



ASHIHARA KARATE

NEW INTERNATIONAL KARATE ORGANIZATION

WORLD CHAMPIONSHIP

ASHIHARA KARATE NIKO COMPETITION RULES

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1. New International Karate Organization (N.I.K.O.) as governing body

1.1. N.I.K.O. (New International Karate Organization Ashihara Kaikan) is the original organization governing Ashihara Karate worldwide and has the roots in the karate style created by Sendai Kancho Hideyuki Ashihara, and is currently under the leadership of his son: Kancho Hidenori Ashihara.

1.2. The official branches in different countries, belonging to N.I.K.O recognized the value to participate and develop Ashihara Karate tournaments in the spirit of fair play, in various countries.

1.3. The ultimate goal of organizing these tournaments is to develop Ashihara Karate and promote the cultural exchange between branches and countries, in a spirit of kindness and respect.

1.4. The purpose of the Ashihara Karate competition rules is to promote a safe environment where we can introduce, standardize and develop the Ashihara Sabaki techniques. ("SABAKI" is a generic term of the Ashihara Karate techniques, one of the most rational karate styles)

1.5. The competitors, coaches, referees and officials, will participate in the Ashihara Karate tournaments with the understanding of the present regulations and agree to obey and respect it at all times.

1.6 All competitors and officials taking part in the Ashihara Karate tournaments must be N.I.K.O. members, with a valid N.I.K.O. membership card.

1.6. Violation of the present regulations will be discussed by the Organizing Committee and/or the Referees Committee in an organized event, sanctioned by N.I.K.O.

PART 1 – KUMITE Regulations

2. Organization of the KUMITE competition

2.1. Competitors

2.1.1. All competitors taking part in the tournament must be declared physically fit for contact sports (for the period the tournament is held), by relevant medical authority in the participants country. The responsibility of these medical tests belongs to the sports federations in each participating country.

2.1.2. The affiliation to N.I.K.O includes the acceptance of the World Anti-Doping Code and assumes all the national federations and their members must respect the rules imposed by the [World Anti-Doping Agency](#).

2.1.3. All competitors must have sports accident medical insurance. The responsibility for this insurance belongs to the national federations they represent.

2.1.4. A male competitor cannot be registered and/or participate in any female divisions/weight categories. Same way, a female competitor cannot be registered and/or participate in any divisions/weight categories reserved for males.

2.1.5. The official age categories accepted in the Kumite matches are:

-14 years	-16 years	-18 years	+18 years	+35 years	+45 years
Cadet	Junior II	Junior I	Senior	Veteran	Master

NOTE:

- The minimum age for the CADET division is 12 years old.
- Age is calculated according to Appendix 2 – Weight and Age categories (VI. Calculating the AGE), on page 29.

2.2. Referees

2.2.1. In order to be part of the referee panel, all referees must have an official NIKO referee certificate.

2.2.2. Each country (branch/club) should make an effort to certify and contribute with referees.

2.2.3. The central referee of a Kumite or Kata bout must not have the nationality (or club) of either of the participants.

2.2.4. Between the four assistant referees, only one referee can be from the same country (or club) as any one of the two competitors.

3. KUMITE Competition officials – rights and responsibilities

3.1. Organizing Committee

3.1.1. The purpose of the Organizing Committee is to notice, lead and organize the tournament in optimal and professional conditions as well as supervising the tournament development.

3.1.2. The Organizing Committee is the only board to certify the tournament results and publish them.

3.1.3. The Organizing Committee will establish corrective measures and propose them to N.I.K.O. as well as to the national federations.

3.2. Referee Committee

3.2.1. The Referee Committee is the only board who can decide the number of referees required for proper and professional tournament development.

3.2.2. The number of fighting surfaces as well as number of referees will be decided in relation to the number of registered competitors.

3.2.3. The Referee Committee will decide and name a Chief Referee, who will represent their interest during the tournament.

3.3. Chief Referee (SHINPAN SHO)

The rights and responsibilities of the Chief Referee are:

- 3.3.1. To prepare each phase of the competition in collaboration with the Organizing Committee, in regard to the disposal of the fighting surface, the provision and use of all necessary equipment and facilities, the efficiency and supervision of the matches, safety measures, etc.
- 3.3.2. To name and allocate the officials responsible with controlling the fighting surface (Centre Referees) and to act or take measures according to what has been stipulated in the reports of the Officials responsible with controlling the fighting surface.
- 3.3.3. To supervise and coordinate the officials responsible for the arbitration of matches.
- 3.3.4. To name substitutes for officials where this is required.
- 3.3.5. Giving the final decision in technical problems which may arise during a match and for which there are no provisions in the regulation.

3.4. The Fighting Surface Referee Team

3.4.1. The Fighting Surface Referee Team will consist of the following:

- 1 Coordinator Referee (KANSA)
- 1 Centre Referee (SHUSHIN)
- 4 Four Assistant Referees (FUKUSHIN)

3.4.2. Additionally, to facilitate the efficiency of the matches' performance, the following officials are required at each official table (one per each fighting surface):

- **Timekeeper**
- **Secretary**
- **Score supervisor**
- **Announcer**
- **Video Camera**

3.5. Coordinator Referee (KANSA)

The rights and responsibilities of the Coordinator Referee are:

- 3.5.1. Supervision of Centre Referee and Assistant Referees for all the matches developed on the surface they control.
- 3.5.2. The supervision of the Centre Referee and Second Referees on the surface, which is part of their competence and the insurance of the capacity of these officials to complete their tasks.
- 3.5.3. To order the Centre Referee to stop the match when the Coordinator Referee observes a breaking of the current regulations.
- 3.5.4. To instruct the Centre Referee and Second Referees to remediate the situation.
- 3.5.5. If the Centre and/or Assistant Referees have subjective decisions, KANSA has the right to give them a warning.
- 3.5.6. He has the right to eliminate any Centre and/or Assistant Referees, who were previously warned of having subjective decisions.
- 3.5.7. He is responsible for finding replacements for any referee he eliminates.
- 3.5.8. He is responsible to maintain the same referees (1 Centre and 4 Assistant) for the same round, except for the case, when he needs to eliminate any referees for making subjective decisions.
- 3.5.9. He is responsible for a fair and objective decision; on the competition surface he controls.
- 3.5.10. He must prepare a written report for all referees on the competition he controls.
- 3.5.11. He must know the current regulations.

3.6. Centre Referee (SHUSHIN)

The rights and responsibilities of the Centre Referee are:

- 3.6.1. The Centre Referee will have the right to lead the matches including to announce the starting, the adjournment and the end of the match.
- 3.6.2. To give points.
- 3.6.3. To explain to the Official responsible with controlling the fighting surface, to the Referees Board or Committee of Appeal, if necessary, the reason for which they made a decision.
- 3.6.4. To impose penalties and to issue warnings before, during or after the fight.
- 3.6.5. To consult and act according to the opinion of Assistant Referees.
- 3.6.6. To announce the overtime rounds.
- 3.6.7. To lead the vote of Referees Commission (HANTEI) and to announce the result of the match.
- 3.6.8. To announce the winner.
- 3.6.9. The authority of the Centre Referee is not restricted to the fighting surface but also the perimeter close to it.
- 3.6.10. The Centre Referee will give all orders and will make all the announcements.
- 3.6.11. He must respect the Coordinator Referee's decision, if he is being replaced from the competition surface.
- 3.6.12. He must know the current regulations.

