



**WORLD KARATE MARTIAL ARTS ORGANIZATION**

# **RULES for KARATE COMPETITION**

## **PART 1**

### **GENERAL and TRADITIONAL KARATE Kumite and Kata**

#### **GENERAL CONTEST RULES**

#### **CHAPTER I – JUDGING**

##### ARTICLE 1: Judges and Referees

Chief Referee, Referee, Corner Judges and Jury Table Judge are selected in the following way:

- 1) The Chief Referee is appointed by the WKMO Directing Committee. The Referee, Corner Judges and Jury Table Judges, for each Match area are appointed by the Chief Referee before or at the time of each match.
- 2) The WKMO when necessary, may adopt other systems.

##### ARTICLE 2: Duties of Referees and Judges

The Chief Referee, Referees, Corner Judges and Jury Table Judges shall bear in mind the following points:

- 1) They must be objective, impartial and fair.

- 2) They must comport themselves with dignity and demonstrate respect for the competitors and other Officials alike.
- 3) Their movements taken during the Match must be vigorous, agile, refined, quick and precise, and maintain an attitude befitting a WKMO Official.
- 4) The Referees, Corner Judges and Jury Table Judges must concentrate their full attention on the Match, observe each contestant accurately and judge every action of the contestants correctly. During the Match they must not converse with anyone other than the Chief Referee, the other Judges and the contestants.

ARTICLE 3: Power and duty of the Chief Referee

- 1) Has the ultimate responsibility of judgement.
- 2) Shall be responsible for seeing that the Match is conducted according to these Contest Rules and should any unusual incident occur, shall base his decision upon these Rules.
- 3) Shall appoint the Referee, Corner Judges and Jury Table Judge prior to the Match. Should it be necessary to replace one of them during a Match, the Chief Referee shall immediately halt the Match and select a substitute without loss of time.
- 4) Must be consulted whenever a Referee has any difficulties in his decisions. For each Match area, a Chief Referee will be appointed by the WKMO-DC.

ARTICLE 4: Power and duty of the Referee

The Referee shall have the power:

- 1) To conduct Matches, including start and stop.
- 2) To announce the decision of the panel of Judges.
- 3) To explain when necessary the grounds on which such decisions are awarded.
- 4) To announce fouls.
- 5) To issue warnings (prior to, during, after the Match).
- 6) To take other disciplinary action (to dismiss or suspend a contestant from a Match).
- 7) To obtain advice from Corner Judges.
- 8) To decide victory by majority based on the table for judgement (Appendix III).
- 9) To extend the duration of the Match.

ARTICLE 5: Power and duty of the Corner Judges

- 1) The Corner Judges shall have the power:
  - a) To assist the Referee.
  - b) To give their opinion regarding different situations.
  - c) To signal their judgement regarding the conduct and development of Matches by means of flags, hands and/or whistle.
  - d) To exercise their right to vote in a decision of a Match.
- 2) The Judges shall carefully observe the actions of the contestants within their range of vision. In the following cases, they shall at once signal the Referee by means of whistle or flag, correctly giving their opinion:
  - a) When they notice injury or illness of a contestant before the Referee notices it.

- b) When they perceive an action which they consider should be awarded as Ippon or Wazaari.
  - c) When a contestant appears about to commit, or has committed a prohibited act and or technique.
  - d) When both or either of the contestants have moved out of the competition area.
  - e) In all cases when it is necessary to call the attention of the referee.
- 3) Each Judge shall continuously evaluate the relative excellence of sportsmanship of the contestants and form their opinion independently.
  - 4) When the Referee calls "Hantei", each of the Judges shall give their opinion in the prescribed manner. In case of a difference of opinion between the Referee and the Judges on a given matter, the Judge can, with the concurrence of other Judges, oppose the judgement of the Referee. In any case the decision will be made by majority.
- In Shobu Sanbon/Nihon the referee panel is composed of a central referee and 2 (two) corner judges; In shobu Ippon the referee panel is composed of a central referee and 4 (four) corner judges.

#### ARTICLE 6: Jury Table Judge, Score-Keeper, Time-Keeper, Caller-Announcer

- 1) Judges will be appointed as Score-Keeper, Time-Keeper and Caller-Announcer to the Jury Table.
- 2) The Jury Table Judge is responsible of the official result of the Match.

#### ARTICLE 7: Terms and signs

The terms and signs to be used by the Referees and Judges in the operation of a Match as specified in Appendix I.

#### ARTICLE 8: Signals

- 1) The signals to be made by hands, flags and/or whistle by Corner Judges during the Match shall be as specified in Appendix II.
- 2) Whistle signals used by the Referees shall have the following meanings:
  - a) Long/normal + short/strong = Hantei.
  - b) Short/strong = the command to lower the flags or the Score Boards.

#### ARTICLE 9: Decisions

- 1) When the Referee awards a decision on the basis of the signals given by Corner Judges, the decision shall be governed by the Rules given in Appendix III.
- 2) Matters relating to judgement not prescribed in these rules shall be discussed between the Judges and the decision thus reached shall be referred to the Chief Referee of the Match and to the WKMO for approval. All officials will be notified of these decisions and a public announcement will be made.

## **CHAPTER II – GENERAL MATTERS**

#### ARTICLE 1: Match area sizes

- 1) Kumite: The size of the Match area, in principle, shall be 8 x 8 meters for Veterans, Seniors, Juniors and Cadets and a minimum 6 x 6 meters for Children. Tatami floors are preferable.
- 2) Kata: The size of the area shall be large enough so that participants are able to perform the Kata without any obstacles.
- 3) The Match area shall be border-lined. Kumite and Kata: see Appendix V

#### ARTICLE 2: Outfit and presentation

- 1) The contestants shall wear a clean, white and unfigured Karate-Gi. One sponsorship advertising logo panel is permitted on the back of competitors Gi top. It must be at shoulder height and may be a maximum of 30 x 15 cm.
- 2) In Kumite Shobu Sanbon/Nihon Matches one of the contestants shall, for identification purposes, put on red Mitts (Aka) and the other contestant white Mitts (Shiro); in Kumite Shobu Ippon Matches must be used only white mitts and the contestant Aka will wear a red ribbon or belt, the contestant Shiro a white ribbon or belt.
- 3) The contestant shall keep their nails short and shall not wear metallic objects or the like on their body which may cause injury to their opponent.
- 4) The contestant is not allowed to wear bandages or supports, accept with the Tournament Doctor's permission.
- 5) The following rules apply to the wearing of devices for protection:
  - a) Mitts (max 2 cm. thickness) are compulsory in Kumite Shobu Sanbon/Nihon: White (Shiro)/Red (Aka). Special mitts (only white) without padding must be worn for Shobu Ippon.
  - b) Shin-protectors are allowed in Kumite Shobu Sanbon/Nihon and forbidden in Shobu Ippon
  - c) Shin/instep protectors are forbidden.
  - d) Gumshields are compulsory in Kumite (only Cadets, Juniors, Seniors and Veterans). Athletes who cannot use the gumshield must bring a medical certificate.
  - e) Groin-protectors are compulsory in Male Kumite.
  - f) Chest-protectors are compulsory in Female and Children Kumite (two different models).
  - g) Spectacles are not allowed in Kumite; in Children categories special unbreakable glasses (subaqueous type) under the helmet is allowed.
  - h) Smooth contact lenses may be worn at the contestant's own risk.
  - i) In Children kumite, female competitors age 6-7-8 and 9-10 years old who will not use chest-protectors must bring parents authorization.
  - l) Helmet is compulsory for Children Kumite
- 6) All protective equipment must be approved by the WKMO-DC (see Appendix IV).

#### ARTICLE 3: Official dress code

- 1) Referees and Judges: Must wear the official uniform designated by the WKMO-DC. This uniform must be worn at all tournaments, courses and examinations. The official uniform will be as follows:
  - a) A navy-blue blazer bearing two silver buttons

b) A white WKMO shirt

c) A Red WKMO tie

d) Light grey trousers

e) Dark blue or black socks

f) Black gymnastic shoes

2) Contestants:

a) Contestants shall wear a clean, white and unfigured Karate-Gi, except sponsor on the back of Gi top

b) A national badge may be worn

c) In case of women, a plain white t-shirt may be worn beneath the karate jacket

d) The jacket, when tightened around the waist with the belt, must be of an overall length that it covers the hips

e) The sleeves of jacket must reach at least half the way down the forearm and may not be rolled up

f) The trousers must be long enough to cover at least two-thirds of the shin.

g) The belt must be of an overall length that leaves about 15 cms of extra length on both ends after it has been properly tied around the waist.

h) Each contestant must keep their hair clean, and cut to such a length that does not obstruct the smooth conduct of the Match.

i) Hachimaki will not be allowed.

j) Contestants must have short fingernails and must not wear metallic or other objects which might injure their opponents.

k) Muslim women may use a white scarf or chador.

3) Coaches:

The Coach shall at all times during the tournament wear a tracksuite with an identifying badge (with name and nationality) upon it.

The WKMO Officers or Tournament Director may disbar any official or competitor who does not comply with this regulation.

#### ARTICLE 4: Staff

1) Tournament Director:

The Tournament Director is appointed by the WKMO-DC. He shall govern the conduct and development of the Matches as far as he does not interfere with the judging rules. He shall be assisted by the Tournament personnel.

2) Tournament Doctor:

The Tournament Doctor is appointed by the WKMO-DC He shall govern all medical matters during the tournament.

3) First Aid Crew:

The First Aid Crew shall be prepared to act in case of accident or sickness, along with a Doctor.

#### ARTICLE 5: Match equipment

The types, quantity and usages of the equipment prepared by the Tournament Host will

be as follows:

- a) Flags (red and white, 5 for Match area)
- b) Score boards (7 for Match area)
- e) Recording equipment (score sheets and recording forms, pens, calculators etc.)
- d) Red and white ribbons or belt
- e) Countdown clocks and time signaling devices.

#### ARTICLE 6: Protest against decision and revision of decision

- 1) The contestants cannot personally protest against the Judges' decision.
- 2) Only when a decision given by the Referee and the Judges is thought to have violated the Rules of the Match or the Rules of Judging, the Coach of the team involved may protest to the Chief Referee against the decision immediately after it was detected.
- 3) When he receives a protest against a decision from the Coach of a team to which the contestant belongs, the Chief Referee himself shall review the complaint, and may call for an explanation from the Referees and/or Judge. If he finds the decision patently unreasonable, he may demand that the panel of Judges revise its decision. The final decision will be given after approval of the WKMO-DC. Before the coach makes an official protest he has to pay a protest fee of 100 Euros. The fee will be returned should the protest be upheld.
- 4) To reduce any charting error, the winners of each Match must confirm their victory with the Jury Table Judge prior to leaving the area.

