



KARATE

SPORT KUMITE RULES

Competition area and safety margin

The area for the *kumite* competitions is a square space covered with a mat (*tatami*); its side (measured on the outside) is 6 metres; 2 additional metres on each side go to make up the safety margin. The safety margin will be red and the competition area will be green; it is also possible to choose the blue colour for the safety margin and the red colour for the competition area. As an exception, the safety margin can be absent.

Two judges and one referee are provided for a match. The judges sit in the safety margin. The position of the referee is indicated by a line (about 50 cm long) two metres away from the center of the square. The competitors, immediately before the beginning of the match and after every break, stay on two lines (about 50 cm long) 1.5 metres away from the centre of the competition area and perpendicular to the referee line. Each judge keeps in his/her right hand a small *red* flag (*aka*) and in his/her left hand a small *blue* flag (*aho*).

Official clothing

The referees have to wear the WMKF official uniform.

The athletes have to wear a white karate suit (*karate-gi*), to which it is possible to affix the logo of the sport society they belong to; it is also allowed to affix to the *karate-gi* up to three sponsors' logotypes (max 10x10 cm each). The *gi* jacket covers the flanks of the athlete, but does not exceed the upper $\frac{3}{4}$ of the thigh. Each *gi* sleeve covers at least half of the forearm of the athlete but does not exceed the wrist fold. The trousers of the *gi* cover at least the upper $\frac{2}{3}$ of the shinbone.

Women have to wear a white T-shirt under the *gi* jacket.

One competitor has to wear a red (*aka*) belt and the other a blue (*aho*) belt.

Mandatory guards are the following: **headguard**, **gumshield**, **chest protector** (for ladies), **mitts**, **groinshield** (for men) and **shin foot pad**. All accessories have to be WMFK-approved.

The coach always has to wear tracksuit and trainers.

Organization of the competitions

There are two kinds of sport *kumite* competition: *individual* competitions and *team* competitions.

The individual competition is subdivided in weight and/or open categories and in belt categories.

In team competitions each team consists of three athletes aged at least 16. Team competitions are "open" ones, that is to say there are no weight or belt categories.

Committee of arbitration and match length

The committee of arbitration consists of a referee, two judges and a foreman of jury. A timekeeper and a speaker-scorekeeper will be sit at a work-table.

The length of a sport kumite match is 3 minutes for male senior athletes and 2 minutes for female and young athletes. The timer will be stopped at any pause of the match.

Score

A score is assigned to each valid technique: 3 points (*sanbon*), 2 points (*nihon*) or 1 point (*ippon*).

A technique is valid if it satisfies the following criteria:

- Proper form;
- Proper distance;
- Good execution force;
- Good execution speed;
- Awareness (*zanchin*);
- Correct behaviour.

Valid targets are: **head** (including face), **neck** (but not throat), **chest**, **abdomen**, **back** and **flanks**.

A 3 point score (*sanbon*) is assigned to:

- Kicks to the head (*jodan*);
- Falls or throws, followed by a valid technique.

A 2 point score (*nihon*) is assigned to:

- Medium level (*chudan*) kicks;
- Fists to the posterior body regions;
- Fist techniques combination (each blow is on target);
- The competitor who unbalances the opponent and then performs a valid technique.

A 1 point score (*ippon*) is assigned to:

- Medium (*chudan*) and high level (*jodan*) fists;
- Other striking techniques (*atemi waza*)

Victory of the match

The winner is the competitor who:

- During the match gets a score of eight points or more compared with the opponent's score;
- At the end of the match has got the highest score.

If the match finishes as a draw, then a one-minute *extra-time* is granted and the winner will be the competitor who gets the first point.

If the draw persists, the decision will be taken by the referee (referee's decision: *hantei*) according to the following criteria:

1. Behaviour, spirit and strength;
2. Quality of the techniques and the tactics;
3. Number of actions.

In a team competition, victory is assigned to the team that wins more matches; in a draw, the victory is assigned to the team with more points considering all the matches, the won and the lost ones.

Fouls

Fouls are divided into two categories: *category 1* and *category 2*.

Category 1 includes the fouls while performing striking techniques:

- *Over-contact* with regard to the hit body region;
- Blows to throat, arms, legs, groin, joints and ankle;
- Blows to the face with an open hand;
- Forbidden and/or dangerous throws that cause injuries to the opponent.

Category 2 includes all other fouls:

- To pretend to be damaged by an over-contact technique of the opponent;
- To go out repeatedly of the competition area (*jogai*);
- To avoid the fight, so that the opponent cannot get any points;
- To grab and try to throw the opponent before performing any real attack;
- To perform a throw technique with pin over the hip;
- To attack with the head, the elbows or the knees;
- To talk to or to provoke the opponent;
- To behave badly with the competition officers;
- To infringe any other obvious rule.

Penalties

- a. Chukoku (warning): for minor infractions; two warnings cause a one point penalty;

- b. Keikoku (1 point penalty); **one point** (*ippon*) is added at the opponent's score;
- c. Hansoku-chiu (2 point penalty); **two points** (*nihon*) are added at the opponent's score;
- d. Hansoku (match disqualification); it is assigned for serious transgressions or when hansoku-chui has already been assigned; it causes the competitor's disqualification from the match;
- e. Shikkaku (tournament disqualification): it is assigned for very serious transgressions by the whole committee of arbitration; it causes the competitor's disqualification from the tournament.

The penalties of category 1 and 2 cannot be accumulated.

Powers and duties of the referees

The Federal Supervisor has the following tasks:

- a. To be in charge of the practical organization of the tournament: competition area, equipping and facilities, safety measures, and so on;
- b. To appoint the people responsible of the match, to assign to each of them a specific zone in the competition area and to decide as regards their relationships;
- c. To oversee and coordinate in broad terms the activities of the referees;
- d. To go over every formal protest point by point and pass judgments on them;
- e. To express the final judgment on possible technical questions not provided in the official rules.

The Foremen of the Jury have the following tasks:

- a. To delegate, designate and supervise the referees and the judges;
- b. To verify the suitability and the behaviour of the referees.

The Referees have the following tasks:

- a. To lead the match announcing its beginning, its suspensions and its end;
- b. To assign points;
- c. To establish penalties and admonitions;
- d. To listen to and take into account the opinion of the judges;
- e. To announce the extra-times (extensions of the match time);
- f. To lead the voting of the referees and declare its result;
- g. To announce the winner;
- h. To give all commands and announcements.

The Judges have the following tasks:

- a. To give assistance to the referee, signaling their opinions with flags;
- b. To exercise their right to vote when a decision has to be taken;
- c. To give their opinion to the referee about points and penalties.