3.7. Assistant Referees (FUKUSHIN)

The rights and responsibilities of the Assistant Referees are:

- 3.7.1. To assist the Centre Referee through signals made with the help of the flags (white-SHIRO and red-AKA).
- 3.7.2. To carry out the election right in making a decision by HANTEI.
- 3.7.3. Assistant Referees must observe attentively the competitors' actions and to signal the Central Referee an opinion in the following cases:
 - a. When they observe a scoring technique.
 - b. When a competitor made a prohibited action or technique.
 - c. When they observe the injury of any competitor.
 - d. When one or both competitors are out of the fighting area (JOGAI)
 - e. In other cases when it is considered necessary to draw the attention of the Centre Referee.
- 3.7.4. He must respect the Coordinator Referee's decision, if he is being replaced from the competition surface.
- 3.7.5. He must know the current regulations.

3.8. Timekeeper

The timekeeper is responsible for accurate timekeeping according to the duration of the fight.

Time must run continuously and only SHUSHIN can stop it.

Time will not be stopped every time SHUHSIN says YAME.

Only SHUSHIN can signal to the Timekeeper, when the time must be stopped.

3.9. Secretary

The secretary will keep the score evidence and fill out the score sheets.

3.10. Score supervisors

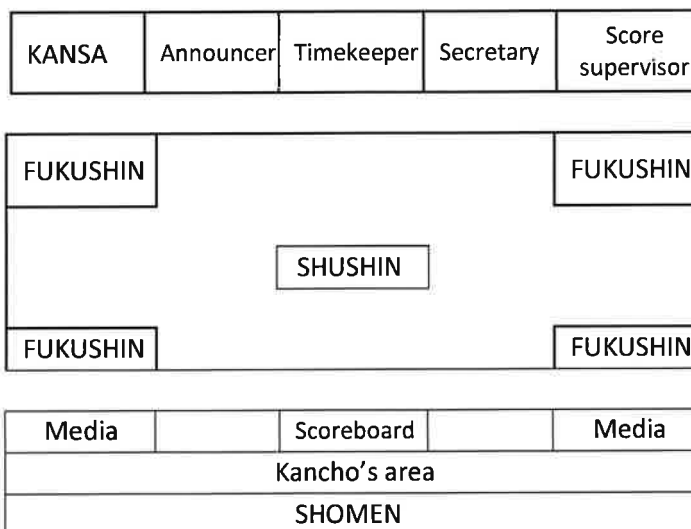
The scoring supervisors will keep separate evidence of the punctuation given by the Centre Referee and at the same time will supervise the actions of the officials responsible with the timing and scoring.

3.11. Announcer

The Announcer's role is to announce the competitors getting ready on their fighting surface, and the competitors for the following fight.

3.12. Referees and official's placement

The placement of each official, on the kumite competition surface:



3.13. Access on the tatami

Only Referees, Competitors and their Coaches are allowed in the perimeter of the tatami.

3.14. Media & Scoreboards

Media and Scoreboards (KIROKU) must only be placed on the SHOMEN side.

3.15. Kancho's area

Access to Kancho's area must be restricted for Supporters, Coaches, Competitors, or anybody else. Only members of the NIKO Committees and Kancho's special guests are allowed here.

3.16. Referees attitude

Referees must have a proper attitude and posture when they are on the tatami. SHUSHIN and FUKUSHIN must always sit straight and have an alert attitude, focusing on the match. If they have a sleepy and/or careless posture, SHUSHIN and/or FUKUSHIN will be replaced. This requirement also applies to KANSA, and all the officials keeping the score and time.

3.17. SHUSHIN's movement

When SHUSHIN moves inside the fighting surface, he/she must always face SHOMEN. SHUSHIN must never place inside the fighting surface with his/her back towards SHOMEN.

4. Official outfit

4.1. General rules

4.1.1. All participants (competitors, coaches, referees, officials, stewards) must wear the official outfit, as defined herein.

4.1.2. All participants (competitors, coaches, referees, officials, stewards) must wear the official numbers and badges offered by the tournament organizers.

4.1.3. The Referee Commission may disqualify any official or competitor who does not comply with this regulation.

4.2. Competitors

4.2.1. The competitors must wear white uniforms, only with the original Ashihara Karate symbols.

4.2.2. National flag or symbol can be present on the right-side sleeve or chest. The maximum accepted size is 10x10 cm on the sleeve and 10x6 cm on the chest.

4.2.3. The identification tournament number must be present on the back of the uniform, right below the name of the style, ASHIHARA KARATE. The maximum accepted size is 35x25 cm

4.2.4. Outside of the items mentioned in 4.2.2 and 4.2.3, the only labels permitted on the uniforms are the original labels of the uniform manufacturer.

4.2.5. The Organizing Committee may authorize the posting of some special labels or trademarks of the approved sponsors. These placement and size of these labels is described below:

<i>Placement on the uniform's jacket</i>	<i>Size</i>
Top of shoulders	20 x 7 cm
Upper side of the back	30 x 13 cm
Lower side of the back	40 x 18 cm

4.2.6. No labels are allowed on the uniform's trousers.

4.2.7. In order to place special labels and/or sponsor's trademarks, the Organizing Committee approval is required. The Referee panel has the right to disqualify any competitor who does not comply.

4.2.8. During the fighting (Kumite) bout, the competitor's use their own belts, and only AKA has a red ribbon in the back of his belt.

4.2.9. The belts will have a width of maximum 5 centimeters and a sufficient length to leave free a 15 centimeters part on each side of the bow.

4.2.10. When the jacket is tied around the waist with the belt, it must have a minimum length so that it covers the hips, but it does not have to exceed three quarters from the hip's length. The female competitors may wear a simple, white shirt under the jacket of the karate uniform.

4.2.11. The maximum length of the jacket's sleeves must not exceed the hand's wrist, and it cannot be shorter than half of the forearm. The rolling of the jacket's sleeves is not permitted.

4.2.12. The trousers must be long enough so that they can cover at least two thirds of the tibia and must not exceed the ankle's joint. Rolling of the trousers is not allowed.

4.2.13. The competitors must have clean hair and cut appropriately so that it wouldn't deter from the good evolution of the fight. Wearing head bandanas is not allowed. If the Centre Referee considers that one of the competitor's hair is long and/or dirty, he can disqualify the competitor from that fight.

4.2.14. In Kumite matches, metallic barrettes, ornaments and jewelry are prohibited.

4.2.15. The competitors must have short nails and are not allowed to wear metallic objects or of other kind which might cause injuries to their opponents. The use of metallic braces must be approved by the central Referee and by the official doctor. The competitor assumes his responsibility for any harm.

