

WKA

World Kickboxing Association

World Karate Association



WKA
Official Rulebook
2008

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Introduction

This rulebook replaces all previously issued rules.

These current rules are valid for members from all states, whereas consideration can be given to local law, in case the law requires such adjustments.

English is the official language of the WKA. This rulebook can be translated into other languages by the WKA headquarters (hereinafter referred to as the “WKA HQ”). In case of any discrepancies, the official English version shall prevail.

Without a written consent from WKA HQ this rulebook shall not be used (copied, published, distributed, etc...) for commercial or business purpose in any way even electronically.

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1. WKA

WKA

WKA stands for the World Kickboxing and Karate Association with its seat in England. The affiliated National Federations are members of WKA.

WKA HQ

WKA HQ stands for WKA headquarters, which has seat in James Court, 63 Gravelly Lane, Erdington, Birmingham B23 6LX England and includes the WKA office in Durlacher Allee 53, 76131 Karlsruhe, Germany as well.

WKA Executive Board

WKA Executive Board means all WKA vice presidents.

2. Amateur Status

The term “Amateur” is used to refer to the Full-Contact, Kickboxing , Thai-Box or Original WKA kickboxing rules (K-1), Sanda and Knock Down Karate style competitors. However, in this rulebook it is used to describe all non-professional competitors.

Amateurs are all competitors, who do not meet one or more of the following conditions:

Competitor is under a professional contract.

Competitor has participated in tournaments or gala of 5 rounds of 3 minutes (Thai-Box A-Class).

Competitor has participated in tournaments or gala of more than 5 rounds.

Competitor is listed on a Pro-Rank list of one of the following, or similar organizations:

- a) ISKA
- b) WAKO PRO
- c) WKA
- d) WKF
- e) WKN
- f) WMC
- g) WPKA

The above list is not a complete list. It is only a sample. Hence, other organizations which are similar in nature are also to be considered.

If a competitor thinks he might be listed on a Pro-Rank list while he should not be, then he has to report it to his/her national federation and apply for an amateur status confirmation. It is also his/her responsibility to contact the organization that lists him. The WKA HQ will decide upon the application to remain classified as an amateur. Amateur status will be granted while the application is pending.

None-Amateurs cannot participate in Amateur events; especially the Amateur-World Championship. If the WKA HQ found out about a Non-Amateur participation in such events, one or more of the following consequences might be considered:

- a) Disqualification of the Non-Amateur;
- b) Participation ban and time to be determined by the WKA HQ;
- c) Fine of 250 EUR; and/or
- d) Revocation of the won title, where as a revocation of the world title requires the WKA Executive Board approval.

3. Doping

It is prohibited to use any substance to boost one's performance, if such substance is banned by one of the appropriate organizations as a doping substance (IOC, Anti-Doping Agency, National Olympic Committee etc.).

WKA supervisor, tournament promoters, and the official doctor can and may perform tests. Also other qualified and authorized organizations or person may perform such tests in case the local law dictates that.

Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, can be disqualified and banned for a period of time, to be determined by the WKA HQ.

Privacy, especially for children and female competitors, has to be respected. Doping tests have to be made by a qualified person of the same gender. Whenever this is not available, WKA supervisor of the same gender supervises the collection of the test samples.

4. Registration

Conditions:

Competitors who want to be admitted to any competition, tournament or gala should fulfil the following conditions:

- a) Possess a WKA issued or accepted sport book (sport pass);
- b) Have a valid stamped license for the current year applied in the sport book;
- c) Have a proof of an appropriate entry in the sport book, or show a medical test not older than 12 months, proving that they are "fit to fight";
- d) Have no medical or any other reasons preventing them from participating in the event;
- e) Show a medical proof of EEG examination in case of having experienced three head knockouts within a period of less than 12 months, whereas the EEG must be made after the banned period; and
- f) Female participants must not be pregnant.
- g) Fighters in ringsports must undergo AIDS test in cost of 2 € if the test is available and if it is possible to provide it according to the local law

Entries into the WKA sport book:

Promoters of the tournaments, competitions or galas are responsible to make the following entries into the WKA sport book:

- a) Place, Date and Name of the event;
- b) Fact that competitor took part on the championship;
- c) Discipline and place (1st, 2nd, 3rd) of the competitor; and
- d) The fact (information) of any head knockout.

In addition to the promoter, the head referee, a WKA supervisor, or in case of a head knockout the doctor can also make the entries.

Banning periods after a head knockout:

- a) 1 month after the first head knockout within 12 months;
- b) 3 months after the second head knockout within 12 months; and
- c) 12 months after the third head knockout within 12 months (EEG required).

After being banned for 12 months due to three head knockouts within 12 months, the competitor has to submit a medical attest with a negative EEG examination result before he/she can admit to any competition again.

Identification of the competitors:

On international tournaments, competitions or galas, the competitors have to prove their identity and nationality by showing a government-issued ID.

Competitors who show an ID card issued by WKA HQ displaying the 5-digit MAP number, and which have already had their passport or ID scanned need not to show further identification.

Exceptions from nationality requirements:

Competitors can prove his/her special relations to a country other than the one of his/her nationality (the “chosen” country) by submitting to WKA HQ one of the following documents:

- a) Birth Certificate of the country of choice;
- b) Marriage Certificate with a citizenship of the country of choice; or
- c) A permanent residence of the country of choice.

Competitors have to submit a written application to start “the country of choice” process through the national federation, which then forwards the application to WKA HQ.

Competitors, who have chosen a country of choice, can only change the country after obtaining a new citizenship, or after moving to another country for permanent residency.

The WKA Executive Board has the right to decide upon such applications, which have to be submitted at least one month prior to the competition the competitor intends to participate in.

5. Age Categories

Cut off date is always one day after the last day of the competition.

Kids:

A Kid, who is not 13 years old, can start on the cut off day. The promoter of tournament must inform all country representatives in official invitation about the age limit over which kids can compete on the tournament.

Juniors:

A junior, who is between the age of 13 and 18 years old, can start on the cut off day.

Adults:

An Adult, who is 18 years or older, can start on the cut off day, but not older than:
35 years old for Full-Contact, Kickboxing with Low Kicks, Thai-Boxing, Original WKA kickboxing rules (K-1), Knock Down Karate, and Sanda

Veterans:

A veteran, who is 35 years or older, can start on the cut off day. There is no veteran category in Full-Contact, Kickboxing with Low Kicks, Thai-Boxing, Original WKA kickboxing rules (K-1), Knock Down Karate, and Sanda

Age categories for new ringsport divisions:

Children who is between the age of 9 and 11 years old, can start on the cut off day.

Teenagers who is between the age of 12 and 14 years old, can start on the cut off day.

Kadets who is between the age of 15 and 17 years old, can start on the cut off day.

Weight Classes / Weigh-In. Over view:

	Boys		Girls		Men		Women	
	Kids -12 Jahre	Junior 13-17 Jahre	Kids -12 Jahre	Junior 13-17 Jahre	Men	Veteranen +35 Jahre	Women	Veteranen +35 Jahre
Pointfighting	- 25 kg	- 40 kg	- 25 kg	- 40 kg	-60 kg	- 75 kg	- 50 kg	- 60 kg
	- 30 kg	- 45 kg	- 30 kg	- 45 kg	- 65 kg	- 85 kg	- 55 kg	+ 60 kg
	- 35 kg	- 50 kg	- 35 kg	- 50 kg	- 70 kg	+ 85 kg	- 60 kg	
	- 40 kg	- 55 kg	- 40 kg	- 55 kg	- 75 kg		- 65 kg	
	- 45 kg	- 60 kg	- 45 kg	- 60 kg	- 80 kg		+ 65 kg	
	- 50 kg	- 65 kg	- 50 kg	+ 60 kg	- 85 kg			
	+ 50 kg	- 70 kg	+ 50 kg		- 90 kg			
		+ 70 kg			+ 90 kg			
	Teamfight	Teamfight	Teamfight	Teamfight	Teamfight		Teamfight	
Lightcontact	- 25 kg	-40 kg	- 25 kg	- 40 kg	- 60 kg	- 75 kg	- 50 kg	- 60 kg
	- 30 kg	- 45 kg	- 30 kg	- 45 kg	- 65 kg	- 85 kg	- 55 kg	+ 60 kg
	- 35 kg	- 50 kg	- 35 kg	- 50 kg	- 70 kg	+ 85 kg	- 60 kg	
	- 40 kg	- 55 kg	- 40 kg	- 55 kg	- 75 kg		- 65 kg	
	- 45 kg	- 60 kg	- 45 kg	- 60 kg	- 80 kg		+ 65 kg	
	- 50 kg	- 65 kg	- 50 kg	+ 60 kg	- 85 kg			
	+ 50 kg	- 70 kg	+ 50 kg		- 90 kg			
		+ 70 kg			+ 90 kg			
				Teamfight		Teamfight		
Traditional Karate Kumite	- 25 kg	-40 kg	- 25 kg	- 40 kg	- 60 kg	- 75 kg	- 50 kg	- 60 kg
	- 30 kg	- 45 kg	- 30 kg	- 45 kg	- 65 kg	- 85 kg	- 55 kg	+ 60 kg
	- 35 kg	- 50 kg	- 35 kg	- 50 kg	- 70 kg	+ 85 kg	- 60 kg	
	- 40 kg	- 55 kg	- 40 kg	- 55 kg	- 75 kg		- 65 kg	
	- 45 kg	- 60 kg	- 45 kg	- 60 kg	- 80 kg		+ 65 kg	
	- 50 kg	- 65 kg	- 50 kg	+ 60 kg	- 85 kg			
	+ 50 kg	- 70 kg	+ 50 kg		- 90 kg			
		+ 70 kg			+ 90 kg			
Knock Down Karate					- 70 kg		- 60 kg	
					- 80 kg		+ 60 kg	
					+ 80 kg			

Fullcontact/ Fullcontacting for men and Fullcontact and Original WKA for women					- 60 kg		- 50 kg	
					- 65 kg		- 55 kg	
					- 70 kg		- 60 kg	
					- 75 kg		- 65 kg	
					- 80 kg		+ 65 kg	
					- 85 kg			
					- 90 kg			
					+ 90 kg			
Sanda					- 60 kg			
					- 70 kg			
					- 80 kg			
					- 90 kg			
					+ 90 kg			

NEW CATEGORIES !!!

	Boys			Girls		
	Children 9-11 years	Teenagers 12-14 years	Kadets 15-17 years	Children 9-11 years	Teenagers 12-14 years	Kadets 15-17 years
Fullcontact and Original WKA	- 30 kg	- 40 kg	- 50 kg	- 35 kg	- 40 kg	- 50 kg
	- 35 kg	- 45 kg	- 55 kg	- 40 kg	- 45 kg	- 55 kg
	- 40 kg	- 50 kg	- 60 kg		- 50 kg	- 60 kg
	- 45 kg	- 55 kg	- 65 kg			
	- 50 kg	- 60 kg	- 70 kg			
			- 75 kg			
			- 80 kg			
			- 85 kg			
		+ 85 kg				

	Boys		Girls		Men		Women		
	Kids -12 Jahre	Junior 13-17 Jahre	Kids -12 Jahre	Junior 13-17 Jahre	Adult	Veteranen +35 Jahre	Women	Veteranen +35 Jahre	
Formen	Hard Style	Hard Style	Hard Style	Hard Style	Hard Style	Traditional (Hardstyle, Softstyle, Koreanstyle)	Hard Style	Traditional	
	Korean Style	Korean Style	Korean Style	Korean Style	Korean Style		Hard Style	(Hardstyle, Softstyle,	
	Karate Kata	Karate Kata	Karate Kata	Karate Kata	Karate Kata	Karate Kata	Karate Kata	Karate Kata	
	Forms Soft-Style	Forms Soft-Style	Forms Soft-Style	Forms Soft-Style	Forms Soft-Style	Weapon no music	Forms Soft-Style	Koreanstyle)	
	Free Style	Free Style	Free Style	Free Style	Free Style		Free Style	Weapon no music	Free Style
	Musical Weapons	Musical Weapons	Musical Weapons	Musical Weapons	Musical Weapons	Karate Weapons	Musical Weapons	Musical Weapons	Karate Weapons
	Weapon no Music	Weapon no Music	Weapon no Music	Weapon no Music	Weapon no Music	Karate Traditional	Weapon no Music	Weapon no Music	Karate Traditional
Karate Weapons	Karate Weapons	Karate Weapons	Karate Weapons	Karate Weapons	Extreme forms Traditional Team Forms	Karate Weapons	Karate Weapons	Karate Weapons	
Extreme forms	Extreme forms	Extreme forms	Extreme forms	Extreme forms		Extreme forms	Extreme forms	Extreme forms	Extreme forms
Free Style Team Forms and Traditional Team Forms					Free Style Team Forms	Free Style Team Forms	Free Style Team Forms	Free Style Team Forms	

Weigh-In

Time:

The weigh-in has to be completed at least two hours prior to the first competition.

International Tournaments, Competitions or Galas:

Whenever possible, a selection of volunteer referees, preferably from different countries, supervises the weigh-in in the international competitions on the day before the competition.

Tolerance:

Generally, there is no tolerance. Only kids, children and teenagers will be allowed a half kilo discrepancy of weight.

Apart from two exceptions listed below, only 3 participants from each country and for each weight-division are permitted:

- a) During the time of national selection tournaments and world championships, the weight of kids, juniors, children, teenagers, and kadets can change significantly. A weight-division / age-class therefore can be "overbooked", as long as the overbooking results from such a change of weight or change of age of the kid, junior, child, teenager and kadets took place after the national eliminations. Per country, a maximum of 10 in total "overbooking" for kids, juniors, children, teenagers, and kadets divisions (male and female) is permitted, as long as with the overbooking there are never more than 5 competitors of the same country result in any weight- or age-division.
- b) Per country, a maximum of 6 in total "overbooking" for adults and veterans divisions (men and women) is permitted, as long as with the overbooking there are never more than 5 competitors of the same country result in any weight- or age-division.

"Overbooking" of a weight-class in any age-division has to be fought off in a way that the number of participants of the same country in one particular weight-division is reduced to 3.

The corresponding national coach or country representative can influence the placement of his competitors for the "fight-off" during the pool drawing.

Medical Examination

All competitors must present medical check no older than 12 months, undersigned by physician. Otherwise competitor has to undergo medical check by the present doctor who is designated by promoter of tournament. Whenever there are male and female participants, the medical examinations have to be held in separate rooms or in case of availability of one room only during different times.