#### ARTICLE 7: Injuries or accidents during the Match

- 1) In the case of an injury of a contestant, the Referee shall at once halt the Match, assist the injured contestant and, at the same time, call the Tournament Doctor. The treatment of the injury may not significantly delay the Match.
- 2) When a contestant, who suffers a minor injury, but not serious enough to disable them, refuses to continue with the Match or requests for permission to quit the Match, they shall be declared the loser.
- 3) In case an injury or injuries sustained during a Kumite Match for reasons not ascribable to either contestant, disabled a contestant or in case both contestants are injured at the same time for reasons for which both are responsible, the contestant who quits the Match shall be declared the loser. In case both contestants quit and the reasons causing the injuries are not ascribable to either of the contestants, the Match shall be decided with Hantei.
- 4) In case a contestant is deemed unable to continue the Match owing to an injury or any other physical reasons, on the basis of the advice by the Tournament Doctor, the Referee shall terminate the Match and suspend the injured contestant from the Match. If the injury is ascribable to his opponent, he shall be declared the winner. If the injury is not ascribable to his opponent, he shall be declared the loser.
- 5) A contestant who wins a Match through disqualification of their opponent for causing injury, cannot fight again in the competition without permission from the Tournament Doctor.

6) Only the Tournament Doctor can take decisions concerning all matters about injuries, accidents or physical condition of the contestants.

#### ARTICLE 8: Retirement

A contestant who is unable to continue competing or participating, for reasons other than injury or who requests for permission to quit the Match for such reasons, shall be declared the loser.

#### ARTICLE 9: Other matters

1) In case of a situation not foreseen in these Rules, or in case there is a doubt about the applicability of these rules to a given situation, the Jury Table Judge, Judges, Referee and Chief Referee shall consult among themselves to find a solution thereto. The decision should be approved by the WKMO-DC. All officials will be notified of these decisions and a public announcement will be made.

2) All Karate-ka, be they contestants (this includes Coaches, Manager or anybody connected with the contestant), Judges or other officials, must follow the Karate-Do ideals of Good Character, Sincerity, Effort, Etiquette and Self-Control.

3) Any behaviour likely to bring Karate into disrepute (this includes that of Coaches, Manager or anybody connected with the contestant) may result in a penalty or in the disqualification of the contestant and or team. The Coach will be assigned a specific place near to the Tatami by the Tournament Director.

### **CHAPTER III – RULES FOR KUMITE SHOBU SANBON (General Karate)**

Three points Match: the participants try to score three points (3 ippon or 6 wazaari) before their opponent within the time limit.

#### ARTICLE 1: Types of Match

The types of Match shall be as follows:

1) Individual Match: the Individual Match is decided by “Shobu Sanbon”

2) Team Match:

a) The number of persons comprising a team (male and female) shall be 3 + 1 reserve.

b) All the competitors of the team, including Coach and reserve, should line up at the beginning of the elimination round. Each team can only present and use 1 fixed reserve, during the whole elimination round. A team will be allowed to participate only when it comprises of a minimum of two competitors.

c) Before each team Match, a team representative must hand to the official table, an official form defining the names and fighting order of the team members. The fighting order can be changed for each round but once notified, it cannot then be amended. Use of a reserve constitutes a change in fighting order.

d) Matches between individual members of each team shall be held in the predetermined order.

e) The winner of a team Match shall be decided on the basis of these individual Matches.

f) The criteria for deciding the winner of a team Match, on the basis of the number of winners of individual.

3) Team Match Mixed:

a) Kumite team, composed of two males and one female

b) The rules are the same, but before the start the Jury Table Judge must chose with a draw the number (1, 2 or 3) in which the two females will compete one against the other.

c) The position of the male will be decided by the Coaches.

4) Criteria for deciding the winner:

The criteria for deciding the winner of a Team Match are the following (in order of descending importance):

1- Numbers of wins.

2- Numbers of Ippons and Wazaaris (total score).

3- Extra Match.

When a team ties with its opposing team under these methods of decision above, the decision shall be made on the basis of the result of an extra Match conducted between a representative of the contending teams. In case this extra Match is a draw, an extension (Encho Sen) will take place. The extension (Encho Sen) will be decided by the first score (sudden death). If there is still no score, a decision must be taken by the Judges panel.

Victories through a foul, disqualification or retirement of the opponent shall be counted as 3 Ippon.

#### ARTICLE 2: Starting, suspending and ending of Matches

1) Starting: at the start of a Kumite Match the Referee stands on the outside edge of the Match area. On his left and right stand the Judges. After the formal exchange of bows by contestants and Referee Panel (Shomen ni Rei – Otagai ni Rei), the Referee takes a step back, the Judges turn inwards and all bow together. The Match shall start with the announcement by the Referee of “Shobu Sanbon Hajime”.

2) Suspending: by announcing “Yame” the Referee shall halt the Match temporarily and order the contestants back to their positions. When resuming the Match, the Referee announces “Tsuzukete Hajime”.

3) The Time Keeper shall give signals by a gong or buzzer indicating Atoshibaraku, 30 seconds to go, (one signal) and time-up (two signals).

4) Ending: after halting the Match, the Referee shall end the Match by announcing “Soremade”. After the formal exchange of bows by contestants and Referee Panel (Otagai ni Rei – Shomen ni Rei), the Match is deemed over.

#### ARTICLE 3: Duration of a Match

Eliminatories > 2 minutes (effective time)

Finals > 3 minutes (effective time)

Before the Tournament the WKMO-DC can modify the duration of the Matches.

#### ARTICLE 4: Extensions

1) In the event of a draw in an individual Match there will be an extension (Encho-Sen).



- 2) This extension will be decided by the first score (sudden death).
- 3) If there is still no score, a decision must be taken, based on the Match and the extension.
- 4) All awards or penalties are carried into the extension.
- 5) The time of Encho-sen will be 1 minute

#### ARTICLE 5: Victory or defeat

Victory or defeat shall be awarded on the basis of Sanbon, victory by decision (Hantei), defeat due to a foul, disqualification or retirement.

HANTEI: in the decision for Hantei, after Encho-Sen the Central Referee is placed in the limit of the competition area and, in simultaneous with the other Judges, he raises his arm beside the competitor of his preference: Aka/Shiro. After confirming the result of the voting, he goes to his piece of the competition area and he announces the winner.

Important: in Hantei, after Encho-Sen, the sign of Hikiwake cannot be given. All the Judges and Central Referee have to vote Aka or Shiro.

#### ARTICLE 6: Scoring Areas

The scoring areas shall be limited to the following:

- 1) Head, Face, Neck, Abdomen, Chest, Side, Back (excluding shoulders).
- 2) An effective technique delivered simultaneously as the Time-up bell signals the end, shall be counted into the score.
- 3) An attack, even if effective, delivered after the Time-up bell signals the end, shall not be recognised as such, nor shall it constitute a basis for decision.
- 4) Jogai: techniques delivered outside the prescribed Match area shall be invalid. However, if the contestant delivering such a technique was within the boundary of the Match area when he delivered the technique, it shall be considered as valid. The point at which "Yame" is called is helpful in determining if Jogai has occurred. If Aka delivers a successful technique and then exits immediately afterwards, Yame should occur at the instant of score. The exit therefore occurs outside of Match time and may not be penalised.
- 5) If Aka's attempt to score is unsuccessful, Yame will not be called and the Jogai will be recorded. If Shiro exits just after Aka scores with a successful attack, then Yame will occur immediately on the score and Shiro's Jogai will not be recorded. If Shiro exits, or has exited as Aka's score is made (with Aka remaining within the area) then both Aka's score will be awarded and Shiro's Jogai penalty will be imposed.
- 6) Scoring techniques of the same value simultaneously delivered by both contestants shall not score (Aiuchi).

#### ARTICLE 7: Criteria for deciding Ippon and Wazaari

An Ippon is awarded on the basis of the following requirements:

- 1) When an exact and powerful technique, which is recognised as decisive, is delivered to the recognised scoring areas under the following conditions: good form, good attitude, strong vigour, zanshin, proper timing, correct distancing.

2) Effective techniques delivered under the following conditions shall be considered as an Ippon:

- a) When an attack is delivered with perfect timing and the opponent started to move towards the attacker.
- b) When an attack is delivered immediately the opponent was unbalanced by the attacker.
- c) When a combination of successive and effective attacks are used.
- d) For combined use of tsuki and geri techniques.
- e) For combined use of tsuki, geri and nage techniques.
- f) When the opponent has lost their fighting spirit and turned their back to the attacker.
- g) Effective attacks delivered on the undefended parts of the opponent.
- h) For valid Jodan Geri techniques

3) A Wazaari is awarded for a technique almost comparable to that needed to score Ippon. The refereeing panel must look for Ippon in the first instance and only award a Wazaari in the second instance.

#### ARTICLE 8: Criteria for decision (Hantei)

1) In the absence of Sanbon, or defeat due to disqualification (Hansoku) or retirement (Kiken), during the prescribed time of Match, a decision (Hantei) is taken on the basis of the following considerations:

- a) Whether there have been Wazaaris/Ippons.
- b) Whether there have been warnings.
- c) The number of escapes outside the Match area.
- d) The comparative excellence in the fighting attitude.
- e) The ability and skill.
- f) The degree of the vigour and fighting spirit.
- g) The number of attacking moves.
- h) The comparative excellence in the strategy used.
- i) Fair play.

2) In the case of a contestant scoring at least one Wazaari more than his opponent, he will be automatically declared the winner (Kachi).

3) In the case of a contestant scoring at least one Wazaari and one Chui more than his opponent, Hantei must be called for. The decision may result only in Kachi for the contestant with one Wazaari more or Hikiwake.

#### ARTICLE 9: Prohibited acts and techniques

The following acts and techniques are prohibited:

- 1) Uncontrolled attacks.
- 2) Techniques which make excessive contact, having regard to the scoring area attacked.
- 3) Attacks to the upper and lower limbs.
- 4) Open hand techniques to the face, Empi Uchi, Hiza Geri and Atama Uchi.
- 5) Attacks to the groin.
- 6) Attacks to the hip joint, to the knee joints, the insteps and the shins.

- 7) Grabbing (unless immediately followed up by a technique), clinching or bodily contacting against the opponent unnecessarily.
- 8) Dangerous throws.
- 9) Time-wasting.
- 10) Any unsporting behaviour such as verbal abuses, provocation or needless utterances.
- 11) Any behaviour likely to bring Karate into disrepute (this includes Coaches, Manager and anybody connected with the contestant).
- 12) Lack of regard for the contestant's own safety or the one of his opponent (Mubobi).
- 13) Any disrespectful and unnecessary actions are strictly forbidden.
- 14) Exaggerated actions and reactions (i.e. faking injury) are forbidden and will be penalised.
- 15) Purposed exits of the competition area (Jogai).

#### ARTICLE 10: Penalties and disqualification

- 1) When a contestant is about to, or has already committed a prohibited act, the Referee shall issue warning or announce a penalty.
- 2) When a contestant avoids combat, the Referee shall issue a warning or announce a penalty.
- 3) In the case of a contestant displaying a lack of regard for their own safety the Referee shall issue a warning or announce a penalty.
- 4) In the case of a contestant, after having once been warned, repeats similar acts or acts infringing upon the rules, the Referee may announce their defeat on account of penalties already incurred.
- 5) When a contestant commits an act falling under any of the following cases, the Referee shall announce the defeat of the offending contestant:
  - a) Failing to obey the orders of the Referee.
  - b) If a contestant becomes overexcited, to such an extent that they are considered by the Referee to be a danger to their opponent.
  - c) If the act or the acts of a contestant are considered as malicious, wilfully violating the rules prohibiting them.
  - d) Other acts which are deemed in violation the Rules of the Match.
- 6) Warnings and penalties are the following:
  - a) Private warning: Atenai (without a penalty).
  - b) Official warning: Chui.
  - c) Disqualification: Hansoku.
- 7) Mubobi
  - a) Private warning: Mubobi Atenai (without a penalty).
  - b) Official warning: Mubobi Chui.
  - c) Disqualification: Mubobi Hansoku.
- 8) Jogai
  - a) After the first escape, the contestant must be given a warning (Jogai).
  - b) After the second escape, the contestant must be given a private warning (Jogai Atenai).
  - c) After the third escape, the contestant must be given an official warning (Jogai Chui).

