THE TRADITIONAL SHOTOKAN KARATE-DO FEDERATION OF AUSTRALIA

COMPETITION

RULES AND REGULATIONS

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CHAPTER 1 GENERAL

ARTICLE 1 BASE FOR RULES

In accordance with the Board of the Traditional Shotokan Karate-do Federation of Australia, the TSKFA Competition Rules and Regulations shall be stipulated.

ARTICLE 2 PHILOSOPHY

i. TSKF Karate competitions are an extension of dojo training and therefore be conducted in the true spirit of traditional karate-do.
ii. All competitors must respect and observe the correct etiquette toward officials, Judges and fellow competitors. They must attempt to compete with courage and honour and to uphold the principles of the Dojo Kun. These principles take preference over winning or losing.
iii. Judges must uphold the integrity and reputation of the officials. Judges are to be fair and impartial, giving their undivided attention to the match in order to make as fair and accurate decision as possible.

ARTICLE 3 ENFORCEMENT OF RULES

Unless stipulated otherwise, refereeing for all the following competitions shall be conducted in accordance with the rules hereof.

i. National Championships organised by TSKFA
ii. State Championships organised by TSKFA State Headquarters
iii. Regional Championships organised by TSKFA State Regional Headquarters
iv. District Championships organised by TSKFA State District Headquarters
v. Local competitions organised by TSKFA Dojos

ARTICLE 4 PROBLEMS OUTSIDE THE RULES AND REGULATIONS

In case of entertaining problems which are not sufficiently regulated in the present rules and regulations, they shall be dealt with, based on the Chief Judge's sanction.

CHAPTER 2 TOURNAMENT MANAGEMENT

ARTICLE 5 ORGANISATION OF THE CHAMPIONSHIPS OR COMPETITIONS

1. When holding the Championships or tournaments, the host organisation shall notify in advance its enforcement plan to all the participants and persons concerned.

2. In taking charge of the tournament, the following tournament staff and equipment necessary shall be stationed properly:

    - Timekeepers
    - Record keepers
    - Announcers
    - Tournament directors
    - Medical attendants

3. In taking charge of the tournament, the following staff shall be assigned:

    - Match adjudicators
    - Chief judge
    - Judges

ARTICLE 6 TOURNAMENT EQUIPMENT

1. Required equipment – Kata matches

    - Red and blue flags
    - Kata score card books
    - Kata selection cards
    - Red ribbons or belts
    - Standard kata score forms
    - Whistle (each Judge must have own)

2. Required equipment – Kumite matches

    - Red and blue flags
    - Red ribbons or belts
    - Standard kumite recording forms
    - Stop watch/timer
    - Bell or buzzer
    - Whistle (each Judge must have own)

ARTICLE 7 MATCH ADJUDICATOR

1. A match adjudicator shall be stationed at a "Kumite" match, or free-sparring match.

2. A match adjudicator shall be in charge of the following matters:

   (1) Whether the judges have suitable qualifications for the tournament, and whether the judges are fair in making decisions.
   (2) Whether the competitors have proper qualifications.
   (3) Whether the rules and regulations are adhered to in the match.

3. In the following cases, a match adjudicator shall promptly make proper actions to the problems caused by the judges, the timekeeper and the record keepers.

   (1) In case the rules and regulations have been violated, or in case unfair acts have been seen.
   (2) In case the coach concerned has made a protest or a question.

4. A match adjudicator, if necessary, can consult or demand an explanation to the judges or the person involved.

5. A match adjudicator is, under the regulations of qualifications, appointed among the qualified adjudicators by the Chief Judge.

ARTICLE 8 CHIEF JUDGE OF THE TOURNAMENT

1. The Chief Judge of the tournaments shall exercise general control of the tournament and seek the smooth and fair management of the tournament.

2. In the following cases, the Chief Judge must be in charge of giving proper instructions and making proper decisions:

   (1) In case the rules and regulations have been violated, or in case unfair acts have been seen.

   (2) In case the main judge concerned has asked for some advice.

   (3) In case of entertaining problems on the matter which is not provided in the rules and regulations.

   (4) In case of incidents or accidents

3. As occasion arises, the Chief Judge shall take the following actions for a person/persons involved in the match or in the tournament, after consultation with the present judges:

   (1) Giving special advice or instructions

   (2) Giving an admonition

   (3) Banishing from the tournament area

   (4) Disqualifying from the tournament

4. The Chief Judge shall decide the period and the range of application for the disqualified person, after consultation with the present judges.

5. The Chief Judge shall be qualified person and be appointed by the host organisation. As occasion demands, the host organisation shall also assign the Deputy Chief Judge.

6. In principle, the TSKFA's Chief Instructor shall take up the post as Chief Judge in the TSKFA National Championships.

ARTICLE 9 JUDGES

1. The judges shall call matches and give a decision on the matches.

2. The jurisdiction of the judges shall extend to the whole environment of the matches and the tournament.

3. Only judges shall give a decision on the match; no one shall overrule or reverse the decision and/or make a direct protest against the decision to the judges, provided that the same shall not apply to the case the power of the present match adjudicator has been put in action.

4. The main judge, in the match, shall take charge of the match, give a decision and pronounce the outcome of the match.

5. The corner judges, in the match, shall assist the main judge by indicating their own intention of decision.

6. The judges shall be entrusted among the judges licensed by TSKFA, based upon the Provision of Qualification and/or the guest judges approved by TSKFA.

7. Judges are prohibited from acting in the capacity of a coach; this is the responsibility of the appointed team coach.

ARTICLE 10 COMPETITORS

1. The competitors shall be current financial members of TSKFA or current members of the affiliated organisation approved by TSKFA (having shown proof of insurance at time of nomination).

2. Junior competitors in 3-1 Kyu Division shall wear chest guards, mouth guards and fighting mitts in all competitions. Senior competitors shall wear mouth guards, fighting mitts and chest guards (females only) in all competitions.

3. Age Divisions
    i. Adult competitors shall be no younger than 19 years and no older than 40 years of age as at the date of competition

    ii. Junior competitors shall be aged no older than 18 years of age as at the date of competition.

ARTICLE 11 COACHES

1. A coach can be present for his/her competitor during a match.

2. A coach shall be registered to the host organisation prior to the tournament.

3. A coach shall, only through a match adjudicator, make a protest or question against a ruling in a match.

4. A coach shall give directions to his/her competitor at the allotted place in a match.

4. A coach shall have both an instructor's qualification and judge's qualification issued by TSKFA or by the affiliated organisation approved by TSKFA.