4.2.16. Wearing glasses is not allowed.

4.2.17. Wearing of bandages is not allowed unless approved by the coordinator referee.

4.3. Referees and officials

4.3.1. All referees (coordinator, center, assistant), as well as the tournament officials must wear the official uniform as decided by the referee committee.

4.3.2. The official uniform must be worn for the whole period of the tournament, as well as during the referee courses, evaluation and formation, before the competition.

4.3.3. Below are the details about the official uniform:

- a. Black trousers
- b. Short sleeved white shirt
- c. Dark red tie (with the Ashihara Logo)
- d. Black shoes to be used outside of the cushion area
- e. Inside the cushion area, referees must be barefoot
- f. Dark blue or black socks
- g. Dark blue or black jacket

4.3.4. If any male or female referee has long hair, they must have it in a ponytail, tied at the back.

4.4. Coaches

4.4.1. All coaches must wear a sport outfit for the whole duration of the tournament. The sports outfit may be as follows:

- h. Polo or T-shirt & Sport jacket
- i. Sport trousers
- j. Sport shoes

4.4.2. The business outfit (jacket and tie) must not be worn by coaches, on the surface area.

4.4.3. Coaches must have respectful behavior, before, during and after matches. They must not display agitated behavior. They are strictly forbidden to scream, swear or have any other disrespectful acts.

Penalties under “**Category 4- Disrespectful behavior**” also apply for a coach behavior.

- If a coach has disrespectful behavior, his competitor will be sanctioned with the Penalties defined in Chapter 9.
- A coach will be removed from the tatami, if he continues to have disrespectful behavior, after he was previously warned and sanctioned for this.

5. Fighting surface

5.1. The surface must be plane and out of any danger.

5.2. The fighting surface will consist of a square made of mats, of 8 meters side, with an additional safety surface on the width of 1 meter around. There will also be on each side a free safety surface of 1 meter on all sides.

Additional requirements if the fighting area is elevated:

- The purpose is to provide additional safety and avoid falling from it.
- The surface can be elevated with a maximum of 1 meter from the floor level.
- The elevated platform must have each side of 14 meters to include both the fighting surface and the safety surfaces.

5.3. At 2 meters from the Centre of the fighting surface it must be run a half meter line which marks the position of the Centre referee.

5.4. Furthermore, 2 parallel lines one meter long will be run perpendicular to the Centre Referee line, at a meter and a half from the center of the fighting surface which marks the position of the competitors.

5.5. Assistant Referees will be positioned in the safety area, in each corner of the fighting surface. Each of them will be equipped with a white flag and a red one.

5.6. The coordinator referee will sit at or in front of the small table, very close to the safety surface behind the left side of the Centre referee. This one will be equipped with a red flag or a red sign and a whistle.

NOTES:

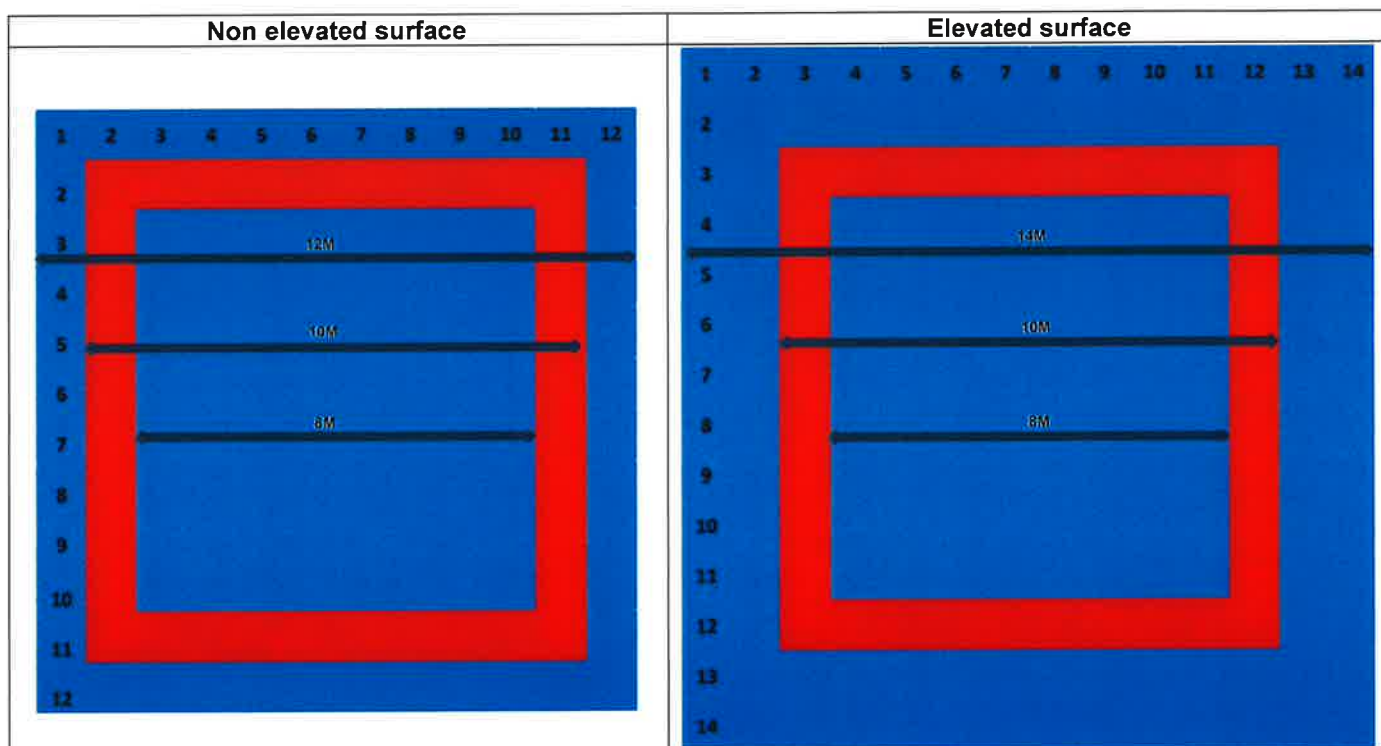
[1] 1 meter around the fighting surface, there must not be any sponsors billboards, walls and/or prop pillars.

[2] The fighting area surface mats must be adherent with the surface floor, and have low friction on the top site, where the competitors make contact.

[3] The mats should be specific to Karate. Judo mats should be avoided, since they might reduce the competitor's mobility and movement.

[4] The Centre referee must assure the mats don't move around during the tournament, since the empty spaces between the mats may cause serious injuries.