- d) After the fourth escape, the contestant will be disqualified (Jogai Hansoku).
- 9) Any unruly behaviour from people connected with the contestant, such as the Coach, Manager, supporters, etc. may result in the disqualification of the contestant and/or team.
- 10) There will be no accumulation of punishment through:
  - a) Atenai, Chui, Hansoku.
  - b) Mubobi Atenai, Mubobi Chui, Mubobi Hansoku.
  - e) Jogai, Jogai Atenai, Jogai Chui, Jogai Hansoku.
- 11) Penalties must be accompanied by an increase in severity of the penalty imposed (except Atenai).
- 12) No point shall be awarded if the competitor injures his opponent, even if the injury is only very minor.

Important: After the sign of Atoshi Baraku, the purposed exits of the competition area (Jogai), will be punished as forbidden behavior, following the scale of penalty existent until nowadays. Explanation: the contestant who leaves the competition area after the Atoshi Baraku will incur a minimum penalty of Jogai Chui (If the contestant already has one or two exits from the match area, he will still be punished with Chui; if the contestant has a penalty of Jogai Chui before Atoshi Baraku, he will be punished with Jogai Hansoku). This Rule has as base the application of the norms of conduct: Loyalty, Character and Sport Attitude, contributing to the dignity of the combat and mainly to the respect due to the competitor that is on that moment in disadvantage.

#### ARTICLE 11: Injuries

- 1) If two competitors harm each other, or if they are suffering from the injuries previously incurred and they are declared by the tournament doctor as unable to continue, the fight is won by the competitor that has accumulated the most points.
- 2) If the score is the same, then one vote (Hantei) will decide the final result.
- 3) On Team competitions the Referee will announce the Tie (Hikiwake).
- 4) If the situation in the decisive combat Encho-Sen of a Team competition, then one vote (Hantei) will establish the result.
- 5) A competitor that hurts himself while he is fighting and request medical treatment will have three minutes to get it. If the treatment doesn't finish during this period, the referee will decide if the competitor must be declared as out-of-time and cannot continue fighting, or if he will give additional time for treatment.

#### **CHAPTER IV – RULES FOR KUMITE SHOBU IPPON (Traditional Karate)**

One point Match: the participants try to score one point (1 Ippon or 2 wazaari) before their opponent within the time limit.

#### ARTICLE 1: Types of Match

The types of Match shall be as follows:

- 1) Individuai Match: The Individuai Match is decided by “Shobu Ippon”.
- 2) Team Match:
  - a) The number of persons comprising a team (male and female) shall be 3 + 1 reserve.

b) A team will be allowed to participate only when it comprises of a minimum of two competitors.

e) Before each team Match, a team representative must hand to the official table, an official form defining the names and fighting order of the team members. The fighting order can be changed for each round but once notified, it cannot then be amended. Use of a reserve constitutes a change in fighting order.

d) Matches between individual members of each team shall be held in the predetermined order.

e) The winner of a team Match shall be decided on the basis of these individual Matches.

f) The criteria for deciding the winner of a team Match, on the basis of the number of winners of individual Matches, are the following (in order of descending importance):

1. Numbers of wins.

2. Numbers of Ippons (of the winner only).

3. Numbers of Wazaaris (of the winner only).

4. Extra Match.

When a team ties with its opposing team under these methods of decision above, the decision shall be made on the basis of the result of an extra match conducted between a representative of the contending teams. In case this extra match is a draw, another match (Sai Shiai) will take place. If there is still no score, a decision must be taken by the Judges panel.

Victories through a foul, disqualification or retirement of the opponent shall be counted as 1 Ippon.

## ARTICLE 2: Starting, suspending and ending of Matches

1) Starting: at the start of a Kumite Match the Referee stands on the outside edge of the Match area. On his left and right stand the Judges. After the formal exchange of bows by contestants and Referee Panel (Shomen ni Rei – Otagaini Rei), the Referee takes a step back, the Judges turn inwards and all bow together. The Match shall start with the announcement by the Referee of “Shobu Ippon Hajime”.

2) Suspending: by announcing “Yame” the Referee shall halt the Match temporarily and order the contestant back to their positions. When resuming the Match, the Referee announces “Tsuzukete Hajime”.

3) The Time Keeper shall give signals by a gong or buzzer indicating Atoshibaraku, 30 seconds to go, (one signal) and time-up (two signals).

4) Ending: after halting the Match, the Referee shall end the Match by announcing “Soremade”. After the formal exchange of bows by contestants and Referee Panel (Otagai ni Rei – Shomen ni Rei), the Match is deemed over.

## ARTICLE 3: Duration of a Match

Eliminatories > 2 minutes (effective time)

Finals > 3 minutes (effective time)

Before the Toumament the WKMO-DC can modify the duration of the Matches.

#### ARTICLE 4: Extensions

- 1) In the event of a draw in an individual Match there will be another Match (Sai Shiai).
- 2) In the event of another draw at the end of the Sai Shiai the Judges must take a decision on who is the winner, based on the Sai Shiai only.
- 3) All awards or penalties are not carried into the Sai Shiai, it must be considered as a new Match.

#### ARTICLE 5: Victory or defeat

Victory or defeat shall be awarded on the basis of Ippon, victory by decision, defeat due to a foul, disqualification or retirement.

#### ARTICLE 6: Scoring Areas

The scoring areas shall be limited to the following:

- a) Head, Face, Neck, Abdomen, Chest, Side, Back (excluding shoulders).
- b) An effective technique delivered simultaneously as the Time-up bell signals the end, shall be counted into the score.
- c) An attack, even if effective, delivered after the Time-up bell signals the end, shall not be recognized as such, nor shall it constitute a basis for decision.
- d) Jogai: techniques delivered outside the prescribed Match area shall be invalid.

However, if the contestant delivering such a technique was within the boundary of the Match area when he delivered the technique, it shall be considered as valid.

The point at which "Yame" is called is helpful in determining if Jogai has occurred.

If Aka delivers a successful technique and then exits immediately afterwards, Yame should occur at the instant of score. The exit therefore occurs outside of Match time and may not be penalized.

If Aka's attempt to score is unsuccessful, Yame will not be called and the Jogai will be recorded. If Shiro exits just after Aka scores with a successful attack, then Yame will occur immediately on the score and Shiro's Jogai will not be recorded.

If Shiro exits, or has exited as Aka's score is made (with Aka remaining within the area) then both Aka's score will be awarded and Shiro's Jogai penalty will be imposed.

- e) Scoring techniques of the same value simultaneously delivered by both contestants shall not score (Aiuchi).

#### ARTICLE 7: Criteria for deciding Ippon and Wazaari

- 1) An Ippon is awarded on the basis of the following requirements:

When an exact and powerful technique, which is recognised as decisive, is delivered to the recognized scoring areas under the following conditions: Good form, good attitude, strong vigour, zanshin, proper timing, correct distancing.

- 2) Effective techniques delivered under the following conditions shall be considered as an Ippon:

- a) When an attack is delivered with perfect timing and the opponent started to move towards the attacker.
- b) When an attack is delivered immediately the opponent was unbalanced by the attacker.

- e) When a combination of successive and effective attacks are used.
  - d) For combined use of tsuki and geri techniques.
  - e) For combined use of tsuki, geri and nage techniques.
  - f) When the opponent has lost their fighting spirit and turned their back to the attacker.
  - g) Effective attacks delivered on the undefended parts of the opponent.
- 3) A Wazaari is awarded for a technique almost comparable to that needed to score Ippon. The refereeing panel must look for Ippon in the first instance and only award a Wazaari in the second instance.

#### ARTICLE 8: Criteria for decision (Hantei)

- 1) In the absence of Ippon, or defeat due to disqualification (Hansoku) or retirement (Kiken), during the prescribed time of Match, a decision (Hantei) is taken on the basis of the following considerations:
- a) Whether there have been Wazaari.
  - b) Whether there have been warnings.
  - e) The number of escapes outside the Match area.
  - d) The comparative excellence in the fighting attitude.
  - e) The ability and skill.
  - f) The degree of the vigour and fighting spirit.
  - g) The number of attacking moves.
  - h) The comparative excellence in the strategy used.
  - i) Fair play.

#### ARTICLE 9: Prohibited acts and techniques

- 1) The following acts and techniques are prohibited:
- a) Uncontrolled attacks.
  - b) Techniques which make excessive contact, having regard to the scoring area attacked.
  - c) Attacks to the upper and lower limbs.
  - d) Open hand techniques to the face, Empi Uchi, Hiza Geri and Atama Uchi.
  - e) Attacks to the groin.
  - f) Attacks to the hip joint, to the knee joints, the insteps and the shins.
  - g) Grabbing (unless immediately followed up by a technique), clinching or bodily contacting against the opponent unnecessarily.
  - h) Dangerous throws.
  - i) Time-wasting.
  - j) Any unsporting behaviour such as verbal abuses, provocation or needless utterances.
  - k) Any behaviour likely to bring Karate into disrepute (this includes Coaches, Manager and anybody connected with the contestant).
  - l) Lack of regard for the contestant's own safety (Mubobi).
  - m) Any disrespectful and unnecessary actions are strictly forbidden.
  - n) Exaggerated actions and reactions (i.e. faking injury) are forbidden and will be penalised.

#### ARTICLE 10: Penalties and disqualification

- 1) When a contestant is about to, or has already committed a prohibited act, the Referee shall issue warning or announce a penalty.
- 2) When a contestant avoids combat, the Referee shall issue a warning or announce a penalty.
- 3) In the case of a contestant displaying a lack of regard for their own safety the Referee shall issue a warning or announce a penalty.
- 4) In the case of a contestant, after having once been warned, repeats similar acts or acts infringing upon the rules, the Referee may announce their defeat on account of penalties already incurred.
- 5) When a contestant commits an act falling under any of the following cases, the Referee shall announce the defeat of the offending contestant: Failing to obey the orders of the Referee.
- 6) If a contestant becomes overexcited, to such an extent that they are considered by the Referee to be a danger to their opponent.
- 7) If the act or the acts of a contestant are considered as malicious, willfully violating the rules prohibiting them.
- 8) Other acts which are deemed in violation the Rules of the Match.
- 9) Warnings and penalties are the following:
  - a) Private warning: Atenai (without a penalty).
  - b) Official warning: Chui.
  - e) Disqualification: Hansoku.
- 10) If a contestant continually escapes out of the Match area:
  - a) After the first escape, the contestant must be given a private warning (Jogai).
  - b) After the second escape, the contestant must be given an official warning (Jogai Chui).
  - c) After the third escape, the contestant will be disqualified (Jogai Hansoku).
- 11) Any unruly behaviour from people connected with the contestant, such as the Coach, Manager, supporters, etc. may result in the disqualification of the contestant and/or team.
- 12) There will be no accumulation of punishment through:
  - a) Atenai, Chui, Hansoku.
  - b) Jogai, Jogai Chui, Jogai Hansoku.
- 13) Penalties must be accompanied by an increase in severity of the penalty imposed (except Atenai).
- 14) No point shall be awarded if the competitor injures his opponent, even if the injury is only very minor.

