

COMPETITION RULES FOR KARATE MATCHES USING THE IFK Australia PADDED CONTACT RULES



1.0 GENERAL NOTES

The purpose of this document is to outline the rules for padded contact karate competitions as run by the IFK Australia Inc (IFK-AU). **This is an extract from the full IFK Australia Contact rules.** While every effort has been made to cover all situations that may arise during competition there will be some aspects not covered and these will be addressed by the tournament organiser, chief referee, and/or arbitrator of the event when they arise.

It is the responsibility of the competitor's instructor/coach to ensure the competitor is ready for the rigours of full contact karate competition.

2.0 GENERAL RULES

2.1 Uniform

Each contestant must wear a clean uniform, and all IFK-AU students must the IFK badge on their dogi. When competing, one contestant will wear a red identifying marker, the other *may* wear a white identifying marker and both may also wear an identifying number.

2.2 Hygiene and Protection

Finger and toenails must be cut short and clean, no protective clothing, bandages or guards must be worn other than specified below;

1. **Padded contact:** compulsory equipment; mouth guard, groin guard (males), shin and instep protectors, mitts, foam-dipped soft head-gear (no face guard), foam-dipped chest protection. Optional for females: chest protector of separate cup type that must not cover the solar plexus.

3.0 DURATION OF THE MATCH

The timing of a bout for all divisions will begin when the referee gives the signal to start with the command "HAJIME!" (Start) and is stopped when the referee calls "YAME!" (Stop). The referee will announce ATOSHIBARAKU for the fighters when the 30-second warning is given.

The end of the time allotted for the contest shall be indicated to the Referee by the official table calling time and by throwing of the small bag in the direction of the Referee's feet.

If a rolling clock system is used, if the bout stops for any other reason, even if a competitor loses consciousness during the bout, the timekeeper may not stop the clock without an appropriate signal from the Referee.

Timing of bout may also be stopped by the Arbitrator if the official decides that the Referee forgot to give a signal to stop the timing in a situation when the bout is to be discontinued due to an injury of a competitor, for putting KARATE GI in order, or for any other reason. In this case the official shall announce "JIKAN-WO TOMETE KUDASAI!" ("Please, stop timing!").

The organisers reserve the right to vary the timing of the bouts for the event, and the competitors will be notified on the day or if possible prior to the event. However, the maximum time limit will not vary from what has been specified.

3.1 Junior Divisions

1. The duration of the bout will be 1.5 minutes. If at the end of the bout there are no points or fouls awarded, then it would go to an extension of 1 minute.

2. If at the end of the extension there are no points or fouls to determine a decision or if there is a draw in points or fouls e.g. no clear criteria for a decision, then the event will be determined by 3-kilogram weight difference. Should no decision be reached by adopting the weight difference, then a further extension of 1 minute would be held and a decision must be made at the end of this bout. Generally, the maximum number of rounds is three (3).

4.0 CRITERIA FOR DECISION - ALL JUNIORS

The intention is not for the competitor to execute a knock-out kick to the opponent's head, but a well-placed jodan kick with **light head contact*** will be awarded a wazari. Permissible head kicks are;

1. Jodan Mawashi Geri
2. Jodan Uchi Haisoku Geri

Should the competitor show weakness from a legal punch or kick to body or leg then a wazari would also be awarded.

Should a competitor down or incapacitate the opponent with a legal technique that renders them unable to continue for a period of 5 seconds then this would score an Ippon.

Light head contact is defined as a kick that gets through the guard, and lightly, but purposefully, taps the head. A kick that drives the guard arm to hit the head **could be considered excessive contact.*

5.0 PROHIBITED ACTS AND TECHNIQUES

5.1 Adults, Cadets, and Juniors

The following matters may merit disqualification at the entire and absolute discretion of the referee of the contest. Should the disqualified contestant object and wish to be reinstated, he may (via his manager) give notice to the Chief Referee of this. The Chief Referee, after consultation with the judges, may reinstate the disqualified contestant or endorse and confirm the Match Referee's decision. The tournament's Chief Referee's decision will be final.