If a competitor is not in possession of his or her Fight-Book with the annual WKA license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

7. Competition Management

Fighting Areas:

Fighting Areas for Pointfighting, Forms and Lightcontact, Karate Kumite, Knock Down Karate:

- a) The fighting area has to be square. Each side must be 8m in length (8 X 8) maximum or (7 X 7) minimum.
- b) Around the fighting area, a safety zone strip of two meters has to be kept clear, only referee tables are allowed to be placed within this safety zone. No spectators are allowed to be within that zone. The safety strip zone can be marked.
- c) The Timekeeper and Scorekeeper are located at the referee-table facing the Head Referee.
- d) In case there is only one fighting area, sufficient space for the medics and/or emergency personnel has to be provided at the referee-table.
- e) The referee-table must be equipped with the following items:
 - Pool lists
 - Score displays
 - Table stop watch. Hand stop watch is not acceptable

- Acoustic signal (Bell, Whistle, or Horn for ringsports, voice is sufficient for other disciplines)
- “Bean-Bag“ is allowed
- Spare papers and pencils
- PC and printer are allowed

Box Rings:

- a) Full-Contact competitions are held inside the rings. (Knock down karate can be held inside the ring as well)
- b) The box ring’s components, all side protections and ropes, must be inspected for suitability and safety prior to the first competition.
- c) Usually each length side of the squared box ring is minimum 4.5 meters and maximum 6.00 meters (side length of the rope). It consists of 4 ropes.
- d) The minimum diameter of the 4 ropes is 2.5cm (1”).
- e) The lowest rope must be placed at 33cm (13”) above the platform, while the top rope is placed no more than 1.30m above the platform.
- f) All ropes must be covered with soft tightly fitted materials.
- g) The 4 corners must be made of metal. The diagonal distance between opposite corners must not exceed 10.6 meters (outside measurement).
- h) The height of the corners must not be more than 1.30 meter (52”) above the platform of the ring.
- i) All corners must be covered with commonly used cushions in order to avoid possible injuries.
- j) The platform itself may not be placed higher than 1.20m above the ground level. It must be covered with a shock absorbent (Mat Puzzles) or similar material below the ring floor layer.
- k) Stairs are placed in the red and the blue corners and one on the white corner.
- l) Sufficient chairs have to be provided for the coaches.
- m) The referee-tables must be equipped with the following items:
 - Pool lists
 - Score cards
 - 6 clickers
 - Table stop watch and hand stop watch as a reserve
 - Acoustic signal (Bell, Whistle or Horn)
 - PC and printer are allowed
 - Spare papers and pencils
- n) Judges tables and chairs are located along the other three sides of the ring box.
- o) If there is only one ring in use, sufficient space for the medics and/or emergency personnel is to be provided at the referee-table.
- p) To avoid possible injuries, camera-men are not allowed on the platform during the rounds.

8. Referees

All provisions in this article set the basic duties of referees. Referees have to fulfill other conditions, requirements and duties set in other WKA official documents related to referees which are published on the WKA web page.

Referee Categories:

International referee categories:

Referees of the categories “A“, “B“ and “C“ are identified by a different colour ID-Card marked with “REFEREE.”

A class – is required to take part at Worldchampionship as B class referee 3 years (3 times) plus to pass A class referee test (plus sufficient knowledge of english)

B class – is required to take part at Worldchampionship as C class referee 3 years (3 times) plus to pass B class referee test (plus sufficient knowledge of english)

C class – is required to have 3 years practice in refereeing as 1st class national referee plus to pass C class test (plus sufficient knowledge of english)

WKA HQ organizes referee super seminars one time per year before the Worldchampionship for training and licensing A, B and C class referees. Attendance on seminars and successfully passing a test as well as sufficient knowledge of English (the official language of the WKA) are the conditions to become “A” , “B” or “C” class referee.

Each country is responsible for its own graded referees’ training and licensing of national class referees. However, WKA may offer seminars.

The power of A, B and C class referee:

“A”: Entitled to be head referee and ring inspector on the world championships or to act as a supervisor in the international titled competitions. WKA A class referee can not have a leading position in other world kickboxing association.

“B”: Entitled to be a referee in the world championships finals or to act as a referee or judge on international titled competitions. B class referee is entitled to be a ring inspector on the Worldchampionship as well in the case there is no A class referee on fighting area in this position.

“C”: Entitled to be a referee in the elimination competitions in the world championships or to act as a judge on national titled competitions.

Licensed referees are registered in a central database. Their names, categories, nationalities and MAP-numbers will be published in the official WKA members website (www.wka-members.de).

Conflict of Interest:

Nationality:

On continental and world championships competitions, referee team has two composition options, which are:

- a) One referee from the nationality of the red corner competitor, one referee from the nationality of the blue corner competitor, and one or more referees neither from the nationality of red nor blue corner competitors.
- b) All referees have different nationality of neither red nor blue corner competitors.

Note:

If a referee has several nationalities, or if he/she, based on the exception of the nationality principle, has chosen a country, he has to step down whenever the competitor is either from one of the referees’ nationality or from his/her country of choice.

Note: This rule about the nationality of referees can be broken only by decision of supervisor and only in the case when there is not enough number of referees of different nationalities at the tournament.

It is the referee’s responsibility to report any possible conflict of interest. In case of an omission, the present WKA members, and after consulting with the Head Referee may impose one or more of the following measures:

- a) Warning;
- b) Exclusion of further participation as a referee on the event;
- c) Reduction of the referee’s compensation; and/or
- d) Withdrawal of the referee’s license for a period of time determined by the WKA HQ.

Head Referee:

A head referee has to be designated for every competition.

On a competition with several competition areas or rings, Head Referee appoints a “Ring-Inspectors,” who supervises application of WKA rules on one fighting area or ring.

Head referee can replace referees who have been obviously not neutral or who violate the official WKA competition rules, just in such cases Head Referee can “overrule” their decisions.

Ring – Inspector:

On each fighting area the head of the referees is the “ring inspector “. He is responsible, that on his fighting area all WKA rules will be correctly applied. It is the responsibility of Ring Inspector to place referees on his/her competition area or ring according to their nationalities or affiliations with school, club or particular competitor.

He/she reports the results according to the instructions of the Head Referee.

At events with only one competition area or ring, the Supervisor acts as a Ring Inspector.

Supervisor:

He is responsible for managing all referees and supervising the work on all competition areas and/or rings. He takes care that the time schedule will work and the safety of the fighter is provided (the compulsory attendance of doctor and first aid team).

He is the part of the WKA Event Organization Team (by World Championships). By International events or Gala he is appointed by WKA HQ and after the championship or gala he has to send a report about the event to WKA HQ

Protests:

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

Protests are only possible in the following situations, and would be considered after giving a fee of 100 EUR in cash to the Ring-Inspector or the Head Referee:

- a) A proven agreement between the Referees /Judges;
- b) The mathematical addition of the scores is wrong;
- c) An obvious confusion between the red and blue corner occurs; and/or
- d) The official WKA Rules were violated.

Note: Video recordings cannot be used to justify a protest.

A protest does not hold back the competition. However, the Head Referee can interrupt the continuation of the fights for a short period of time, if the result of the protest has a significant influence on the proceeding of the competition.

After hearing the protest from both coaches and the referee’s comments, the Head Referee then takes the final decision.

The protest fees go into the general account of the WKA HQ fund for future referees’ trainings and development.

If a protest is submitted after the competition, the WKA HQ then makes the decision after hearing protest from both coaches and referee’s comments. The national federation has a limit of 30 days to make a statement about a Protest.

If the decision of a protest leads to a loss of a European or World title, the final decision then can be only made by the Executive Board of the WKA.

Clothing:

During the pre-elimination competitions up to semi finals, T-shirt (or Polo-shirts) with the print “OFFICIAL” or “REFEREE” are allowed and all referees have to wear grey or black trousers.

For finals or title competitions all referees have to wear grey or black trousers, white shirts with WKA print and bow ties. If necessary a dark blue blazer with WKA logo is allowed.

To minimize injuries, it is forbidden for referees to wear any jewellery, watches, pens, etc. Judges are accepted from this rule since no body contact with competitors is possible.

The use of medical gloves is recommended.

Registration of referees per country for world championships:

For every country following number of referees must be present

0-4 competitors	0 Referee
5-25 competitors	1 Referee (A or B class)
26-50 competitors	2 Referees (both A, or B)
51-75 competitors	3 Referees (at minimum one A and one B)
76-100 competitors	4 Referees (at minimum one A and one B)
101-125 competitors	5 Referees (at minimum one A and two B)
126 and more competitors	6 Referees (at minimum one A and two B)

Each country that does not fulfil the number of referees' requirements will be fined 250 Euro per each missing referee. The money goes into the WKA HQ general account.

Countries which pre-registered their referees for championships and received confirmation from WKA will receive priority.

The referee's payment is as follows:

A class referees	10 €per hour
B class referees	7 €per hour
C class referees	5 €per hour

Payment is due in the morning of the final competitions' rounds and before they start.

The organiser/host is responsible for taking care of the referees. This includes providing separate rooms containing food and beverages. Besides, it is necessary to have mineral water on the referees' tables.

II. Part – Pointfighting (Semi Contact)

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1. Clothing and Outfit

Competitors:

The competitor must be dressed in a clean and appropriate outfit.

The competitors should be wearing a clean T-shirt with long Kickboxing trousers. At least the top half of the upper arm must be covered and sleeves maybe to the elbow.

The trousers must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons.

Traditional Karate GI or Tae kwon do uniforms are permitted. Every competitor must wear a belt, to let the “waistline” be noticeable. They may fight without such a belt if the waistline is clearly visible due to clearly recognisable colours such as white shirt and black trousers.

Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercing, chains, watches or earrings are not allowed. Eyeglasses are forbidden; soft contact-lenses are possible but at the competitor own risk.

Athletes may wear badges of their respective clubs, associations or Sponsor. Names and slogans are permitted as long as they do not offend public decency.

Headbands, hairnets and scarves are not allowed since they may slip. Long hair must be tied together. This should be done with an elastic band. Hair grips are not allowed.

All competitors must wear:

- Helmet
- Gum shield (mouth guard) - not football gum shield;
- Open hands gloves (in USA called foam gloves) must have the fingers and thumbs enclosed;
- Safety kicks;
- Groin protector (men and women) must be worn under the clothes;
- Shin guard must be worn under the clothes; and
- Breast protector for female juniors, adults and veteran.

Competitors, additionally, may wear:

- Hand – bandages, maximum length 3.5 meters; though no tape on the fist or knuckles
- Elbow and knee protectors
- Breast protector for female kids is recommended

Coaches:

The coach must wear appropriate clothing and sport shoes, which must be clean. He/she must behave in a disciplined manner. If the coach does not follow the referees’ instructions, his/her athlete may be penalised by a warning and, if necessary, even disqualified.

2. Matches, Weight and Age Divisions, Match Time

Individual Matches:

Applied weight divisions are as follows:

	Adults		Juniors (13 -17 Years)		Kids (under 13)	
	Men All Disciplines	Women All Disciplines	Boys	Girls	Boys	Girls
Feather weight	- 60 kg		- 40 kg		- 25 kg	- 25 kg
Light weight	- 65 kg	- 50 kg	- 45 kg	- 40 kg	- 30 kg	- 30 kg
Light welter weight			- 50 kg		- 35 kg	- 35 kg
Welter weight	- 70 kg	- 55 kg	- 55 kg	- 45 kg	- 40 kg	- 40 kg
Light middle weight	- 75 kg		- 60 kg	- 50 kg	- 45 kg	- 45 kg
Middle weight	- 80 kg	- 60 kg	- 65 kg	- 55 kg	- 50 kg	- 50 kg
Light heavy weight	- 85 kg	- 65 kg	- 70 kg	- 60 kg		
Cruiser weight	- 90 kg					
Heavy weight	+ 90 kg	+ 65 kg	+ 70 kg	+ 60 kg	+ 50 kg	+ 50 kg

Veteran's men:

- 35 Years and over: there are three weight-classes: - 75 kg - 85 kg and + 85 kg

Veterans' ladies:

- 35 Years and over: there are only two weight-classes: - 60 kg and + 60 kg

All world level competitions wherever rankings are available heats must be seeded.

Team Competition:

A team consists of five competitors (male kids, juniors & men) or three competitors (female kids, juniors & ladies). One competitor in reserve is permitted, in case a member of the team is injured during competition. One of the competitors is chosen by the team captain.

Weight - classes for Kids only:

Male: - 30 Kg / - 40 Kg / - 45 Kg / - 50 Kg / + 50 Kg

Female: - 30 Kg / - 40 Kg / - 50 Kg

Weight - classes for juniors and Adults:

There are no weight divisions in the team competition for juniors and adults.

The team captains choose their competitors alternatively.

Score

Score is based on wins. All warnings and penalty points are for the individual match only and are not carried on to the next match.

In the event of a draw, all match points are added up; the winner will be the team with the most points.

In the event of a draw on points, the extra time rule applies to the last 2 competitors.

Match time:

Elimination Rounds in all age categories are as follows: 1 round two minutes while **Finals** 2 rounds two minutes each.

§ Extra time rule in case of a draw:

§ There is no break;

§ 1 minute extra time will be given;

If still no decision, this is followed by sudden death using the Golden Point rule, which considers the winners who get the first point.

3. The Referee's Power

1. The referee, supervisor and doctor are the only person that can stop the bout.
2. The referee may deduct a point from a competitor leaving the fighting area 3 times in a bout.
3. The referee may disqualify a competitor for leaving the area on a 4th occasion during the same bout.
4. The referee may deduct a point from a competitor for dissension after he has been already warned
5. The referee may deduct a point from a competitor for dissension from his coach after he has been already warned
6. The referee may deduct a point from a competitor for serious unsportsmanlike behaviour by either himself or his coach.
7. The referee can disqualify a competitor if he does not turn up after he has been repeatedly called for his fight (usually one minute is allowed).
8. The referee can disqualify a competitor who turns up with improper safety equipment and can not replace it in the time allotted (usually one minute is allowed).

What Referee can not do?

1. The referee cannot disqualify a competitor for any reason other than those stated in the chapter above.
2. The referee can not at anytime impose, change or alter any of the rules.
3. The referee cannot overrule any score by a judge unless that score is a minority one. (However, if a rule has been broken that the judge is unaware of, then they may be overruled).

4. Beginning, Interruption and End of Fights

A contest is refereed by a main referee and two side-judges, which are always standing opposite to him. That says, the side-judges have to move during the fight and not stand on the same point.

Equipment Check:

First of all the side-judges have to check the competitors' safety equipment. Each judge is responsible for the competitor at his end. He starts from the head to the toes. For women the breast protector and her groin protector are checked by asking. If in case of an injury the competitor was found not to have the correct protective equipment he/she will be disqualified immediately.

The judge is also responsible for the following; that the competitor has no Jewellery or metal and that the nails on toes are short. No glasses (spectacles) are allowed to be worn during a competition. There are no exceptions to this rule. This includes specially made unbreakable sports spectacles. Also no face shields on helmets. Soft contact-lenses are possible but at their own risk.