ARTICLE 12 TIMEKEEPERS

A timekeeper shall clock the time of a match and notify the elapsed time to the main judge, following the prescribed procedure.

ARTICLE 13 RECORD KEEPERS

A record keeper shall make a record of the scores of a match and make the result of the match public. If necessary, he/she shall notify them to the main judge.

ARTICLE 14 ANNOUNCERS

1. The announcer will call the contestants to their appropriate position (aka/ao) and then direct the contestants throughout the match by announcing their name.

2. In Kata events, when the point system is used, the announcer will stand and announce the scores starting with the Centre Judge and continuing clockwise around the ring, pointing to each score as they announce it. In addition, the announcer shall receive the total points from the recorder and announce them.

3. After each event is finalised, the announcer, will announce the results of the match, commencing with announcing 3rd place, followed by 2nd place and finally 1st place. In the event of a semi-final, the announcer will announce which contestants will contest the final of the event later in the tournament.

4. Prior to the commencement of finals events, the announcer will announce the event, then introduce the Judges, commencing with the Centre Judge, followed by the other judges prior to introducing the finals competitors.

ARTICLE 15 TOURNAMENT DIRECTORS

A tournament director shall proceed matches acting in concert with the tournament officials in order to make the tournament go on smoothly.

ARTICLE 16 TOURNAMENT DOCTOR

The tournament medical attendants shall be responsible for all medical decisions that may be required during the course of an incident involving injury or sickness.

ARTICLE 17 MEDICAL ATTENDANTS

1. A first aid personnel shall deal with an injury and/or a sudden illness of the competitors and give first aid, in order to make the tournament a safe one.

ARTICLE 18 ATTIRE OF COMPETITORS AND TOURNAMENT STAFF

1. A competitor shall wear an all-white karate uniform correctly. If necessary, to distinguish between the competitors, he/she shall wear a red band as a marker around their waist to depict aka from ou.

2. A competitor shall put a competitor's mark or a number bib, which will be handed out beforehand, on the designated place on his/her uniform. (Only required for World Cup level Competition).

3. A competitor shall wear the prescribed safety outfit, unless specifically regulated.

4. A competitor shall wear nothing in addition aside from the aforementioned articles, unless the main judge or the chief judge determines otherwise.

5. A coach shall put an armband with the words “Coach” in English on the designated place of his/her clothing. . (Only required for World Cup level Competition).

6. The judges and the match adjudicator shall wear the prescribed attire enacted by TSKFA, and put on the official Judge’s badge (where applicable) on the designated place of his/her clothing.

7. The tournament staff shall wear their attire so that everyone in the tournament area can recognise them.

ARTICLE 19 COMPETITION AREA

1. The court area is 8 meters square, marked off by a 4-5 centimetre wide line. The outer edges of the line measure 8 meters. If mats are used, the boundary may be marked by mats with a different colour.

2. For a Kumite (free-sparring) match, the starting positions of the opponents are on the centre line, indicated by two parallel lines 1 meter long and 3 meters apart from each other. In general, when facing the Front or Shomen, the right line is red and the left line is blue.

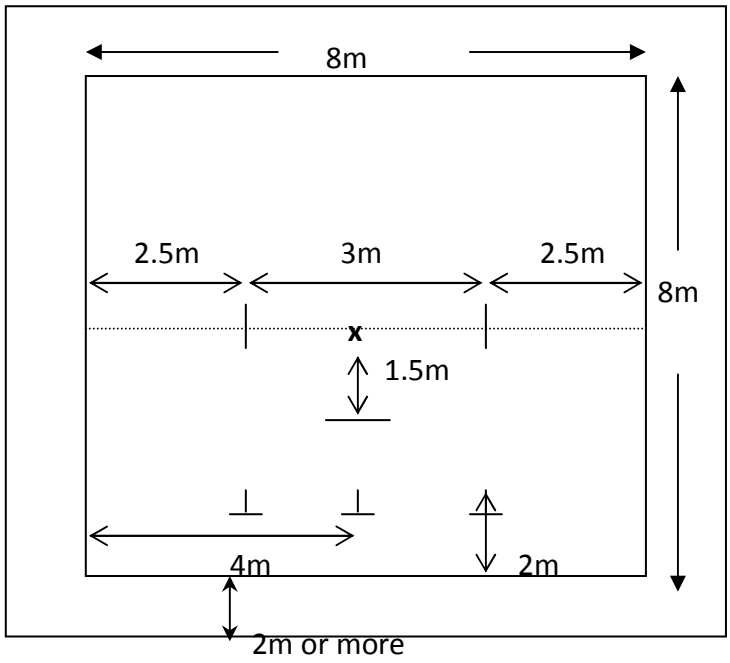
3. As for a Flag System Kata (Form) match, the start lines of the competitors are 2 meters behind the centre line, 3 meters apart in the shape of . The horizontal line is 70 centimetres and the vertical line is 35 centimetres long. The competitors face the front. As for a Point System Kata match, the start line shall be 2 meters behind the centre point of the court.

4. For safety reasons, a court shall not be raised more than 1 meter above the ground level and there shall be a 2 meter-wide safety area around the court.

5. The court’s surface shall be flat and smooth. It may be wood, resin, urethane mat, or tatami mats.

6. To indicate the position of the main judge, a 1 meter long line should be drawn 1.5 meters behind the centre point.

A rough Sketch of Tournament Area



ARTICLE 20 EVENTS OF THE TOURNAMENT

1. The events of the tournament shall be the following:

   (1) Kumite (Sparring) matches – individual and team

   (2) Kata (Form) matches – individual and team

2. It is possible to hold different events as well. The host organisation shall hold those matches different from the above-mentioned, if preferable.

CHAPTER 3 KUMITE (FREE-SPARRING) MATCHES

ARTICLE 21 RULES FOR THE MATCHES

1. In a Kumite match, 2 competitors shall enter the court and, within the prescribed time, perform various kinds of techniques freely against each other, and vie for superiority. There are two different styles in its scoring system.

   (1) “Ippon Shobu”: Within the prescribed time, the competitor who has scored one full point or two half points first is the winner.

   (2) “Sanbon Shobu”: Within the prescribed time, the competitor who has scored two full points with a combination of a full point and a half point first is the winner.

2. In a match, all techniques (punches, kicks, strikes) have to be correctly controlled. The distance of techniques should be close enough to make it effective. Direct strikes are prohibited.

ARTICLE 22 TEAM EVENTS

1. For team events, a team shall consist of an odd number of competitors.

2. As a general rule, all team members have to be present at the first round of the match. Later on, a team lacking a member/members may continue competing, but they all must have bouts in the registered order chronologically (moving up a position or two to fill any vacancies if necessary). Vacancies that cannot be filled will result in a forfeit of that particular bout/bouts.

