps fighting until he loses. The loser steps out and the next team member steps in. When all members of the team have lost, the team itself loses.
5. No mixed team of males and females are allowed.

Item 22 – Definition & Criteria for Scoring Points

1. The areas of attacks are defined as follow:
 - a. head and neck area or Jodan
 - b. stomach, sides of the abdomen and back, in this case Chudan
2. Criteria for scoring points are as follow:
 - a. proper execution and power of the technique
 - b. proper distance and timing
 - c. correct posture and proper frame of mind
 - d. concentrated mind and spirit
 - e. execution to the proper target
3. If all the criteria mentioned above have been reached in the execution of a punch, a kick or a strike, this constitutes what is scored as 1 point or Ippon.

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4. A 1 point or Ippon can be scored even if some of the above mentioned criteria are not reached, in the following situations:
 - a. successfully evading an attack while executing a effective counterattack or Deai
 - b. knocking the opponent off balance and executing an effective attack
 - c. a consecutive series of attacks that all reach their target
 - d. the opponent is without any defense
5. A technique that is well executed but does not qualify as a 1 point or Ippon, is defined as a half point or Waza-Ari.
6. 2 half points become 1 point or Ippon.
7. If both competitors move and execute a technique at the same time and with similar intensity, this is called Aiuchi. In this instance, the attacks cancel each other and no points are scored.

Item 23 – Criteria for Reaching an Outcome in a Match

1. If none of the two competitors reach the full score within the allotted time, each Judge indicate their decision as to the outcome of the match or event. The outcome of the match or event is determined by the decision of all the Judges together.
2. If both competitors get injured or for other reasons cannot continue the match, the Judges will indicate their decision as to the outcome of the match or event.
3. The following elements help to determine the outcome of a match:
 - a. if any points are scored
 - b. if there are warnings or Hansoku Chui have been given
 - c. if there are out of bounds warnings or Jogai Chui have been given
 - d. if there are volunteer non defending warnings or Muboubi Chui have been given
 - e. if one competitor has dominated more in that match
 - f. skill and strength of the techniques displayed
 - g. fighting spirit and effort shown by a competitor; if there has been any caution or Keikoku given
 - h. proper frame of mind shown by a competitor
 - i. the amount of attacks performed by one competitor as compared to the other
4. The outcome of the match or event is ultimately decided by the Head Judge who must have taken notice of the decision of each Judge.
5. If the outcome of the match or event cannot be decided, a draw or Hikiwake is then declared.

Item 24 – Re-Match (Sai-Shiai) & Second Re-Match (Sai-Sai-Shiai)

1. If there is a draw, another match will be held. This re-match is called Sai-Shiai. If this re-match ends up in a draw, a second re-match called Sai-Sai-Shiai will be held. However, the Head Judge may order that this second re-match is a “sudden death” match meaning that the competitor that scores first is declared the winner.
2. After a second re-match the Judges must determine a winner.
3. In a World Championships as well as a National Championships, the final match of that event will have as many re-matches as needed in order to determine a winner.

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Item 25 – Criteria Leading to Disqualification (Hansoku)

1. The following elements are forbidden:
 - a. excessive contact
 - b. whereas joints are involved
 - c. performing dangerous throws
 - d. wasting time by not attacking
 - e. using provocative language and attitude, or verbal taunting
 - f. continuing to attack after stop (Yame) or out of bounds (Jogai) is called
 - g. head butt attack
 - h. spear hand or Nukite attack to the eyes
 - i. purposely attacking the groin area
 - j. when being attacked, the reaction is overly exaggerated
2. If there has been any of the above that have been perpetrated, the following decisions will be made:
 - a. If an element has been identified but not severe as to cause injury or damage to a competitor, a caution or Keikoku is then given. This caution does not affect judging decision but if a second caution is given in the same match, this could result in disqualification of the perpetrator and the other competitor is declared the winner.
 - b. If an element has been identified as severe and there is obvious malicious intent or if a competitor is seriously injured or damaged, a disqualification or Hansoku is given to the perpetrator and the other competitor is declared the winner.
3. Any competitor who has received a disqualification or Hansoku twice during a tournament, is not allowed to continue to compete in Individual or Team Kumite. However, participation in Kata Events is possible. The competitor who has received a first disqualification or Hansoku is to be identified by the marking of a red tape.
4. When a Hansoku is announced by the Head Judge, the scorekeeper will record this on a specific document that is submitted to the Chief Judge.

Item 26 – Out of Bounds (Jogai)

If a competitor touches the ground outside the borders of the court with any part of the body, a caution indicative of out of bounds or Jogai Keikoku is then announced. If this happens a second time, an out of bounds warning or Jogai Chui is given. If this happens a third time, a disqualification by out of bounds or Jogai Hansoku is given to the perpetrator and the other competitor is declared the winner.

Item 27 – Criteria for Volunteer Non Defending (Muboubi)

1. A caution for volunteer non defending called Muboubi Keikoku, a warning for volunteer non defending called Muboubi Chui and a disqualification for volunteer non defending called Muboubi Hansoku can be given in the following situations:
 - a. if it is obvious that a competitor does not provide any defensive effort and gets hit, then that competitor receives the appropriate level of volunteer non defending and the other competitor the appropriate level of reprimand or Hansoku
 - b. if it is identified that a competitor shows no fighting effort
2. Although not necessarily hit, a competitor can receive a non defending reprimand, either caution, warning or disqualification as the referee may judge the present situation dangerous. In that case the other competitor is declared the winner.