#### CHAPTER V – RULES FOR KUMITE SHOBU NIHON (General Karate)

Kumite Shobu Nihon is for Children Categories (6 years old to 14 years old).

Two points Match: the participants try to score two points (2 Ippon or 4 wazaari) before their opponent within the time limit.

Obligatory Protection: Helmet; Special Chest Protector; Mitts; Groin Protector (male)



In principle the Kumite Nihon for children has the same rules as Kumite Sanbon except:

- 1) The score is 2 Ippons or 4 Wazaari
- 2) The Match area size is 6 x 6 meters
- 3) Duration of Matches: 01.30 minutes effective time in eliminatories and finals (WKMO-DC can decide to change the duration of the Matches)
- 4) Forbidden acts:
  - a) Face (Helmet) contact is prohibited.
  - b) Nage techniques (ashi Barai etc.) are prohibited.
  - c) Excessive contact (impact) to the chest is not allowed.
  - d) Grabbing, grappling or dangerous throws are not allowed.
- 5) Forbidden behaviour:
  - a) "light" touches by the hand or foot to the helmet are not allowed. In case of light contact, the Referee will not give a penalization but the point will not be given.
  - b) If there is a body contact and then an obvious marking, the referee has to immediately punish the offender.
- 6) Dangerous behaviour:

Whenever a competitor makes or is about to take any action that puts at risk his physical integrity, or his opponents integrity, the competitor will have to be punished with Mubobi.

This penalty should be applied not only when a competitor, for instance, turn his back to the opponent, but whenever an executed technique is considered dangerous for its degree of difficulty and control, independently of not reaching the opponent (Example: Jodan Tobi Geri).

All the remaining Arbitration rules for Children Male and Female Kumite are governed by the WKMO Rules for Shobu Sanbon.

## APPENDICES

Appendix I: The Terminology.

**Shobu Ippon/Nihon/Sanbon** > Term Meaning Method of signalling.

**Shobu Ippon (Nihon or Sanbon) Hajime** > Start the Match. The Referee stands on the official line.

**Shobu Hajime** > Start the extended Match (Shobu Sanbon/Nihon). The Referee stands on the official line.

**Atoshi Baraku** > 30 seconds before the end of the Match. An audible signal will be given by the timekeeper 30 seconds before the actual end of the Match.

**Yame** > Temporary halt of Match. The Referee chops downwards with one hand. The timekeeper stops the clock.

**Tsuzukete** > Fight on. Resumption of fighting, ordered after an unauthorized interruption has occurred.

**Tsuzukete Hajime** > Restarting the Match. The Referee stands on the official line, steps back into Zenkutsu-Dachi and brings the palms of the hands towards each other.

**Soremade** > End of the Match. The Referee faces the palm of one hand between the contestants, with the arm outstretched.

**Motonoichi** > Original position. The Contestants, Referee and Judges return to their respective standing lines.

**(Fukushin) Shugo** > The Referee call with his arm the judges

**Hantei** > Judgment. The Referee calls for judgment by blowing their whistle, and the Judges render their decision by flag signal.

**Ippon** > One point. The Referee extends their arm higher than their shoulders, towards the relevant contestant.

**Wazaari** > Halfpoint. The Referee extends their arm slightly downwards to the side towards the relevant contestant.

**Awasete Ippon** > Two Wazaari recognised as one Ippon

**Aiuchi** > Simultaneous scoring. No point awarded. The Referee brings his fists together in front of the chest.

**Hikiwake** > A draw. The Referee extends both arms to the side and slightly downwards with palms facing up.

**Aka (Shiro) no kachi** > Victory of red (white). The Referee obliquely no Kachi raises an arm on the side of the winner.

**Encho-sen** > Extension (Shobu Sanbon/Nihon). Referee restarts the Match with the command "Shobu Hajime".

**Sai Shiai** > additional Match (Shobu Ippon).

**Torimasen** > Not acceptable as scoring. As Hikiwake, but techniques culminating with the palms facing downwards.

**Atenai** > Private warning. The Referee raises one hand in a fist covered by the other hand, at chest level, and displays it to the offender.

**Chui** > Official warning. The Referee points with the index finger to the feet of the offender at an angle of 45 degrees.

**Hansoku** > Foul/Disqualification. The Referee points with the index finger to the face of the offender and announces a victory for the opponent.

**Jogai** > Exit from fighting area. The Referee points the index finger at a 45 degree angle to the area boundary on the side of the offender.

**Uke Imasu** > Technique blocked. An open hand touching the elbow of the opposite arm.

**Nukete Imasu** > Technique missed. A closed hand crossing in front of the body.

**Yowai** > Technique too weak. An open hand descending downwards.

**Hayai** > Quickest/first to score. An open hand touching the palm of the other hand, with the fingers.

**Maai** > Bad distance. Both the hands are range open and parallel to the floor, and facing each other.

**Mubobi** > Warning for lack of regard. The Referee points ones own safety one index finger in the air at a 60 degree angle on the side of the offender.

**Kiken** > Renunciation. The Referee points with the index finger towards the contestant.

**Shikkaku** > Disqualification. The Referee points tournament first with the index flnger to the offender's face, then obliquely above and to the rear, outside the area.

## Appendix II: Signals used by the Referee and the Corner Judges

Signals used by the Referee and the Corner Judges

At the end of the match, in the Hantei, the central referee can vote and can express his verdict simultaneously with the other corner judges.



- Shobu Ippon (Sanbon) Hajime  
- Shobu Hajime



- Yame



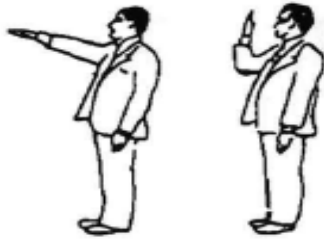
- Tsuzukete Hajime



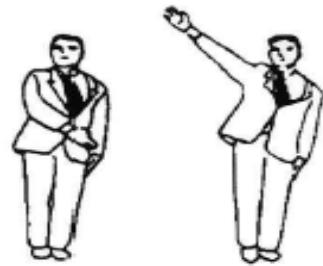
- Soremade



- Motonoichi



- (Fukushin) Shugo



- Ippon  
- Aka (shiro) No Kachi

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- Chui



- Nukete Imasu

---



- Hansoku



- Jowai

---



- Hayai



- Maai



- Mubobi





- Kiken



- Shikaku



- Wazaari



- Aiuchi



- Hikiwake



- Torimasen



- Atenai



- Jogai



- Uke Imasu



- Wazaari



- Ippon  
- Aka (Shiro) No Kachi



- Hikiwake



- Aiuchi



- Torimasen



- Nukete Imasu



- Uke Imasu



- Maai



- Mienai



- Jogai



- Yowai



- Hayai



- Atenai



- Chui



- Hansoku

Appendix III: The table for judgement  
SHIRO (AKA) NO KACHI or HIKIWAKE

SHIRO NO KACHI	AKA NO KACHI
○ ○ ○ ○	● ● ● ●
○ ○ ○ ●	● ● ● ○
○ ○ ○ ×	● ● ● ×
HIKIWAKE	
× × × ×	○ ● × ×
○ × × ×	○ ○ ● ×
○ ○ × ×	○ ○ ● ●

○ ○ × Mienai

In the case of two judges giving a point to Shiro (Aka), one judge giving no point and another showing Mienai, the referee must consult the two judges giving a point. After that he has to ask the judges again for decision. Then the referee gives the final decision.

Appendix IV: Equipment

**Mitts:** Mitts must be covered with white or red cloth or smooth leather. The fingers must be uncovered. The maximum thickness is 2 cm. For shobu ippon Mitts must be only white and without padding.

**Gumshields:** Gumshields must be white or clear.

**Shin-protectors:** Shin-protectors must be made of a soft material inside and covered with white cloth. Hard plastic is forbidden. Maximum thickness is 2 cm.

They have to cover only the shin and not the knee or ankle.

**Groin-protectors:** Groin-protectors must be made of plastic or leather. Metallic material is not allowed. It must be worn under the Karate-Gi

**Chest-protectors:** For female Cadets, Juniors, Seniors and Veterans categories the Chest-protector must protect the bosom; in Children categories (male and female) the Chest-protectors must protect the chest and the abdomen. It must be white/incolour.

Important: in Children Kumite, female competitors 6-7-8 and 9-10 years old who will not use chest-protectors for the bosom must bring parents authorization; female competitors 11-12 and 13-14 years old must wear the chest-protector for the bosom and also the chest-protector for chest and abdomen, compulsory for all children categories, or a special protector (see picture below) for the bosom and abdomen.

Chest-Protector (children)



Chest-Protector (children)



Chest-Protector (Female)



Gumshields



Helmet (children)