Fighting area overview:



Note: M = 1 Meter (100 centimeters)

6. The score

YUKO	WAZA ARI	IPPON
1 Point	2 Points	4 Points

1 YUKO = 1 Point

2 YUKO = 2 Points, and is equivalent with WAZA ARI

1 WAZA ARI = 2 points

2 WAZA ARI = 4 Points, and it is equivalent with IPPON

4 YUKO = 4 Points, and it is equivalent with IPPON

6.1. IPPON (4 points) will be granted in the following situations:

6.1.1. When the competitor cannot continue the fight after 5 seconds or more due to the allowed techniques (applied).

6.1.2. Accumulating two WAZA ARI is equivalent with IPPON.

6.1.3. Accumulating four YUKO is equivalent with IPPON.

6.1.4. Accumulating 4 points (IPPON) will immediately end the bout.

6.2. WAZA ARI (2 points) will be granted in the following situations:

6.2.1. When one of the competitors is knocked down using the allowed techniques and is capable to continue the fight in the first 5 seconds.

6.2.2. For the CADET and JUNIOR I & II divisions, a controlled JODAN GERI will be scored as WAZA ARI.

6.2.3. When one of the competitors is controlled and scored, after allowed SABAKI and/or NAGE techniques have been applied.

- **Controlled** means a throwing or cutting technique, after which the opponent is brought to the ground.
- **Scored** means a hand strike at the upper body level (except for the face), on an unprotected (not covered by the hands for protection) area. The scoring technique must be applied without contact, approximately 2 to 5 cm from the opponent's body. The scoring technique must be performed once, and with HIKITE and balance.
- **WAZA ARI** (2 points) will only be awarded if the control techniques are followed by a scoring technique.

If the competitor executing a technique loses his balance during or after the throwing or cutting techniques, there will be no points awarded.

If both competitors end up on the ground, no points will be awarded.

6.2.4. Accumulating two YUKO is equivalent with WAZA ARI.

6.3. YUKO (1 point) will be granted in the following situations:

6.3.1. When one of the competitors is controlled **without being** scored, after allowed SABAKI, NAGE or CUTTING techniques have been applied.

6.4. Points will be granted in the following situations:

1 point:

- When one competitor is penalized with CHUI NI.
- When one of the competitors refuses to continue the fight (KIKEN).
- When the competitors have equal number of points and the victory is decided by the Referee's decision (HANTEI).

2 points:

- When one competitor is penalized with CHUI SAN.

3 points:

- When one competitor is penalized with CHUI YON.
- When one competitor is penalized with SHIKAKU.
- These penalties (CHUI YON, SHIKAKU) will automatically imply the end of the bout.

Note: Please see Page 16 for the sequence of the penalty points.

Awarding points:

- In order to award a point for a scoring technique, minimum 3 votes are necessary.
- Each Referee has 1 vote.
- There are 5 possible votes in total: 1 x SHUSHIN and 4 x FUKUSHIN.
- If a Referee shows MIENAI (did not see), that vote does not count.

NOTES:

- *IPPON will immediately end the bout*
- *2 WAZA ARI are equivalent with IPPON and will immediately end the bout.*
- *2 YUKO are equivalent with WAZA ARI.*
- *A difference of four points will immediately end the bout.*

6.5. No valid technique

To signal a technique that did not score any point(s), the SHUSHIN will use the following word: **MITOMEZU**.

7. Allowed techniques

7.1 Kicking techniques against the following body parts:

- a. Head (excluding the back of the head), Face, Neck (excluding the tracheal area)
- b. Abdomen, Chest, lateral side of the Bust (ribs), Back (excluding the spine area)
- c. Legs (excluding the knee joint)
- d. Arms (excluding joints)

Please note the kicking restrictions, for Cadet and Junior divisions, described in 8.1.1!

7.2 Punching techniques against the following body parts:

- a. Abdomen, Chest, lateral side of the Bust (ribs), Back (excluding the spine area), Arms and Legs.

Please note the following new rules (7.2 b, c, d) apply ONLY for the SENIOR (+18Years) New Style Division:

- b. Punches to the head (protected by a space helmet) are allowed.
- c. **ONLY** up to **3 consecutive punches** to the head level are allowed in a single combination.
(After a 3rd consecutive punch to the head, only a kicking technique or punch to the body can be used.)
(The 4th consecutive punch to the head level will be treated as penalty.)
- d. Punches mean any striking techniques using only the fist, and **NOT** the forearm, elbow or shoulder.

7.3 The grabbing techniques

- a. The grab (hold) with only one arm, followed by the striking, kicking, throwing and cutting techniques must not last more than 3 seconds.
- b. The grab with a MAWASHI UKE technique (both arms grabbing only one side of the opponent), followed by the kicking, throwing and cutting techniques must not last more than 3 seconds.

7.4 The grabbing and hitting techniques

- a. The hold on the head is only allowed with one arm, followed by **only ONE** hitting technique.
- b. **Only ONE** kicking technique is allowed at the head level, when grabbing (holding).

Please note the rules (7.4 c, d) apply ONLY for the SENIOR (+18Years) New Style Division:

- c. **Only ONE** punching technique is allowed at the head level, when grabbing (holding).
- d. While grabbing (holding), combining 1 punching + 1 kicking technique at the head level is allowed.

7.5 The grabbing and throwing techniques

- a. After any hold/grab (as defined in 7.3, 7.4), it is allowed to bring the opponent to the ground and score with a valid and controlled technique.
- b. Throwing techniques defined by Ashihara Karate: MAKI KOMI NAGE, URA NAGE, CUTTING, HIKITAOSHI.

7.6 An efficient technique performed simultaneously with the end of fight signal, is considered valid.

7.7 The scoring of efficient techniques performed simultaneously by both competitors (AIUCHI) will not be scored.

NOTE:

In the SENIOR (+18Years) New Style Division, punches to the head with a fist are allowed, head must be protected by a Full-Face Mask Head Guard.

8. Prohibited behavior

8.1. Category 1- Prohibited Techniques

- a. Techniques that are in contact with the neck (tracheal area).
- b. Attacks in the inguinal, spine, wrists areas (knee joint), or stepping (stomping) on the foot.
- c. Attacks on the face using arm techniques (excluding the Senior New Style Division)
- d. Elbow strikes to the head level are prohibited for all divisions.
- e. Dangerous or prohibited throwing techniques (over the hip).
- f. Head butts.
- g. Holding with both hands (by both sides) of the head, neck and both shoulders (except MAWASHI UKE), as well as holding one arm and the leg on the opposite side.
- h. Holding a leg with both arms.
- i. Any throwing technique over the hip.
- j. Pushing or holding the opponent without trying to perform a technique or an allowed throw (because of fear);
- k. Pushing the opponent with the intention of taking him outside of the fighting surface.
- l. Attacks making contact to an opponent who is on the floor.
- m. Touching the face is prohibited during the backward throw URA NAGE.
- n. The uncontrolled MAWASHI UKE performance that could lead to the opponent's injury and shaking (hitting the opponent's back of the head while performing the hold).
- o. All attacks targeting the opponent's joints by striking or locking.
- p. All the other techniques considered inappropriate by the referees.

Contact to the Head Level Area for the following divisions:

CADET, JUNIOR II, JUNIOR I:

- The knee strikes to the head are prohibited!
- All the other leg techniques are allowed as light contact.

Conditions for awarding WAZA ARI (Cadet, Junior I & II):

- Clean kick to the head, without being blocked.