Groin protectors, shin guards (and breast protectors for female juniors, adults and veteran) must be worn under the clothes, breast protector for female kids is recommended.

Start:

The main referee will take his place in the middle of the competitors, facing the official table. He must check that his side-judges are ready to start, that the timekeeper and scorekeeper are ready to begin and that the match doctor is by the referee table or close by in the hall. Finally he should

keep an eye on the visual score cards, that they are not showing points or warning, except in a team competition.

After the command “shake hands “or “touch gloves “ or “bow” to the competitors he will start the match with the command “fight”.

Interruption:

If the main referee acknowledges a point scored by one of the competitors he has to raise up his hand IMMEDIATELY then he will stop the fight saying “stop” and both competitors will return to their starting position. The match time is still running!

The main referee will also quickly return to his starting position and show with his hand in the direction of the competitor who has scored. He must look for his side-judges, and in case of a majority decision he will give the points and announce the score.

After giving the point he should start the competition again with the command “fight”. The main referee should always keep an eye on the referee table, to be sure that the visual scoreboard shows the correct points and warnings.

Important note: when the side-judges are not showing the point by raising their hands before the main referee stopped the fight the only possible decision: no score. To raise up the hand or to show a point after the command “stop” is too late and illegal.

Apart from the referee, only the doctor / medic and supervisor can stop a competition.

The coach may throw in the towel for his competitor, when he wants to retire from the fight.

The referee has to stop the time if the competitor is outside of the area, for giving warnings, penalty points and additional 10 seconds penalty time, or when the equipment is not fitting well.

End of the Match:

The time of the fight is over when the timekeeper shouts “stop” and concurrently throws the bean bag on the fighting area.

The fight is over in any case, when the main referee stops the fight finally with the command “stop” and not earlier.

The difference of 10 points in elimination fights ends a fight by TKO. i.e. - 10 / 0 and 12 -/ 2 on international tournaments. The difference of 5 points in elimination fights ends a fight by TKO. i.e. - 5 / 0 and 7/ 2 on national tournaments.

If there is a score in the time between the “end of time” and “end of fight” that score is valid.

Main referee turns to the referee table, take one hand of both competitors and show the winner, announcing the final score.

5. Rules of Competition

Scoring Area:

Front, back and side of the head

Front and side of the body

Sweeps below mid calves

Every action must be controlled and well timed

Punch only a downed opponent within 3 seconds

The referee will count until 3 in his mind before calling stop. In the event of a competitor falling down to the floor the 3 second rule applies.

Prohibited Actions

Sweep and kick to knee and thigh (low kick)

Kick and punch to the groin

Kick and punch to the back of the body or to the top of the head

Scratching, biting, spitting, verbal attacks to the referees or his opponent

Kick and punch after stop called

Uncontrolled actions

Disappearing from the competition or opponent, leaving the fighting area or falling down to waist time

It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus-point.

In Pointfighting competitions only one coach is allowed and he/she is to stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the centre referee using the sign "T" - for time. At no time may the coach enter the fighting area. The referee may give a penalty point.

On each fighting area the head of the referees is the "ring inspector". He is responsible, that on his fighting area all WKA rules will be correctly applied. He is also responsible that neutral referees are on duty, depending on the competitors. (E.g. they are not from the same club/country.)

Pointfighting Techniques:

Permitted Techniques

Jab and Reverse Punch
Back Fist
Ridge Hand
Front Kick
Side Kick
Spinning Back Kick
Roundhouse Kick
Hook Kick
Crescent Kick
Axe Kick
Sweep
Spinning Sweep

Illegal Techniques

Inside Hand
Spinning Back Fist
Knife Hand
Elbow Strike
Throws
Pushing With Arms
Low Kick
Knee Buts
Head Buts
Using Thighs

6. Points and Scoring

Points:

The correct definition of a score is when: a legal technique hits a legal target area, with reasonable power.

Also, the competitor scoring must remain on their feet. E.g. - the technique must be completed to score, unless the competitor is thrown or pushed to the floor.

Every clean and well controlled technique to a permitted target area and executed with light contact scores, according to the degree of difficulty, as follows:

All punches	1 point
Foot sweep	1 point (you are swept if any other body part than your feet touch the floor and your balance is broken after opponent's attack and follow up by foot sweep is not allowed)
Kick to the body	1 point
Kick to the head	2 points
Jump kick to the body	2 points
Jump kick to the head	3 points

Scoring:

The referees upon scoring will now count opinions not flags.

The scoring is done by the main referee following a majority system only.

When the referee or judges see a score they must indicate IMMEDIATELY. After each acknowledged technique the fight has to be stopped and the score announced. Points are awarded only by unanimous or majority decision of the referee and the judges (Score 3:0 or 2:1).

If there is no majority decision the only possible score is: no score.

The main referee must in any case show his own opinion; he can not give a score without raising up his own hand to show the point before he stops the competition, if there is no majority.

For instance: If just one judge gives a point, the second judge shows “saw nothing” or “no score” and the main referee did not raise up his hand BEFORE he stopped the fight, the only possible decision is no score.

Example: if two judges see a clash and give points for both competitors, but the third judge gives points to just one of the competitors the score is “no score” or the referee has to give score for both. We are counting the opinions of the judges but not their “arms and fingers”, that says, the majority decide “clash” (2:1)

In case of a clash, where both competitors have scored, the referee gives one point to each competitor.

To raise up the hand or to show a point after the command “stop” is too late and illegal.

Exit rule: exit means the whole foot must be outside the competition area.

In case of an Exit: the attacking competitor must remain in the area to score if the defender steps out of the area the score is valid.

If the main referee is not sure about his judges, he has to stop time and ask his judges again, afterwards command “score” and that score is final. This situation should not be very often.

Referees and judges possible opinions which must be shown with clear hand signs:

Opinion:	Sign:
1. Yes, I saw the points	Raise up the hand and show the score
2. No, I saw nothing	Both hands are crossed in front of the face
3. Yes, I saw the movement but there was no score	Both hands are crossed in front of the legs
4. Competitor stepped out of the area	Point to the area line and moves the arm
5. Both competitors scored (clash)	Raise up both hands and show all points
6. Illegal techniques	Raise up the arm and circle the hand

Additional possible hand signs for the main referee to use:

To give a warning or a penalty point (minus point) to a competitor he must inform the competitor why he was penalised. He has to do this clearly and in an authoritative way.

First mention the foul and show the sign, whip your finger and say loud and clear: “NO”

Opinion:	Sign:
1. Contact too strong	Punch the fist in his own hand
2. Legal technique to a forbidden area	Show the forbidden area
3. Blind score	Turn the body and strike a punch
4. Holding or grappling	Hold his own arm and pull
5. Turning the body or run away	Similar
6. Speaking during the fight	Fingers and thumb open and close

In Pointfighting is no count.

Possible situations:

- In the event of a strike that dazes an opponent the referee first of all has to stop the time, then he has to ask his judges “ what did you see, was there a foul or not?” If the majority decide for “foul” the referee will penalise the offender. If they decide on “accident” there is no penalty.
- If one of the competitors is injured, it is only the doctor’s decision to stop the fight or the competitor himself or his coach wants to retire from the fight.
- Referee can not decide how seriously a competitor is injured. Referee must call the doctor!
- If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared as winner. In case of an accident, the competitor with the highest number of points is declared winner. If a draw, the uninjured competitor is the winner.
- If an athlete is out of condition, the referee will declare RSC, after discussion with his judges.

7. Warning and Penalty-Points

All infringements of the rules, depending on how serious they are, may or will result in warning, penalty (minus) point or even disqualification. Warnings will be carried throughout the match. Only team fights start again without warning from the fight before. Warnings for “Exit” will be kept separate from warnings for other offences.

It is up to the referee to give a minus-point instead of a warning, when in his opinion the violation was too tough. (Always falling down or wasting time)

If a competitor voluntary steps out of a fighting area or is refusing to fight the referee has the option, to add 10 seconds to the fight time. This is separate from other violations.

It is not usual to stop the time to give points.

The warnings and penalty (minus) points are given for using all illegal techniques or doing prohibited actions, as well as any illegal action from coaches.

The procedure for Warning is usually as follow in Pointfighting:

1. First warning
2. Second warning
3. Third warning means first minus point (yellow card)
4. Second minus point means disqualification, the fight is over (red card)

The procedure for voluntary Exit is usually as follow in Pointfighting:

1. First warning
2. Second warning
3. Third warning means the first minus point (yellow card)
4. Second minus point means disqualification, the fight is over (red card)

8. Competition Safety Rules

The attendance of 1 doctor is compulsory by national and international tournament and 2 doctors by Worldchampionship First-aid team and ambulance is compulsory as well.

A medical examination in Pointfighting is compulsory.

Competitors may only participate if they are completely healthy. Upon suspicion of illness a competitor must be examined by the doctor who will decide whether that competitor may participate or not.

Eyeglasses are forbidden; soft contact-lenses are possible but at the competitors own risk.

No local anaesthetics may be administered immediately before or during a contest.

During any competition the doctor must remain at the fighting area near the timekeeper. Should the doctor not be present, the fight has to be discontinued until he returns.

The doctor / first - aid team may not leave the venue of a competition until the last contest has finished and after he has assured himself that no further medical attention is required.

Doctor / first - aid team decisions are in any case final decisions, but there can be protested if the second doctor is present at the event. The second doctor will make decision about the protest.

9. Protests and alteration of decisions in European and World Championships

The scoring of the referee and judges is final

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- b) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (Video will not be accepted). The protest must be accompanied by a processing fee of €100. Fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

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Introduction

A person performing a form must express a mentally and physically realistic approach to the various imaginary opponents he is trying to demonstrate.

Techniques should be performed with full power, focus and explosiveness. When executing the form all basic techniques should be performed logically.

His own name, the name of the form and club must be announced to judges in all styles.

Freestyle is open for all competitors. In all sections 2 people will qualify for the final in reverse order. In all world level competitions, wherever Rankings are available, heats must be seeded.

It is at the host country's discretion i.e. the promoter, to decide if mats are to be used on the area or not.

Scoring

Five judges scoring with the highest and lowest scores taken away. Points are given to two decimal place using a 9.85-10.00 scale. In the final decision is not made by scoring but by hand signal of all referees.

In all sections, only 2 people will qualify for the finals. Current world ranked competitions will be seeded.

E.g. world ranked No. 1. Will go last. In the finals the competitors will be seeded according to their score in the heats.

In the case of a draw in Hard-Style, Korean Style, Traditional Kata and Soft-Style the competitor will be asked to do a second form. At international level all competitors should be able to perform at least two different forms. If the competitor does not show a different form he can repeat the first form with a penalty of 0.50 being deducted from total score. Only in all freestyle forms / Kata is performing the same form possible.

If the competitor is using a weapon and the weapon is dropped, this will be deemed a lack of control and no marks will be awarded.

If the competitor is using a pair of weapons (e.g. Kama or Sai) they may not clash together clumsily or a penalty of 0.50 will be deducted from total score. This does not apply in freestyle.

A time keeper will be appointed, if necessary.

Judges will not be blinded by shouting at every technique; this does not constitute strength.

Presentation: dress / clean and proper outfit / announcing style, club or country if international, Kata or Form / good etiquette at all times / application of Kata or form.

Music

In all musical divisions it is strictly forbidden to use music with racial comments and profanity. In case that lyric of the song will contain racial comments or profanity, 0.50 point will be deducted from total score.

Time limit

There is a 3:00 minute time limit to announce and complete the form performance by all forms divisions. When a forms competitor(s) name has been announced by the scorekeeper to compete, the time starts when a competitor(s) first step onto the matt and the time stops with the last technique in the form which is a courtesy bow.

Note:

All judging will start when a competitor(s) step onto the matt and the time starts. This includes any flips, gymnastic or aerial moves and the spinning of weapons. If a weapon has been dropped anytime a competitor(s) is on the clock they will be disqualified.

The center referee will inspect all the weapons before a division starts so it does not take away from a competitors 3:00 minute time limit.

If a competitor exceeds the 3:00 minute time limit they will be disqualified.

A competitor can receive more than one penalty per division.

1. Hard Style: (HS)

Hard-Style forms must use traditional moves only. A traditional form / Kata must resemble a traditional work; an adaptation will be acceptable if added moves are traditional. A high kick can not be higher than the top of his / her self head. A freestyle form is not acceptable (no machine-gun kicking etc.). A traditional GI or Dobok must be worn, no use of weapons, no music is allowed.

Scoring, judges should be looking for:

Basic techniques, Stances, Punches, and Kicks executed with balance, Blocks, Balance, Strength, and Focus.

2. Korean Style(KS)

Korean-Style forms must use traditional moves only. WTF and ITF Forms. A traditional form / Pomse / Hyong must resemble a traditional work; an adaptation will be acceptable if added moves are traditional. A high kick can't be higher than the top of his/her self head. A freestyle form is not acceptable (no machine-gun kicking etc...). A traditional GI or Dobok must be worn, no use of weapons, no music is allowed.

Scoring, judges should be looking for:

Basic techniques, Stances, Punches, and Kicks executed with balance, Blocks, Balance, Strength, and Focus.

3. Karate Kata (KK)

Karate Kata forms must use traditional moves only. A traditional form / Kata must resemble a traditional work; only traditional japaness Katas are allowed (JKA) A freestyle form is not acceptable (no machine-gun kicking etc.). A traditional GI white must be worn, no use of weapons, no music is allowed.

Scoring, judges should be looking for:

Basic techniques, Stances, Punches, and Kicks executed with balance, Blocks, Balance, Strength, and Focus.

4. Forms Soft-Style (SS)

Gymnastic type moves are permissible, provided that they are within the style for i.e. Wu-Shu, but they must be practical. An adaptation is acceptable if added moves are traditional to soft styles. A traditional uniform must be worn, no use of weapons, no music is allowed.

This is not a freestyle section, a freestyle form is not acceptable (no machine-gun kicking etc.).

Scoring, Judges should be looking for:

Good flowing techniques, punches, kicks, blocks, balance and stances. Strength and focus are important.

5. Free Style (FS)

Music must be used and the choreography to the music is of high importance. The use of weapons is strictly forbidden.

The use of stage props such as Lasers, Smoke, Fire or "dry Ice" is not allowed.

No dance moves or theatrical costumes are allowed.

Tumbling is strictly forbidden.

Acceptable skills: spinning kicks, jump kicks, flying kicks, machine gun kicks, illusion kicks, splits, kip-ups and butterflies are allowed.

This is NOT a gymnastic contest and only three gymnastic moves will be permitted or a penalty of 0.50 will be deducted from total score.

Scoring, Judges should be looking for:

Synchronisation to the music, showmanship, speed of the techniques, degree of difficulty, basic hand and foot technique. Balance, basic stances, strength and focus.

are to be executed with strength and power according to the basic technique.