Mitts for Shobu Ippon



Mitts for Shobu Sanbon/Nihon

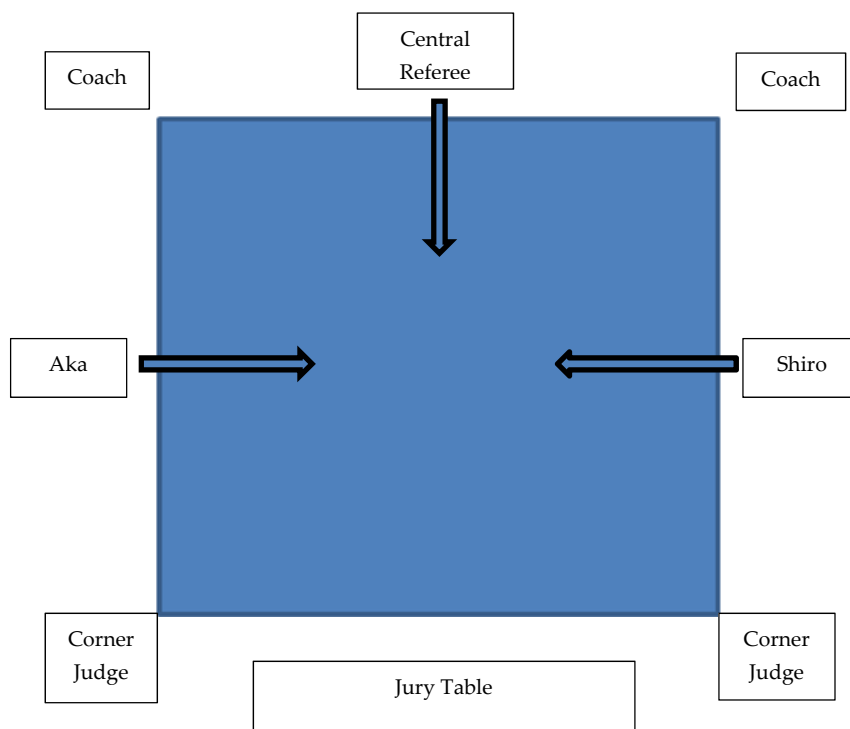


Shin-Protector



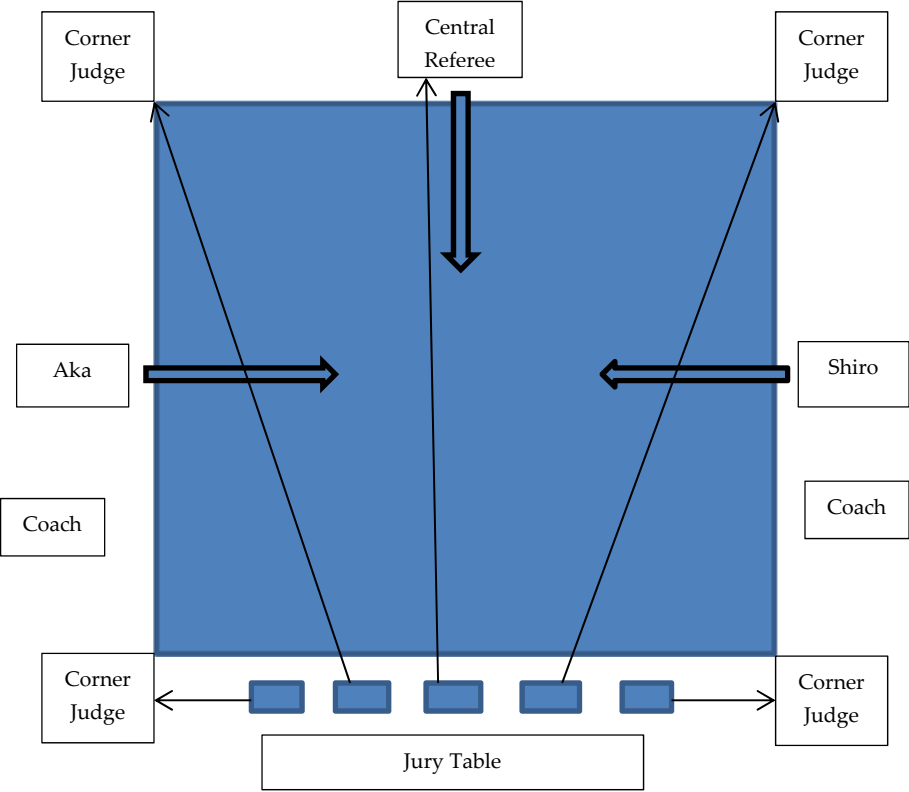
## Appendix V: Competition Area

### 1) Kumite Shobu Sanbon and Nihon

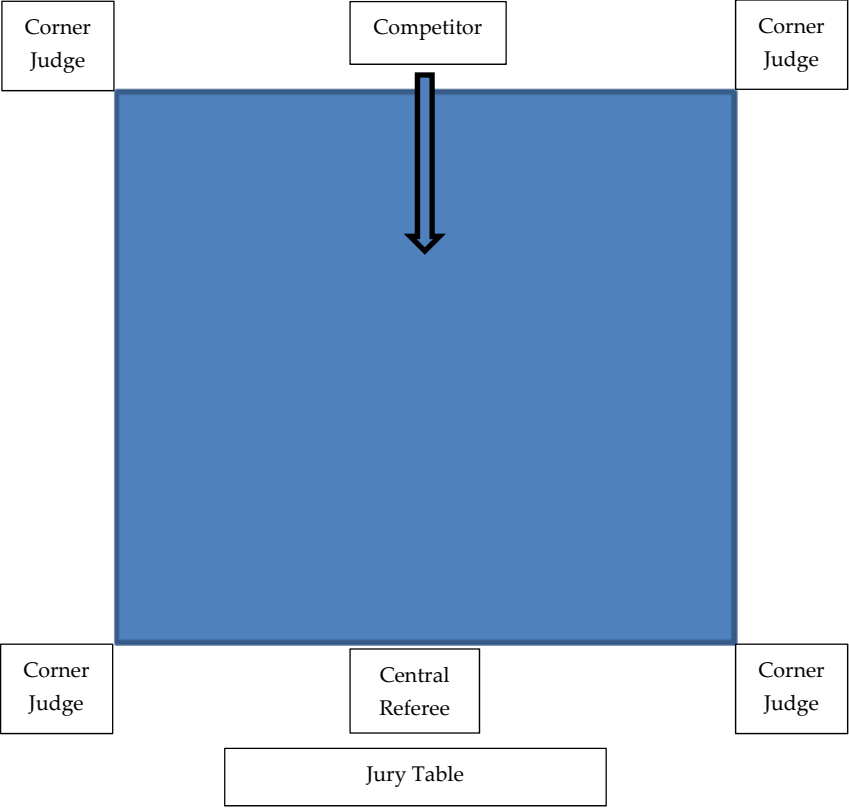




2) Kumite Shobu Ippon



3) Kata



## CHAPTER VI – RULES FOR KATA

### **ARTICLE 1: Types of Match**

1) The types of Match shall be as follows:

- a) Individuai Match.
- b) Team Match.

2) The system of Individual Match and Team Match shall be the following:

Point system: points shall be awarded to each participant and/or team separately and the winner will be the one with the highest total score.

3) The number of persons comprising a team shall be 3 + 1 reserve.

4) The system may be changed by the WKMO-DC (i.e. Flag system)

### ARTICLE 2: Judgement of a Match

1) The judgement of a Match shall be made by a Panel of Judges: one Referee and four or six Corner Judges.

2) All Matches shall be conducted exclusively upon the instructions of the Referee.

### ARTICLE 3: Starting and ending of Matches

1) Starting.

a) Before each round the competitors must give to the Jury Table the name of Kata that will be performed.

b) When called upon by the announcer, the participant(s) will immediately proceed inside the Match area, bow to the Referee and will announce the name of the Kata to be performed clearly to the Judges.

c) The Referee will clearly repeat the name of the Kata.

d) The participant(s) then will commence their performance, and upon completion, will return to their original position(s) and await the Judge's decision.

2) Ending

a) Upon completion of the Kata, the Referee shall call (Hantei) for the Corner Judge's decisions. Immediately the Referee and the Corner Judges will raise the Score Boards (simultaneously) with their decisions. The Announcer shall call out the Referee and each Corner Judges scores clearly to the Recorder.

b) The Recorder shall record the announced score in proper forms, and calculate the final score as follows: out of five (seven) scores received, the highest and lowest shall be deleted and the remaining three (five) scores shall be totalled.

c) The Announcer shall clearly announce the total score.

d) After the announcement of the decision, the participant(s) will bow to the Referee and leave the Match area.

### ARTICLE 4: Types of Kata: Individuai and Team Match.

CHILDREN 6/7/8 YEARS OLD

Belt White to Orange

a) 1st Round, 2nd Round and 3rd Round: Kata Shitei.

Participants may repeat the same Kata in all rounds. In the event of a tie the contestant may perform the same kata.

Belt Green to Black

a) 1st Round: Kata Shitei

b) 2nd and 3rd Round: Kata Shitei or Sentei

Participants may not repeat the same Kata performed in the previous round. In the event of a tie the contestant may perform the same kata.

CHILDREN 9/10 YEARS OLD

Belt White to Orange

a) 1st Round, 2nd Round and 3rd Round: Kata Shitei.

Participants may repeat the same Kata in all rounds. In the event of a tie the contestant may perform the same kata.

Belt Green to Blue

a) 1st Round: Kata Shitei

b) 2nd and 3rd Round: Kata Shitei or Sentei

(Participants may not repeat the same Kata performed in the previous round). In the event of a tie the contestant may perform the same kata.

Belt Brown to Black

a) 1st Round: Kata Shitei

b) 2nd Round: Kata Shitei or Sentei

c) 3rd Round: Kata Tokui (Participants may not repeat the same Kata performed in the previous round). In the event of a tie the contestant may not perform the same kata.

**Children cannot perform the following katas (of their own style): Gojushiho (Dai/Sho), Unsu/Unshu, Ciantanyara No Kushanku, Anan and Suparimpei**

CHILDREN 11/12 YEARS OLD: Same as in the age category 9/10 years old

CHILDREN 13/14 YEARS OLD: Same as in the age category 9/10 years old.

It is necessary that in these categories the participants could study before the basic Katas and gradually the higher Katas.

The remaining scores from 2nd and 3rd rounds will be added up for the final result, but, unlike Cadets, Juniors, Seniors and Veterans, if the participants are 8 or less than 8 only one round (final) will be made.

CADETS, JUNIORS, SENIORS and VETERANS

a) First Round – Eliminary (Score: 5.0 – 7.0), with the 16 highest scoring competitors going through to the next round. The participant(s) must perform a scheduled Shitei or Sentei Kata (Yo Sen Kata) from the listed WKMO Kata. The choice must be announced in advance in order to be recorded on the official sheet. If there are less than sixteen entries to the first round, then that round can be omitted, therefore the event becomes a two round event.

In the Eliminary the starting number is determined by a draw.

b) Second Round – Semifinal (Score: 6.0 – 8.0): from the 16 competitors, 8 will go through to the final. The participant(s) must perform a scheduled Shitei, Sentei (Yo Sen Kata) or Tokui Kata (Yo Sen Kata or Kessho Sen Kata) from the listed WKMO Kata. Participants

may not repeat the same Kata performed in the previous round. The choice must be announced in order to be recorded on the official sheet.

In the Semifinal the first one called is the athlete with the lowest score obtained in the Eliminary; the last one called is the athlete with the highest score obtained in the Eliminary

c) Third Round – Final (Score: 7.0 – 9.0): The participant(s) can perform his/their Shitei, Sentei (Yo Sen Kata) or Tokui Kata (Yo Sen Kata or Kessho Sen Kata) from the listed WKMO Kata. The Kata in the Final must be different from the Kata performed in the 1st and 2nd Round. The choice must be announced in advance in order to be recorded on the official sheet.

In the final the starting number is determined by a draw.

d) In the event of a tie in the 1st or 2nd round, to define the place on the list for the next round, the minimum score from the remaining 3 scores will be added to the total for that round. If the tie persists, the maximum score from the remaining 3 scores is added for the total scores for that round. In case of a continuing tie, the contestants must perform a further Kata which was not performed by the competitors in this round. If there is still no winner, a decision must be taken by the Panel of Judges (based on the last Kata performed).

e) The remaining scores from 2nd and 3rd rounds will be added up for the final result. In the event of a tie, the contestants must perform a further Kata which was not performed by the competitors in the last 3rd round. If the tie persist the minimum score from the remaining 3 scores will be added to the total. In case of a continuing tie, the maximum score from the remaining 3 scores is added to the total. If there is still no winner, a decision must be taken by the Panel of Judges (based on the last Kata performed).

#### ARTICLE 5: Criteria for decision

In a Kata Match, each performance will not be deemed simply good or bad, but judged according in the essential elements of each basis of judgement based on two different criteria:

1) Basic performance

The following basic points must appear in each performance of a Kata:

- a) Kata sequence.
- b) Control of power.
- c) Control of tension and contraction.
- d) Control of speed and rhythm.
- e) Direction of movements.
- f) Understanding Kata technique.
- g) Show proper understanding of the Kata Bunkai.
- h) Ceremony.
- i) Embusen.
- j) Vision.
- k) Stances.
- l) Coordination.

- m) Stability and balance.
- n) Perfection.
- o) Harmony.
- p) Pauses.
- q) Kiai.
- r) Breathing.
- s) Concentration.
- t) Spirit.

2) Advanced performance. Judges will note the specific important points and the degree of difficulty of the performed Kata.