1. Any attack to the opponent's head, face, neck with the open hand, fist, or any part of the arm. Except in exceptional circumstances, this will merit an automatic disqualification
2. No grabbing or other forms of restraining. This includes grabbing or holding an opponent or his dogi.
3. Knee kicks while grabbing or otherwise restraining.
4. Kicks to the groin.
5. Head thrust or butts.
6. Kicks to any part of the knee joint.
7. Elbow strikes to any part of the opponent's back.
8. Pushing
9. Striking or kicking an opponent who has been downed, unless the attack or strike immediately follows the sweep or downing technique, in which case contact is not allowed.
10. Making an attack from the floor after having been downed by the opponent, (this should not be confused with an opponent defending himself whilst on the floor).
11. Feigning, or exaggerating injury received due to prohibited techniques;

Exit from the competition area (JOGAI) not caused by the opponent. JOGAI relates to a situation where a competitor's foot or feet are outside of the contest area. An exception is when the competitor is physically pushed or thrown from the area by the opponent. If a competitor's feet (both) are outside the contest area during a quick manoeuvre, after which he immediately returns or assume to return immediately to the

contest area, the manoeuvre shall not be deemed as JOGAI. *Warning must be extended for the third instance of JOGAI.*

1. Avoiding combat as a means of preventing the opponent having the opportunity to score. "Avoiding Combat" refers to a situation where a competitor attempts to prevent the opponent having the opportunity to score by using time-wasting behaviour. This may occur during the closing seconds of a bout, when a competitor, who earlier received the winning score, is trying to maintain the advantage.
2. Passivity – not attempting to engage in combat. Passivity refers to situations where one or both competitors do not attempt to exchange techniques over an extended period of time.
3. Any discourteous behaviour from a member of an official delegation can earn the disqualification of a competitor, the entire team, or delegation from the tournament.
4. Failing to obey the referee's instructions during a bout
5. Any other techniques or practices that the referee of the contest shall decide are improper or unfair.

5.2 Juniors – additional foul techniques

In addition to the prohibited acts, fouls and techniques specified above the following techniques for juniors will also be considered foul techniques, and are therefore prohibited acts that may not be executed during the bouts:

1. Any head kick other than a controlled jodan mawashi geri or a controlled uchi haisoku mawashi geri.
2. Any kick to the head that gets through the guard that is other than a light and controlled tap.

6.0 WARNINGS AND PENALTIES

Referees may give warning when a competitor performs actions and/or techniques which do not warrant a penalty, but which are not acceptable. This is done by saying *Chui* (on its own) forcefully and loudly by the referee while at the same time pointing to the offender's feet.

6.1 Warnings

The following actions may merit a warning (chui) at the discretion of the contest referee. However, if too frequent or excessive, these may lead to penalties, include in chui-ichi, genten, and shikkaku, at the referee's discretion.

3. Frequently retreating from or out of the contest area or moves that waste time.
4. Pushing the opponent with the open hand.
5. Persistent bad behaviour or violence.
6. Faking injury to illegal targets
7. Grabbing the opponent's gi as a means of attack OR defence.

6.2 The Order of Penalties

8. All these warnings must be noted by the arbitrator and table officials. Any penalties incurred in the match will be carried forward, and if appropriate, escalated in the Sai-shai and Encho-sen.
 - a. Chui – unofficial warning
 - b. Chui Ichi
 - c. Genten ichi
 - d. Genten ni
 - e. Genten san – Shikakku