3. The team has to register the order prior to the team competition in which the members will have bouts. Each individual matches will be held in that registered order, and the individual results will be added up and the team result will indicate the winning team.

4. Two kinds of team competitions are provided by rules as follows:

   (1) "Elimination Matches": Each team member has a bout once, the individual results of which are added up to for the team result. If the team result is a draw, the scores that the individuals have made in the match will be taken into account (order of value: Ippon, 2 half points, wins by judges' decision). If still a draw, a "Determining Match by Representatives", or "Daihyo Ketteisen" is held to decide a winner.

   (2) In the case of a "Determining Match by Representatives", each team chooses a representative who will have another bout. The "Determining Match by Representatives" shall continue until the team winner is decided. In this case, a team member that has competed before may compete, but not three times.

   (3) "Round Robin Elimination": The winner of the first match shall stay in the court and have a bout/bouts until he/she loses a match. The loser has to leave the court, and the next team member will step in. When all members of the team have lost, the team itself loses.

5. If mixed teams (males and females), suitable matching must be made of males against males only and females against females only.

6. Dojo Team Events must consist of members of that Dojo only. No mixing of Dojos to make up a team is permitted.

ARTICLE 23 SCORING POINTS

1. The target areas of attacks shall be defined as follows:

   (1) “Jodan”: head and neck area

   (2) “Chudan”: breast, belly, sides and back

2. The criteria for scoring a point shall be as follows:

   (1) Correct posture and attitude

   (2) Concentrated mind and spirit

   (3) Good distance and timing

   (4) Correct grasp of the target

   (5) Proper execution and power of the technique

3. To score an Ippon (Full Point), all of the criteria mentioned above have to be accomplished.

4. In the following cases, an Ippon can be scored, even if not of all the criteria mentioned above are accomplished.

   (1) “Deai”: attacking the opponent as he/she starts his/her and successfully evades the attack and simultaneously launches an effective counter strike.

   (2) Knocking the opponent off balance to execute an effective technique.

   (3) Attack combined with a take-down.

   (4) A consecutive series of attacks that all reach their target.

   (5) The opponent is defenceless due to loss of balance or position

5. A Waza Ari (Half Point) is scored for a proper technique that is close to an Ippon but not quite close enough.

6. Two Waza-Aris add up to an Ippon.

7. “Ai Uchi” (Attacking each other at the same time): Both competitors score at the same time with equally efficient attacks. In this case, both of their attacks will be cancelled out (No point is scored).

ARTICLE 24 JUDGING A MATCH

1. If neither of the two competitors reaches the full points of score within the prescribed time, each judge shall decide the outcome of the match. The decisions of the judges shall be added up to indicate the outcome of the match.

2. If both competitors get injured or for other reasons cannot continue the match, the judges shall declare the outcome of the match considering the points scored up to then.

3. Factors to judge a match shall be as follows:

   (1) Points scored.

   (2) “Hansoku Chui” (Warning) given.

   (3) ‘Jogai Chui” (Out of Bounds Warning) given.

   (4) Superiority of tactics and techniques displayed by the competitors.

   (5) Skill and strength of the techniques.

   (6) Fighting spirit shown by the competitors and “Keikoku” (Caution) given.

   (7) Dignity shown by the competitors in the match

   (8) Number of offensive attacks performed while the opponent also has the same opportunity to attack.

4. The corner judges and the main judge each individually shall decide the outcome of the match. Under majority rule, the winner of the match will be declared by the main judge.

5. If a winner cannot be decided, a “Hikiwake” (Draw) shall be declared.

ARTICLE 25 “SAI-SHIAI” (RE-MATCH) AND “SAI-SAI-SHIAI” (SECOND RE-MATCH)

1. In the case of a draw, the competitors shall have another match called “Sai shiai”. If the Sai shiai also ends up with a draw, a “Sai sai shiai” (Second Re-Match) has to be fought. However, the main judge may order that “Sai sai shiai” is held by the “First Score Wins” method. (The competitor that scores first is the winner.)

2. After the “Sai sai shiai” or the second re-match, the judges must determine a winner.

3. In the National Championships, the final match will have as many re-matches as needed in order to determine a winner.

ARTICLE 26 "HANSOKU" (VIOLATION OF THE RULES)

1. The following actions shall be prohibited:

   (1) Hitting the opponent

   (2) Biting or scratching the opponent

   (3) Grabbing and holding the opponent longer than necessary to perform a technique

   (4) Performing dangerous throws or joint holds

   (5) Wasting time by not attacking

   (6) Using provocative language and attitude, or verbally bantering with the opponent

   (7) Attacking after "Yame" (Stop) or "Jogai" (Out-of Bounds) is called

   (8) Attacking with a head butt

   (9) Attacking with a speared hand or nukite

   (10) Attacking the legs (especially the knee area) intending to injure

   (11) Attacking the groin area on purpose

2. In the case of the above, the following decisions shall be given.

   (1) In case of an obvious violation of the rules, "Hansoku Chui (Warning) shall be given. If a competitor receives "Hansoku Chui" twice in the same match, he/she shall be given 'Hansoku Make" (Defeat by Violation of the Rules) and the opponent shall be declared the winner.

   (2) If there is only a slight violation of the rules and opponent is not injured, "Keikoku" (Caution) shall be given. "Keikoku" does not affect the judge's decision, but a second "Keikoku" given in the same match shall either be "Hansoku Chui" or "Hansoku".

   (3) If there is a very serious violation of the rules or if the opponent is seriously injured because of it, "Hansoku" shall be given and the opponent shall be declared the winner.

3. Any competitor that has received “Hansoku” twice during the same tournament shall not be allowed to continue to compete in the tournament.

ARTICLE 27 “JOGAI” (OUT OF BOUNDS)

If a competitor touches the ground outside the borderline of the court with any part of his/her body, “Jogai Keikoku” (Out of Bounds Caution) shall be given. If that happens in the same match to the same competitor twice, “Jogai Chui” (Out of Bound Warning) shall be given, and if it happens three times, “Jogai Hansoku” (Out of Bound Defeat) shall be given and the opponent shall be declared the winner.

ARTICLE 28 “MUBOBI” (NOT DEFENDING)

1. In the following cases, “Mubobi Keikoku” (Caution for Not Defending), “Mubobi Chui” (Warning for Not Defending), and “Mubobi Hansoku” (Defeat by Not Defending) shall be given.

