THE WORLD KARATE SOCIETY – KUMITE RULES AND GUIDLINES
SHOBU SANBON KUMITE

Competitor Dress Code:

For traditional kata all competitors should be dressed in their traditional GI or uniform, their belt tied evenly. The GI should be clean and pressed. A club or country badge is permitted.

The competitor should not be wearing any jewelry; long hair should be tied back neatly and free from the face. The competitor should also only have minimal face makeup and nail varnish is not permitted on the fingers or toes.

Tatami:

The official tatami size should be 8m x 8m.

An outer area should be marked (usually in a different coloured matting) to indicate Jogai.

The tatami should be clean and free from any debris. It is the duty of the centre judge to ensure the tatami is kept clean.

Protective Equipment:

- Hand mitts – Compulsory
- Foot protection - Compulsory
- Gum shield – Compulsory, unless the competitor is wearing head guard and protective visor.
- Shin protection – Optional
- Chest protection – Compulsory for female’s 12yrs upward, optional for males.
- Groin protection – Compulsory
- Head Guards – Optional
Determination of Shobu SanBon:

Shobu Sanbon is the first to score either 3 ippon or 6 wazzari, within the allocated time, usually a 2-minute bout. Please note timings may be varied at tournaments if stated by the tournament manager, i.e. longer duration for finals and shorter duration for preliminary rounds. When there are 10 seconds remaining the head referee will announce Atoshibaraku.

Referees:

The tatami will be made up of a head referee, mirror judge and arbitrator. The arbitrator will be sat at the corner of the tatami.

The competition:

Both competitors will be called to the tatami, Aka (red) and Shiro (white). Aka stands on the right hand side of the head referee and Shiro stands on the left hand side of the tatami. Competitors should be stood 2 metres apart in yoi (ready position). The head referee will signal both competitors to bow (Rai); he will then announce “Shobu Sanbon, Hajime (Start)” The fight then begins.

Once a score has been made or the fight needs to be stopped the centre referee will call Yame (Stop).
Scoring:

1) Head, Face, Neck (Not Throat), Abdomen, Chest, Side, Back (excluding shoulders).
2) An effective technique delivered simultaneously as the Time up bell signals the end, shall be counted into the score.
3) An attack, even if effective, delivered after the Time up bell signals the end, shall not be recognised as such, nor shall it constitute a basis for decision.
4) Jogai: techniques delivered outside the prescribed Match area shall be invalid. However, if the contestant delivering such a technique was within the boundary of the Match area when he delivered the technique, it shall be considered as valid. The point at which “Yame” is called is helpful in determining if Jogai has occurred.
   If Aka delivers a successful technique and then exits immediately afterwards, Yame should occur at the instant of score. The exit therefore occurs outside of Match time and may not by penalised.
5) If Aka’s attempt to score is unsuccessful, Yame will not be called and the Jogai will be recorded. If Shiro exits just after Aka scores with a successful attack, then Yame will occur immediately on the score and Shiro’s Jogai will not be recorded. If Shiro exits, or has exited as Aka’s score is made (with Aka remaining within the area) then both Aka’s score will be awarded and Shiro’s Jogai penalty will be imposed.
6) Scoring techniques of the same value simultaneously delivered by both contestants shall not score (Aiuchi).

Important:

For children 15 years and under, head contact is forbidden. A scoring range of 5 – 10cm will be allowed for uraken tsuki or Ma washi Geri to the head. This is regardless of weather the competitor is wearing a head guard.

For 10 years and under front face tsuki are forbidden and will not be scored. Ages 11 years – 15 years; front face tsuki are scored with a 5cm scoring distance.
Should a competitor aged 15 yrs and under make head contact, however light, the score will not be counted. It is the referee’s panel’s discretion id a penalty should be awarded.

**Criteria for deciding Ippon and Wazzari:**

**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.

When an attack is delivered with perfect timing and the opponent started to move towards the attacker.

When an attack is delivered immediately the opponent was unbalanced by the attacker.

When a combination of successive and effective attacks are used.

For combined use of tsuki and Geri techniques.

When the opponent has lost their fighting spirit and turned their back to the attacker.

Effective attacks delivered on the undefended parts of the opponent.

For valid Jodan Geri techniques

Take down, followed immediately with a tsuki (If no tsuki follows the take down, the competitor will be penalised).