Conditions for awarding IPPON (Cadet, Junior I & II):

- Clean kick to the head, without being blocked.
- Temporarily stops movement.
- Temporarily loses the will to fight.

SENIOR New Style Division

- Only up to 3 consecutive punches are allowed to the head level.
- After a 3rd consecutive punch to the head, only a kicking technique or punch to the body can be used.
- The 4th consecutive punch to the head level will be considered a penalty!
- Elbow, forearm and shoulder strikes are prohibited!

8.2. Category 2- Unethical attitude (lack of fair play)

- Simulation or exaggeration of an injury.
- Jeopardizing himself by having a behavior that exposes the competitor to being injured by the opponent or not taking the self-protection adequate measures (MUBOBI).
- Avoiding the fight as a means to stop the opponent from scoring.
- Dialogue with the opponent, offending him, not observing the indications of the central referee, defiant behavior towards the referees, or any other breaches of the protocol.
- A technique performed after a fight suspension or stop will not be scored. In this case the attacker might also receive a penalty.
- Any other behavior seen as inappropriate by the referees.

NOTE:

In case of breaching the regulations of the categories 1 and 2 (prohibited techniques and attitude), the competitor must be warned and penalized and in more serious cases, the competitor might be disqualified. The disqualified fighters must be immediately eliminated from the match.

8.3. Category 3- Stepping outside of the fighting surface (JOGAI)

JOGAI represents the situation when both legs of any of the opponents touch the floor outside of the fighting area. If a fighter leaves the fighting surface in order to avoid the fight, he will be warned on the first offence and penalized on the following offence

8.4. Category 4- Disrespectful behavior

8.4.1. Disrespectful behavior

Countries/Branches that have bad or disrespectful behavior during a World Championship (WC), cannot apply to host the next WC. Bad or disrespectful behavior refers to actions both on the tatami, as well as anywhere else in the competition venue or WC facilities.

This behavior will be observed between competitors, coaches, referees, members of NIKO committees and everybody else who are participating in the NIKO World Championship.

8.4.2. Penalties for disrespectful behavior

After a WC the NIKO Committees will decide if a country/branch should be banned from next WC. If a country/branch has bad behavior during a WC, they can be banned from participating in the next WC.

NIKO will send a letter and specify which person(s) is/are banned from participating in the next WC. The ban is for 2 years, in which the person(s) cannot participate in the NIKO World Championship.

9. Penalty system

Every offence is charged with one warning: **CHUI ICHI**.

When an action is considered as a deliberate or malicious offence, or when severe damage has been caused by an offence, **CHUI NI** (two warnings) may be given directly.

SHUSHIN must consult the four FUKUSHIN before imposing CHUI NI from the beginning.

The order is as follows:

CHUI ICHI → CHUI NI → CHUI SAN → CHUI YON = SHIKKAKU (Disqualification)

- CHUI ICHI → no points are added to the opponent's score.
- CHUI NI → 1 point is added to the opponent's score.
- CHUI SAN → 1 point is added to the opponent's score
- CHUI YON → 1 point is added to the opponent's score.
- CHUI YON = SHIKKAKU (Disqualification)

9.1. **SHIKKAKU** means "3 points" are added to the opponent's score and disqualification from the current fight.

The following case will be considered reasons for disqualification:

- Failing to obey the referee's instructions during the bout.
- Being late for a bout.
- Any actions considered as sheer violence, seriously deliberate fouls or bad attitude towards the competition.
- When the competitor vomits during the bout (after the HAJIME command, and before the HANTEI).
- In case of CHUI YON.

SHUSHIN must consult the four FUKUSHIN before imposing SHIKKAKU

9.2. **TAIJO** is a disqualification from the tournament, and current match. In order to define the application limit for TAIJO, the Referees Committee shall be consulted.

- TAIJO can be invoked when a competitor does not observe the indications of the central referee, acts with hatred or performs an action that reflects on the prestige and honor of Karate, or when other actions are considered as breaching the rules and spirit of the competition.
- TAIJO means disqualification from the current fight and also tournament.
- TAIJO can have long term consequences, depending of N.I.K.O. and/or national federations decisions.

9.3. Signaling a penalty

- A Referee can ONLY show a penalty for either AKA or SHIRO.
- The Referee MUST decide which competitor was the first one to commit a penalty.
- The Referee CANNOT show a penalty for both AKA and SHIRO, at the same time.

10. Decision criteria

The winning decision criteria can be one of the following:

- **Points** (highest number of points wins, with a total of 4 points ending the fight)
- **Decision** (HANTEI) (in case of equal number of points)
- **Disqualification** (SHIKKAKU, TAIJO or KIKEN)

10.1. The result of a fight is established when a competitor has 4 points (IPPON) or at the end of the fight has the highest score (highest number of points), obtaining a decision (HANTEI), or by disqualification (SHIKKAKU, TAIJO or KIKEN), imposed on the opponent.

10.2. If at the end of a round the score is equal, a decision (HANTEI) will be taken. The Referees taking this decision are allowed to vote for: AKA, SHIRO or HIKIWAKE, except when it is the last extra round, in which case they cannot vote HIKIWAKE.

10.3. If at the end of a round the score is equal, the decision shall be taken by vote of the central Referee and the four second Referees (HANTEI). The decision shall be made based on the following criteria:

1. Damage (amount of damage)
2. Clear hits (number of punches/kicks not being blocked)
3. Number of attacks (more techniques)
4. Fighting spirit (moving forward, attacking first)

10.4. The complete decision criteria order is:

IPPON > WAZA ARI > YUKO > Damage > Clear hits > Number of attacks > Fighting spirit

PART 2 – KATA Regulations

11. Organization of KATA competition

- All competitors must be NIKO members with a valid membership card.
- The following two competition forms are accepted in the kata tournament: Individual and Teams.
- An individual competitor is 1 member.
- A team consists of 3 members.
- A kata will be performed twice, to demonstrate SABAKI and fight control, which is unique to ASHIHARA KARATE:
 - 1st time: as an individual performance
 - 2nd time: BUNKAI, with attacking partner(s), to demonstrate the meaning of the kata.
- Only kata from Ashihara Karate may be performed.
- For the World Tournament, KANCHO will choose 3 different KATA from the list below:

Shoshin 1	Shoshin 2	Shoshin 3	Nage 3
Kihon 1	Kihon 2	Kihon 3	Nage 4
Nage 1	Nage 2	Kumite 3	Kumite 4
Kumite 1	Kumite 2	Jissen 1	Kumite 5
			Jissen 2

12. KATA Competition officials – rights and responsibilities

The following definitions will remain unchanged, as previously defined:

- Organizing Committee (as defined in the chapter 3)
- Referee Commission (as defined in the chapter 3)
- Chief Referee (SHINPAN SHO) (as defined in the chapter 3)
- Official outfit (as define in chapter 4)

The competition surface referee team must consist of the following:

- 1 Coordinator Referee (KANSA)
- 1 Centre Referee (SHUSHIN)
- 4 Assistant Referees (FUKUSHIN).