Item 28 – Absolute Disqualification (Shikkaku)

1. An absolute disqualification or Shikkaku is given in the following situations and therefore the other competitor is declared the winner:

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- a. non-compliance to the orders of the Head Judge
- b. display of poor and unacceptable attitude and frame of mind and use of unacceptable verbal or body language as a Karate competitor
- c. if it is deemed inappropriate for the match to continue

2. After absolute disqualification has been given to a competitor, that competitor cannot continue to participate in that tournament with the exception of Item 38 under number 2 a) and b).

3. The details of an absolute disqualification must be discussed by the involved Judges and given to the pertinent scorekeepers who enter these specified details on the appropriate form which is given to the Chief Judge.

4. If a team has perpetrated a serious offense, the whole team is given an absolute disqualification and the other team is declared the winner.

Item 29 – Withdrawal (Kiken)

1. If a competitor withdraws, the other competitor is declared the winner.
2. A competitor who voluntarily withdraws cannot compete in any other matches or events.

Item 30 – In the Case of an Injury

If a competitor is unable to continue a match due to injury, the Judges will decide if a withdrawal or Kiken is to be given. If that is the case, then the other competitor is declared the winner. If both competitors are injured and there are no disqualifications or Hansoku issued, then the match is stopped and a decision as to the outcome of the match will be called.

Item 31 – Required Officials

The following officials are required per court:

- a. 1 Arbitrator
- b. 1 Head Judge
- c. 4 Judges

Item 32 – Time of the Event

1. The allotted time for a match or event is 2, 3 or 5 minutes.
2. The Head Judge starts the match with a verbal cue that ends with the word: begin or Hajime at which the countdown is started.

Countdown is interrupted when stop (Yame) or out of bounds (Jogai) is called. Countdown resumes when the verbal cue: resume or Tsuzukete Hajime is pronounced. If the allotted time for the match has elapsed, the timekeeper will announce this to the Head Judge and the match is thus finished.

Item 33 – Procedures & Operations

1. The Head Judge calls the competitors to line up. Then to bow to the Front or Shomen Ni Rei and to each other or Otagai Ni Rei.
2. Two competitors move to their respective designated positions and bow to each other.
3. At the end of the match or event, the Head Judge calls the competitors to line up, then will tell them to bow to each other and to the Front.

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4. The Head Judge will call the match to stop, Yame or out of bounds, Jogai and interrupt the match, in the following situations:

- a. if there is a 1 point or Ippon or a half point or Waza-Ari
- b. if the competitors need to fix their uniform or if the Head Judge need to give them advice
- c. if there are any elements that can lead to disqualification
- d. an injury or accident
- e. if the Arbitrator is indicating to interrupt the match or event
- f. at a Judge's indication and the Head Judge considers it necessary
- g. if a match or the surroundings of a match is considered dangerous
- h. if a competitor touches the grounds outside the borders of the court with any part of the body
- i. when the allotted time for a match or event has elapsed

5. During the match or event if any of the above is identified, the Judges will signal the identified element by whistle and a corresponding flag gesture to the Head Judge.

6. If necessary, the Head Judge will confer with the Judges to discuss an element and make appropriate recommendations or corrections.

This takes place within the presence of the Arbitrator. If the Judges are not agreeing, then a decision is taken with a majority rule and the Head Judge will declare the final decision.

7. The Head Judge then gives the command to resume the match or Tsuzukete Hajime and the match is thus pursued.

8. A competitor may request to have the match interrupted by calling a time-out for the following situations that may not have been noticed by the Head Judge: accident, injury or sickness. However, the match is not interrupted until the Head Judge chooses to call the interruption.

9. When it is time to decide the outcome of the match or event, the Head Judge will use either voice command or whistle command to indicate that it is decision time or Hantei. The Judges will then indicate their decision by using a flag or flags.

10. After taking notice of the decision of each of the Judges, the Head Judge will announce the outcome of the match or event.

11. The timekeeper is seated at a designated location and monitors with a stopwatch the elapsing time during a match and uses a bell to indicate to the Judges by ringing once that 30 seconds are remaining, as well as by ringing twice, that all allotted time has elapsed.

12. The scorekeepers use the pertinent official forms to keep records of all scores and outcome of all matches or events, following the Head Judge's announcements.

Item 34 – Required Equipment

1. Whistles – one per official
2. Red and white flags – a pair for each Judge
3. A stopwatch
4. A bell
5. Official forms for scorekeepers including a copy for the Arbitrator
6. Red bands of cloth to differentiate the competitors– the dimensions of this red band of cloth worn around the waist should not hinder the match in any way

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7. Guards for the hands
8. Chest protector for the women
9. A mouth guard