6. Musical Weapons (MW)

Music and weapons must be used and the choreography to the music is highly important

The use of stage props such as Lasers, Smoke, Fire or “dry Ice” is not allowed. No dance moves or theatrical costumes are allowed.

All used weapons must be safe and clean and recognised within martial arts. The judges have the right to inspect weapons prior to starting a form.

This is NOT a gymnastic contest and only three gymnastic moves are permitted or a penalty of 0.50 will be deducted from total score.

Scoring, Judges will mark the form on:

The form will be scored on the use of the weapon, not Kicks and other techniques.

Synchronisation to the music, manipulation of the weapon, speed of the techniques, degree of difficulty, showmanship, balance, basics stances, strength and focus.

7. Weapon no Music (WN)

Weapon traditional forms must use traditional moves only. A traditional form / Kata must resemble a traditional work; an adaptation will be acceptable if added moves are traditional. A high kick can't be higher than the top of his/her self head. A freestyle form is NOT acceptable (no machine-gun kicking etc...). Also release moves is not allowed. A traditional GI, Dobok or Wu-Shu uniform must be worn, use of weapons is compulsory, no music is allowed.

The use of stage props such as Lasers, Smoke, Fire or “dry Ice” is not permitted. No dance moves or theatrical costumes are allowed.

All used weapons must be safe and clean and recognised within martial arts. The judges have the right to inspect weapons prior to starting a form.

Scoring, Judges will look for:

The form will be scored on the use of the weapon, not Kicks and other techniques.

Manipulation of the weapon, speed of the techniques, degree of difficulty, good control, showmanship, balance, basics stances, strength and focus.

8. Karate Weapons (KW)

Kartae Weapons forms must use traditional moves only. A traditional form / Kata must resemble a traditional work; only traditional japaness Katas and japaness traditionell Weapons for example an real “Oak bo” are allowed (JKA) and not a plastic Weapon. A freestyle form is NOT acceptable (no machine-gun kicking etc.). A traditional GI white must be worn, no music is allowed.

Scoring, judges should be looking for:

Basic techniques, Stances, Punches, and Kicks executed with balance, Blocks, Balance, Strength, and Focus.

9. Veterans Traditional (VT)

Vetrans Traditionl forms must be using traditional moves based on korean , japaness or chines style only. A freestyle form is NOT acceptable (no machine-gun kicking etc.). A traditional Dress (japaness, korean, chines) must be worn, no use of weapons, no music is allowed.

Scoring, judges should be looking for:

Basic techniques, Stances, Punches, and Kicks executed with balance, Blocks, Balance, Strength, and Focus.

10. Extreme Forms

Music is allowed. Choreography to the music is of high importance. The use of weapons is strictly forbidden.

The use of stage props such as lasers, smoke, and fire is not allowed.

Dance moves or theatrical costumes are not allowed.

The competitor must perform some extreme skills in their form, such as tumbling, 540 and/ or 720 kicks, sideswipes, and aerial kicking.

11. Traditional Team Forms (TT)

Traditional team forms must be using traditional moves based on korean, japaness or chines style only. A freestyle form is NOT acceptable (no machine-gun kicking etc.). A traditional Dress (japaness, korean, chines) must be worn, no use of weapons, no music is allowed.

Minimum: 2 competitors maximum7 per Team.

Scoring, judges should be looking for:

Basic techniques, Stances, Punches, and Kicks executed with balance, Blocks, Balance, Strength, and Focus.

12. Free Style Team Forms (FT)

Music must be used and the choreography to the music is of high importance.

The use of stage props such as Lasers, Smoke, Fire or “dry Ice” is not allowed.

No dance moves or theatrical costumes are allowed.

This is NOT a gymnastic contest and only three gymnastic moves will be permitted or a penalty of 0.50 will be deducted from total score.

Minimum: 2 competitors maximum7 per Team.

Scoring, Judges should be looking for:

Synchronisation to the music, showmanship, speed of the techniques, degree of difficulty, basic hand and foot technique. Balance, basic stances, strength and focus.

All the above are to be executed with strength and power according to the basic technique.

IV. Part – Disciplines Karate Kumite

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1. Kumite Shobu Ippon

Article 1: Types of Match

The types of match shall be as follows:

1) Individual Match:

The individual Match is decided by “Shobu Ippon”.

“Shobu Ippon”, one point match is a match where the participants try to score one point before their opponent within the time limit.

Starting, suspending and ending of matches

Duration of a match

Adults Male: 2 minutes (effective time)

Adults Female: 2 minutes (effective time)

Kids/Juniors (male/female): 2 minutes (effective time)

Before the tournament the W.K.A. Executive Board can modify the duration of the matches.

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.

Scoring Areas

The scoring areas shall be limited to the following: Head, Face, Neck, Abdomen, Chest, Side, Back (excluding shoulders)

Equipment

Mitts: - Mitts must be covered with white cloth or smooth leather.

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 2cm. 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.

Breast-Protectors: - Compulsory for juniors, adults and veteran female categories, for kids female recommended. Chest-protectors are not allowed.

Criteria for deciding Ippon and Waza-ari

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 recognised scoring areas under the following conditions: Good form, good attitude, strong vigour, zanshin, proper timing, correct distancing.

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.

A Waza-ari 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 Waza-ari in the second instance.

Criteria for decision (Hantei)

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:

§ Whether there have been Waza-ari.

- § Whether there have been warnings.
- § The number of escapes outside the match area.
- § The comparative excellence in the fighting attitude.
- § The ability and skill.
- § The degree of the vigour and fighting spirit.
- § The number of attacking moves.
- § The comparative excellence in the strategy used.
- § Fair play.

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 abuse, provocation or needless utterances.
- 11) Any behaviour likely to bring karate into disrepute (this includes Coaches, Managers and anybody connected with the Contestant).
- 12) Lack of regard for the contestant's own safety (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.

Penalties and disqualification

When a contestant is about to, or has already committed a prohibited act, the Referee shall issue warning or announce a penalty. Warnings and penalties are the following:-

- a) Private warning: Atenai (without a penalty).
- b) Official warning: Chui.
- c) Disqualification: Hansoku.

2. Kumite Shobu Nihon W.K.A Kids & Juniors Rules

Obligatory Protection: Helmet; Protector of Thorax; Gloves; Genital Protector (male)

- a) Kumite Shobu Nihon – two ipons or four wazaris
- b) Duration of the combat: 2 minutes
- c) Forbidden Acts: the following are prohibited:
 - Excessive contact to the face.
 - Excessive contact (impact) to the thorax.
 - Catching or pushing, as well as dangerous projections.
- d) Punishments:

For forbidden behaviour

- Atenai (Warning)

- Chui (Penalty)
- Hansoku (Disqualify)

For dangerous behaviour

- Mubobi Atenai (Warning)
- Mubobi Chui (Penalty)
- Mubobi Hansoku (Disqualify)

For exits of Tatami (Jogai)

- Jogai (1st exit without warning)
- Jogai Atenai (2nd exit with warning)
- Jogai Chui (3rd exit with penalty)
- Jogai Hansoku (4th exit with disqualification)

3. The Terminology

Term meaning method of signalling

Shobu Ippon

Hajime – Start the match. The referee stands on the official line.

Shobu Baraku – 30 seconds before the match ends an audible signal is to be given by the timekeeper to indicate 30 seconds are left to the end of the match

Yame – Temporary halt of match. The referee chops downwards with one hand. The timekeeper stops the clock.

Torimasen – Not acceptable as scoring as Hikiwake.

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.

Mubobi – Warning for lack of regard for the Referee. Points one index finger in the air at a 60 degree angle.

Shikkaku – Disqualification from the the referee points tournament first with the index finger to the offenders face, then obliquely above and to the rear, outside the area.

V. Disciplines: Amateur Rules and Regulations for Light-Contact

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1. WKA Amateur Weight Classes

Applied weight divisions for Light Contact are as follows:

	Adults		Juniors		Kids	
	Men	Women	Boys	Girls	Boys	Girls
Feather weight	- 60 kg		-40 kg		- 25 kg	- 25 kg
Light weight	- 65 kg	- 50 kg	-45 kg	- 40 kg	- 30 kg	- 30 kg
Light welter weight			-50 kg		- 35 kg	- 35 kg
Welter weight	-70 kg	-55 kg	-55 kg	- 45 kg	- 40 kg	- 40 kg
Light middle weight	-75 kg		-60 kg	- 50 kg	- 45 kg	- 45 kg
Middle weight	-80 kg	-60 kg	-65 kg	- 55 kg	- 50 kg	- 50 kg
Light heavy weight	-85 kg	-65 kg	-70 kg	- 60 kg		
Cruiser weight	-90 kg					
Heavy weight	+90 kg	+65 kg	+70 kg	+ 60 kg	+50 kg	+50 kg

Veterans in Light-Contact:

- A veteran can start who is 35 years or older on the cut off day.

Veteran's men:

- 35 Years and over: there are only three weight-classes: -75 Kg - 85 Kg and + 85 Kg

Veterans' ladies:

- 35 Years and over: there are only two weight-classes: - 60 Kg and + 60 Kg

Note: in all world level competitions wherever rankings are available heats must be seeded.

Each competitor's name, country and number must be listed. A minimum of three competitors in each pro weight class is obligatory. Less than three competitors move up to the next higher weight category. In that case each country must get a minimum of 1 copy of all drawing lists and name list of competitors for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

2. Attendance of physician

The attendance of a doctor (physician) in Light-Contact is obligatory, a first-aid team only is not enough!

The official physician, who mandatory attends every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

Every match must be supervised by an approved doctor (physician). Any and all directions and/or orders from the attending physician must be immediately complied with. The attending physician must be qualified as a general practitioner. The attendance of 1 doctor is compulsory by national and international tournament and 2 doctors by Worldchampionship. First-aid team is compulsory as well.

The attending physician must follow the rules and regulation of the national health board in question as well as is approved by the authorities where such rules apply. No match may start or proceed before the attending physician is in place, and the physician may not leave his/her place prior to the decision in the last match.

The attending physician shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

The doctor has the right, to interrupt or stop a contest by ringing the bell or calling “stop“ to the referee, if he/she thinks a competitor is in danger and the referee has not stopped the fight. He/she is also responsible to decide when a referee calls him/her in case of an injured competitor.

Nobody, even seconds, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring to examine the presumed injury, he has to decide if the fight can continue or not. According to the doctor's and consecutively referees's decision the fight will continue or the result is “won by TKO” or “Disqualification” by unanimous or majority decision. Doctors' decisions are in any case final decisions, but they can be protested if the second doctor is present at the event. The second doctor will make decision about the protest.

3. Divisions, Rounds

Light-Contact WKA Amateur Divisions: (quick look up)

Light-Contact kicks above the waist, long trousers with T-shirt

Rounds

In light Contact division Eliminations for kids and juniors are 1 X 2 minutes round and finals for kids and juniors are 2 X 2 minutes.

For Adults 2 X 2 minutes round eliminations and finals as well.

4. Rules of Conduct Inside and Outside Of the Ring

It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match, because his/her safety equipment is not working properly or for other reasons, he shall retreat one step and raise one arm.

Should a competitor be sent down for the count or in any other way be incapacitated, his/her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

When a competitor receives a warning or a reprimand from the referee, he/she must bow in the direction of the referee to indicate that he/she has understood the reason why.

At the conclusion of the fight the competitors shall approach the referee, standing in the centre of the ring, and there, one on each side of the referee, await the speaker's announcement of the verdict. The referee then raises the arm of the winner.

After the fight the competitors salute each other and the opponent's seconds, after which both competitors bow to the referee in recognition of his/her efforts.

Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

The Competitor

No competitor may participate in any match without an up-to-date Fight-Book with official annual WKA license stamp.

The competitors must be in good physical shape and have a good sportsmanlike attitude.

The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair those apply to female competitors.

All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match.

Excessive use of grease or similar substances is prohibited.

The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net, and that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

The Competitor's Equipment

All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

- § Individually fitted breast-protector for junior, adults and veteran female is compulsory, for female kids is recommended.
- § Individually fitted groin-protector for all age male and female categories in all weight divisions
- § Foot protectors
- § Shin protectors
- § Individually fitted head-protector (helmet); the top of the head must be protected too
- § Individually fitted tooth-protector (gum shield)
- § Hand-bandages max. 3.5 meters
- § Gloves 10 OZ in all categories

The competitors have the responsibility of bringing their own personal equipment and that of their seconds to all WKA matches and tournaments.

Over this a layer of elasticised bandage is applied, held in place by self-adhesive plaster. The bandages must be approved by the referee or by the tournament director.

All competitors with long hair may wear approved hair bands or –holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

5. Seconds

The second may give up on behalf of his/her competitor if he/she deems it irresponsible to let the fight continue. This is indicated by the second throwing a white towel into the ring.

Prior to every tournament the head referee shall call a meeting with all the judges, referees and seconds to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their competitors during the intermission between rounds. Each competitor may have 2 seconds and only one of these may enter the ring at any time.

During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

During the rounds the seconds may give advice (only in a proper manner) help or in any way encourage the competitor. Should a second violate this rule the referee can issue a warning or expel the second or disqualify the competitor.

A second who has been expelled may not function as second in the remaining part of the tournament.

A match starts when the referee gives the command “fight” to begin the first round, and it finishes when the Referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, referee can decide that the fight is immediately over and cannot continue again.

6. Scores and Points in Light Contact.

In Light-Contact deliberate knock-outs are not allowed.

Decisions shall be made after the following guidelines:

Victory on points (P)

When neither competitor dominates the other and a round is even: 10:10 points. Following this points are added to or subtracted from each competitor's score according to the number of points they have been noted for by the referee.

The winning competitor of a round gets 10 points, his/her opponent 9 points.

If an official warning was given because of a “foul”, the judges shall immediately award this competitor with “first warning”. If a competitor has got a “second warning” because of a foul no point is to be deducted but the judges shall immediately award this competitor with “second warning”. The judges shall always mark these warnings with the letter W (for warning) under “fouls” on the scorecard to indicate that the competitor has received a warning.

If an official minus point was given because of a “foul” by clear and brutal strike and not just a warning or simultaneously with the third warning, each judge must deduct 1 point from the scorecard of the involved competitor, immediately when the round is over. (i.e. 10:9) The judges shall always mark these points with the letter M (for minus point) under “fouls” on the scorecard to indicate that the competitor has received a minus point.

If a second official minus point was given in the same round, than the fighter is disqualified.

In case of bad physical condition a standing count is allowed to give the competitor time to recover, but each judge must deduct 1 point from the score, immediately when the round is over. (i.e. 10:9) The judges shall always mark this counting with the letter C (for counting) under “KD” in the scorecard to indicate that the competitor has received a standing count.