   (1) If a competitor gets hit because he/she plainly did not defend him/herself, the competitor shall receive the appropriate kind of ‘Mubobi” and the opponent the appropriate kind of “Hansoku”.

   (2) If the competitor clearly has no fighting spirit, punishment shall also be given.

2. Even if the competitor does not get hit, he/she shall be given “Mubobi Keikoku” (Caution for Not Defending) or “Mubobi Chui” (Warning for Not Defending) in case that the main judge thinks the situation is dangerous. Two “Mubobi Chui” shall add up to “Hansoku” (Defeat), and the opponent shall be declared the winner.

ARTICLE 29 “SHIKKAKU” (DISQUALIFICATION)

1. In the following cases, “Shikkaku” (Disqualification) shall be given, and the opponent shall be declared the winner.

   (1) No compliance to the main judge’s commands

   (2) Use of language against the spirit of Karate-do

   (3) Display of bad and disgraceful attitude against the spirit of Karate-do

   (4) If it is deemed inappropriate for the match to continue

2. Any competitor that has received “Shikkaku” (Disqualification) shall not be allowed to continue to compete in the same tournament. The Article 37-2-(1)/(2), however, shall not apply to the case.

3. If the judges give “Shikkaku” (Disqualification) to a competitor, they shall discuss the amount of disqualification and report their decision to the record keeper. The record keeper shall fill in the prescribed form and submit it to the Chief Judge.

4. If in a team event the team is found responsible for serious violations of the rules, the whole team shall be given ‘Shikkaku” (Disqualification) and their opponents shall be declared the winner.

ARTICLE 30 “KIKEN” (WITHDRAWAL)

1. If a competitor withdraws, the opponent shall be declared the winner.

2. If a competitor withdraws on purpose, he/she shall not compete in any of the following matches.

ARTICLE 31 INJURY

1. If a competitor gets injured during a match and cannot continue to compete, the judges shall discuss the issue to decide if “Kiken” (Withdrawal) should be given. If “Kiken” (withdrawal) is given, the opponent shall be declared the winner. If both opponents get injured and there was no violation of the rules (Hansoku), the judges shall stop the match and decide on the outcome of the match considering the points accumulated up to then.

2. If the tournament doctor concludes that a competitor cannot continue to compete, the match shall be stopped and “Kiken” (Withdrawal) shall be given. Whether or not the competitor is fit to compete in matches after that shall be entrusted to the tournament doctor. If the tournament doctor concludes that the competitor may continue to compete, he/she shall make notice to the Chief Judge.

ARTICLE 32 JUDGES AND MATCH ADJUDICATORS

For a Kumite match, the following officials shall be at their post:

(1) 1 match adjudicator

(2) 1 main judge

(3) 4 judges

ARTICLE 33 TIME LIMITS

1. The regular time for a match shall be 2, 3 or 5 minutes.

2. The time shall start when the main judge gives either the command of "Hajime" (Start) or "Tsuzukete Hajime" (Continue) or the starting whistle signal. The time shall stop at "Yame" (Stop), "Jogai" (Out of Bounds) or the next blow of the whistle. If a match is interrupted, the clock shall be stopped. When the prescribed time for the match has elapsed, the time keeper shall announce "Jikane desu" or "Time up" to the main judge or ring the bell twice and the match shall be finished.

ARTICLE 34 MATCH OPERATIONS

1. At the beginning of the event, the main judge shall call the competitors to line up, and say "Shomen ni Rei" (bow to the Front) and then "Otagai ni Rei" (bow to each other)

2. The competitors shall stand on their designated starting positions. When the main judge says "Hajime" (Start) or gives the whistle signal of "Hajime", they shall start to have a bout.

3. At the end of the event, the main judge shall call the competitors to line up and say "Otagai ni Rei" (bow to each other) and then "Shomen ni Rei" (bow to the Front).

4. At the command of 'Yame" (Stop) or "Jogai" (Out of Bounds) the competitors shall stop fighting immediately, return to their starting positions and wait for the next command by the main judge.

5. In the following cases, the main judge shall call "Yame" (Stop) or "Jogai" (Out of Bounds) and interrupt or stop the match.

   (1) If an Ippon or Waza Ari is acknowledged.

   (2) To make the competitors fix their uniforms or give them advice.

   (3) Violation of the Rules (Hansoku).

   (4) Injury or accident.

   (5) If the match adjudicator gives the order of interrupting the match.

   (6) If a judge on the court expresses his/her judgement and the main judge considers it necessary to accept.

(7) If the situation of the match is considered dangerous.

(8) If any body part of a competitor touches the ground outside the borderline of the court.

(9) When the prescribed time for a match has expired.

6. If the judges notice any of the matters mentioned above during a match, they shall immediately express this with their whistles or flags.

7. If necessary, the main judge shall summon the judges for discussion or advice at any time. Such conferences shall be held in front of the match adjudicator. If the judges' opinions diverge, the main judge shall decide the matter based on the majority opinion of the judges and declare the final decision.

8. At the command of "Tsuzukete Hajime" (Continue), the match shall resume.

9. If a competitor has any kind of injury, accident or outbreak of a disease that the main judge cannot recognise, the competitor may ask for a time out to the main judge. The match, however, shall continue until the main judge calls "Yame" (Stop).

10. When the main judge says "Hantei" (Judgement) or gives the appropriate whistle signal for "Hantei", all of the judges shall express their judgements with flags.

11. The main judge shall announce the result of the decisions by the judges including his/her own to the competitors.

12. The timekeeper shall monitor with a stopwatch the elapsing time during a match and inform the main judge 30 seconds before the prescribed time of the match expires and at the expiration of the prescribed time. The bell signals are as follows:

(1) 30 seconds left: one ring of the bell

(2) The end of the match: two rings of the bell

13. The record keepers shall keep records of all the results of the matches correctly using the official form.

CHAPTER 4 KATA (FORM) MATCHES

ARTICLE 35 GUIDELINES FOR KATA MATCHES

1. In a Kata match, a Kata (Form) shall be performed inside a court. The judges shall give their judgements and the main judge shall declare a winner. The types of Kata matches are as follows:

   (1) Flag System: Two competitors shall perform the same Kata indicated by the main judge, and the judgements by the judges shall be indicated by a white or blue flag.

   (2) Point System: One competitor at a time shall perform a Kata and each judge shall give points on the performance of the competitor. The points shall be added up for a total score and a winner shall be declared.

   (3) Team Kata: Three competitors shall perform the same Kata. They may freely choose their starting positions inside the court, but all three shall start the Kata facing Shomen (the Front). The team shall be given a total score according to the Point System.