Additionally, each Kata competition surface must have the following:

- Secretary
- Score supervisor
- Announcer
- Video camera (to record all performances)

NOTES:

1. All referees must be certified by NIKO, by attending an official referee seminar.
2. All accredited referees must participate in the technical meeting, organized a day before the KATA tournament.
3. This is necessary in order to provide professional judgment and understand the evaluation criteria.

12.1. Coordinator Referee (KANSA)

The rights and responsibilities for the Coordinator Referee are described below:

- 12.1.1. To supervise the Centre and Assistant Referees for the competition surface he is responsible for.
- 12.1.2. To supervise the Centre and Assistant Referees competency and objective judgment.
- 12.1.3. If the Centre and/or Assistant Referees have subjective decisions, KANSA has the right to give them a warning.
- 12.1.4. He has the right to eliminate any Centre and/or Assistant Referees, who were previously warned and still have subjective decisions and/or don't respect the evaluation criteria (as defined in chapter 14).
- 12.1.5. He is responsible to find replacements for any referee he eliminates.
- 12.1.6. He is responsible to maintain the same referees (1 Centre and 4 Assistant) for the same round, with the exception of the case, when he needs to eliminate any referees for making subjective decisions.
- 12.1.7. He is responsible for a fair and objective decision; on the competition surface he controls.
- 12.1.8. He must prepare a written report for all referees on the competition surface he controls.
- 12.1.9. He must know the current regulations.

12.2. Centre Referee (SHUSHIN)

The rights and responsibilities for the Centre Referee are described below:

- 12.2.1. He is responsible for inviting the competitors inside the competition surface.
- 12.2.2. He is responsible for the optimal course of the matches, without any wasted time.
- 12.2.3. He must know the current regulations.
- 12.2.4. He must evaluate each competitor and make an objective decision, as defined in chapter 4.
- 12.2.5. He is responsible to ask for the decision, after either competitor (or teams) performed their kata.
- 12.2.6. He is responsible for announcing the decision, after counting all the votes (including his own).
- 12.2.7. He must respect the Coordinator Referee's decision, if he is being replaced from the competition surface.

12.3. Assistant Referee (FUKUSHIN)

The rights and responsibilities for the Assistant Referee are described below:

- 12.3.1. He must know the current regulations.
- 12.3.2. He must evaluate each competitor and make an objective decision, as defined in chapter 4.
- 12.3.3. He is responsible to present his decision without hesitation, once the Centre Referee asks for it.
- 12.3.4. He must respect the Coordinator Referee's decision, if he is being replaced from the competition surface.

NOTES:

- [1] Each referee has one vote. There are 5 votes in total (1 Centre Referee + 4 Assistant Referees).
- [2] The Centre and Assistant referee's votes are equal.
- [3] The competitor who receives the majority of the votes will be declared the winner.

12.4. Secretary

- He is responsible to keep the evidence and write down the following:
- The result of each match.
- The warnings issued by KANSA to the Centre and/or Assistant Referees, for subjective decisions
- The Referees eliminated by KANSA for subjective decisions, or any other reasons.

12.5. Score supervisor

- He is responsible for supervising the officials.
- He is responsible for signaling if one competitor wants to perform a kata already executed in a previous round.

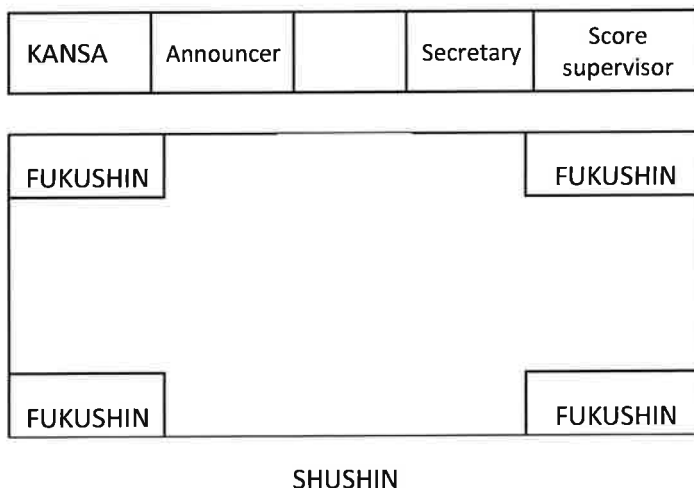
12.6. Announcer

He is responsible for announcing the following:

- Name and country for each competitor (or team).
- To announce the final decision, and the winner of the match.

12.7. Referees and official placement

Here is the placement of each official, on the Kata competition surface:



13. Operations of matches

- One competitor must have a RED ribbon (AKA) at the back of their belt, to be easily identified by the referees. There is no need to remove their rank belts.
- For the Teams competitions, only one member will wear the colored ribbon at the back of the belt. (The team member who has the role of UKE will be wearing the colored ribbon.)
- Once their names are announced, all competitors (or teams) will step inside of the competition surface and line up facing the Centre Referee. They will first bow to the Centre Referee, and then bow to each other.

Performance of the kata for the INDIVIDUAL competition

- AKA and SHIRO will execute the kata without partner, at the same time.
- The Center Referee will count the moves in the KATA.
- After performing the KATA, the BUNKAI (kata with partner) will take place.
- AKA performs the kata with partner first.
- When AKA finishes the BUNKAI, bows towards the Centre Referee and steps outside of the competition surface.
- SHIRO comes to the competition surface and after a bow, starts the execution of BUNKAI.
- After SHIRO has finished BUNKAI, AKA comes back to the competition surface and they wait for the Referee's decision.
 - Every kata must be performed twice.
 - 1st time: as an individual performance.
 - 2nd time: BUNKAI, with an attacking partner, to demonstrate the meaning of the kata.
 - Each individual competitor must have an attacking partner (TORI).
 - TORI must know the attacks, according to the kata chosen for that round.

Performance of the kata for the TEAM competitions

- AKA Team executes the kata without the partner.
- The Center Referee will **NOT** count the moves in the KATA.
- Immediately after performing the KATA, AKA Team executes the BUNKAI (KATA with partner).
- When AKA Team finishes the BUNKAI, bows towards the Centre Referee and steps outside of the competition surface.
- SHIRO Team comes to the competition surface and after a bow, starts the execution of KATA.
- Immediately after performing the KATA, SHIRO Team executes the BUNKAI (KATA with partner).
- After SHIRO Team finishes BUNKAI, AKA Team comes to the competition surface and they wait for the Referee's decision.
 - Every kata must be performed twice.
 - 1st time: as a team performance, all members executing the kata in the same time.
 - 2nd time: BUNKAI, with attacking partner(s), to demonstrate the meaning of the kata.
 - Only 1 competitor will perform the second time as UKE, the other 2 will become TORI.
 - All team members must participate in the 2nd performance
 - In a team of 3 competitors, 1 member will have the role of UKE, and the other 2 will be TORI.
 - Only if a team member gets injured during the competition, he (she) can be replaced with different TORI.
 - TORI(s) must know the attacks, according to the kata chosen for that round.
- The Centre Referee (SHUSHIN) will ask for the decision: HANTEI TORIMASU!
- At SHUSHIN's signal: HANTEI, all 5 Referees must simultaneously indicate their decision, raising the SHIRO or AKA flag.
- The decision must be for SHIRO or AKA. A draw decision is not allowed.
- The competitor (team) with the majority of the votes is declared winner and will advance in the next round.
- The Centre Referee (SHUSHIN) counts the votes and declares the winner.
- Both competitors bow to the Centre Referee and to each other and then step outside of the competition area.