Judgement will be based on:

- a) The mastery of techniques by the contestant.
- b) The degree of difficulty and risk in the performance of the Kata.
- c) The budo attitude of the contestant.

#### ARTICLE 6: Minus points and disqualification

1) Minus points. Points will be deducted in these cases:

- a) For a momentary hesitation in the smooth performance of the Kata quickly remedied, 0.1 should be deducted from the final score.
- b) For a momentary but a discernible pause, 0.2 points should be deducted.
- c) For a momentary slight imbalance, and quickly remedied, 0.1 .0.2 points should be deducted.

3) Disqualification:

- a) If the contestant performs the wrong Kata.
- b) If the Kata is varied.
- c) If the contestant stops the Kata.
- d) If the contestant loses balance completely and/or falls.
- e) If the contestant doesn't perform a Kata of its style.

#### ARTICLE 7: WKMO KATA LIST

WKMO allows all styles to perform Annan as Tokui kata. It is not permitted in the Children category.

YO SEN Kata:  
(Kata for the first round)

KESSHO SEN Kata:  
(Kata for semifinal & final)

SHITO RYU	
<b>Shitei:</b>	Jion
Pinan 1,2,3,4,5	Kosukan Sho
Saifa	Suparimpei
Myojio	Sanseiru
Aoyagi	Chatanyara no Kushanku

<b>Sentei:</b>	Shisocin
Tomari no Wanshu	Matsumura no Bassai
Matsumura no Rohai	Tomari Bassai
Jyuroku	Niseishi
Bassai Dai	Chinto
Kosukun Dai	Nipaipo
Wanshu	Seipai
Annanko	Seisan
Seienchin	Socin (Aragaki ha)
Mutsukaze	Gojushiho
Jiin	Unshu
	Pashu
	Heiku
	Paiku
	Kururunfa
Anan	

In Shito Ryu Children category: katas not allowed are Chatanyara no Kusanku, Anan, Unshu, Suparimpei and Gojushiho

SHOTOKAN	
<b>Shitei:</b>	Tekki Nidan
Heian 1, 2, 3, 4, 5	Tekki Sandan
Tekki Shodan	Bassai Sho
<b>Sentei:</b>	Kanku Sho
Bassai Dai	Sochin
Enpi	Nijushiho
Kanku Dai	Chinte
Jion	Meikyo
Jitte	Jiin
Hangetsu	Gojushiho Sho
	Gojushiho Dai
	Wankan
	Gankaku
	Unsu
Anan	

Children category: among the Shitei kata, the kata Taikyoku is also permitted; Katas not allowed are Anan, Unsu, Gojushiho Sho and Gojushiho Dai

GOJU RYU	
Shitei:	Seisan
Taikyoku Jodan/Chudan/Gedan	Kururunfa
Taikyoku Kake Uke Ichi – Taikyoku Kake Uke Ni	Suparinpei
Taikyoku Mawashi Uke Ichi – Taikyoku Mawashi Uke Ni	
Gekisai Dai Ichi – Gekisai Dai Ni	
Ansei Dai Ichi – Ansei Dai Ni – Ansei Dai San	
Saifa	
Seienchin	
<b>Sentei:</b>	
Shisochin	
Sanseiru	
Seipai	
Anan	

Children category: katas not allowed are Anan and Superimpei

WADO RYU	
<b>Shitei:</b>	Chinto
Pinan 1, 2, 3, 4, 5	Naihanchi
<b>Sentei:</b>	Rohai
Kushanku	Wanshu
Niseishi	Seishan
Jion	Unsu
Passai	Superinpei
Jitte	
Anan	

Children category: Katas not allowed are Anan, Unsu and Suparinpei

SANKUKAI	
<b>Shitei:</b>	Sanchin
Taikyoku 1, 2, 3	Seipai
Heiwa 1, 2, 3, 4, 5	Goju
<b>Sentei:</b>	Yon
Hiji No Kata	Hyakuhachi (Kururunfa)
Shinsei	Saifa
Matsukase	Kosokun Dai

Bassai Dai	
Jiin	
Annanko	
Seienchin	
Tensho	
Tajima	
Anan	

Children Category: Kata not allowed is Anan

SHOTOKAI	
<b>Shitei:</b>	Tekki Nidan
Heian 1, 2, 3, 4, 5	Tekki Sandan
Tekki Shodan	Bassai Sho
<b>Sentei:</b>	Kanku Sho
Bassai Dai	Hangetsu Den
Enpi	Nijushiho
Kanku Dai	Chinte
Jion	Meikyo
Hangetsu Dashi	Matsu Mara No Bassai
Jutte	Gankaku
	Jun
Anan	

Children Category: Kata not allowed is Anan

SHORIN RYU	
<b>Shitei:</b>	Naihanchi Nidan/Sandan
Pinan 1, 2, 3, 4, 5	
Naihanchi Shodan	Passai Dai
<b>Sentei:</b>	Kusanku Dai
Passai Sho	Seisan
Kusanku Sho	Wankan
Jion	Gojushiho
Chinto	Unsu
Jitte	
Anan	

Children Category: Kata not allowed is Anan, Gojushiho and Unsu

KYOKUSHINKAI	
<b>Shitei:</b>	Kanku Dai
Pinan 1, 2, 3, 4, 5	Gekisai Sho



<b>Sentei:</b>	Sushi Ho
Gekisai Dai	Garyu
Tsuki No Kata	Seipai
Yantsu	
Tensho	
Sanchin No Kata	
Saiha	
Seienchin	
Anan	

Children Category: Kata not allowed is Anan

MAKOTOKAI	
<b>Shitei:</b>	Ichimon
Taikyoku 1	Nyumon
Shoho 1, 2, 3, 4	Tsuku
<b>Sentei:</b>	Dainiho
Shoho 5, 6, 7, 8	Genten
Hangetsu	Tekki Sandan
Anan	

Children Category: Kata not allowed is Anan

NANBUDO	
<b>Shitei:</b>	Hiji No Kata
Taikyoku 1, 2, 3	Saifa
Nanbu 1, 2, 3	Seipai
Heiwa 1, 2, 3, 4, 5	Shinsei
<b>Sentei:</b>	Tensho
Nanbu Yondan	Samposho
Nanbu Godan	Shin Tajima
Ikkyoku	Sandokai
Annanko	Gojuion
Bassai Dai	
Haguja Hime	
Jiin	
Matsukase	
Kosokundai	
Seienchin	
Hyakuhachi	
Anan	

Children Category: Kata not allowed is Anan

# PART 2

## CONTACT KARATE

### Kumite

#### **ARTICLE 1: KUMITE AREA**

- 1 - The competition area must be flat and free of bumps.
- 2 - The competition area is a square, covered with tatami, the sides of which measuring eight meters (from the outside) with an additional two meters on each side, which identify the safety zone, and provided a security area that extends for two meters long each side. The entire area can be raised up to reach the height of one meter above floor level. The raised platform must have sides measuring at least 12 meters, to include the competition area and the safety area.
- 3 - A few meters from the center of the competition has drawn a line half a meter long for determine the position of the referee.
- 4 - After one and a half meters from the center of the competition are drawn two lines parallel, one meter long, perpendicular to the line arbitration, to determine the position of Athletes.
- 5 - Judges are sitting in a secure place, positioned at the four corners, each one has a red and white flag and a whistle.
- 6 - The Arbitrator is sitting behind the referee. He has a red flag and a whistle.
- 7 - The supervisor for points is sitting at the official table, between the scorekeeper and the timekeeper.

#### **ARTICLE 2: OFFICIAL DRESS**

Athletes and coaches must wear the official uniform as described below. The Referees Committee may remove any executive or athlete who does not respect this regulation.

##### **REFEREES**

- 1 - Referees and Judges must wear the official uniform designated by WKMO the uniform It must be worn at all tournaments and competitions.

##### **ATHLETES**

- 1 - Contestants must wear a Karate-gi without excessive markings, stripes or emblems. The emblem of the federation involved or the national flag of the respective country can be worn on the front of the jacket. In addition, on part back it can be affixed to an identification number issued by the Organizer Committee.
- 2 - The jacket once tight around the waist with the belt should fall on the flanks for a minimum length sufficient to cover them. The Female competitors may wearing a white T-shirt beneath the Karate jacket.

3 - The sleeves of the jacket must be long enough to cover the elbow, and should not be longer than the wrist crease. For safety it is not allowed to scroll the edges.

4 - Pants must be long enough to cover at least two-thirds of tibia, and for security they can not be rolled up.

5 - Contestants must keep their hair clean and cut to a length that does not obstruct the smooth running of the race. The Hachimaki (bandage around his head) is not allowed. If the referee believes that the hair of a competitor are too long and/or dirty, it can disqualify the participant from the meeting. In the meetings of the Kumite hair clips drives are prohibited, as are metal clips.

6 - Contestants must have fingernails and toenails short and do not wear metal objects, since they may hurt their opponents. The use of metal braces for the teeth must be approved by the Referee and the Official Doctor. The competitor It assumes full responsibility for any injury caused to him and to him.

7 - Depending on the category and type of race you need the full protection of type WKMO approved. The clerk of the course may give its approval in case of types different protection.

8 - Athletes must present themselves on the mat provided complete guards depending on the category (see attached invitation).

Each athlete must wear one belt. Guards must be white. The defaulters, if not will provide within two minutes, will be declared defeated.

9 - It is not allowed the use of glasses in kumite. The soft contact lenses may be used at the risk of the athlete.

10 - The use of bandages, cellulose wadding or supports after lesions must be authorized by the Referee will use the advice of the medical officer.

### **COACHES**

The coach, for the duration of the tournament, must wear a suit and is always recognizable thanks to an element of ID.

### **ARTICLE 3: ORGANISATION OF KARATE TOURNAMENTS**

1 - A Karate tournament may comprise a Kumite competition and Kata competition. The Kumite can be further divided into team match and/or individual. The Individual match can then be divided according to categories defined in cohorts of two years, each category is splitted by sex, weight and degree (kyu or dan). Beside to those categories for over 18 there is the Open category splitted by sex only.

2 - Athletes who participate in the Kumite competition must comply with the rules of the Contact Karate.

3 - No competitor may be replaced by another in an individual meeting.

4 - Competitors or teams who are not present at the time of the announcement are disqualified (KIKEN) from the respective category.

5 - The male and female teams are composed of three members and two reserves. The competitors are all members of the team, there are no fixed reserves.

6 - Before each match, each team must present to Judges desk an official form containing the names and fighting order of the team members. Both competitors and their fighting

order can be changed for each round provided the new fighting order is announced before; once notified, it can not be changed until the end of the round.

7 - A team will be disqualified if any of its members or its coach change the composition of the team or fighting order without giving written notification before the match.

#### **ARTICLE 4: GROUP OF ARBITRATION**

1 - For each match the arbitration group is composed by a Referee (SHUSHIN), two or four Judges (FUKUSHIN), and one Arbitrator (KANSA).

2 - Referees and Judges, where is possible, should be not of the same nationality of competitors. In national competitions Referee can't arbitrate athletes from same state/region, and similarly this rule applies to all competitions levels up to local ones, prevent a Referee to arbitrate athletes related by same provenience. In addition, for ensuring accurate completion of the match, shall be appointed timekeepers, announcers, recorders and score personnels.