2. Each competitor/team shall choose a Kata from the following list of Katas and perform it as the TSKFA Technical Board has established.
   The list of Kata:
   Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Tekki Nidan, Tekki Sandan, Bassai Dai, Bassai Sho, Kanku Dai, Kanku Sho, Enpi, Jion, Chinte, Unsu, Meikyo, Wankan, Jitte, Gankaku, Hangetsu, Sochin, Nijushiho, Gojushiho Dai, and Gojushiho Sho.

3. The classification of Katas matches is as follows:

   (1) Match by “Shitei Kata” (Designated Kata): The main judge shall choose at random one of the Katas mentioned below for the competitors to perform. The Flag System shall be used in this match.
   [Notice] The list of Shitei Kata (Designated Kata): Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, and Tekki Shodan

   (2) Match by “Sentei Kata” (Selected Kata): The main judge shall choose at random one of the Katas mentioned below for the competitors to perform. The flag system shall be used in the match.
   [Notice] The list of “Sentei Kata” (Selected Kata): Bassai Dai, Kanku Dai, Enpi, Jion.

(3) Match by “Sentei Kata” (Selected Kata) in the Point System: The competitor shall choose one of the “Sentei Katas” mentioned above and perform it. The Point System shall be used in the match.

(4) Match by “Tokui Kata” (Favourite Kata): The competitor shall freely choose a Kata from the list given beforehand, excluding the “Shitei Kata” (Designated Kata) to perform. The Point System shall be used in the match.

ARTICLE 36 JUDGES

The following judges shall be necessary for the Kata match.

(1) 1 main judge

(2) Judges:4 for the Flag System matches
6 or 4 for the Point System matches

ARTICLE 37 JUDGEMENTS

1. Factors for judging a Katas match are as follows:

(1) Correct sequence of the Kata and accuracy of the techniques

(2) Three performance essentials of Kata:

Contrast in power (Concentration and relaxation of power)
Contraction and expansion of the body
Contrast in speed (fast and slow performance of the techniques)

(3) Accuracy of the direction of the techniques and smoothness of shifting leg movement.

(4) Comprehension of the meaning of the techniques in the Kata.

(5) Overall performance and demonstration of the technical characteristics of the Kata.

(6) Correct head and eye movement.

(7) Power and accurate performance of the basic techniques.

(8) Fighting spirit.

(9) Sufficient performance of “Kamae” (Stance and Posture) and “Zanshin” (Concentration of mind)

(10) Attitude and behaviour.

(11) Accuracy of returning to the starting position.

(12) Accurate employment of the body parts used for attacking and blocking.

(13) Accuracy and targeting of a technique.

(14) No intentional and exaggerated movements.

(15) Control of the flow of the movements of the Kata

(16) Synchronisation of performance in the Team Kata.

2. For the Point System, 10 shall be the highest score. Points shall be deducted by increments of 0.1. All judges including the main judge shall decide and indicate their scores. The highest and the lowest shall be dropped and the rest added up for the total score.

ARTICLE 38 POINT DEDUCTION AND DISQUALIFICATION

1. Points shall be deducted in the following cases:

(1) The competitor makes a mistake, but continues smoothly.

(2) The competitor pauses for no apparent reason, but continues afterwards.

2. The competitor shall be disqualified in the following cases:

(1) The competitor does not finish the Kata.

(2) The competitor does a Kata different to the one he/she has announced.

(3) The competitor uses profane verbal or body language.

(4) As a general rule, competitors that have been disqualified in the Kumite match shall not be allowed to compete in the Kata match as well.

ARTICLE 39 "SAI-SHIAI" (SECOND MATCH) IN THE KATA MATCH

1. If there is a draw in a Flag System match, the main judge shall select another Kata to be performed by the competitors.

2. If there is a draw in a Point System match, the competitors shall perform the same Kata again. If still a draw, the lowest point (that was not included in the total score) shall be added. If all the same a draw, the highest point (that was not included in the total score) shall be added as well. If furthermore still a draw, the competitors shall perform a different Kata and get new scores.

ARTICLE 40 TOURNAMENT OPERATIONS

1. In the case of a "Shitei Kata" (Designated Kata) match, the match shall be held according to the Flag System. The main judge shall randomly choose a Kata with the help of the Kata cards and announce its name to the competitors who shall repeat the name of the Kata. The competitors shall start at the command of "Hajime" (Start) or the appropriate whistle signal given by the main judge.

2. In the case of a "Tokui Kata" (Favourite Kata) match, the match shall be held according to the Point System. Each competitor shall choose a starting position in the court and loudly announce the name of the Kata he/she wants to perform. The main judge shall repeat it and the competitor shall start his/her performance at will. (There are no other commands)

3. In the case of a "Sentei Kata" (Selected Kata) match, one of the above two systems shall be chosen by the host organisation.

4. After finishing the Kata, the competitor shall return to the starting position and wait for the judges' decision.

5. In the following cases, the main judge shall summon the corner judges for a conference. If the judges' opinions diverge, the main judge shall decide on the matter based on the majority opinion of the judges.

    (1) The competitor makes a mistake or sets actions punishable with "Hansoku" (Violation of the Rules).

    (2) The competitor gets injured or another accident happens.

    (3) Problems concerning the score arise.

    (4) A judge signals to the main judge that he/she has a question or has noticed a mistake.

6. If a judge notices any of the matters above, he/she shall signals to the main judge by using the whistle signal.

7. The record keeper shall write down the name of the Kata the competitor will perform on the official form.

8. In Flag System matches, all judges raise their flags to indicate their decisions when the main judge gives the command of “Hantei” (Judgement) or the whistle signal of “Hantei” (Judgement) is given.

9. In Point System matches, all judges shall raise their scorecards and indicate their scoring when the main judge gives the command of “Hantei” (Judgement) or the whistle signal of “Hantei” (Judgement) is given.

10. One of the record keepers shall read out the points, beginning from the main judge in a clockwise direction in a loud voice. Another record keeper shall note down the points on the official form and calculate the total score according to the regulated procedure.

11. The record keeper shall announce the final score in a loud voice and the main judge shall repeat it. The main judge shall then use whistle command to indicate to the judges to lower their scorecards.

12. The competitor(s) shall leave the court after the judges’ decision has been announced.

CHAPTER 5 KIHON IPPON KUMITE TOURNAMENTS

ARTICLE 41 START OF THE MATCH

1. The competitors called shall step forward to their starting positions and bow to each other.

2. At the main judge’s command of “Hajime” (Start) or “Aka Kara Hajime” (Red, start), Aka begins to attack according to the prescribed order of attacks. Then, the attacks alternate between each side.