CHAPTER 4 KATA EVENTS

Item 35 – Definition & Guidelines for Event

1. In a Kata Event, a Kata is performed in a court. The Judges make a decision in order to declare a winner. The following types of Kata Events or Matches are as follow:
 - a. Red and White Flag System: 2 competitors simultaneously perform the same Kata that is chosen by the Head Judge and a winner is declared.
 - b. Point System: 1 competitor at a time perform a Kata and each Judge gives points on the performance of that competitor. The points are added up for a total score and a winner is declared.
 - c. Team Kata: 3 competitors perform the same Kata and start by facing the Front or Shomen, at a starting position of their choice. The team is given a total score according to the Point System.
2. Each competitor or team chooses a Kata from the following list that has been approved by the Masters Committee or Shihan-Kai:
 - . Heian Shodan . Heian Nidan . Heian Sandan . HeianYondan
 - . Heian Godan . Tekki Shodan . Tekki Nidan . Tekki Sandan
 - . Bassai Dai . Kanku Dai . Jion . Enpi . Bassai Sho . Kanku Sho
 - . Jitte . Gankaku . Hangetsu . Nijushiho . Chinte .Unsu . Meikyo
 - . Gojushiho Sho . Gojushiho Dai . Wankan
3. The types of Kata matches are as follow:
 - a. Matches by Designated Basic Kataor Shitei Kata- the Head Judge chooses at random one of the Kata from the following list and the winner is declared by Red and White Flag System:
 - b. . Heian Nidan . Heian Sandan . HeianYondan
 - c. . Heian Godan . Tekki Shodan
 - d. Matches by Designated Intermediate Kataor Sentei Kata– the Head Judge chooses at random one of the Kata from the following list and the winner is declared by Red and White Flag
 - e. System:
 - f. . Bassai Dai . Kanku Dai . Jion . Enpi
 - g. Match by Designated Intermediate Kataor Sentei Katain the Point System – the competitor chooses one Kata from the Designated Intermediate Kata list to perform and the winner is declared by point system.
 - h. Match by Favorite Kataor Tokui Kata– The competitor chooses a Kata from the list as seen in the above #2 with exception of all the Kata in the Designated Basic Kata list, and the winner is declared by point system.

Item 36 – Required Officials

The following officials are required per court:

- a. 1 Head Judge
- b. 4 Judges for the Red and White Flag System events & 6 or 4 Judges for the Point System events

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Item 37 – Criteria for Judging

1. Criteria for judging a Kata Event are as follow:
 - a. proper sequence of movement
 - b. observing the 3 key elements of Kata: levels of strength, contraction and expansion of the body and change in the speed of the techniques
 - c. power and accuracy in performance of basic techniques
 - d. following the proper course of direction and accuracy in returning to the starting position or Embusen
 - e. overall performance and illustrating the essential characteristics of the chosen Kata
 - f. correct eye contact or Chakugan
 - g. fighting spirit and effort
 - h. proper use of stance and posture or Kamae and the ability to focus the mind or Zanshin
 - i. proper frame of mind
 - j. accuracy in transforming the body parts into “weapons” of attack and defense
 - k. accuracy in reaching the point of target
 - l. if there are any exaggerated movements
 - m. intentional change to the set flow of the Kata
 - n. synchronization of performance in Team Kata
2. For Point System, 10 is the highest score. The Judges and the Head Judge decide and indicate their scores on their respective score boards. The highest and the lowest scores are dropped and the rest is added up, forming the total score.

Item 38 – Criteria for Point Deduction & for Disqualification

1. Points are deducted as per the following situations:
 - a. the competitor makes a mistake, but continues to perform
 - b. the competitor pauses for no apparent reason but continues afterwards
 - c. the competitor makes breathing sounds while executing the Kata
 - d. the competitor is outside the 1 step allowance for coming back to the starting position (Embusen). This can represent 0.1 to 0.3 deduction in scoring.
2. The competitor is disqualified as per the following situations:
 - a. the competitor does not finish the Kata
 - b. the competitor does a different Kata from the one announced
 - c. the competitor uses profane verbal or body language
 - d. as a general rule, a competitor that has been disqualified in a Kumite match or event cannot compete in Kata Events as well.

Item 39 – Re-Match (Sai-Shiai)

1. If there is a draw in a Red and White Flag System match or event, the Head Judge will choose another Kata to be performed by the 2 competitors.
2. If there is a draw in a Point System match or event, the competitors will perform the same Kata again. If there is still a draw, the lowest score that was dropped is now added up for a total score. If there is still a draw, the highest score that was dropped is now added up as well for a total score. If finally there is still a draw, the competitors will perform a different Kata.

Item 40 – Procedures & Operations

1. For a Red and White Flag System match or event, each competitor moves to their respective starting positions and bow to each other.

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2. The Head Judge then chooses at random a Kata and announces the name of the Kata to the competitors who repeat the name of that Kata. Both competitors begin their performance at the Head Judge's command to start.
3. When their performances are finished, the 2 competitors will then bow to each other and then to the Front.
4. For Designated Basic Kata or Shitei Kata, the Head Judge chooses at random a Kata from the set of Designated Basic Kata cards then announces the name of that Kata to the 2 competitors who begin at the Head Judge's voice or whistle command to start.
5. For Point System, each competitor chooses their own starting positions, and announces the name of their chosen Kata. The Head Judge will repeat the name of that Kata and the competitor will then start their performance at their own timing.
6. For Designated Intermediate Kata or Sentei Kata, please follow the directions of the above #3 and #4 as per applied.
7. When the performance is finished, the competitor returns to the starting position and waits for the decision of all the Judges.
8. If necessary, the Head Judge will confer with the Judges to discuss and make appropriate recommendations as well as decisions arising from judges vote if there is a disagreement, as per the following:
 - a. improper behaviour leading to disqualification (Hansoku) or making a mistake
 - b. injury or accident
 - c. questionable issue prior to scoring
 - d. at a Judge's indication and the Head Judge considers it necessary
9. If any of the above have been identified, the Judges will indicate it to the Head Judge by whistle command.
10. The scorekeepers use the pertinent official forms to keep records of all the names of the Kata chosen by each competitor.
11. For Red and White Flag System, when it is time to decide the outcome of the match or event, the Head Judge will use either voice command or whistle command to indicate that it is decision time or Hantei. The Judges will then indicate their decision by using a flag or flags.
12. For Point System, when it is time to decide the outcome of the match or event, the Head Judge will use whistle command to indicate that it is decision time or Hantei. The Judges will then raise their score boards or score cards with their choice of score.
13. One of the scorekeepers reads in a loud and clear voice, each score, starting from the Head Judge and moving clockwise. The other scorekeepers write the announced scores on the appropriate official forms, make the necessary calculations for a total score.
14. A scorekeeper will announce the final score and the Head Judge repeats this score. The Head Judge will then use whistle command to indicate to the Judges to lower their score boards or score cards.
15. After the announcement of the final score or outcome of the match, the involved competitor steps out of the court.