#### **ARTICLE 5: DURATION OF THE FIGHTS**

The duration of match for national encounters is one and half minutes for athletes up to 14 years and two minutes for all others. For international encounters the duration is two minutes for athletes up to 14 years and three minutes for all others.

#### **ARTICLE 6: SCORING**

1. Scores are so marked:

IPPON	point final
WAZAARI	½ of point
YUKO	¼ of point
KOKA	⅛ of point

An **Ippon** or decisive technique, is awarded when a technique is performed basis of the following criteria within an area valid for scoring purposes:

- Good execution
- Sporting attitude
- Vigorous application (POWER)
- Awareness (ZANSHIN)
- Correct choice of time (TIMING)
- Jodan kicks not blocked and accused visibly
- In all categories up to 13 years jodan kicks even if not accused visibly
- Knockdown or projection of the opponent to the mat, followed by demonstration of a valid technique for scoring purposes.
- Clear demonstration that he had suffered a blow
- Opponent flee from combat (if one opponent turns back to the other)
- KO

**Wazaari** is assigned to:

- Geri Chudan well executed, not blocked or partially charged.
- Hits to the back, including neck.

- Combination of techniques, each valid for scoring purposes.
- Unbalance the opponent demonstrating the capability of a finalization.

**Yuko** is assigned when:

- Combination of valid hits but without a true effectiveness
- Voluntary throwing technique without finalization
- Allowed technique on the head visibly not accused

**Koka** is assigned to:

- any action that contains a partially execution of a technique that lead the opponent to loose the balance and fall.
- when the opponent loose the balance and fall after a technique.

2. The attacks are limited to the following areas:

- Head, Face, Neck - with kicks and knees

**Jodan knee techniques are only allowed from 2<sup>nd</sup> kumite category (16 years and older) and only with single hand crossed grasp**

- Abdomen - with kicks, punches, elbows, hands open in all positions
- Chest - with kicks, knees, fists, elbows, hands open in all positions
- Back - with kicks, knees, fists, elbows, hands open in all positions
- Side - with kicks, knees, fists, elbows, hands open in all positions
- Legs - with kicks, knees, fists, elbows, hands open in all positions

3. An effective technique performed at the very end moment, at the same time of the bell is considered valid. A technique, although effective but performed out an order to suspend or stop the match will not be considered valid and can be granted sanctions against the athlete who made it.

4. A technique even if valid and effective, but performed with both athletes out of the competition area don't count as a point. However, if the athlete is still inside the competition area while performig the techniqe the technique is valid.

5. Effective techniques even if valid for scoring purposes but performed simultaneously by both competitors, do not lead to the allocation of the point (AIUCHI).

### **OPEN CATEGORY**

In the category OPEN the following criteria apply:

- Ippon
- KO
- withdraw of one of the fighters.

Wazaari

- The impact is accused visibly.
- A throwing technique, executed controlling on the opponent demonstrating capability of finalization.

In case of a tie not resolved by the judges vote (HANTEI) there will be a prolongation (ENCHO-SEN) lasting two minutes in national competitions and three minutes in interational competitions.

**ARTICLE 7: CRITERIA FOR DECISION**

The winner is the athlete who has the greatest score at the end of the match; the outcome of the match may be decided by judges vote (HANTEI), or determined from the withdraw of one of the two contenders or to the imposition of a disqualification (HANSOKU or SHIKKAKU).

For assigning the vote, the judges have to consider of the following elements:

- The behavior, the fighting spirit and tenacity
- The superiority of tactics and techniques
- The number and quality of attempted assaults
- The presence of penalties

**ARTICLE 8: PROHIBITED BEHAVIOR**

There are two categories of prohibited behavior: category 1 and category 2.

**CATEGORY 1.**

<ul style="list-style-type: none"> <li>- Hand, Fist or Elbow techniques to the throat or face or head.</li> <li>- Attacks to the groin.</li> <li>- Knee techniques grasping with both hands or performed by athletes younger than 16 years</li> <li>- Hitting with head (head butt)</li> <li>- Choking techniques</li> </ul>	<p><b>Penalties:</b>  <b>from Keikoku to Shikkaku</b></p> <p><b>results in Wazari to the opponent or disqualification of perpetrator</b></p>
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**CATEGORY 2a.**

<ul style="list-style-type: none"> <li>- Repetitely exiting from competition area due to inability to manage the kumite (JOGAI).</li> <li>- Behaviors that jeopardize themselves, exposing to opponent, or behaviors characterized by inadequate protective measures (MUBOBI).</li> </ul>	<p><b>Penalties:</b>  <b>results in point assigned to the opponent , from Yuko to Wazari</b></p>
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## **CATEGORY 2b.**

<ul style="list-style-type: none"><li>- Disrespectful behaviour toward judges or opponent, etiquette violations, performed by the athlete or the coach or other member of his staff or supporters.</li><li>- Don't fulfill Referee or Judges orders</li><li>- Grasp the head, head guard or chest guard</li><li>- Grasp the opponent or his jacket and keep it more than 3 seconds</li><li>- Grasp the jacket for yank or shove</li><li>- Grasp and repetitely pull for hitting with knee techniques</li><li>- Yank or shove without performing an actual technique</li></ul>	<p><b>Penalties:</b> <b>from Chui (Chukoku) to Keikoku</b></p> <p><b>after the first Chui results in point assigned to opponent, from Yuko to Wazaari</b></p>
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## **ARTICLE 9: PENALTIES**

- **CHUKOKU/CHUI:** a reprimand that may be imposed in case of minors infringements. The first Chui don't results in a point penalty. The second Chui results in a Yuko attribution to the opponent's score.
  - **KEIKOKU:** this penalty results in the addition of a Wazaari to the opponent's score. KEIKOKU is imposed for minor infractions that same match have already been punished with a warning or for infractions not sufficiently serious to merit HANSOKU. Two KEIKOKU determine the immediate defeat.
  - **HANSOKU:** this penalty is imposed as a result of serious violation, it determines the disqualification of the athlete.
  - **SHIKKAKU:** disqualification from the whole tournament. The Referee Commission must be consulted before to impose a SHIKKAKU. SHIKKAKU can be imposed when a competitor does not obey the orders of the Referee, acts maliciously, or commits an act which harms the prestige and honor of Karate-do, or when other actions are considered to violate the rules and spirit of the tournament
- NOTE:** In the case of a score tie at the end of the match, the origin of scores from penalties or from techniques don't effect their value and the winner will be determined by judges vote (**HANTEI**)

## **ARTICLE 10: INJURIES AND ACCIDENTS DURING THE COMPETITION**

- The **KIKEN** is declared if an athlete don't show up when called, or surrenders or leave the match by referee command
- When an athlete is injured, the Referee will immediately stop the match and call Doctor. The doctor is the only one authorized to make a diagnosis and treat the lesion.
- If both the athletes become injured and be declared unable to fight, the match ends and the winner is the athlete with the highest score or if a tie the winner will be decided by judges votation (**HANTEI**).

In team fights, the referee can assign the tie (HIKIWAKE). If the match is decisive the result It is determined by judges vote (HANTEI).

- If one athlete is injured and requires medical treatment the referee grants up to five minutes for providing the treatment. If the treatment requires more than five minutes the referee decide if grant more time or declare the athlete unable to fight.

- If an athlete is thrown down or knocked down and is not able to stand up in ten seconds the referee declares him unable to fight and is not allowed to fight again in the same competition.

The referee whistler signaling to the timekeeper the starting of countdown that ends when referee rise his arm

### **ARTICLE 11: OFFICIAL PROTESTS**

1 - No one may protest the assessment made by the Referee Committee.

2 - If it is believed that a Referee or Judge has violated the Rules, the President of the club/organization or the official representative is the only one that may express and present a protest.

3 - The protest must be in the form of a written report, to be presented immediately after the meeting during which the protest has matured.

4 - The protest must be submitted to the director of the competition. He shall review the circumstances that led to the decision. Once considered all facts available, prepare a report act will be brought to the President/Chairman of WKMO in order to take the appropriate actions.

### **ARTICLE 12: POWERS AND DUTIES**

#### **ARBITRATION COMMITTEE**

The powers and duties of the Referees Committee are as follows:

1 - Ensure proper preparation for each tournament in consultation with the Organizers about staging of the competition, the preparation and setup provision of all the necessary equipment, the operations of the tournament, to control, to security measures, etc...

2 - Designate and organize the controllers of the competition area for their respective areas, and take any necessary measures.

3 - Check and coordinate the work of the Judges and Referees.

4 - Appoint reserves of Referees and Judges in case they are needed.

5 - Proceed to the final judgment on matters of a technical nature which may arise during a match and that for which there is no indication in the rules.

6 - The Arbitration Commission reports directly to the Director of Competition which relates exclusively to the WKMO-Directing Committee.

#### **CONTROLLERS AND STAFF OFFICERS**

The powers and duties of the official Controllers are as follows:

1 - Check that all the parameters of competition and security are respected or put an immediate remedy.

2 - Ensure that the designated officials are able to perform all their tasks.

3 - Protect the competition participants on bad occurrence happening.



## **CHIEF REFEREE**

The duties of Referee-in-chief are :

- 1 - Coordinate the tatami, managing roles and shifts according to Competition Head dispositions.
- 2 - Watch over the legitimacy of procedures and activities of the arbitration committee
- 3 - Being the reference point for answers and requests
- 4 - Referring to the Competition Head for uncertain or unresolvable matters

## **REFEREE**

The powers of the referees are:

- 1 - The Referee ("SHUSHIN") lead the match, announce the start, suspension and end.
- 2 - Assign points.
- 3 - Explain to the Director of Competition, the Referee Commission, if necessary, the reasons which led it to make a judgment.
- 4 - To impose penalties and warnings, before, during or after a meeting.
- 5 - Obtain and consider the opinion / opinions of Judges.
- 6 - Announce extensions.
- 7 - To conduct voting of the Referee Panel (HANTEI) and announce the result.
- 8 - To announce the winner.
- 9 - The authority of the Referee is not confined to the competition area but also extends to its immediate perimeter.
- 10 - The referee give all commands and make all announcements.

## **JUDGES**

The powers of the Judges (FUKUSHIN) are:

- 1 - To assist the Referee signaling with flags.
- 2 - Exercise the right to vote on decisions.

Judges will observe closely the actions of the athletes and report their opinion to the Referee in the following cases:

- When a point is scored.
- When a contestant has committed a prohibited act and / or techniques prohibited.
- When they see that an athlete is injured or is ill.
- When both or one of the athletes left the match area (JOGAI).
- In other cases when it is necessary to draw the attention of the referee.

## **ARBITRATOR**

The Arbitrator (KANSA) assists the referee overseeing the match in progress.

If the decisions of the Referee and/or Judge does not conform to the rules of Competition, the Arbitrator will immediately raise the red flag and play the acoustic signal. The Director of Competition will ask the referee to stop the match and take care of the irregularity. The minutes of the meeting are officially verbalized and subject to the approval of the Arbitrator.

## **SCORE SUPERVISORS**

Supervisors score provide separately to record the points awarded by the referee, and at the same time they supervise the actions of the Timekeeper and designated Scorer.

NOTE: All components of the arbitration system described above relate directly with the Director of Competition, which has a duty to report continuously to the WKMO Directing Committee.