ARTICLE 42 TECHNIQUES OF ATTACK

1. “Jodan Oi Zuki” (Step-in punch to the face) – straight punch to the middle of the chin or just below the nose.

2. “Chudan Oi Zuki” (Step-in punch to the stomach) – straight punch to the solar plexus

3. “Chudan Mae Geri” (Front kick) – Front kick to the solar plexus by a back leg
Notice: Above attacks shall be performed with the right arm and the right leg. In the case of a draw, the same attacks shall be performed with the left arm and the left leg.

4. The attacker shall have the appropriate distance to the opponent, step back doing “Gedan Barai” (Downward Block), look at the opponent, clearly announce the name of the attack that he/she is going to perform (”Jodan”, “Chudan”, or “Mae Geri”) and then attack. In executing a Mae Geri or front kick, the attacker’s both arms shall be extended and kept on each side of the body.

5. After each attack and defence, the attacker shall move his/her front leg back and the defender shall move his/her rear leg forward to “Shizentai” (Natural Stance).
Notice: If the distance between the competitors is not appropriate, the main judge shall direct the competitors to adjust their stances to the proper distance. (The judges may command it.)

ARTICLE 43 TECHNIQUES OF DEFENCE

1. The defender shall use the appropriate block.

2. The counterattack shall be a single technique concentrated in the chudan area.

ARTICLE 44 OPERATIONS

1. Each attack and defence shall be performed only once. No competitor shall be allowed to redo a single attack or defence.

2. A competitor shall give only one “Kiai” (Yelling in a loud Voice) simultaneously with their technique.

ARTICLE 45 JUDGEMENT

1. The main judge and four judges shall decide a winner.

2. In the case of a draw, the same attacks shall be performed with the left arm and left leg and a decision to declare a winner must be reached.

ARTICLE 46 PROHIBITIONS AND POINTS OF ATTENTION

1. Techniques Of Attack

(1) It shall be prohibited to do a feint and cause the defender to move and then attack.

(2) Attacks that intend to hit the defender with any part of the body shall be prohibited. When attacking, the attacking competitor shall be forbidden to take more than one regular step forward to attack. If seeing the attacking competitor with exaggerated movement, the main judge shall correct it immediately. (Any judge may give advice). This foul movement affects the judgement.

(3) The attack shall be correctly performed straight to the opponent in "Shizentai" (Natural Stance) and to the respective target area. The attacker shall not anticipate the movement of the defender and shall not follow the opponent who may have moved prior to completion of the attack. In the case of step-in punch attacks, the foot of the attacker shall step in between the feet of the defender, as in required in "Kihon" (Basic Techniques).

(4) Step-in punch attacks shall be straight punches to the face or stomach area, no unorthodox techniques shall be allowed.

(5) The hand that performs the punch should not be immediately withdrawn.

2. Techniques Of Defence

(1) Competitors shall not hit or touch each other except in the case of blocking.

(2) Continuous techniques, leg sweeping, throws, joint holds shall be forbidden.

(3) In the case of arm blocks ("Soto Uke" or Outside Block), it shall be forbidden to block at the elbow of the opponent. Competitors shall be required to block at the wrist, as is required in "Kihon" (Basic Techniques).

(4) In the case of "Age Uke" (Rising Block), it shall be forbidden to deliver exaggerated blocks in a way that breaks the balance of the attacker.

(5) In the case of arm blocks ("Soto Uke" or Outside Block), it shall be forbidden to pin down the opponent's arm.

(6) The hand that performs the counterattack shall not be withdrawn immediately.

ARTICLE 47 "HANSOKU" (VIOLATION OF THE RULES) AND "AHIKKAKU" (DISQUALIFICATION)

1. If there is a violation of rules, the main judge and the judges shall confer about the degree of violation and give "Keikoku" (Caution), "Chui" (Warning), "Hansoku" (Defeat) or Shikkaku (Disqualification) in proportion of its degree.

2. Regulations regarding "Hansoku" (Violation of Rules) shall be found in the Competition Rules and Regulations.

3. Both competitors shall wear fist protection pads.

CHAPTER 6 JIYU IPPON KUMITE (SEMI FREE SPARRING) TOURNAMENTS

ARTICLE 48 START OF THE MATCH

1. The competitors called shall step forward to their starting positions and bow to each other. (Their starting positions should be 3 meters apart.)

2. At the main judge's command of "Hajime" (Start) or "Aka Kara Hajime" (Red, start), both competitors shall step forward and take a fighting posture and Aka shall begin to attack. After each attack, block and counterattack sequence is completed, the competitors shall resume the right distance in their fighting postures, then return to their designated starting points, still in a fighting posture. At the main judge's command of "Aka Tsuzukete" (Red, continue) or "Ao Tsuzukete" (Blue, continue) the competitors shall resume fighting, either Ao (Blue) or Aka (Red) initiating.

3. The competitors shall take any fighting posture they like, but in a junior tournament it shall be considered proper that competitors hold both of their hands in front of their body.

4. After all attacks are performed, the competitors shall return to their designated starting positions, bow to each other and wait for the decision of the judges.

5. Both competitors shall wear fist protection pads.

ARTICLE 49 TECHNIQUES OF ATTACK

1. "Jodan Oi Zuki" (Step-in punch to the face) – straight punch to the middle of the chin or below the nose.

2. “Chudan Oi Zuki” (Step-in punch to the stomach) – straight punch to the solar plexus

3. “Chudan Mae Geri” (Front kick) – front kick to the solar plexus by a back leg

Notice: above attacks shall be performed with the right arm and the right leg each. In the case of a draw, the same attacks shall be performed with the left arm and the left leg.

3. “Kekomi” (Side thrust kick) – side thrust kick to the solar plexus by a back leg

4. The attacker shall have the appropriate distance to the opponent, clearly announce the name of the attack that he/she is going to perform (“Jodan”, “Chudan”, or “Mae Geri”) and then attack.

Notice: If the distance between the competitors is not appropriate, the main judge shall direct the competitors to adjust their stances to the proper distance. (The judges may command it.)

ARTICLE 50 TECHNIQUES OF DEFENCE

1. The defender shall use any kind of blocking techniques and body shifting.

2. The kind and target area of the counterattack shall also be chosen at will, but it shall be a single technique.

ARTICLE 51 POINTS OF ATTENTION

1. The competitors shall not be allowed to try the same attack or defence again.

2. The competitor shall give only one “Kiai” (yell in a big voice) per attack.

3. The attacker shall attack immediately when he/she goes into the appropriate distance. The main judge and the judges shall pay attention to the competitors who do not attack simultaneously, although the distance is appropriate to attack. This shall be cautioned.