Item 41 – Required Equipment

1. Whistles – one per official
2. Red and white flags – a pair for each Judge
3. Score boards or score cards – a set per Judge
4. Official forms for scorekeepers including a copy for the Arbitrator
5. Kata cards: a set of Designated Basic Kata and a set of Designated Intermediate Kata– a set of the appropriate ones for the Head Judge
6. Red bands of cloth to differentiate the competitors– the dimensions of this red band of cloth worn around the waist should not hinder the match in any way

D. TOURNAMENT RULES & REGULATIONS FOR OFFICIALS

CHAPTER 1- GENERAL RULES

- Item 1 – Goal and Objective
- Item 2 – Guide for Use
- Item 3 – Rules of Conduct for Officials
- Item 4 – Additional Information

CHAPTER 2 - PROCEDURES FOR JUDGING

- Item 5 – Voice Commands for the Head Judge
- Item 6 – Whistle Commands
- Item 7 – Hand & Flag Signals for Court Officials

CHAPTER 3 - TO JUDGE KUMITE

- Item 8 – Location of Tatami Officials
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CHAPTER 4 - TO JUDGE KATA

- Item 10 – Location of Court Officials
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CHAPTER 5 - ADDITIONAL INFORMATION

- Item 12 – Junior Tournaments
- Item 13 – Revision of Document

APPENDIX

1. Specific Guidelines For 1 Point Basic Fighting Or Kihon-Ippon Kumite
2. Specific Guidelines For Semi-Free Fighting Or Jiyu-Ippon Kumite
3. Specific Guidelines For Judging 1 Point Basic Fighting Or Kihon-Ippon Kumite and Semi-Free Fighting Or Jiyu-Ippon Kumite
4. Specific Guidelines For Free Fighting Or Jiyu Kumite
5. Specific Guidelines For Kata Tournaments
6. Hand & Flag Signals For Court Officials Tournament Rules & Regulations

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TOURNAMENT RULES & REGULATIONS FOR OFFICIALS

CHAPTER 1 GENERAL RULES

Item 1 – Goal and Objective

1. The goal of establishing these rules and regulations for officials is to promote standardized guidelines to ensure a fairness and smoothness flow in decision-making.
2. This document is to be used as a supplement to the Tournament Rules & Regulations document.

Item 2 – Guide for Use

All official tournaments sponsored by The Japan Shotokan Karate Association are to follow these rules and regulations.

Item 3 – Rules of Conduct for Officials

1. All judging officials are to be neutral and fair.
2. All judging officials should make their decisions freely and based on the Tournament Rules & Regulations documents.
3. All judging officials are to behave in a dignified and professional manner.
4. All judging officials give their decisions promptly and accurately.
5. During a match or event, a judging official does not talk to any person other than the involved ones in that particular match or event.

Item 4 – Additional Information

If there arises a situation undefined by this present document, the decision shall be given by the Head Judge

CHAPTER 2 PROCEDURES FOR JUDGING

Item 5 – Voice Commands for the Head Judge

1. The following commands are to be used by the Head Judge:
 - a. 1 Point or 3 Points Match begin – Shobu Ippon or Shobu Sanbon Hajime for a Kumite match or event
 - b. Ready, begin for a Kata match or event – Yoi Hajime
 - c. Stop – Yame
 - d. Return to your starting position – Moto No Ichi
 - e. Resume, for a Kumite match or event –Tsukukete Hajime
 - f. 30 seconds time remaining – Ato Shibaraku
 - g. Half point – Waza-Ari
 - h. 1 point – Ippon
 - i. Together making 1 point – Awasete Ippon
 - j. No points – Torimasen
 - k. Faster attack – Hayai
 - l. Simultaneous attacks – Aiuchi
 - m. Distance not sufficient – Maai
 - n. Blocked attack – Ukete-Masu
 - o. Off target attack – Nukete-Masu
 - p. Weak attack – Yowai
 - q. Caution – Keikoku
 - r. Warning – Chui
 - s. To disqualify – Hansoku
 - t. Non defending – Muboubi
 - u. Out of bounds – Jogai

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- v. Decision time – Hantei
- w. Red (or white) is the winner – Aka(or Shiro) No Kachi
- x. Draw – Hikiwake
- y. Re-match – Sai-Shiai
- z. Second re-match – Sai-Sai-Shiai
- aa. Call to confer – Shugo
- bb. Withdrawal of competitor – Kiken
- cc. Absolute disqualification - Shikkaku

2. For the following verbal commands, the Head Judge clearly announces to which competitor, either the red or the white one, the command is addressed to:

- a. Winner – Kachi
- b. 1 point – Ippon
- c. Half point – Waza-Ari
- d. Caution – Keikoku
- e. Warning – Chui
- f. To disqualify – Hansoku
- g. Out of bounds – Jogai
- h. Non defending – Muboubi
- i. Withdrawal of competitor – Kiken
- j. Disqualification – Shikkaku

3. When 1 point (Ippon) or half point (Waza-Ari) is scored, the Head Judge clearly announces the target area and the kind of attack that was done effectively.