9. Prohibited acts shall be punished with oral warnings (CHUI), which are unofficial penalties meaning that they do not influence the decision of judges, and with official penalties, i.e. with official warning (CHUI-ICHI) and the penalty points (GENTEN ICHI, GENTEN NI, GENTEN SAN) in the following order:
 - a. The first minor infraction shall be punished with the oral warning (CHUI),
 - b. The first serious infraction shall be punished with the official warning (CHUI-ICHI),
 - c. The second infraction shall be punished with the penalty point (GENTEN ICHI)
 - d. The third infraction shall be punished with the penalty point (GENTEN NI),
 - e. The fourth infraction shall be punished with the third penalty point (GENTEN SAN), and with the disqualification of the competitor (SHIKKAKU).
10. Especially dangerous and malicious infractions can be punished with the first penalty point (GENTEN ICHI) straight away, without giving first CHUI or CHUI-ICHI.
11. Penalties are not cumulative. Each penalty must be awarded at its own value. The awarding of any second or subsequent penalty automatically cancels an earlier penalty. Whenever a competitor has already been penalized, any succeeding penalties for that competitor must always be awarded at least in the next higher value than his existing penalty.
12. Whenever a referee awards a penalty, he should demonstrate with a simple action the reason for the penalty.
13. A penalty can be awarded after the announcement of "YAME!" for any prohibited act committed during the time allotted for the contest or, in some exceptional situations, for serious acts committed after the signal to end the contest, as long as the decision has not been given.

6.3 CHUI (Verbal Warning)

1. CHUI is imposed to any competitor for the first instance of a minor infraction.
2. The right to impose CHUI belongs solely to the Referee, who does not need support by the Judges and does not need to count their votes.
3. CHUI can be imposed only once for any particular type of infraction, but can be imposed again for other infractions.
4. If the Referee perceives an infraction and halts the bout, but is not supported by the Judges, or if three or four judges showed HANSOKU! (Infraction of rules!), and the Referee stops the bout, but believes the infraction to be minor and not deserving to be punished with CHUI-ICHI, the Referee may award the offender CHUI.
5. CHUI shall not be taken into account when the Judges make their decision on the result of the bout (HANTEI).

6.4 CHUI-ICHI

1. CHUI-ICHI is imposed to any competitor who has committed a serious infraction or having been penalized CHUI commits a second minor infraction of the same kind.
2. CHUI-ICHI can be imposed only when supported at least by three Judges, including the Referee.
3. When imposing CHUI-ICHI (as well as GENTEN ICHI, GENTEN NI and GENTEN SAN) the Referee is obliged to count votes of the Judges.

6.5 GENTEN-ICHI

1. GENTEN ICHI is imposed to any competitor who, having been penalized by CHUI-ICHI, commits an infraction again.
2. GENTEN ICHI may also be imposed to any competitor who commits an especially serious infraction, regardless if he had been penalized by CHUI-ICHI earlier or not.

6.6 GENTEN-NI

1. GENTEN-NI is imposed to any competitor who, having been penalized by GENTEN-ICHI, commits an infraction again.

6.7 GENTEN-SAN

1. GENTEN-SAN is imposed to any competitor who, having been penalized by GENTEN-NI, commits an infraction again.
2. The imposition of GENTEN-SAN leads to the disqualification of the competitor (SHIKKAKU).

6.8 Disqualification (SHIKKAKU)

1. SHIKKAKU is a disqualification from the entire tournament with a possible suspension from competition for an additional time period.
2. A SHIKKAKU can be directly imposed, without warnings of any kind.
3. SHIKKAKU may be invoked:
 - a. When a competitor receives the third penalty point (GENTEN SAN);
 - b. When a competitor fails to obey the orders of the Referee,
 - c. When a competitor comes to the competition area for a bout more than 1 minute later than the time or does not come to it at all;
 - d. When use of doping is detected;
 - e. When a competitor acts maliciously, disrespectfully, or commits an act which harms the prestige and honour of Kyokushin. This also includes the gestures like guts-pose (victory pose = throwing the hand or fist above) after the announcement of the victory or of awarding the WAZA-ARI, which shall be considered the breach of etiquette or demonstration of disrespect to the opponent;
 - f. When the coach or a non-combatant member of the competitor's delegation behave in such a way as to harm the prestige and honour of Kyokushin. A public announcement of SHIKKAKU must be made
 - g. Contestants who arrive late for bouts or who fail to appear at all.
 - h. Contestants who refuse to engage in kumite during a match after 3 calls (zokko) by the referee.
 - i. Physical disability arising during the tournament, which will allow a contestant to withdraw after examination and verification of the injury by the tournament physician. The decision is final.
 - j. Failing to attempt the tameshiwari tests.