If he/she gets counted because of a foul (i.e. strong hit), no point is to be deducted but in that case the opponent must get penalised with a minus point. In the event of a strike that dazes an opponent, the referee first of all has to stop the time, than he has to ask his judges “ Was there a foul or not?”. If the majority of judges decide for “foul”, the referee will penalise the offender. If they decide on “accident” there is no penalisation and no count.

A score with less than 8 points can only happen, if the judges give a 10:8 score for the round and points was deducted too. At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the competitor with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the competitor committing the violation, he/she shall indicate that he has done just that by marking the points of the violating competitor with the letter J (for judges minus) and in writing state his/her reasons for the sanction.

The decisions by:

DOD – SUR - RSC - NC and WO in Light-Contact is similar to the other disciplines.

In Light-Contact the referee should always keep an eye on controlled attacking!

All techniques must be executed with good control, Light-Contact is obligatory!

Minus points or disqualifications are given according to the following guidelines:

- a) For all illegal techniques (fouls) or for strikes, punches or kicks executed without proper control and restraint, the referee shall give warnings and minus points.
- b) If a competitor executes a technique which sends the opponent down for the count the referee shall give a minus point or disqualify the competitor.
- c) If a competitor shows excessive aggression or bad conduct in the ring, the referee shall give a minus point or disqualify the competitor.

This fighting system allows the competitors to compete in the discipline Light Contact with no risk of serious injury under safety rules, which takes into consideration which takes into consideration fighters of all categories of both sexes.

All matches shall be fought on a fighting area or in a boxing ring which complies with the international WKA specifications.

Legal techniques:

- § All forms of boxing combined with kicks to the body and the head with controlled contact.
- § All types of foot sweeps performed with the inside of the foot.
- § Rear or reverse kicks to the body with controlled contact.

Note: Only soft punches to the head or face in Kids Division are allowed.

Illegal techniques (fouls):

- § Any kind of too strong (excessive) contact.

- § Any strike, blow, punch or kick which is executed without restraint and control.
- § All kicks to the knees.
- § All strikes, blows, punches and kicks to the back and to the back of the neck.
- § All types and forms of throwing (excluding foot sweep).
- § All types of clinching (holding the opponent).
- § Any form of butting with the head.
- § Any type of strikes and blows with the elbows.
- § Foot sweeps with the contact point being above the ankle knuckle.
- § Any type of attack against the joints.
- § Any type of kicks to the groin.
- § Any form or type of kicks with the heel or the shin against the head.
- § Any form or type of kicks with the shins against the thighs.
- § Pushing with the gloves and all forms of biting
- § All strikes, blows and punches executed with the palm side of the gloves.
- § Any type of aggressive behaviour.
- § Any kind of throws.
- § No hook and uppercut for kids in light contact.

When the fight is conducted on a matted area, warning can only be given for exits when the competitor intentionally steps out.

Warnings and minus points:

In case of a serious violation of the following points the referee shall stop the fight with the command “Stop” and issue a warning. The warning shall be issued clearly and in such a manner that the competitor in question understands the reason for the warning. The referee shall point his/her hand clearly to indicate which competitor has received the warning. Following a warning the referee shall let the match proceed by commanding “Fight”.

Should a competitor receive 3 warnings in one match, he/she gets immediately penalised, simultaneously with the first minus point (penalty point).

It is up to the referee to give a minus-point instead of a warning, when in his/her opinion the violation was too excessive. The time is stopped to give warnings or minus-points.

If a second official minus point was given in the same round, than the fighter is disqualified.

The warnings and penalty (minus) points are given for using all illegal techniques or doing prohibited actions, also for the coach.

7. Protests and Alteration of Decisions in European and World Championships

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge’s verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- b) The addition of the scorecards is faulty; one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
- c) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (Video will not be accepted). The protest must be accompanied by a processing fee of €100. Fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

**VI. Part – Disciplines: Amateur Rules and Regulations
for Full-Contact, Kick-Boxing, Thai-Boxing, Original
WKA kickboxing rules (K-1)**

VI. Part – Disciplines: Amateur Rules and Regulations for Full-Contact, Kick-Boxing, Thai-Boxing, Original WKA kickboxing rules (K-1)	43
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1. WKA Amateur Weight Classes in:

- a) FC Full-Contact
- b) KB Kick-Boxing (with low kicks)
- c) TB Thai-Boxing
- d) K-1 Original WKA kickboxing rules (K-1):

Applied weight divisions for Full contact, Low Kicks kickboxing, Thai boxing and Original WKA kickboxing rules (K-1) are as follows:

Adults		Boys			Girls		
Men	Women	Children	Teenagers	Kadets	Children	Teenagers	Kadets
- 60 kg	- 50 kg	- 30 kg	- 40 kg	- 50 kg	- 35 kg	- 40 kg	- 50 kg
- 65 kg	- 55 kg	- 35 kg	- 45 kg	- 55 kg	- 40 kg	- 45 kg	- 55 kg
- 70 kg	- 60 kg	- 40 kg	- 50 kg	- 60 kg		- 50 kg	- 60 kg
- 75 kg	- 65 kg	- 45 kg	- 55 kg	- 65 kg			
- 80 kg	+ 65 kg	- 50 kg	- 60 kg	- 70 kg			
- 85 kg				- 75 kg			
- 90 kg				- 80 kg			
+ 90 kg				- 85 kg			
				+ 85 kg			

Note: in all world level competitions wherever rankings are available heats must be seeded.

Each competitor's name, country and number must be listed. A minimum of three competitors in each pro weight class is obligatory. Less than three competitors move up to the next higher weight category. In that case each country must get a minimum of 1 copy of all drawing lists and name list of competitors for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

2. Attendance of physician

The attendance of a doctor (physician) in Full-Contact, Low-Kick, Thai-Boxing and Original WKA kickboxing rules (K-1) is obligatory, a first-aid team only is not enough!

The official physician, who mandatory attends every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

Every match must be supervised by an approved doctor (physician). Any and all directions and/or orders from the attending physician must be immediately complied with. The attending physician must be qualified as a general practitioner. The attendance of 1 doctor is compulsory by national and international tournament and 2 doctors by Worldchampionship. First-aid team is compulsory as well.

The attending physician must follow the rules and regulation of the national health board in question as well as is approved by the authorities where such rules apply. No match may start or proceed before the attending physician is in place, and the physician may not leave his/her place prior to the decision in the last match.

The attending physician shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

The doctor has the right, to interrupt or stop a contest by ringing the bell or calling “stop“ to the referee, if he/she thinks a competitor is in danger and the referee has not stopped the fight. He/she is also responsible to decide when a referee calls him/her in case of an injured competitor.

Nobody, even seconds, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring or he/she must examine the presumed injury, he has to decide if the fight can continue or not. This examination must take place in the ring and have duration of not more than one minute and any kind of treatment of the competitor is explicitly forbidden. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner. Doctors’ decisions are in any case final decisions, but they can be protested if the second doctor is present at the event. The second doctor will make decision about the protest.

3. Divisions, Rounds

WKA Amateur Divisions: (quick look up)

Full-Contact, Kickboxing with low kicks, Thai-Boxing, Original WKA kickboxing rules (K-1):

Full-Contact	kicks above the waist,	long trousers with bare upper body
Kick-Boxing	with low kicks,	shorts and bare upper body
Thai-Boxing	knees and elbows,	shorts and bare upper body
K-1	with low kicks and	shorts and bare upper body
	knee strikes	

Rounds

In all ringsports divisions all preliminary matches at any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

In all ringsports divisions all final matches in any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

By galas no match featuring male and female amateur competitors may not go over more than 5 rounds of 2 minutes or 3 rounds of 3 minutes.

4. Rules of Conduct Inside and Outside Of the Ring

It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match, because his/her safety equipment is not working properly or for other reasons, he shall retreat one step and raise one arm.

Should a competitor be sent down for the count or in any other way be incapacitated, his/her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

When a competitor receives a warning or a reprimand from the referee, he/she must bow in the direction of the referee to indicate that he/she has understood the reason why.

At the conclusion of the fight the competitors shall approach the referee, standing in the centre of the ring, and there, one on each side of the referee, await the speaker’s announcement of the verdict. The referee then raises the arm of the winner.

After the fight the competitors salute each other and the opponent’s seconds, after which both competitors bow to the referee in recognition of his/her efforts.

Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

The Competitor

No competitor may participate in any match without an up-to-date Fight-Book with official annual WKA license stamp.

The competitors must be in good physical shape and have a good sportsmanlike attitude.

The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair those apply to female competitors.

All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match.

Excessive use of grease or similar substances is prohibited.

The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net, and that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

The Competitor's Equipment

All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

- a) Individually fitted breast-protector for female only, in all disciplines and all age categories
- b) Individually fitted groin-protector for all age categories in all disciplines by male and female as well
- c) Foot protectors in Full-Contact and Kickboxing and Original WKA kickboxing rules (K-1):
- d) Shin protectors in Full-Contact
- e) Shin guards are voluntary in Kickboxing and Original WKA kickboxing rules (K-1)
- f) Individually fitted head-protector (helmet); the top of the head must be protected too
- g) Individually fitted tooth-protector (gum shield)
- h) Hand-bandages max. 3.5 meters
- i) Gloves 10 OZ in all categories

The competitors have the responsibility of bringing their own personal equipment and that of their seconds to all WKA matches and tournaments.

Over this a layer of elasticised bandage is applied, held in place by self-adhesive plaster. The bandages must be approved by the referee or by the tournament director.

All competitors with long hair may wear approved hair bands or –holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

5. Seconds and A,B,C,D licence by galas

Seconds

The second may give up on behalf of his/her competitor if he/she deems it irresponsible to let the fight continue. This is indicated by the second throwing a white towel into the ring.

Prior to every tournament the head referee shall call a meeting with all the judges, referees and seconds to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their competitors during the intermission between rounds. Each competitor may have 2 seconds and only one of these may enter the ring at any time.

During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

During the rounds the seconds may give advice (only in a proper manner) help or in any way encourage the competitor. Should a second violate this rule the referee can issue a warning or expel the second or disqualify the competitor.

A second who has been expelled may not function as second in the remaining part of the tournament.

A match starts when the referee gives the command “fight” to begin the first round, and it finishes when the Referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, referee can decide that the fight is immediately over and cannot continue again.

Galas

Officials shall verify that competitors compete in their proper weight classes. The count of victories is made by adding the number of victories the individual competitor has had (not the number of matches which are irrelevant) and then classifying the competitor accordingly.

- D- License competitors (Novice license), after 2 victories promoted to class C
- C- License competitors (Intermediary class), after 8 victories promoted to class B
- B- License competitors are licensed to fight in national and international championships, European and World Championships, and are ranked as amateur competitor.
- A- License competitors are professionals; therefore they may not start at amateur events.

After having signed a professional contract and having fought as a professional it is no longer possible to revert to amateur status.

6. Matches in Full-Contact, Kickboxing, Thai-Boxing and original WKA kickboxing rules (K-1)

Legal techniques are as follow:

Full-Contact

- § All forms of boxing in combination with kicks above the waist to the body and the head.
- § Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent, also foot sweeps, are permitted.

Kick-Boxing

- § All forms of boxing in combination with kicks above the waist to the body and the head.
- § Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent, also foot sweeps, are permitted.
- § Low kicks to the thighs, inside and outside

Thai-Boxing:

- § All forms of boxing in combination with kicks above the waist to the body and the head.
- § Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent, also foot sweeps, are permitted.
- § Low kicks to the thighs, inside and outside
- § Knee attacks to the body and to the head and kicks with the shin to the thighs, body and the head.
- § Clinching (holding) for 5 seconds and attacking at the same time with knees and elbows or any strikes.
- § Elbow strikes to the body.
- § Frontal rolling kicks with the heel against the head.
- § Flat throws below the waist line, only in clinching situations.

Original WKA kickboxing rules (K-1):

- § All forms of boxing in combination with kicks above the waist to the body and the head.
- § Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent, also foot sweeps, are permitted.
- § Low kicks to the thighs, inside and outside

- § Knee attacks to the body and to the head and kicks with the shin to the thighs, body and the head.
- § Holding a leg only 1 counter technique is allowed then fighter has to leave a leg
- § By clinching only 1 knee strike is allowed after that you have to leave a clinch
- § Frontal rolling kicks with the heel against the head.
- § Flat throws below the waist line, only in clinching situations.

Illegal techniques (fouls) in:

Original WKA kickboxing rules (K-1)

- § All forms of biting are prohibited.
- § All strikes, blows and punches executed with the palm side of the gloves are prohibited.
- § All kicks to the back and the back of the neck are prohibited.
- § Any form of butting with the head is prohibited.
- § All attacks (strikes, punches, kicks) against the joints are prohibited.
- § Kicks to the groin are prohibited.
- § Attacking a downed opponent or an opponent who touches the floor with his /her gloves is prohibited.
- § Spitting out one's tooth protector (gum-shield) is prohibited.
- § Any kind of throwing above the waistline.
- § Holding the opponent's leg while executing striking or punching techniques
- § Holding the ropes and attacking an opponent, also in clinching situations
- § The use of spinning back fist

Thai-Boxing

- § All forms of biting are prohibited.
- § All strikes, blows and punches executed with the palm side of the gloves are prohibited.
- § All kicks to the back and the back of the neck are prohibited.
- § Any form of butting with the head is prohibited.
- § All attacks (strikes, punches, kicks) against the joints are prohibited.
- § Kicks to the groin are prohibited.
- § Attacking a downed opponent or an opponent who touches the floor with his /her gloves is prohibited.
- § Spitting out one's tooth protector (gum-shield) is prohibited.
- § Any kind of throwing above the waistline.
- § Holding the opponent's leg while executing striking or punching techniques
- § Holding the ropes and attacking an opponent, also in clinching situations
- § The use of spinning back fist

Kickboxing

- § All forms of biting are prohibited.
- § All strikes, blows and punches executed with the palm side of the gloves are prohibited.
- § All kicks to the back and the back of the neck are prohibited.
- § Any form of butting with the head is prohibited.
- § All attacks (strikes, punches, kicks) against the joints are prohibited.
- § Kicks to the groin are prohibited.
- § Attacking a downed opponent or an opponent who touches the floor with his /her gloves is prohibited.
- § Spitting out one's tooth protector (gum-shield) is prohibited.
- § Any kind of throwing above the waistline.

- § Holding the opponent's leg while executing striking or punching techniques
- § Holding the ropes and attacking an opponent, also in clinching situations
- § The use of spinning back fist
- § Any form of throwing (excluding foot sweeps) is prohibited.
- § Any form of clinching or holding the opponent is prohibited.
- § All types of strikes with the elbows are prohibited.
- § Any form of kicking with the knees is prohibited.