- a. head and neck area – Jodan
- b. stomach, sides of the abdomen and back – Chudan
- c. punch – Tsuki
- d. kick – Keri
- e. strike – Uchi

4. If a competitor scores with consecutive techniques called Renzoku Waza, the Head Judge announces the target area and the kind of attack as well as announces either a half point by consecutive techniques or Renzoku Waza Waza-Ari, or a 1 point by consecutive techniques or Renzoku Waza Ippongiven.

Item 6 Whistle Commands _____ indicates the length of whistling

1. The following are the whistle commands used by the Head Judge:

- a. _____ start – Hajime
- b. ___ stop – Yame
- c. _____ call to confer - Shugo
- d. _____ decision time - Hantei
- e. ___ lower flags or score boards

2. The following are the whistle commands used by the Arbitrator:

_____ stop the match

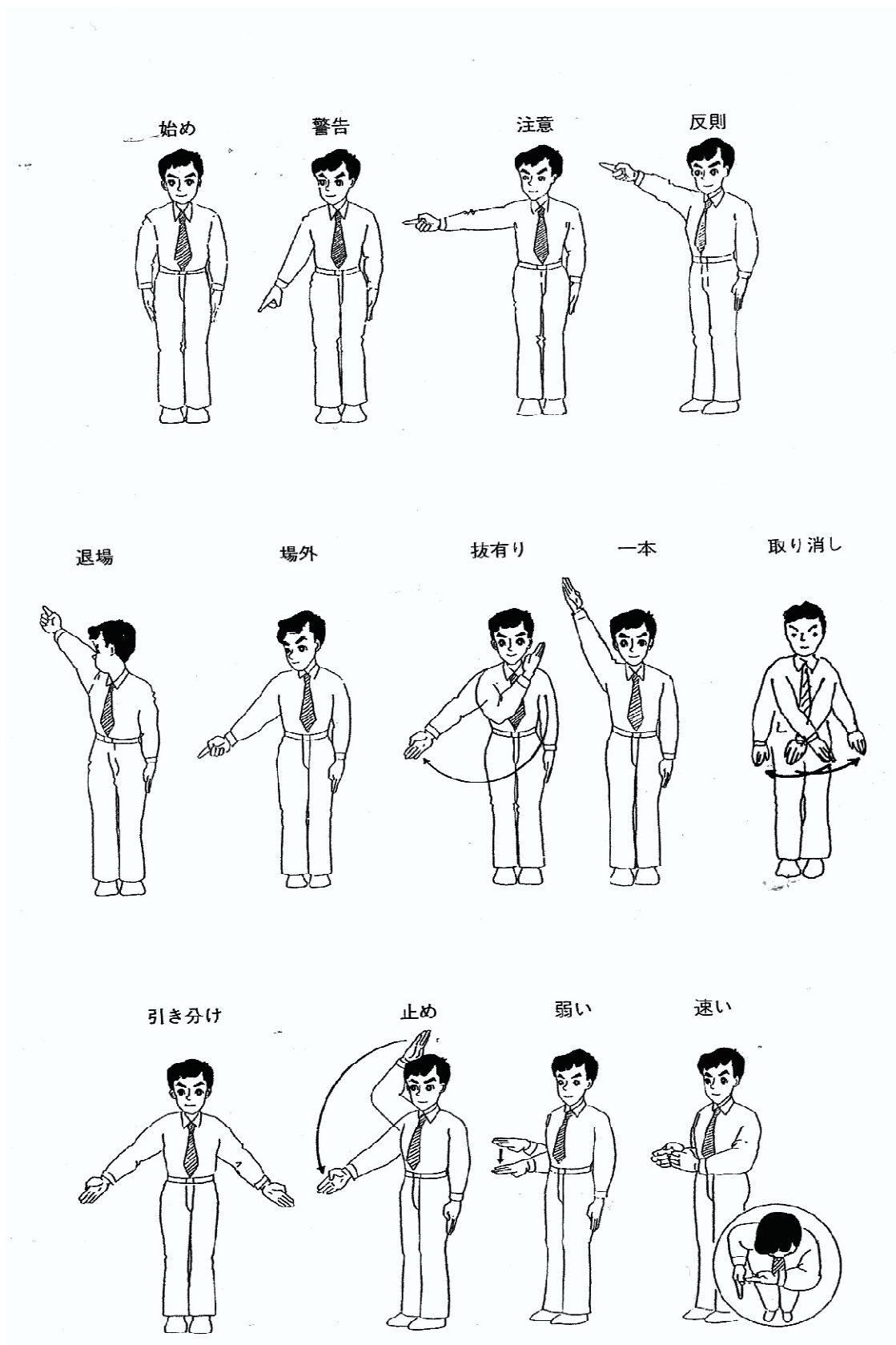
3. The following are the whistle commands used by the Judges:

- a. _____ 1 point or Ipponhas been scored
- b. ___ half point or Waza-Arihas been scored
- c. _____ attention call to Head Judge

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Item 7 – Hand & Flag Signals for Court Officials

The Judges use specific gestures when expressing their judgments and decisions.