14. Evaluation criteria

- The performance of a KATA must adhere to the traditional values and principles, as created by Sendai Kancho Hideyuki Ashihara.
- Kata must be a realistic representation of the fighting techniques, demonstrating strength, speed, rhythm, balance, as well as a perfect fight control, during the BUNKAI performance.

The following major evaluation criteria elements will be used to evaluate a kata performance.

14.1. Conformance with Ashihara Kata

All the moves have to correspond to the actual moves from the kata chosen to be performed.

14.2. Demonstration of the kata with an attacking partner

Fight control, when kata is being performed with an attacking partner.

- Injuring the attacking partner because of lack of control, will be considered a mistake.
- If the attacking partner has exaggerated or non-realistic moves, this will also be considered a mistake.

14.3. Technical performance

- a. Basic techniques
- b. Focus (Kime)
- c. Strength / Speed / Balance
- d. Rhythm
- e. Synchronization (only for the Team event)

All of the **3** criteria (14.1, 14.2, and 14.3) are to be given equal importance in the evaluation of the kata performance!

Evaluation of a kata performance starts from the first bow, before the 1st individual performance and ends with the last bow, after the 2nd execution with an attacking partner(s).

14.4 Advantages

The following advantages must be taken into consideration by the Referees, when awarding the winning decision:

- Performing the correct movements, corresponding to the kata chosen for the current round.
- Proper fight control, when demonstrating the kata with an attacking partner.
- Performing realistic fighting moves, with an attacking partner, without injuring the partner (TORI).
- Proper and correct basic techniques.
- KATA must be executed with ZANSHIN, with a natural flow.

14.5 Mistakes

The following mistakes must be taken into consideration by all Referees, when awarding the final decision:

- Performing the wrong move, not corresponding with the kata chosen.
- Lack of synchronization during the team event.
- Lack of fight control and injuring the attacker, during the demonstration with an attacking partner.
- Non-realistic and exaggerated moves from the attacking partner, during the demonstration with a partner.
- Executing the wrong attack by TORI.
- Losing the balance during the individual and/or the demonstration with an attacking partner.
- Using any kind of signals (visual and/or audio) in order to help the synchronization between team members.
- There must be a clear distinction between each move in the KATA.
- Not having a short pause between each move is considered a mistake.

14.6 Reasons for disqualification

An individual competitor and/or team can be disqualified for the following reasons:

- Verbal and/or physical interference with any one of the referees (KANSA/SHUSHIN/FUKUSHIN).
- Physical contact with the Centre (SHUSHIN) and/or Assistant (FUKUSHIN) referees.
- Not respecting the referee(s) instructions and any other discipline abuse.

14.7 Shin protectors

- Shin protectors will not be allowed during the KATA competition.
- The competitors must use proper fight control, and not cause any injuries.

15. KATA Tournament divisions

Individual:

Cadet	Junior II	Junior I	Senior	Master
-14 Male	-16 Male	-18 Male	+18 Male	+45 Male
-14 Female	-16 Female	-18 Female	+18 Female	-

Name	Age
CADET	-14 YEARS
JUNIOR II	-16 YEARS
JUNIOR I	-18 YEARS
SENIOR	+18 YEARS
MASTER	+45 YEARS

NOTES:

- [1] The only criteria for placing the competitors in a division are their age and gender.
- [2] The attacking partner (TORI) can be male or female.
- [3] For example, a female competitor can have a male attacking partner (TORI).
- [4] The attacking partner (TORI) can be from any division.

Teams:

Junior Team	Senior Team
-18 Male/Female or Mixed	+18 Male/Female or Mixed

Name	Age
JUNIOR	-18 YEARS
SENIOR	+18 YEARS

NOTES:

- [1] For the team competition, only teams of 3 members are allowed.
- [2] There is no difference between male, female or mixed teams.
- [3] All teams will compete in a specific division, according to their age.
- [4] It is allowed to have a mixed gender team. The teams will compete in a division, according to their age.
- [5] A team consists of 3 members.
- [6] All 3 team members must be in the same age category.

PART 3 – General Regulations

16. Minimum number of competitors (KUMITE & KATA)

The World Tournament represents the image of ASHIHARA KARATE and it is the highest level of competition in NIKO.

For this reason, each country/branch must select only the best competitors to represent their country/branch. These competitors could be the winners of the national championships from each country.

This way we will guarantee the highest level possible for the World Tournament, as well as a limited time necessary for the kata competition.

The **minimum number** of competitors in any category/division for either Kumite or Kata **MUST be 4**.

17. Competition format

17.1 KUMITE competition format

The KUMITE competition format can be either a **single elimination** or a **pool system**. The number of competitors enrolled in each division will determine the competition format.

If the number of competitors is **8 or more**, a single elimination system will be used. A pool system will be used if the number of competitors is **less than 8**.

- For 4 or 5 competitors, a single pool will be used
- For 6 or 7 competitors, two pools will be used. In this system the best 2 competitors in each pool will compete in semifinals and final.

If there are only 3 competitors registered in a division, they will be combined with the adjacent division. Only two adjacent weight categories in the same age division can be combined.

17.2 KATA competition format

Regardless of the number of competitors, the KATA competition format is a **single elimination** tournament. This single elimination format is for both the Individual and Team event.

- KANCHO will choose 3 KATA for each division (Junior, Senior, Master)
- Each competition round will have a different KATA.
- For example: Preliminaries → KATA 1, Semifinal → KATA 2, Final → KATA 3
- If more preliminaries rounds are necessary, each round will have a different KATA:

Competitors	Prelim 4	Prelim 3	Prelim 2	Prelim 1	Semifinal	Final
8				KATA 1	KATA 2	KATA 3
16			KATA3	KATA 1	KATA 2	KATA 3
32		KATA 2	KATA3	KATA 1	KATA 2	KATA 3
64	KATA 1	KATA 2	KATA 3	KATA 1	KATA 2	KATA 3

17.3 Single elimination system

The Organizing Committee is responsible for the tournament draw. The following guidelines must be respected, during the tournament draw:

- Competitors from the same country or branch will not compete against each other in the first round.
- The competitor's names are extracted from the pool and placed on the tournament draw.
- If two competitors (teams) from the same country/branch are extracted from the pool, one of them will be placed in the opposite side of the tournament draw.
- The winners of the previous world tournaments will be placed on opposite sides of the tournament draw.

In the case of fewer competitors than the ideal number (16/32/64), some will have a « bye » in the first round.