### **ARTICLE 13: STARTING, SUSPENSION AND TERMINATION OF THE COMPETITION**

1 - Expressions and gestures that have to be used by Referees and Judges during a match are ratified in their own refresher courses.

2 - The Referee and Judges stand as required, after the athletes bow, the Referee announces the begin of the match saying "KAMAETE" and then "HAJIME!".

3 - The Referee will stop the bout by announcing "Yame". If necessary, the Referee will command the athletes to resume their original positions (MOTO NO ICHI).

4 - The Referee returns to his position and the judges use the formal signs to give their evaluation. If a point is scored, the Referee assign it identifying the athlete (AKA or SHIRO), the hitted area (Jodan, Chudan or Gedan), and the technique (Tsuki, Empi, Hiza geri, or Geri) with the prescribed gesture, expressing and integrating the judges evaluations with his own. After the point assignment the Referee commands to resume the match using the same formula, "KAMAETE and HAJIME ".

5 - If adding all the points fractions, one of the athletes achieve the total score of one point (ippon), the referee ends the fight saying "Yame" and both athletes and Referee return to their initial positions. The Referee declares the winner by raising a hand on his/her side saying "AKA (or SHIRO) NO KACHI". Athletes bow and the match is over.

6 - If time expires without any have scored an ippon, the athlete with the highest score is declared the winner. The winner proclamation proceed as described above

7 - If, on expiry of the time, the score remains tied, or were not awarded points, the Referee calls the "Yame", returns to starting position, announces the "HIKIWAKE" and ask the judges evaluation by saying "HANTEI". The judges votes with addition of Referee's one determine the winner. If the tied is not resolved the Referee starts the ENCHO-SEN.

8 - In the following situations, the Referee will give the "Yame!" and temporarily suspends the match:

- When one or both contestants are outside the competition area;
- When the Referee orders the athlete to respect the rules for a correct DO GI or protection devices;
- When an athlete violates the rules;
- When the Referee considers that one or both contestants can not continue the fight due to injury, disease, or other causes. After hearing the opinion of Doctor, the referee will decide whether to resume the match or not;
- When an athlete grabs the opponent and does not perform an immediate technique, or a thrown within the following three seconds;
- When one or both contestants fall or are thrown and no technique is performed within the following three seconds;
- When athletes to the ground as a result of a fall or takedown begin to struggle;
- When a score or penalty is observed;

- When three judges give the same signal or score in favor of the same athlete;
- When prompted by the Director of Competition.

#### **ARTICLE 14: CATEGORIES OF KUMITE**

The years refers to the age the athlete has turned at the day of the competition

7th category 06 - 08 years

6th category 08 - 10 years

5th category 10 - 12 years

4th category 12 - 14 years

3rd category 14 – 16 years

2nd category 16 - 18 years

1st category 19 - 21 years

S category from 22 years on

Open category from 18 years on

All categories are divided into male and female, Dan and Kyu and splitted by weight divisions. In the Open category, there are no distinctions of rank and weight.

Each category has its specific weight subdivisions according to sex and age, refers to the Appendix VI table for specific informations. The weigh-in takes place in the presence of the Director of Competition or his delegate.

Categories 5th - 6th - 7th in Kumite are considered experimental.

The Competition Head, under approvement of WKMO Directing Commettee, can decide to change categories unifying the cohorts.

The category switch involving minors must be approved by parents or their legal delegates.

#### **ARTICLE 15: MANDATORY PROTECTIONS**

**Mitts:** Mitts must be covered with white smooth leather. The fingers must be uncovered. The maximum thickness is 2 cm.

**Gloves:** the gloves must be covered with white smooth leather. The thumb must be covered

**Shin-protectors:** Shin-protectors must include a not detachable foot protection (instep) must have an inner padding of at least 3cm, covered with white smooth leather. Hard plastic is forbidden.

**Groin-protectors:** Groin-protectors must be made of plastic or leather. Metallic material is not allowed. It must be worn under the Karate-Gi

**Breast-protectors:** Breast Guard must be white and must be worn under the Karate-Gi.

**Chest-protectors:** The Chest guard must be white, and must cover chest and the abdomen. The Chest guard must be without shoulder pads.

**Head-protectors:** the Head guard must be white and thick at least 4cm, the face must remain uncovered and no grids nor plastic visors are allowed.

**TABLE OF MANDATORY PROTECTIONS**

<b>MALE CATEGORY</b>	<b>CHEST GUARD</b>	<b>HEAD GUARD</b>	<b>MITTS</b>	<b>GLOVES</b>	<b>SHIN INSTEP GUARDS</b>	<b>MOUTH GUARD</b>	<b>GROIN GUARD</b>
<b>7</b>	X	X	X		X		X
<b>6</b>	X	X	X		X		X
<b>5</b>	X	X	X		X		X
<b>4</b>	X	X	X		X	X	X
<b>3</b>		X		X	X	X	X
<b>2</b>		X		X	X	X	X
<b>1</b>					X	X	X
<b>S</b>					X	X	X
<b>V</b>					X	X	X
<b>OPEN</b>							X

<b>FEMALE CATEGORY</b>	<b>CHEST GUARD</b>	<b>HEAD GUARD</b>	<b>MITTS</b>	<b>GLOVES</b>	<b>SHIN INSTEP GUARDS</b>	<b>MOUTH GUARD</b>	<b>BREAST GUARD</b>
<b>7</b>	X	X	X		X		
<b>6</b>	X	X	X		X		
<b>5</b>	X	X	X		X		
<b>4</b>	X	X	X		X	X	
<b>3</b>		X		X	X	X	X
<b>2</b>		X		X	X	X	X
<b>1</b>				X	X	X	X
<b>S</b>				X	X	X	X
<b>V</b>				X	X	X	X
<b>OPEN</b>				X			X

Referee and Judges are responsible for the safety of all the athletes until they come of age. Each protection gear that differs from the standard must be approved by Referee Commission before the competition begins.

In case of special protector needings, before the competition begins, the athlete must provide a medical certificate that states the necessity.

**ARTICLE 16: MODIFICATIONS**

Only the Technical Director or the Technical Commission of the Karate Contact, subject to the approval of the WKMO Directing Committee may amend this Regulation.

**APPENDIX VI:**

**CONTACT KARATE MALE CATEGORIES**

YEARS		KATA MALE	KUMITE MALE						
6 - 7 YEARS	KYU	7M	7KSM-20 kg	7KSM-25 kg	7KSM+25 Kg				
8 - 9 YEARS	KYU	6M	6KSM-25 kg	6KSM-30 Kg	6KSM+30 Kg				
10 - 11 YEARS	KYU	5M	5KSM-35 Kg	5KSM-40 Kg	5KSM-45 Kg	5KSM-50 Kg	5KSM-55 Kg	5KSM+55 Kg	
12 - 13 YEARS	KYU	4M	4KM-35 Kg	4KM-40 Kg	4KM-45 Kg	4KM-50 Kg	4KM-55 Kg	4KM+55 Kg	
	DAN	4DM	4DKM-35 Kg	4DKM-40 Kg	4DKM-45 Kg	4DKM-50 Kg	4DKM-55 Kg	4DKM+55 Kg	
14 -15 YEARS	KYU	3M	3KM-55 Kg	3KM-60 Kg	3KM-65 Kg	3KM-70 Kg	3KM-75 Kg	3KM+75 Kg	
	DAN	3DM	3DKM-55 Kg	3DKM-60 Kg	3DKM-65 Kg	3DKM-70 Kg	3DKM-75 Kg	3DKM+75 Kg	
16 -17 YEARS	KYU	2M	2KM-60 Kg	2KM-65 Kg	2KM-70 Kg	2KM-75 Kg	2KM+75 Kg		
	DAN	2DM	2DKM-60 Kg	2DKM-65 Kg	2DKM-70 Kg	2DKM-75 Kg	2DKM+75 Kg		
18 -21 YEARS	KYU	1M	1KM-60 Kg	1KM-70 Kg	1KM-80 Kg	1KM-90 Kg	1KM-100 Kg	1KM+100 Kg	
	DAN	1DM	1KDM-60 Kg	1KDM-70 Kg	1KDM-80 Kg	1KDM-90 Kg	1KDM-100 Kg	1KDM+100 Kg	
22 -35 YEARS	KYU	SM	SKM-60 Kg	SKM-70 Kg	SKM-80 Kg	SKM-90 Kg	SKM-100 Kg	SKM+100 Kg	
	DAN	SDM	SKDM-60 Kg	SKDM-70 Kg	SKDM-80 Kg	SKDM-90 Kg	SKDM-100 Kg	SKDM+100 Kg	
+35 YEARS	KYU	VM	VKM-60 Kg	VKM-70 Kg	VKM-80 Kg	VKM-90 Kg	VKM-100 Kg	VKM+100 Kg	
	DAN	VDM	VKDM-60 Kg	VKDM-70 Kg	VKDM-80 Kg	VKDM-90 Kg	VKDM-100 Kg	VKDM+100 Kg	
+ 18 YEARS	/		OPEN M	No weight divisions					

## CONTACT KARATE FEMALE CATEGORIES

YEARS		KATA FEMALE	KUMITE FEMALE				
6 - 7 YEARS	KYU	7F	7KSF-20 kg	7KSF-25 kg	7KSF+25 Kg		
8 - 9 YEARS	KYU	6F	6KSF-25 kg	6KSF-30 Kg	6KSF+30 Kg		
10 - 11 YEARS	KYU	5F	5KSF-30 Kg	5KSF-35 Kg	5KSF-40 Kg	5KSF+40 Kg	
12 - 13 YEARS	KYU	4F	4KF-40 Kg	4KF-45 Kg	4KF-50 Kg	4KF+50 kg	
	DAN	4DF	4DKF-40 Kg	4DKF-45 Kg	4DKF-50 Kg	4DKF+50 kg	
14 - 15 YEARS	KYU	3F	3KF-45 Kg	3KF-50 Kg	3KF-55 Kg	3KF+55 Kg	
	DAN	3DF	3DKF-45 Kg	3DKF-50 Kg	3DKF-55 Kg	3DKF+55 Kg	
16 - 17 YEARS	KYU	2F	2KF-50 Kg	2KF-55 Kg	2KF-60 Kg	2KF+60 Kg	
	DAN	2DF	2DKF-50 Kg	2DKF-55 Kg	2DKF-60 Kg	2DKF+60 Kg	
18 - 21 YEARS	KYU	1F	1KF-50 Kg	1KF-60 Kg	1KF-70 Kg	1KF+80 Kg	
	DAN	1DF	1DKF-50 Kg	1DKF-60 Kg	1DKF-70 Kg	1DKF+80 Kg	
22 - 35 YEARS	KYU	SF	SKF-50 Kg	SKF-60 Kg	SKF-70 Kg	SKF-80 Kg	SKF+90 Kg
	DAN	SDF	SDKF-50 Kg	SDKF-60 Kg	SDKF-70 Kg	SDKF-80 Kg	SDKF+90 Kg
+35 YEARS	KYU	VF	VKF-50 Kg	VKF-60 Kg	VKF-70 Kg	VKF-80 Kg	VKF+90 Kg
	DAN	VDF	VDKF-50 Kg	VDKF-60 Kg	VDKF-70 Kg	VDKF-80 Kg	VDKF+90 Kg
+ 18 YEARS	/		OPEN F	No weight divisions			