Full-Contact

- § All forms of biting are prohibited.
- § All strikes, blows and punches executed with the palm side of the gloves are prohibited.
- § All kicks to the back and the back of the neck are prohibited.
- § Any form of butting with the head is prohibited.
- § All attacks (strikes, punches, kicks) against the joints are prohibited.
- § Kicks to the groin are prohibited.
- § Attacking a downed opponent or an opponent who touches the floor with his /her gloves is prohibited.
- § Spitting out one's tooth protector (gum-shield) is prohibited.
- § Any kind of throwing above the waistline.
- § Holding the opponent's leg while executing striking or punching techniques
- § Holding the ropes and attacking an opponent, also in clinching situations
- § The use of spinning back fist
- § Any form of throwing (excluding foot sweeps) is prohibited.
- § Any form of clinching or holding the opponent is prohibited.
- § All types of strikes with the elbows are prohibited.
- § Any form of kicking with the knees is prohibited.
- § All kicks against the thighs or under the waistline are prohibited, excluding foot sweep.

Warnings and minus-points

In case of a serious violation of the following points the referee shall stop the fight with the command "Stop" and issue a warning. The warning shall be issued clearly and in such a manner that the competitor in question understands the reason for the warning. The referee shall clearly indicate which competitor has received the warning by pointing his hand. If a competitor has got a "warning" because of a foul no point is to be deducted but the judges shall immediately award this competitor with "first warning", but the referee has the opportunity to award this competitor immediately with minus point by a clear and brutal foul. If a competitor has got a "second warning" because of a second foul no point is to be deducted but the judges shall immediately award this competitor with "second warning". Following a warning the referee shall let the match proceed by commanding "Fight". Should a competitor receive 3 warnings in one match, immediately he/she gets penalised simultaneously with the first minus point (penalty point) and one point must be deducted by the judges. After two minus points in a match, he/she shall immediately be disqualified simultaneously with the second minus point being issued.

The warnings and penalty (minus) points are given for using any illegal technique or doing prohibited actions, also for violations by coach.

7. WKA Amateur Division Scoring Rules

The judges shall base their evaluation of the fight on the following guidelines:

- Number of knock downs
- Number of minus points
- Number of points scored.
- Fighting spirit and initiative

- Effective parries and counterattacks.

To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches and blows the technique must be delivered with the striking zone of the closed glove.

8. Scoring and Points in Full-Contact, Kickboxing, Thai-Boxing and Original WKA kickboxing rules (K-1)

Decisions shall be made after the following guidelines:

Victory on points (P)

When neither competitor dominates the other and a round is even: 10:10 points. Following this points are added to or subtracted from each competitor's score according to the number of points they have been noted for by the referee.

The winning competitor of a round gets 10 Points, his/her opponent 9 points.

If an official warning was given because of a "foul", the judges shall immediately award this competitor with "first warning". The judges shall always mark these warnings with the letter W (for warning) under "fouls" on the scorecard to indicate that the competitor has received a warning.

If a competitor has got a "second warning" because of a foul no point is to be deducted but the judges shall immediately award this competitor with "second warning".

If an official minus point was given because of a "foul" by clear and brutal strike and not just a warning or simultaneously with the third warning, each judge must deduct 1 point from the scorecard of the involved competitor, immediately when the round is over. (i.e. 10:9) The judges shall always mark these points with the letter M (for minus point) under "fouls" on the scorecard to indicate that the competitor has received a minus point.

If a second official minus point was given in the same round, than the fighter is immediately disqualified.

If a competitor gets knocked down, each judge must deduct 1 point from the scorecard, immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter K (for knockdown) under "KD" in the scorecard to indicate that the competitor has received a knockdown.

A score with less than 8 points can only happen if the judge gives a 10:8 score for the round and points were deducted too.

At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the competitor with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the competitor committing the violation, he/she shall indicate that he/she has done just that by marking the points of the violating competitor with the letter J (for judge's minus) and in writing state his/her reasons for the sanction.

Victory by attending physician stopping contest or injury (DOD)

The attending physician is the supreme authority in questions relating to the safety of the competitors, and may demand that the match be stopped.

If one of the competitors is injured, it requires only the doctor's decision to stop the fight. Also the competitor him/herself or his/her coach may retire from the fight.

The attending physician may stop any match regardless of it being a World or European Championship or any other important match. Should the attending physician wish to stop a match to examine a competitor, he/she must first inform the referee.

The referee then stops the match until the physician has examined the competitor but only to decide if the fight can continue or not. This examination must take place in the ring and have duration of not more than one minute and any kind of treatment of the competitor is explicitly forbidden. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner.

If one of the competitors is injured and the fight is over because of a foul the innocent competitor is declared the winner. In case of an accident the judges have to finish their scorecards and the competitor with the highest number of points is declared the winner. If both competitors are

injured or knocked-out simultaneously, and neither is able to continue the match, fight is over by draw.

Should this situation occur in the first round the match shall be declared “no contest” and no winner is declared.

Giving up (SUR)

In cases where a competitor voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner. In these cases the second shall throw a white towel into the ring to signal that his/her competitor gives up.

Victory by referee stopping contest (RSC)

The referee may stop a match if a competitor is clearly outmatched or if he/she is a hazard to his/her own safety after the following guidelines:

- a) If a competitor in the judgement of the referee is clearly overmatched and will face unnecessary punishment in the ring the match should not be allowed to go on.
- b) If a competitor in the judgement of the referee is unable to continue the match due to injuries or for any other physical reasons, the referee must stop the match and call the official match doctor to the ring.

No referee can decide how seriously a competitor is injured; He/She must call the doctor!

No contest (NC)

A match may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the competitors or the referee:

- The safety equipment of the ring has been damaged.
- The ring is unsafe for use.
- The lighting over the ring is failing
- Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped and a “no contest” no winner is declared.

Victory by walk-over (WO)

If one competitor is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the referee shall signal the referee’s table to start with the running of 2 minutes. If the opponent has not entered the ring within a time limit of 2 minute, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the competitor who was first in the ring and declare him/her the winner by “walk-over“.

The judges shall note this on their scorecards, which are then collected. The judges shall then summon the competitor who has won on walk-over to the centre of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

9. Protests and Alteration of Decisions in European and World Championships

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge’s verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- b) The addition of the scorecards is faulty; one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
- c) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (Video will not

be accepted). The protest must be accompanied by a processing fee of €100. Fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

10. Rules for new ringsport divisions: Children, Teenagers, Kadets

made by Paul Sutton – in case of any questions related to rules for new ringsport divisions please contact directly Mr. Paul Sutton on his e-mail address: paul.sutton@wkakickboxing.com

Please note, under all categories, head contact is not permitted in children divisions and in teenagers and kadets divisions only light head contact is allowed !

In new ringsport divisions rules for adults apply with following specification:

Original WKA rules

1. Elbow strikes are not allowed
2. Punches and Kicks are allowed to the head 15yrs and over. UNDER 15YRS to the body only.
 - a) Kicks using shin or foot allowed to legs (inside & outside) and body.
 - b) Kicks to body and head except UNDER 15YRS junior bouts (no head kicks).
 - c) Knees allowed to the , body and legs. .
3. No hip throws.
4. Clinching for maximum 5 seconds is allowed as long as one fighter is active within the clinch
5. No sweeps.
6. Knockdowns where the fighter rises immediately to his feet and fit to continue is NOT counted as a knockdown or standing count.
7. Side kicks to front of legs NOT allowed.
8. Holding leg or foot is allowed whilst striking but with NO steps.

DEFINITION OF LEGAL TECHNIQUES

Punches (no punches to the head - Juniors UNDER 15YRS)

Must be to target - Definition of target: Punches must land on the front or sides of the head or above the belt (e.g. line drawn from the top of the hips through the navel). Punches on arms do not score.

- * Straight punches to head and body
- * Hooks to head and body
- * Uppercuts
- * Spinning back fist NOT ALLOWED
- * Spinning elbow NOT ALLOWED
- * Neck wrestling

* Pushing

Kicks to Head and Body (No kicks to the head - Juniors UNDER 15YRS)

- * Roundhouse kick
- * Push and front kick
 - * Side Thrust
- * Spinning Back kick
 - * Ax kick
 - * Snap kick
 - * Crescent kick
 - * Jumping kicks
 - * Reverse kick
- * Kicks to inner and outer legs
- * Knee Strikes (Junior body only UNDER 15YRS)
- * Holding Leg/Foot and Strike without taking steps
 - * Shin Blocking

DEFINITION OF ILLEGAL TECHNIQUES

1. Strikes to spine or knee joints.
2. Strikes to front of leg.
3. Head butts.
4. Punches to back of head.
5. Spitting/biting.
6. Knee strikes to head FOR ALL
7. Elbow strikes to head FOR ALL
8. No hip throws.
9. Clubbing, slapping.
10. Spinning sweeps.
11. Strikes to groin.
12. Striking opponent when knocked down.
13. Abusive language.
14. Striking opponent during Referee break.
15. Striking after the bell.
16. Holding leg/foot illegally (see definition of legal techniques).
17. Spinning Back fist / Elbow to head FOR ALL
18. No hook kicks to ankle/calf.

If a foul is committed in the ring, the referee will determine the decision, where necessary along with the Association Representative as follows:

- * A caution.
- * Warning - 1st and 2nd 1 point deducted, 3rd warning disqualification.
 - * Immediate disqualification.
- * The fight will be stopped if the fighter that has fouled, injures or knocks out the opponent.
- * Intentional - the fouled fighter will be announced the winner. If the winner is unable to continue the fighter who committed the foul will NOT be able to advance in the event.
 - * Unintentional (see unintentional fouls).

Warnings

- * A caution.
- * Warning - deduct 1 point.
- * 2nd warning - deduct 1 point.
- * 3rd warning - disqualify the fighter.

Unintentional Fouls

1. Injury in first or second round that stops the fight will be a NO CONTEST.
2. Injury in the third round onwards
 - a) Judges will score the rounds fought

b) All scorecards to be collected by the WKA Representative and added up

Disqualifications

1. Striking a fighter entangled or fallen through ropes.
2. Deliberately exiting the ring to avoid attack (Referee decision - may be given standing 8 count).
3. Fighter intentionally uses a foul technique.
4. Fighter drops gum shield 3 times during 1 round.
5. Spitting, biting, holding the leg or foot.
6. Spinning sweeps.
7. Abusive language.
8. Deliberate strikes to joints, spine.
9. Fighter fails to follow Referee instructions.
10. Fighter late for bout or no show.
11. Referee decides fighter has not the will to continue.
12. Fighter receives 3 warnings in one round.
13. Fighter fails pre fight medical by Physician.
14. Corner man enters the ring or touches the fighter without Referee's permission.
15. Other rules are broken.
16. Under influence of alcohol or banned substances (drugs).
17. Fighter refuses to give drug test

Rounds:

Children division:

Elimination and finals: 3 x 1minutes

Teenagers and Kadets division:

Elimination: 3 x 1.5 minutes

Finals : 3 x 2 minutes

Equipment

* Gum shields

* Head guard

* 10oz gloves in children divisions 12oz gloves over 11 years

* Body protector

* handwraps

* Shin and instep pads

- * Groin protectors
- * Shorts

Fullcontact (no head contact by children divisions is allowed and in teenagers and kadets divisions only light head contact is allowed)

Rules:

- Kicks must be above the waist.
- Leg sweeps, foot to foot, boot to boot, to the inside and outside of opponent's front foot are permitted by both feet of the sweeper.
- Minimum kicks per round. - 6 per round. (A kick thrown with power but misses the opponent will be counted as a legitimate kick.)
- Front kicks (snap) must make positive contact to be counted as a kick.
- When the kick count is not achieved by a fighter in a round they will be warned, the next round if the minimum kick requirement is not achieved they will be deducted one point. Kicks cannot be made up on consecutive rounds.

Definition of legal techniques:

Must be to target - Definition of target: Punches must land on the front or sides of the head or above the belt (e.g. line drawn from the top of the hips through the navel). Punches on arms do not score.

- * Straight punches to head and body
- * Hooks to head and body
- * Uppercuts
- * Roundhouse kick
- * Push and front kick
- * Side Thrust kick
- * Spinning Back kick
- * Ax kick
- * Snap kick
- * Crescent kick
- * Jumping kicks
- * Reverse kick
- * Sweep boot to boot
- * Parrying kicks
- * Shin block

Definition of illegal techniques:

1. Strikes to spine or knee joints.
2. Head butts - and illegal use of the head.
3. Punches to back of head/neck.
4. Punches below the belt.
5. Punches using open glove; inside of glove; punching with butt of glove.
6. Kidney punch.
7. Spitting or biting.
8. Holding opponent's head and arms.
9. Holding the ropes whilst striking.
10. Kicks below the waist.
11. Knee strikes.
12. Elbow strikes.
13. Takedowns, throws, grappling.
14. Clubbing, slapping.
15. Strikes to groin.
16. Spinning sweeps.
17. Striking opponent when knocked down.
18. Abusive language.

19. Striking opponent during Referee break.
20. Striking after the bell.
21. Pushing.
22. Holding leg/foot.
23. Spinning Back fist / Elbow
24. Kicks to the groin are prohibited
25. Attacking a downed opponent or an opponent who touches the floor with his /her gloves is prohibited.
26. Spitting out one's tooth protector (gum-shield) is prohibited.

Rounds:

Children division:

Elimination and finals: 3 x 1minutes

Teenagers and Kadets division:

Elimination: 3 x 1.5 minutes

Finals : 3 x 2 minutes

Equipment

- * Head guards
- * 10oz gloves in children divisions 12oz gloves over 11 years
- * Body shield mandatory for children and teenagers division (boys and girls) – not allowed in Kadets division
- * handwraps
- * breast protector for female kadets division
- * Gum shields
- * Shin pads
- * Groin guard (boys and girls)
- * Foot protectors
- * fullcontact pants

VII. Kyokushin Knock Down Karate rules

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1. Weight divisions:

Applied weight divisions for Knock Down Karate are as follows:

Adults	
Men	Women
- 70 kg	- 60 kg
- 80 kg	+ 60 kg
+ 80 kg	

2. FREQUENTLY USED TECHNIQUES

A Roundhouse kick or a knee to the face or body is one of the most commonly used techniques in the tournament if performed at the right moment to the opponent's body or face. It will be an extremely effective technique.

Low kicks or knee kicks to the thigh are likewise powerful and effective techniques, as are a punch or strike to the liver or solar plexus also very powerful technique's. Any of these can end the fight in a split second.

A successful, strong and clean foot sweep to the supporting leg of an opponent followed immediately by Gedan Tsuki WITHOUT CONTACT TO THE HEAD (Kime) will earn Waza-ri or Ippon.

