

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.

Article 2: Starting, suspending and ending of matches

Article 3: Duration of a match

Seniors Male: 3 minutes (effective time)

Seniors Female: 2 minutes (effective time)

Children/Cadets/Juniors (male/female): 2 minutes (effective time)

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

Article 4: Victory or defeat

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

Article 5: Scoring Areas

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

Appendix III: 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.

Chest-Protectors: - Optional. Chest-protectors must protect the chest and side of the chest, not just the bosom.

Article 6: Criteria for deciding Ippon and Waza-ari

- 1) An Ippon is awarded on the basis of the following requirements: When an exact and powerful technique, which is recognised as decisive, is delivered to the recognised scoring areas under the following conditions: Good form, good attitude, strong vigour, zanshin, proper timing, correct distancing.
- 2) Effective techniques delivered under the following conditions shall be considered as an Ippon:
 - a) When an attack is delivered with perfect timing and the opponent started to move towards the attacker.
 - b) When an attack is delivered immediately the opponent was unbalanced by the attacker.
- 3) 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.

Article 7: 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:

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

Article 8: Prohibited acts and techniques

The following acts and techniques are prohibited

- a) Uncontrolled attacks
- b) Techniques which make excessive contact, having regard to the scoring area attacked.
- c) Attacks to the upper and lower limbs.
- d) Open hand techniques to the face, Empi Uchi, Hiza Geri and Atama Uchi.
- e) Attacks to the groin.
- f) Attacks to the hip joint, to the knee joints, the insteps and the shins.

- g) Grabbing (unless immediately followed up by a technique), clinching or bodily contacting against the opponent unnecessarily.
- h) Dangerous throws.
- i) Time wasting.
- j) Any unsporting behaviour such as verbal abuse, provocation or needless utterances.
- k) Any behaviour likely to bring karate into disrepute (this includes Coaches, Managers and anybody connected with the Contestant).
- l) Lack of regard for the contestant's own safety (Mubobi).
- m) Any disrespectful and unnecessary actions are strictly forbidden.
- n) Exaggerated actions and reactions (i.e. faking injury) are forbidden and will be penalised.

Article 9: 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.

KUMITE SHOBU NIHON
W.K.A Children & Cadet Rules

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

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

For forbidden behaviour

 - a) Atenai (Warning)
 - b) Chui (Penalty)
 - c) Hansoku (Disqualify)

For dangerous behaviour

 - a) Mubobi Atenai (Warning)
 - b) Mubobi Chui (Penalty)
 - c) Mubobi Hansoku (Disqualify)

For exits of Tatami (Jogai)

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

Appendix 1: 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.