4. The defender shall not step away from the attacker, creating a longer distance.

5. Feints shall not be allowed.

ARTICLE 52 PROHIBITIONS

1. Attacker

(1) Attacks from a distance too short that would jam the opponent with their any part of the body.

(2) The hand that performs a punch shall not be withdrawn immediately.

(3) It shall be forbidden to hit the opponent. (This will lead to “Hansoku” or a violation of rules)

(4) It shall be forbidden to block or dodge the counterattack.

(5) It shall be forbidden to grab or hold the opponent.

2. Defender

(1) It shall be forbidden to step out of the court (Jogai). (1st time: “Keikoku” or Caution, 2nd time: “Chui” or Warning, 3rd time: “Hansoku” or Defeat)

(2) It shall be forbidden to do a “Deai” counterattack (moving in without blocking or blocking and counterattacking at the same time).

Notice: Regulations regarding violations of rules shall be found in the Competition Rules and Regulations.

CHAPTER 7 JUDGING KIHON IPPON KUMITE AND JIYU IPPON KUMITE

ARTICLE 53 ATTITUDE OF THE COMPETITORS

(1) Good manners

(2) Fighting spirit

(3) Attention

(4) Concentration

ARTICLE 54 DISTANCE OR “MAAI”

(1) Suitable distance and angle of the techniques towards the target.

(2) Proper timing of the blocks, whether the attacks are properly blocked at the wrist and ankle of the attacker and whether the arm and leg of the attacker is properly diverted from the defender’s body and the body of the defender moved away from the line of attack.

(3) Whether the blocks are realistic and body shifting is done according to the opponent.

(4) After blocking, whether the proper counterattack is chosen and launched towards one of the specified target areas effectively from the defending position and according to distance and whether the counterattack is applied immediately after the block.

(5) Whether the attacker as well as the defender does not do any unnecessary movements with their feet at the start of the technique, such as shifting or rocking.

ARTICLE 55 CONCENTRATION OF POWER

(1) To what extent the competitor can concentrate his/her power.

(2) Whether the hip movement and rotation is horizontal on the same level as feet move smoothly and whether the direction the body moves and the direction of the techniques are practical.

(3) Whether the posture is correct when doing a technique and whether employment of the body parts used blocking and attacking is correct.

(4) Proper use of “Kiai” (yell in a big voice) and coordination of mind and body.

ARTICLE 56 TABLE OF KATA AND KUMITE

	Kata	Kumite
10-7 Kyu	Heian Shodan	5 step Jodan/Chudan
6-4 Kyu	1st Round Heian Shodan, Nidan, Sandan 2nd Round & thereafter Heian Nidan, Sandan, Yondan	1 step (Jodan, chudan, mae geri) with aka attacking first. In the event of a draw, repeat using other side
3 – 1 Kyu	1st Round Heian Nidan, Sandan, Yondan 2nd Round Heian Sandan, Yondan, Godan, Tekki Shodan Final Round Heian Godan, Tekki Shodan, Bassai Dai	Jiyu Ippon (Jodan, chudan, mae geri, kekomi)
Black Belt	1st Round Heian Nidan, Sandan, Yondan, Godan & Tekki Shodan 2nd Round (all ages) & Final Rounds Up to 16 Years Old Bassai Dai, Jion, Enpi, Kanku-dai Finals – Over 16 year of age – Own Choice of kata	Under 10 years Jiyu-Ippon 10-12 years Jiyu-Ippon until Final 4 then Shobu-Ippon Over 12 years Shobu-Ippon

Note: Rules regarding Junior members may be subject to change due to number of competitors attending

CHAPTER 8 JUNIOR'S JIYU KUMITE (FREE SPARRING) TOURNAMENTS

ARTICLE 57 APPLICABLE RULES AND REGULATIONS FOR JUNIOR COMPETITION

Junior tournaments shall be subject to the Competition Rules and Regulations.

ARTICLE 58 BLACK BELT AGE GROUP 10 TO 12 YEARS OLD

The best 4 in the age group 10 to 12 years old shall do free sparring and shall wear a mouth guard, fist protection pads and a body protector.

ARTICLE 59 BLACK BELT AGE GROUP 13 TO 15 YEARS OLD

All competitors in the age group 13 to 15 years old shall do free sparring and shall wear a mouth guard, fist protection pads and a body protector.

ARTICLE 60 BLACK BELT AGE GROUP 16 TO 18 YEARS OLD

All competitors in the age group 16 to 18 years old shall do free sparring and shall wear a mouth guard and fist protection pads and a body protector. Girls additionally shall wear a chest protector.

CHAPTER 9 BLACK BELT KATA TOURNAMENTS

ARTICLE 61 BLACK BELT KATA COMPETITION

1. All black belts, first round, using the Shitei Kata (Designated Katas) as listed below:
   Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan and Tekki Shodan

2. Second round, all black belts, will use Sentei Kata (Designated Katas) as listed below:
   Bassai Dai, Kanku Dai, Jion, Enpi

3. Finals (best 4) (this may change) of black belt competitors age 16 & over Own Choice of Kata (Tokui kata).

CHAPTER 10 SUPPLEMENTAL REGULATIONS TSKFA

ARTICLE 62 REVISION OF RULES AND REGULATIONS

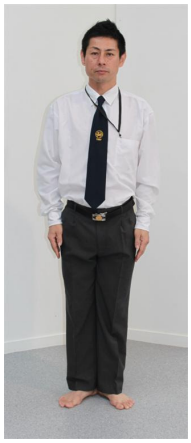
Revision of the Rules and Regulations shall be done by the TSKFA Technical Board in consultation with Takahashi Shihan and the TSKFA Board of Directors.