ATTENTION

1. A fighter with a Genten where there is no other score, will lose.
2. A deliberate jodan tsuki to the face or the head will receive a Genten
3. A deliberate kin geri will receive a Genten
4. There must be a majority of votes for any decision or penalty to be awarded.
5. The Judges and the Referee must decide who the winner is at the end of the final extension, even if there is no score or the scores are even. Officials should be aware that calling a draw in the last extension is NOT acceptable.

In the absence of a score or the score being equal, there are many other criteria for a Judge to use to make a decision: Has there been a waza-ri? Has there been a Chui? Has there been a Genten? Has there been a Private Warning(s)? JOGAI : Numbers of escapes from the fighting area, (Intentional or Otherwise). Aggressive behavior or bad conduct by Fighter or Coach. Number of points scored by punches and/or kicks. The Technical Abilities and Skills demonstrated. Fighting Spirit, Aggressiveness, Effective Parries, Blocks, and Counterattacks. Best Fighting Combinations and Techniques. Good Sportsmanship and Fair-play. Kicking Techniques. Number of Points Scored. One Contestant Running away during the Fight.

3. OFFICIALS

RESPONSIBILITIES AND THEIR AUTHORITY!

The referee is responsible for the general supervision of the match on the Tatami . The Referee shall make sure that the fighters abide by rules and insure the safety of the fighters and enforce fair play and sportsmanlike kyokushin spirit.

REFEREE, JUDGES, SCORKEEPER, TIMEKEEPER, DOCTOR

The scorekeeper: is responsible for overseeing that all results from the fights are recorded in writing on a mastercard. This procedure insures that it is the correct data is posted to the proper fighter.

The Timekeeper: take the time, when the Referee give the sign to him and stop the time if the referee stop the fight. In the ending of the bout he will make and loud sound on the Gong –Gong and throw the small sandbag in to the center of the fighting area to signal that the time and the fight is finished..

It is the Referee responsibility to interpret the rules to the best of his ability and thus insuring fair play for both contestants. The most important thing for the Officials, especially the Referee, is to respect and protect the life of the competitors and give that the highest priority during the bout. In case of any accident during the bout, the Referee must have the capacity to stay calm, and to see clearly the situation in order to take quick and appropriate actions and call for the Tournament Doctor.

The Officials (the four Corner Judges and the Referee) must not be biased in judging, but must have the capacity to make fair judgments.

The four Corner Judges and the Referee must give signs and actions clearly and promptly.

The Referee may not wear hard or sharp objects which may injure the competitors in the fighting area.

SITUATION IN THE RING BEYOND THE REFEREE CONTROL

Should the situation arise that a fight cannot start within one (1) minute after the Referee have started the fight in 1st Bout due to circumstances beyond the referee control (electric blackout or similar occurrences), the match shall be stopped and the fight shall fight again with one hour of notice.

Should such an accident occur in one of the extension fight, the Bout shall be stopped and the referee will call for the corner judges and demand and decision and award the victory to the fighter that is leading in that time.

PHYSICIAN (Doctor)

The Doctor is the final authority in question of the safety of the fighters and he or she may at any time stop or terminate a match at his or her discretion. Any match (fight) must be supervised by an approved physician (Doctor). The attending Physician must be qualified and a general practitioner.

No match may start or proceed before the attending physician is in the tournament hall.

The attending Physician shall be ready to assist if a serious emergency arises and to administer first aid in the event of less serious injuries.

The Physician must be attending with the registration and weigh-in and the use of stimulants (doping).

The fight book must be signed by the examining Physican and the responsible officials.

4. Standard actions for referee

Procedure for starting a bout

1. Procedure for starting a bout:

- a). Shomen Ni Rei: – The contestant faces the Official's Seats and bow.
- b). Shushin Ni Rei: - The contestants face the Referee and bow.
- c). Otagai Ni Rei: The contestants face each other and bow.
- d). Kamaete: The contestants assume their fighting positions.
- e). Hajime: Begin.

Procedure during a bout:

- a). Yame: stop immediately.
- b). Kamaete: to resume the fight; take up your fighting position.
- c). Hajime: continue (go on, attack).

Procedure for ending a bout:

- a). Yame: stop immediately.
- b). Both contestants will face the Official's seats.
- c). The Referee calls for the decision from the Judges.
- d). After the decision has been announced (see Declaration of a Decision).
- e). Shomen Ni Rei: – The contestants face the Official's seats and bow.
- f). Shushin Ni Rei: - The contestants face the Referee and bow.
- g). Otagai Ni Rei: The contestants face each other and bow.
- h). The contestants shake hands and leave the fighting area.

5. THE CORNER JUDGES DURING THE BOUT

Have to use the flags and whistle

The Corner Judges shall show IPPON, WAZA-ARI, HANSOKU and JOGAI by blowing the whistle and showing those judgements with the flags.

The signals to be given by the Corner Judges both by whistles and flags, and the judgments and actions to be given by the Referee are as follows:

a) IPPON

Corner Judges – Shall raise the color flag diagonally upward that corresponds to the competitor who got the Ippon and at the same time blow a single loud and long blast on the whistle.

Referee – Shall stop the bout by the command “YAME”, state the color of the raised flags and count them, including himself in the count, state the technique that resulted in IPPON, and raise upwards his arm of the winner's side and declare “IPPON”.

b) WAZA-ARI

Corner Judges – Shall raise horizontally the flag of the competitor who took the WAZA-ARI, giving a single loud blast on the whistle.

Referee– Shall stop the bout by the command “YAME”, state the color of the raised flags and count them, including himself in the count, state the technique that resulted in WAZA-ARI, and raise horizontally his arm of the winner's side and declare “WAZA-ARI”.

c) From WAZA-ARI to IPPON

If the competitor does not stand up within three seconds or does not regain his will to fight within five seconds;

Corner Judges – Shall change the flag position from WAZA-ARI to IPPON, and at the same time blow a single loud and long blast on the whistle.

Referee – Shall state “IPPON” if the majority of the Officials, including himself (three or more) has made such a judgment. If less than three Officials give IPPON, the judgment will remain “WAZA-ARI”.

d) HANSOKU

Corner Judges – Shall wave diagonally downwards the flag with the color corresponding to the competitor who made a foul, and at the same time blow several short, sharp blasts on the whistle.

Referee – In case of a foul being equal to “CHUI”, he shall stop the bout by giving the command “YAME”, state the color of the waved flags, count the number of flags including himself, and then he shall state the actions that resulted in HANSOKU, pointing with his forefinger at the competitor who got the CHUI and declare “CHUI ICHI.” The same action shall be taken in case of GENTEN ICHI.

(In case of directly giving GENTEN ICHI or SHIKKAKU at one foul, the Corner Judge(s) must consult with the Referees first.)

e) TSUKAMI-AI, KAKAEKOMI (grappling and clinching each other)

Corner Judges – Shall wave both flags diagonally downwards, and at the same time blow several short, sharp

blasts on the whistle.

Referee – Shall stop the bout by giving the command “YAME”, separate both competitors, and start the bout again by the command “ZOKKOU” (continue). Depending on the way of the grappling, both competitors may be given CHUI ICHI respectively.

f) JOGAI (out of bounds)

Corner Judges – Tapping the floor several times with the flag to the side of the competitor who got JOGAI, he shall blow several short, sharp blasts on the whistle.

Referee – He shall immediately give the command “YAME” and call “JOGAI”, and then bring back the competitors to the center of the fighting area, start the bout again with the command “ZOKKOU”.

g) FUMEI (unclear)

Corner Judge(s) – Shall cross two flags in front of his face, and blow a single short sharp blast on the whistle.

Referee – Shall let the bout go on without any interruption.

h) MITOMEZU (no count)

Corner Judges – Shall Cross the two flags and wave them back and forth and blow a single long and loud blast on the whistle.

Referee – Depending on the situation, he may declare MITOMEZU.

i) HANTEI-GACHI (victory by decision)

Corner Judges – Shall raise the flag diagonally upwards with the color corresponding to the competitor who is considered to be the winner, and at the same time blow a single loud, long blast on the whistle.

Referee – Shall ask the Corner Judges for their decision by stating “HANTEI O TORIMASU” (take decision) and “HANTEI” (decision), declare the color of the flag of the winner, count the number of flags including himself, raise his arm diagonally upwards and declare the color of the flag of the winner.

(The numbers of flags for a draw and for the opponent shall also be counted, even though the number is not enough for a majority decision.)

j) HIKI-WAKE (draw)

Corner Judges – Shall cross the flags in front of their knees, and at the same time blow a single loud, long blast on the whistle.

Referee – Shall count the number of flags indicating a draw and cross diagonally downwards his arms in front of himself, and declare “HIKI-WAKE”. (The number of raised flags shall also be counted, even though they are not enough for a majority decision.)

k) SHIKKAKU (disqualified)

Corner Judges – Especially for seriously vicious fouls, the Corner Judges shall request the Referee for consultation. Referee – Shall raise diagonally upwards his arm on the side of the competitor who has been disqualified, and then point with his finger in the direction outside the competition mat and declare “SHIKKAKU”.

1. In case the Dogi of the competitor comes into disorder during the bout, the Referee may stop the bout, bring back the competitors to their original positions, and adjust the Dogi of the competitor or have him adjust it

himself.

End of Bout

In case of IPPON or SHIKKAKU;

The Referee shall stop the bout and have both competitors face the front and declare IPPON or SHIKKAKU, and give commands “SHOMEN NI REI” (Bow to the front), “SHUSHIN NI REI” (Bow to Main Referee), and “OTAGAI NI REI” (Bow towards each other). And then instruct the competitors to leave the competition mat.

In case of no IPPON nor SHIKKAKU;

The Corner Judges shall, at the same time as the signal for ending the bout, blow a single loud, long blast on the whistle. Referee-Shall give the command “YAME” and stop the bout immediately, have the competitors return to their original positions, and have them face to the front, and request the Corner Judges their decisions by stating “HANTEI OTORIMASU” and “HANTEI”.

Corner Judges – When asked by the Referee for “HANTEI”, shall raise their flags diagonally upwards on the side of the considered winner and at the same time blow the whistle strongly once. In case a Corner judge

decides the bout is a draw, he shall cross the two flags in front of his knees and at the same time blow a single short, sharp blast on the whistle.

Referee – Shall declare the color of the flag on the winner’s side, count the number of raised flags including himself, and raise his arm diagonally upwards, declaring the winner if there is a majority number of flags of the same color. (The numbers of flags for a draw and for the opponent shall also be counted.)

An example (1): “AKA (red) ICHI (1), NI (2) SAN (3), SHI (4) and GO (5)” “AKA (red)”
= 5 Point to AKA Red win.

1. An example (4): Two Flags on “AKA”(red) ICHI (1), NI (2), and two flags HIKIWAKI Draw “AOO” Blue SAN(3)and SHI(4)= The referee must make AKA (Red)as winner.

In case of a draw, the Referee shall count the numbers for a draw, crossing his arms diagonally downwards in his front and declare “HIKIWAKE (draw)”. And he shall proceed to an Extension or “Decision by Weight”.

2. The Referee shall declare the winner, and give the commands “SHOMEN NI REI”, “SHUSHIN NI REI”, “OTAGAI NI REI” and instruct the competitors to leave the competition mat.

6. PROFIL OF THE CORNER JUDGES AND THE REFEREE

- a).Honest and good Budoka and a sportsman
- b).Low profile during the Tournament and events
- c). No alcohol or smoking during Tournament

PHYSICAL & MENTAL

- a). Submitting to a yearly physical examination
- b). Having good concentration ability
- c).Having a good memory
- d).In good health
- e). Being able to work effectively under stress.
- f). Reasonable command of English and japanese terms

The Selection of Corner Judges and the Referee as well as other officials shall be based on the experience of each official.

7. DISCIPLINARY MEASURES AGAINST REFEREE OR JUDGES

The Referee Committee and the Supreme Judges may remove a Judge or Referee who in their judgment does not effectively enforce the rules and regulations, or a corner Judge or referee whose work is deemed partial, wrongful or unsatisfactory according to the rules.

Should a Judge/Referee be taken ill or withdraw during a match the timekeeper shall strike the gong to stop the match, whereupon the next neutral Judge/Referee will replace him and proceed with the match.

8. USE OF PROTECTORS

Mouthpiece - mandatory

Groin protector - mandatory

Taping – mandatory

Female fights must wear breastprotector which effectively protects the breast. Plastic breastprotectors are acceptable.

Taping/bandage with tape is principally prohibited unless the Tournament Doctor gives a stamp of approval.

For details, refer to the “Attention to All the Competitors” by Tournament Doctor. Both male and female fighters must not wear anything under the Dogi Pants except for the above protectors and underwear. The competitors are responsible of bringing their own personal protectors.

9. PROFILE OF FIGHTER

GOOD SPORTSMANLIKE ATTITUDE

The fighter must be in good physical shape and good Kyokushin sportsmanlike attitude.

The fighter must be well groomed and have and Clean Gi. The nails of hand and feet must be cut short. The hair must be short or freshly washed. Fighter with hair of a length that could cause a problem during the fight, must follow the same rules concerning long hair that applies to female fighter. It is good Budo etiquette to Salutes with Osu when entering the Tatami, as the same etiquette as in the Dojo. When the fighter are entering and leave the Tatami he will first make OSU to the Referee, and then bowing to all four sides: OSU to the official table and OSU to the spectators by bowing and salutes with loud OSU.

Fighter and coach shall be available for press conferences before and after the tournament. The fighter can not demand payment for the match.

10. BLUE AND RED CONTESTANT

a. Both competitors will be called to enter the competition mat (Tatami) by the tournament assistant. The Tournament assistant will make sure that there will always be three (3) fighters ready in Blue Corner and three fighter ready in Red corner. They will be sitting in the corner on a chair.

b. The first Contestant Announced wears the **Blue Color Belt (AOO)** and will be on the left side (Hidari). (the one whose entry number is smaller).

c. The second Contestant Announced will wear the **Red Color Belt (AKA)** and will be on the right side (Migi). (the one whose entry number is higher).

d. The Contestant will stand on the mark on the Tatami, 1½ meter from the center of the fighting area, taking postures of “FUDODACHU”, facing the front (officials seats).

e. The Referee shall stand in the center between both competitors, and give the commands “SHOMEN NI REI” (Bow to officials), “SHUSHIN NI REI” (Bow to Referee), “OTAGAI NI REI” (Bow to each other), and then the bout will start with his commands “KAMAETE” (Take fighting position) and “HAJIME (Start).”

f. At the end of the round the Referee shall give the command “YAME” (stop) and instruct both competitors to return to their initial starting positions. The Referee will then call for the decisions from the four Corner Judges. The Referee will then announce the final decision both verbally and physically.

11. THE FIGHT TIME AND EXTENSIONS

In the world championships THE KUMITE BOUTS will be of three (3) minutes.