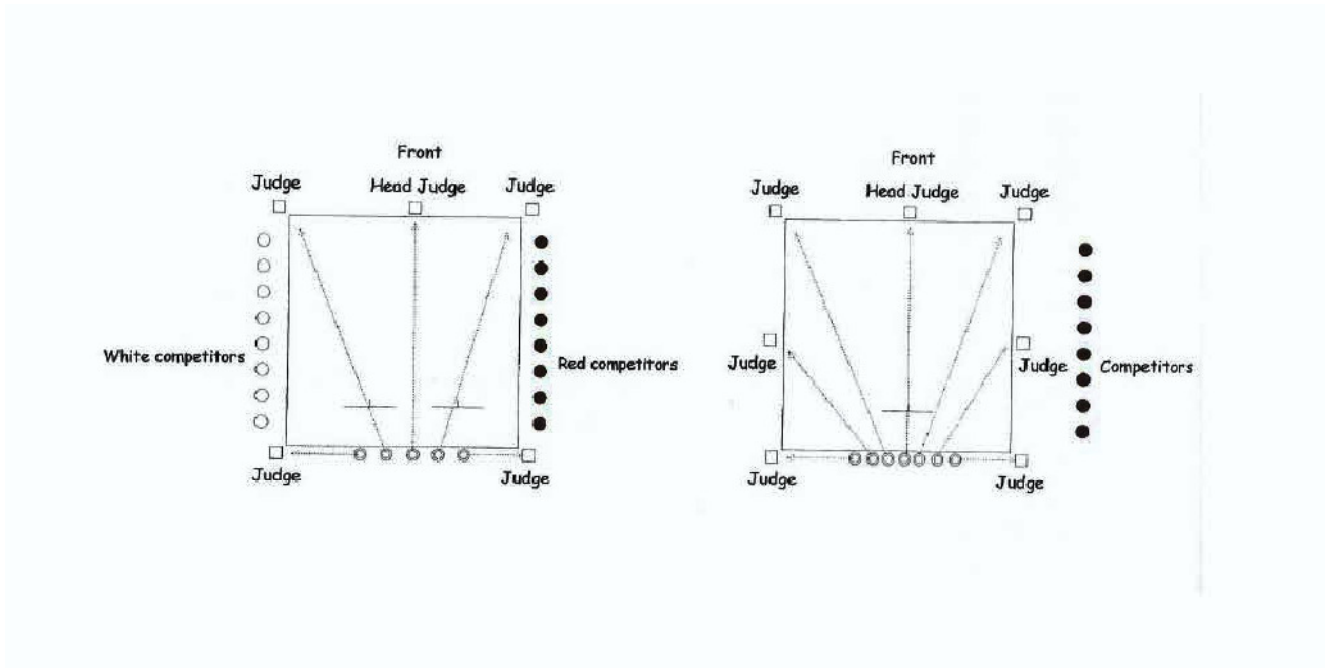


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CHAPTER 3 TO JUDGE KUMITE

Item 8 – Location of Court Officials

1. The Head Judge during a match or event is positioned as seen below and moves according to the competitors.
2. The Judges hold a whistle in their mouth and a red and white flag in each hand. They are positioned as seen below.



Note: For a Red and White Flag System, please see above diagram. The red competitors are situated at the right side of the Head Judge while the white competitors area at the left side.

For the Head Judge and the Judges, please follow the arrows to see where the competitors are positioned after initial bowing and when the match or event is over, to see them come back to their original positions for the final bowing.

The Arbitrator sits facing the Front or Shomen, for observation of the match or event.

Item 9 – Criteria for Decisions

The Head Judge decides the outcome of the match following the indications of all the Judges. Please see the table below for all possible decisions in a Red and White Flag System both for Kumite or Kata Events.

	Decisions by the Judges	Decisions by the Head Judge
1	OOOO	White is the winner
2	OOOO	White is the winner
3	OOOX	White is the winner
4	OOXO	White is the winner / Draw
5	OOOO	Red is the winner
6	OOOO	Red is the winner
7	OOOX	Red is the winner

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8	O O X O	Red is the winner / Draw
9	X X X X	Draw
10	O X X O	Draw
11	O X X X	Draw
12	X X X O	Draw
13	O O O O	Draw / Red is the winner / White is the winner
14	O O X X	White is the winner / Draw
15	X X O O	Red is the winner / Draw

Symbols: O Red is the winner
 O White is the winner
 X Draw

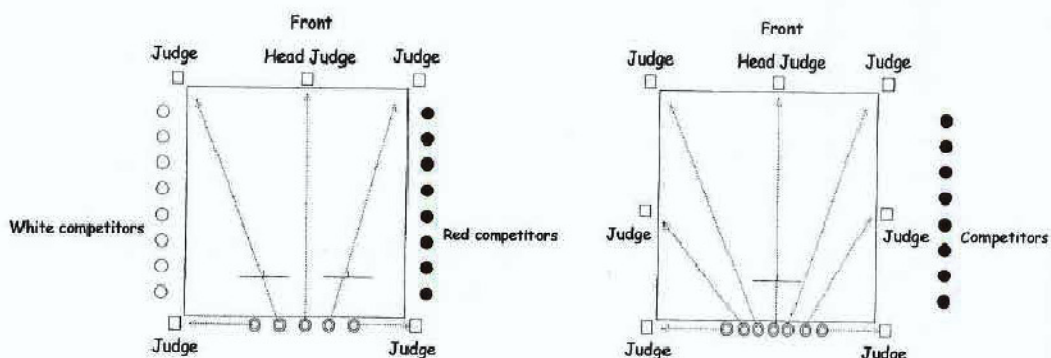
CHAPTER 4 TO JUDGE KATA

Item 10 – Location of Court Officials

Please see the diagrams below for the location of the Head Judge and the Judges as part of a Red and White Flag System as seen on the left hand side and a Point system as seen on the right hand side.