ARTICLE 63 LAST REVISION

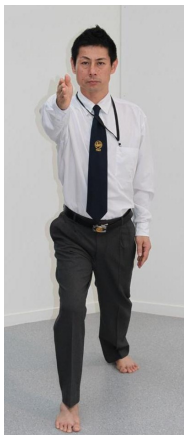
Last revision: 20th February, 2011

CHAPTER 11 SIGNALS & TERMINOLOGY

ARTICLE 64 REFEREE & JUDGE SIGNALS



Shobu Ippon Hajime
One point match - Begin



Yame
Stop

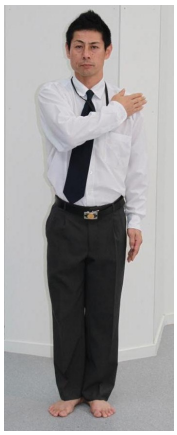


Motonoichi
Return to starting position



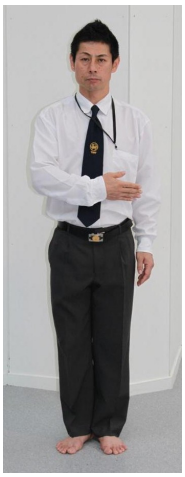


Tzuzukete hajime
Begin again



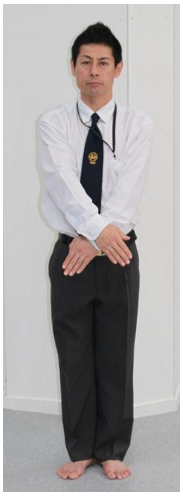


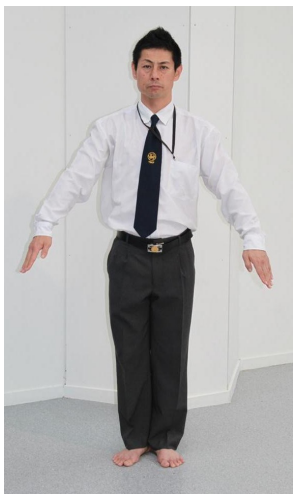
Wazaari
An effective technique that does not meet the criteria for ippon — scored as one –half point



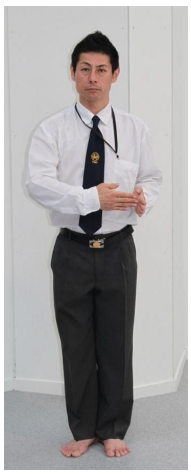


Ippon
Perfect scoring technique





Torimasen
No point



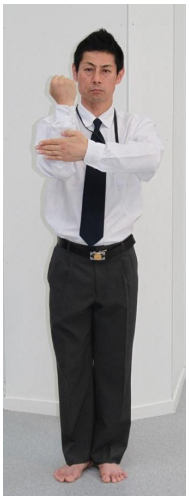
Hayai
Faster technique



Aiuchi
Simultaneous techniques



Maai ga toi
Improper distance



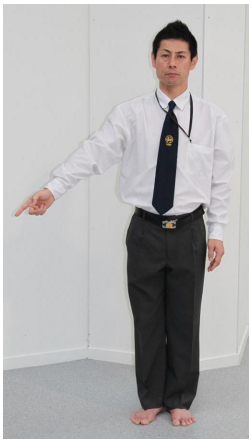
Ukete Iru
Blocked technique



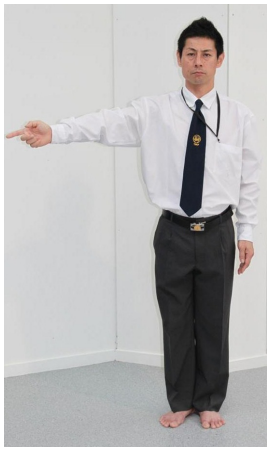
Yowai
Weak attack



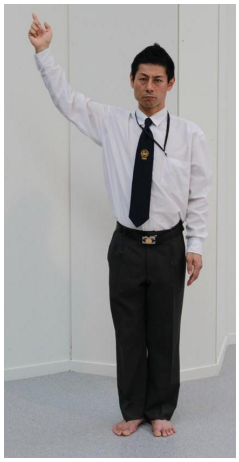
Nukete Iru
Technique off target



Jogai keikoku
Contestant (s) out of match area
1st warning



Jogai chui
Contestant (s) out of match area
2nd warning



Jogai hansoku
Contestant (s) out of match area
3rd warning

ARTICLE 65 JUDGES SIGNALS



Shobu Ippon Hajime
One point match
Begin



Wazaari
An effective technique that does not meet criteria for ippon. Scored as one half point



Ippon
Perfect scoring technique





Torimasen
No point



Maai ga toi
Improper distance



Hayai
Faster technique



Aiuchi
Simultaneous techniques



Ukete Iru
Blocked technique




Yowai
Weak attack



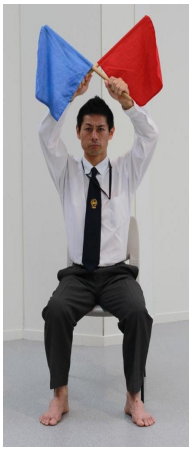

Nukete Iru
Technique off target



Jogai
Contestant (s) out of match area



Meinai
Could not see



Hikiwake
Draw



Mubobi
Non-defending



Hansoku Chui
Warning (small circles)



Hansoku
Excessive Contact (large circles)
Disqualification

ARTICLE 66 TERMINOLOGY

Aiuchi	No point. Contestants scored simultaneously
Aka (Ao) no kachi	Red (blue) side is winner
Aka (Ao) hansoku	Red (blue) side is disqualified
Atoshibaraku	Thirty seconds remaining in match
Attate iru	Contact
Awasete ippon	Upon a second waza-ari awarded, total ippon to end match
Chui	Warning
Fukushin	Judge
Fukushin shugo	Request for Judges' conference
Fusensho	Opponent fails to show, match awarded to other side
Hajime	Begin
Hansoku	Disqualification due to contact
Hansoku chui	Disqualification warning
Hantei	Notifying Judges to prepare to display their decisions
Hayai	Faster technique
Hikiwake	Draw
Ippon	Perfect scoring point
Jikan	Stop time
Jogai	Contestant(s) out of match area
Jogai keikoku	Contestant(s) out of match area, 1st warning
Jogai chui	Contestant (s) out of match area, 2nd warning
Jogai handoku	Contestant (s) out of match area, 3rd warning
Nakae	Direction for contestant (s) to enter or re-enter the match area
Kansa	Arbitrator

Keikoku	Caution
Kiken ni yori	Contestant forfeits
Maai ga toi	Improper distance (not close enough to target)
Mienai	Could not see
Moto no ichi	Direction for contestant (s) to return to their respective starting positions
Mubobi	Non-defending
Nukete tru	Technique was off target
Sai-shiai	Re-match
Sakidori ippon	Sudden death match
Shikaku	Disqualification due to a foul or bad attitude
Shobu ippon (sanbon) hajime	Start the one (three) point match
Shushin	Referee
Soremade	End of match
Taiming ga oisi	Improper timing
Torimasen	No point
Tsuzukete	Continue (when a match is interrupted by circumstances other than the Referee's instructions)
Tsuzukete hajime	Begin again
Ukete iru	Blocked technique
Waza ari	An effective technique that does not meet the criteria for ippon – scored as one-half point
Yame	Stop
Yowai	Weak technique