After the bout, the Corner Judges must declare one of the fighters as the winner. If that is not possible and the corner judges is making an HIKI-WAKE (draw). The bout must continue immediately after the decision to grant an extension is made. No rest period is allowed. The Referee can make extensions of two (2) minutes, if the corner Judges still have a draw, the referee can make the last extension. After the second extension and there is still a draw; the Referee will ask for the scales and the weight is registered in kilo(kg) and the lighter competitor shall be the winner.

If after all possible measures have been taken to decide a winner and it is found that the two competitors are equal in every area then a decision will be decided by a weight difference between the two. If we have not difference in weight the fighter will have one more extensions.

When the bout goes the full time of one round of three (3) minutes and no full point victory or waza-ri has been declared, the Referee will call for the decision (HANTEI). The four (4) Corner Judges and the Referee will make their vote by the following criteria and point out the victory on the basis of these guidelines:

In the absence of a score or the score being equal, there are many other criteria for a Judge to use to make a decision:

Has there been a waza-ri? Has there been a Chui? Has there been a Genten? Has there been a Private Warning(s)?

JOGAI : Numbers of escapes from the fighting area, (Intentional or Otherwise). Aggressive behavior or bad conduct by

Fighter or Coach., Number of points scored by punches and/or kicks., The Technical Abilities and Skills demonstrated., Fighting Spirit, Aggressiveness, Effective Parries, Blocks, and Counterattacks., Best Fighting Combinations Techniques., Good Sportsmanship and Fairplay., Kicking Techniques., Number of Points Scored., One Contestant Running away during the Fight.

12. JUDGES CRITERIA

1. The five Officials (The four Corner Judges and the Referee) shall judge the competition. However, when a decision of who won is not made by these five then the final decision rests with the Chief Judge or the Supreme Judges.

2. Since the decision should be a majority decision, in case of "IPPON", "WAZA-ARI", "HANSOKU", "JOGAI", "HANTEI", etc, the decision is valid if at least three out of the five Officials (the four Corner Judges and the Referee) support it.

A decision not supported by the majority, that is less than three of these Officials, or a decision supported only by the Referee is not valid. The Chief Judge (see 1 above) will make the decision when these five do not have a majority. However, the three Supreme Judges have the right to make a protest against a decision and require further discussions. During these discussions, a monitor (videotape-recording image) may be used as a reference.

3. If after all possible measures have been taken to decide a winner and it is found that the two competitors are equal in every area then a decision will be decided by a weight difference between the two. The weighing shall be done with the attendance of the four Officials at a weighing site outside the competition area. The weight at this time shall be the valid weight for the competitor in case "a decision by weight" has to be made. The lighter competitor shall be the winner.

RELATION BETWEEN CHUI AND WAZARI

Following is a description of the relation between CHUI (warning) and WAZA-ARI (half-point), and which of those two shall be the decisive part in reaching a decision in different situations.

1. Judging Criteria (Chart)

IPPON-GACHI

One WAZA-ARI IPPON (Two WAZA-ARI)

One CHUI (Two CHUI) Three CHUI Four CHUI (Two GENTEN)

One GENTEN (HANSOKU-MAKE*)

* disqualification due to foul

2. Judging Criteria (Description)

1 WAZA-ARI and IPPON

0 < One WAZA-ARI < IPPON (Two WAZA-ARI)

1 In case there is no CHUI or WAZA-ARI

a) Damages shall be given the first priority in judging the winner.

b) In case of no damage seen in either of the competitors, then the next priority to judging shall be given to the number of punches and the number of kicks.

c) In case there is no difference in numbers of punches and kicks between the two competitors, the one who showed more fighting spirit will win the bout (This is in the case of a final round where a winner must be decided).

In case one competitor has one CHUI more than the other fighter, that does not influence on the decision. The decision shall be made mainly on the contents of the fight. However, in case of a final extension, if there is no difference in the fighting between the two competitors, the one with one CHUI or one more than the other, will lose the bout.

<<<

0 = One CHUI = Two CHUI = Three CHUI > Four CHUI

>> (One GENTEN) > (Two GENTEN)

1 In case of a difference of two CHUI, basically the one who has two more CHUI will lose. However, if he is obviously leading his opponent, it is possible to make a draw.

0 \geq Two CHUI (One GENTEN)

One CHUI \geq Three CHUI (One GENTEN + One CHUI)

In case of a difference of three CHUI, the one who has got three more CHUI will lose, no matter how much he is leading the fight.

0 > Three CHUI (One GENTEN + One CHUI)

When one competitor has both WAZA-ARI and CHUI, basically the WAZA-ARI is stronger and that competitor will win. However, depending on the number of CHUI (and/or GENTEN) and contents, it may be judged like down below:

a) 0 < WAZA-ARI + One CHUI

b) 0 < WAZA-ARI + Two CHUI (One GENTEN)

c) 0 \leq WAZA-ARI + Three CHUI (One GENTEN + One CHUI)

Basically the one holding one WAZA-ARI and three CHUI is the winner, but if his opponent is leading the fight very clearly, it is possible to give a draw.

d) 0 > WAZA-ARI + Four CHUI (Two GENTEN)

Even if one has one WAZA-ARI, two GENTEN will disqualify him.

4. In case a competitor cannot continue the bout due to his opponent's "YUKO WAZA (effective attack)", "HANSOKU WAZA (foul attack)" etc., the tournament doctor may do a so-called 'doctor's stop (stop the fight)' after consulting with the four Judges and the referee or the Chief Judge.

a) In case of "HANSOKU WAZA", the competitor who made the foul attack loses the bout. The opponent will be the winner of the bout, even if he is not able to continue on to a next bout.

b) In case of "YUKO WAZA (effective attack)", and the opponent is so seriously damaged by the attack that he will not be able to continue the bout, he will lose the bout.

5. The tournament schedule is to be strictly followed, but in case of an unavoidable situation, the Tournament

Director or the Chariman of the Referee Committee may, after consultation with the Chief Judge, decide to adjust the tournament schedule.

13. Legal Target Areas

- 1. Head (kicks only)
- 2. Face (Kicks only)
- 3. Neck (kicks only)
- 4. Torso (excluding the spine)
- 5. Abdomen
- 6. Side of body
- 7. Kicks to the entire leg excepting the knee joints (front/side and back of leg)
- 8. Sweeps followed by controlled strike to head without making contact

IPPON-GACHI (full point victory)

The following cases will be judged as IPPON-GACHI (full point victory).

a) A thrust (TSUKI), kick (KERI), and elbow strike (HIJI UCHI) or any other technique, excluding actions listed as fouls, which vigorously downs the opponent for more than five(5) seconds.

b) If the opponent has lost his will to fight for more than three seconds.

c) When having obtained two WAZA-ARI (half-points), which results in one IPPON (full-point).

WAZA-ARI (half-point)

The following cases will be judged as WAZA-ARI (half-point).

a) When a thrust (TSUKI), kick (KERI), elbow strike (HIJI UCHI), etc., excluding actions listed as fouls, downs the opponent for less than three seconds, and he stands up and resumes the fight.

b) If the opponent has lost his will to fight but resumes the fight within three seconds.

c) If the opponent has received so much damage that he loses his balance, but does not falls down.

d) When a well-focused GEDAN TSUKI (downward punch) is followed immediately with good timing after either downing the opponent with foot sweeps (ASHI-BARAI) or dodging the opponent's DOMAWASHI-KAITEN-GERI (rolling kick).

Criteria of HANTEI (decision)

- a) In case there is neither IPPON nor disqualification, the decision by three or more of the five Officials (the four Corner Judges and the referee) is valid.
- b) In case of one of the competitors having a WAZA-ARI, the WAZA-ARI will be the first priority in a decision.
- c) In case of no WAZA-ARI, the amount of damage will be the first priority in a decision.
- d) In case of no damages, the amount of techniques (punches, kicks), including YUKO-DA (point-giving techniques, but not enough for being a WAZA-ARI), will be the criteria for decision.
- e) In case of same amount of techniques, including YUKO-DA, the four Corner Judges and the Referee shall declare victory to the competitor who was more active and/or more aggressive in fighting. (This applies to the final extension where a winner has to be decided.)
- f) If CHUI (warning) or GENTEN (penalty) has been given to either of the competitors, the four Corner Judges and the referee shall follow the criteria stated in "Judging Criteria").

Extension (ENCHO-SEN)

- a) If three or more (a majority) of the four Corner Judges and the referee do not make a decision upon the command "HANTEI", the bout shall end in a draw, and an extension bout shall follow.
- b) If there is no decision after two extensions, victory shall be awarded to the competitor who is lighter.
- d) If there is no decision in weight, there will be a third extension bout. After this extension a decision must be made.

14. Victory

Victory is awarded to the competitor who has scored one full point (IPPON) or the one who has won by decision (including 'WAZA-ARI' - half point) or the one whose opponent has been charged with a foul or whose opponent has been disqualified.

15. STANDARD FOULS

Touching the opponents face or head even lightly with any part of the hand or arm (ganmen kogeki); Groin kicks (kin geri); Head thrusts (atama tsuki or zutsuki). Attacking the opponent whilst the opponent is on the floor (except for Half Point Score item). For the purposes of this clause an opponent is considered "on the floor" when "any portion of the body, i.e., one knee or hand is touching the floor" (3 parts of his/her body are touching the floor). e). Attacking the opponents back whilst it is turned towards his/her opponent. This does not apply when a technique commenced prior to the opponent executing a turning technique (e.g. back kick). Holding, pushing or shoving with fist, open hand (shotei or shotei oshi) or arms, elbows, or body; Any technique that the Referee may regard as foul or unfair or not in the spirit of the tournament. Grabbing the opponent's DoGI or clothing (tsunami). Direct attacks to the knee joint. If a competitor contributes to his own injury by avoiding a legal technique and that technique then hits the competitor in a prohibited place, the technique shall not be deemed a foul (e.g. If a competitor avoids a Gedan mawashi geri by shifting his leg back and then gets hit in the groin). If a competitor is so over-excited or aggressive and becomes a danger to himself/herself or the opponent. Feigning an injury or exaggerating the effects of an injury. If a kin geri is deemed to be deliberate a Genten or Shikaku will be awarded. Taking a drink at any time whilst the match is in progress. For the purposes of this clause a match is deemed to be in progress from the time the competitor enters the competition area until the Referee announces the winner of the match and indicates for the competitor to leave the competition area. This "in progress" time includes all extensions of the match.

Illegal techniques:

1. Punches/strikes to head/face
2. Head butts,
- 3 Attacks to the groin,
4. Attacks to the joints,
5. Attacks to the back,
- '6. Dangerous throws
7. Uncontrolled techniques
8. Pushing
9. Attacks from the floor
10. Holding an arm or leg for more then 2 seconds,
11. Grabbing the Gi
11. Jogai (when a fighter steps out of the fighting area)
12. Feigning injury,
13. Not obeying referee
14. Contact and uncontrolled techniques to a downed opponent,
15. No Stamping on the feet.

HANSOKU (fouls)

The following actions are considered as HANSOKU (Fouls)

- a) Attacks with techniques using hands or elbows to the opponent's face or neck. (Even a slight touch may result in HANSOKU. However, making faints to the face is allowed.)
- b) Attacks to groin and lower abdomen.
- c) ZU-TSUKI (head thrusts).
- d) TSUKAMI (grappling). (For whatever reason, to grapple the opponent's Dogi is not allowed, neither to include clinching hands with each other.)
- e) KAKE (hooking). (To grapple or hook the opponent's neck, head, shoulders, etc.)
- f) OSHI (pushing). (Pushing with open hands, closed hands, forearms, elbows or with the body is not allowed. Basically it will be considered as HANSOKU even if you push with only one hand.)
- g) To Attack whilst leaning the head or body against the opponent.
- h) KAKAEKOMI (hugging and holding). (The person who puts his arms around the other one first will be given a foul.)
- i) Attacks from the back.
- j) To attack an opponent who is already down.
- k) KAKENIGE (running away from an attack). (Also to pretend to attack whilst actually running away from the opponent.)
- l) Kicks to knee joint and throwing.
- m) Running away by repeatedly doing JOGAI. (Stepping outside of the fighting area.)
- n) Any action that may be considered as a bad attitude towards the competition.
- o) Any other actions that either of the four Corner Judges or the Referee may regard as fouls.

JOGAI (step outside competition area)

- a) If either of the competitors has stepped outside the area line completely with both feet, it will be judged as JOGAI.
- b) "JOGAI" will be concluded upon the Main Referee's command "YAME".

MITOMEZU (No count)

When IPPON (one full point), WAZA-ARI (one half point), HASOKU (fouls), etc. is not approved by a majority vote, it will be judged as MITOMEZU (no count).

CHUI (warning) & GENTEN (penalty)

- a) A foul is charged with one warning “CHUI ICHI”.
- b) When any action is considered as a deliberate or malicious foul, or when severe damage has been caused by a foul, a GENTEN ICHI (first penalty) may be given even if it was the first time.
- c) CHUI NI (two warnings) results in GENTEN ICHI (first penalty), and GENTEN NI (second penalty) results in SHIKKAKU (disqualification).

SHIKKAKU (disqualification)

The following cases result in SHIKKAKU (disqualification);

- a) Failing to obey the referee’s instructions during the bout.
- b) Being late for a bout or failing to appear. The Referee will set the time for two (2) minutes.
- c) Facing each other for more than one minute without engaging in fighting. This shall be regarded as lack of will to fight and both competitors shall be disqualified.
- d) Any actions considered as sheer violence, seriously deliberate fouls or deliberate bad attitude towards the competition.
- e) In case of GENTEN-NI (second penalty)
- g) If there is a weight difference of 7 kilograms and more between the weight in the entry application and the weight checked in the competition site, then that competitor will be disqualified.

16. Terminology

“Shihan” Professor

“O-Sensei” Senior Teacher

“Sensei” Teacher

“O-Sempai” Senior high level assistant teacher

“Sempai” Senior assistant teacher

“Osu” Greeting, Yes, No, I understand, respect, has more than one meaning.

“Tatami (Fighting area)

“Aoo” Blue fighter

“Aka” Red fighter

“SHOMEN NI REI” (Bow to officials),

“SHUSHIN NI REI” (Bow to Referee),

“OTAGAI NI REI” (Bow to each other),

“KAMAETE” (Assume the fighting position)

“HAJIME” (Start),

“YAME” (Stop),

“Otagai Ni Rei” (The contestants face each other and bow),

“Hantei” (declaration of decision),

“Ippon” (Knock out scoring)

“Wazari” (0,75 point),

“Chui ichi” (First warning minus 0,25 point)

“Genten ichi” (First foul, 0,50 point),

“Shikkaku” (Disqualification),

“Tsunami” (Grabbing the opponent Dogi),

“Seiken” (Fist),

“Shuto” (Knife hand),

“Hiji” (Elbow),

“Sokuto” (Knife foot),

“Torimasen”

“Mawatte rei” (Turn round),