For the Head Judge and the Judges, please follow the arrows to see where they are positioned after initial bowing and after the match or event is over, to see them come back to their original positions for the final bowing.

The Arbitrator sits facing the Front or Shomen, for observation of the match of event.



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Item 11 – Criteria for Decisions

Points are awarded according to the following elements as seen below:

1. Frame of mind, spirit and eye contact
2. 2 Perfection overall
3. 3 Levels of strength
4. 4 Contraction and expansion of the body
5. Change in the speed of the techniques
6. Line of performance or Embusen
7. Smoothness of feet movements
8. Understanding of the meaning of techniques
9. Illustrating the essential characteristics of the chosen Kata
10. Overall smoothness of movements

Elements as Part of Kata Sequence

1. Did not return to the starting point
2. Mistake is made, but immediately corrected and Kata is resumed
3. Movement is missed, but Kata is continued
4. Major mistake is made and several movements are missed
5. Stopped in the middle of the performance
6. Being interrupted by the Head Judge

Fundamental Criteria for Decisions

- 1 Posture
- 2 Balance
- 3 Stances
 - a) Width and length
 - b) Adherence of the feet to the floor
 - c) Position of the hips
 - d) Rotation of the hips
- 4 Basics or Kihon
 - a) Transforming the body parts into “weapons”
 - b) Strength and focus of techniques
 - c) Aiming for the proper target
 - d) Proper course of techniques

CHAPTER 5 ADDITIONAL INFORMATION

Item 12 – Junior Tournaments

The rules and regulations that concern the junior tournaments are to be separately provided.

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Item 13 – Revision of Document

The revision of this document is done by the Masters Committee also called Shihan-Kai with a majority of two thirds of the members present.

APPENDIXES

SPECIFIC GUIDELINES FOR 1 POINT BASIC FIGHTING OR KIHON-IPPON KUMITE

TO START A MATCH OR EVENT

1. When called, the 2 selected competitors move forward to their designated starting positions and bow to each other.
2. The Head Judge starts the match with the vocal command: begin or Hajime.

Note: Red side always starts first. Then, the attacks alternate between each side.

ATTACKING TECHNIQUES

1. Punch to the face or Jodan Oi-Zuki– aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or Chudan Oi-Zuki– aiming for the solar plexus.
3. Front kick to the stomach or Chudan Mae-Geri– using the back leg, aiming for the solar plexus.

Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.

4. There must be appropriate distance to attack. The attacking competitor steps the leg back and forms a downward block or Gedan-Barai. Each attack must be clearly announced before execution.

Note: For the execution of front kick or Mae-Geri, both arms are extended and kept on each side of the body.

5. After the completion or an attack and defense sequence, both competitors simultaneously return to the natural position or Shizentai.

The attacking competitor takes a step back to return to the natural position while the defending competitor takes a step forward to do the same.

Note: If the distance between the competitors is not appropriate, the Head Judge or the Judges will tell the competitors to adjust their distance appropriately.

DEFENSIVE TECHNIQUES

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas as mentioned above can be used but only a single counterattack is allowed.

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ADDITIONAL POINTS

1. An attack or defense technique can only be used one time.
2. There is to be one sudden vocal release of energy or Kiaiper attack and per counterattack.

OUTCOME OF A MATCH OR EVENT

1. The outcome of the match or event is decided by the Head Judge and 4 Judges.
2. If there is a draw, the same attacks are done with the left side initiating the attacks. Following this, a decision to declare a winner must be reached.

PROHIBITED ELEMENTS

Pertinent to Attack

1. Faking a movement in order to have the opponent move, and then attack that opponent.
2. Lunging the body towards the opponent or taking more than one basic step forward to attack.
3. From the natural position or Shizentai, the attack must follow a straight line forward and not follow the opponent who may have moved prior to completion of the attack.

Attention: The foot of the attacking competitor that has stepped forward, should end up positioned between the opponent's legs.

Fundamental basic technique must be applied during execution.

4. Face level and stomach level attacks that are executed with forceful motions such as pressing the arm downward while the opponent is executing a blocking technique.
5. Withdrawing too quickly the hand that is executing an attack.

Pertinent to Defense

1. Contact or hitting the attacking competitor other than the blocking technique that should be executed.

Attention: There is no contact to the other competitor except to execute the blocking technique.

2. Any combination techniques; sweeping the attacking competitor – Ashi-Barai; any projection techniques or holds involving the joints.
3. During the execution of a blocking technique to the stomach, to be blocking at the other competitor's elbow.

Attention: Proper blocking is done at the wrist of the attacking competitor.

4. During the execution of a blocking technique to the face, any forceful motions that may cause a loss of balance of the attacking competitor.
5. During the execution of a blocking technique to the stomach, to be using any forceful downward motions.
6. Withdrawing too quickly the hand that is executing a counterattack.