**A Wazzari 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 Wazzari in the second instance.**
Prohibited acts and techniques:

The following acts and techniques are prohibited:

Uncontrolled attacks.
Techniques, which make excessive contact, having regard to the scoring area attacked. Attacks to the upper and lower limbs.
Open hand techniques to the face, Empi Uchi, Hiza Geri and Atama Uchi.
Attacks to the groin, knee joints, the insteps and the shins.
Grabbing (unless immediately followed up by a technique), clinching or bodily contacting against the opponent unnecessarily. 3 seconds is the maximum clinch time.
Dangerous throws.
Time wasting.
Any unsporting behaviour such as verbal abuses, provocation or needless utterances. Any behaviour likely to bring Karate into disrepute (this includes Coaches, Manager and anybody connected with the contestant).
Lack of regard for the contestant’s own safety or the one of his opponent (Mubobi).
Any disrespectful and unnecessary actions are strictly forbidden.
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.
When a contestant avoids combat, the Referee shall issue a warning or announce a penalty.
In the case of a contestant displaying a lack of regard for their own safety the Referee shall issue a warning or announce a penalty.
In the case of a contestant, after having once been warned, repeats similar acts or acts infringing upon the rules, the Referee may announce their defeat on account of penalties already incurred.
When a contestant commits an act falling under any of the following cases, the Referee shall announce the defeat of the offending contestant:
Failing to obey the orders of the Referee.
If a contestant becomes over excited, to such an extent that they are considered by the Referee to be a danger to their opponent.
If the act or the acts of a contestant are considered as malicious, wilfully violating the rules prohibiting them.
Other acts which are deemed in violation within the Rules of the match.
Warnings and penalties are the following:

1. Private warning: Atenai (without a penalty).
2. Official warning: Chui.
4. Mubobi
5. Private warning: Mubobi Atenai (without a penalty).
8. Jogai
9. After the first escape, the contestant must be given a warning (Jogai). After the second escape, the contestant must be given a private warning (Jogai Atenai). After the third escape, the contestant must be given an official warning (Jogai Chui). After the fourth escape, the contestant will be disqualified (Jogai Hansoku).

10. Any unruly behaviour from people connected with the contestant, such as the Coach, Manager, supporters, etc. may result in the disqualification of the contestant and/or team.
There will be no accumulation of punishment through:

Atenai, Chui, Hansoku.
Mubobi Atenai, Mubobi Chui, Mubobi Hansoku.
Jogai, Jogai Atenai, Jogai Chui, Jogai Hansoku.
Penalties must be accompanied by an increase in severity of the penalty imposed (except Atenai).
No point shall be awarded if the competitor injures his opponent, even if the injury is only very minor.

**Important:** After the sign of Atoshibaraku (10 seconds remaining), the purposed exits of the competition area (Jogai), will be punished as forbidden behaviour, following the scale of penalty existent until nowadays. Explanation: the contestant who leaves the competition area after the Atoshi Baraku will incur a minimum penalty of Jogai Chui (If the contestant already has one or two exits from the match area, he will still be punished with Chui; if the contestant has a penalty of Jogai Chui before Atoshi Baraku, he will be punished with Jogai Hansoku). This Rule has as base the application of the norms of conduct: Loyalty, Character and Sport Attitude, contributing to the dignity of the combat and mainly to the respect due to the competitor that is on that moment in disadvantage.

There are 3 warning categories:

**Jogai:** CAT 1

**Contact:** CAT 2

**Mubobi:** CAT 3

Each warning stands alone and a competitor can have 3 of each warning before disqualification.
Injuries:

If a competitor is suffering from the injuries previously incurred and they are declared by the tournament doctor as unable to continue, the fight is awarded to the other competitor.

A competitor that hurts himself while he is fighting and request medical treatment will have three minutes to get it. If the treatment doesn’t finish during this period, the referee will decide if the competitor must be declared as out of time and cannot continue fighting, or if he will give additional time for treatment.

If a competitor injured through a foul and unable to continue, the penalised competitor will be disqualified. The injured competitor will have the time until his next bout to be fit to continue. The injured competitor must be deemed fit to continue by the tournament medical staff. If the competitor cannot continue into the next bout, the opposing competitor will be awarded the win.