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REGARDING CRITERIA LEADING TO DISQUALIFICATION

1. When a prohibited element has been identified, the Head Judge and the Judges will confer and indicate their decision regarding the degree of severity and give the appropriate reprimand, either a caution or Keikoku, a warning or Chui, a disqualification or Hansoku, and pronounce absolute disqualification or Shikkaku.
2. Please refer to the section Criteria Leading to Disqualification (HANSOKU) as part of the Tournament Rules & Regulations document for additional information.

SPECIFIC GUIDELINES FOR SEMI-FREE FIGHTING OR JIYU-IPPON KUMITE

TO START A MATCH OR EVENT

1. When called, the 2 selected competitors move forward to their designated starting positions and bow to each other.
2. The Head Judge starts the match with the vocal command: begin or Hajime. As both competitors step forward in their ready to fight positions or Kamae, the red side always starts first. After each attack, block and counterattack sequence is completed, the competitors pause in ready to fight positions or Kamae at a proper distance or Maai, then return to their starting points, still in ready to fight positions or Kamae. The 2 competitors then wait for the Head Judge's command to resume fighting, either the red side or the white side initiating.
3. The competitors may choose their ready to fight positions or Kamae. However it is recommended that in a Junior Tournament the competitors hold their arms in front of their body.
4. After all attacks are executed from both sides, the competitors return to their designated starting positions and wait for decision of the Judges.
5. Both competitors must wear guards for the hands as per the Tournament Rules & Regulations document.

ATTACKING TECHNIQUES

1. Punch to the face or Jodan Oi-Zuki– aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or Chudan Oi-Zuki– aiming for the solar plexus.
3. Front kick to the stomach or Chudan Mae-Geri– using the back leg, aiming for the solar plexus.

Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.

4. There must be appropriate distance to attack and each attack must be clearly announced before execution.

Note: If the distance between the competitors is not appropriate, the Head Judge or the Judges will tell the competitors to adjust their distance appropriately.

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DEFENSIVE TECHNIQUES

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counter attack to the target areas as mentioned above can be used but only a single counter attack is allowed.

ADDITIONAL POINTS

1. An attack or defense technique can only be used onetime.
2. There is to be one sudden vocal release of energy or Kiaiper attack and per counterattack.
3. When there is proper distance or Maai to attack, the competitor must initiate that attack. It has been seen that proper distance or Maai has been reached and no attack is initiated. This must not be done.
4. The defending competitor must not back away creating a longer distance from the attacking competitor.
5. Faking a movement or Kensei is not allowed.

PROHIBITED ELEMENTS

Pertinent to Attack

1. Distance is too short, and lunging the body towards the opponent.
2. Withdrawing too quickly the hand that is executing an attack.
3. Contact or hitting the opponent.
4. Blocking or shifting the body during the counterattack.
5. Grabbing or holding the opponent.

Pertinent to Defense

1. Stepping out of the court for 3 times. A caution or Keikoku is given for the first time, a warning or Chui is given for the second time and a disqualification or Hansoku is given for the third time.
2. Blocking and counterattacking at the same time.

Note: Please refer to the section Criteria leading to Disqualification (HANSOKU) as part of the Tournament Rules & Regulations document for additional information.

SPECIFIC GUIDELINES FOR JUDGING

POINT BASIC FIGHTING OR KIHON-IPPON KUMITE AND SEMI-FREE FIGHTING OR JIYU-IPPON KUMITE

FRAME OF MIND OF COMPETITORS

1. Proper manners
2. Fighting spirit and effort
3. Eye contact
4. Poise and readiness

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DISTANCE OR MAAI

1. Proper distance and angle of the techniques towards the target area.
2. Proper timing when blocking and if the attacks are properly blocked at the wrist and ankle of the opponent as well as the attack being properly diverted and the body moved from the line of attack.
3. If the blocking technique is practical and body shifting is done according to the opponent.
4. Proper choice of counterattack from the defending position and according to distance and the rapidity of execution of this element.
5. Motionless of supporting leg when initiating a blocking or attacking sequence.

FOCUS OF POWER

1. Degree of use of the body to generate this focus of power.
2. Hip rotation and feet movement are smooth and proper direction of body and techniques.
3. Proper stance and posture and the degree of transforming the body parts into "weapons" of attack and defense.
4. Proper sudden vocal release of energy or Kiai, spirit and power as a unit.

SPECIFIC GUIDELINES FOR KATA TOURNAMENTS

This applies to children and youths up to 18 years old:

1. The Red and White Flag System will be used up to the best 8 competitors, using this Designated Basic Kata list or Shitei Kata:

Heian Shodan. Heian Nidan. Heian Sandan. Heian Yondan

Heian Godan. Tekki Shodan

2. The Point System will be used for the best 8 competitors, using the following Kata as choices:

Bassai Dai. Kanku Dai. Jion. Enpi. Jitte. Hangetsu. Gankaku

3. For all pertinent items, please refer to the Tournament Rules & Regulations document.

When initiating the bouts to determine the finalists, the average score will be 7.0

In the occurrence of a tie, the lowest score is factored in.

If a tie occurs again, the highest score as well as the lowest score are factored in.

If there is still a tie occurring, a rematch or Sai-Shiai is done, the competitors will perform the same Kata, following the same outline as mentioned above.

If the outcome is still a tie, repeat the rematch or Sai-Shiai, the competitors this time will perform a different Kata.