The « bye » will be decided by extracting the name of the competitors from the pool.
 Any competitor (or team) must have an equal chance to have a bye in the first round.
 Here is an example of a tournament draw for 16 competitors (teams).
 In the same way a tournament draw will be created for 32 or 64 competitors (teams).
 The example of the tournament draw is for one division.



17.4 Pool system

The pool system means the competitors will be placed in pools and then compete against all the others from the same pool.

For example:

- If a pool has 4 competitors, each one will have to compete 3 times.
- If a pool has 5 competitors, each one will have to compete 4 times.

At the end of all the matches in each group, the winners of the group will be decided based on the number of wins and secondly in case of an equal number of wins, by points:

- If winning by decision, without scoring any points → 1 point will be awarded for the winner of the match.
- If winning by points → the points will be added to the competitor's final score.

The goal of the pools is to allow the Organizing Committee to establish the competitors who will take part in the finals. The pool matches final score will establish which competitors will advance for the finals.

18. Official appeal

18.1. No one can protest against a decision in front of the Referees' Commission.

18.2. If an arbitration procedure goes against the rules, the President of the Organization/Federation or the official representative is the only person that can protest.

18.3. The protest can have the shape of a written report presented immediately after the fight that generated the protest. (The only exception is the case in which the protest refers to an administrative irregularity. The official responsible with the fight area verification shall immediately notify the administrative irregularity that has been observed).

18.4. The appeal shall be submitted in a short time (5-10 minutes after the match) by a representative of the Appeal Commission. In due course, the Appeal Commission shall analyze the circumstances that lead to the appealed decision. Taking into consideration the exposed facts, it will write a report and shall be authorized to act as a consequence.

18.5. Any appeal referring to the regulation's application must be performed according to the complaint's procedure. This shall be submitted in writing and signed by the official representative of the team or competitor.

18.6. The Appeal Commission is composed of one of the representatives of the Referees College, Technical Commission and Medical Commission.

Explanation:

Within the appeal, the names of the competitors, the Referees Commission and precise details about the appeal, shall be mentioned. The general complaints referring to the general standards shall not be accepted as legitimate. Proving the validity of the protest is the responsibility of the claimant.

The appeal will be analyzed by the Appeal Commission and as part of this analysis, the Commission shall study the samples presented in order to support the appeal. The Appeal Commission may analyze video images and may interview Officials, in order to objectively examine the protest validity.

If the protest is considered valid by the Appeal Commission, the appropriate action shall be performed. In addition, all necessary measures in order to avoid the production of such a situation in the future competitions shall be taken.

The further matches and fights shall not be delayed, even if an official protest is prepared. The coordinator referee is responsible for ensuring the development in good conditions of the match according to the Competition Rules.

In case of an administrative irregularity during a match, the Coach can directly notify the Official responsible for verifying the fight surface. Instead, the Official responsible for the fight surface verification shall notify the central Referee.

19. Damage and injury during the competition

19.1. KIKEN or defeat is the decision given when one or several competitors do not appear when they are called, cannot continue, abandon the fight or are withdrawn as a result of the central Referee decision. The abandonment reasons may include the injury that is not provoked by the opponent's action.

19.2. If two competitors hurt each other, or suffer from the effects of the previous injuries and the competition doctor declares that they cannot continue the fight, the competitor that gathered the most points up to that moment, is declared winner. In the individual matches, if the score is equal, then the result of the fight shall be decided by voting (HANTEI).

19.3. An injured competitor that is declared unfit to fight by the competition doctor (sports doctor), cannot continue within the competition. Only the official competition doctor can decide if a competitor can continue or not. This decision must not be taken by coaches.

19.4. The Coach can stop the competitor from continuing the match, if he feels it is not safe. However, if the competition doctor decides it is not safe, the Coach cannot overwrite the doctor's decision and force the competitor to fight.

19.5. An injured competitor that wins a fight because of the opponent's disqualification for injury cannot fight within the same competition without the doctor's permission.

19.6. When a competitor is injured, the central Referee shall immediately stop the fight and call the doctor. The doctor is authorized only for diagnosing and treating of injuries.

19.7. A competitor injured during an ongoing fight and who requires medical care shall receive three minutes to be attended. If the treatment is not concluded during the given time, the central Referee shall decide if the competitor is not able to continue or the attendance time shall be extended.

20. Video Proof

Each competition surface (for either Kumite or Kata), must have a video camera recording the action.

When there is a controversial situation, the Coordinator Referee (Kansa) has the right to ask for the Video Proof, and have a decision based on the replay from the camera.

A competitor and/or coach has no right to ask for the video proof. This right is exclusively for KANSA.

Appendix 1 - Duration of the fight

AGE	SEX	Preliminaries (minutes)	Semi-finals and finals (minutes)
- 14 years Cadet	Male	2 → 2 → final decision	2 → 2 → 2 → final decision
	Female	2 → 2 → final decision	2 → 2 → 2 → final decision
- 16 years Junior II	Male	2 → 2 → final decision	2 → 2 → 2 → final decision
	Female	2 → 2 → final decision	2 → 2 → 2 → final decision
- 18 years Junior I	Male	3 → 2 → final decision	3 → 2 → 2 → final decision
	Female	2 → 2 → final decision	2 → 2 → 2 → final decision
+ 18 years Senior	Male	3 → 2 → final decision	3 → 2 → 2 → final decision
	Female	2 → 2 → final decision	2 → 2 → 2 → final decision
+ 35 years Veteran	Male	2 → 2 → final decision	2 → 2 → 2 → final decision
	Female	2 → 2 → final decision	2 → 2 → 2 → final decision
+ 45 years Master	Male	2 → 2 → final decision	2 → 2 → 2 → final decision

(3 = Three minutes / 2 = Two minutes / 1 = One minute)

- The timing of a fight starts when the central Referee gives signal **HAJIME**.
- Only the beginning of the rounds is signaled with **HAJIME**.
- During the same round the match will be re-started with **ZOKO**.
- Time will not be stopped every time SHUSHIN signals YAME.
- Only SHUSHIN will indicate when the time must be stopped.
- The blow of the gong (whistle) means the end of the bout time, but only the referee saying **YAME** ends the bout.
- At the end of each round, a decision (HANTEI) will be taken, if the score is equal.
- At the end of the round, the fighter with more points is declared the winner.
- If neither fighter has a point advantage, the referee can vote for: AKA, SHIRO or HIKIWAKE, except when it is the last extra round, in which case he cannot vote HIKIWAKE.

NOTES:

1. No competitor can be replaced by another during a match.
2. The competitors that do not appear in 1 minute after they were called, shall be disqualified (KIKEN) from that category.
3. The break for every competitor between matches will be of minimum 10 minutes of recovery time.

Appendix 2 – Weight and Age categories

I. Age Categories:

-14 years	-16 years	-18 years	+18 years	+35 years	+45 years
Cadet	Junior II	Junior I	Senior	Veteran	Master

II. Weight Categories Senior:

AGE	GENDER	WEIGHT			
(+18 Years) SENIOR	Male	-65 KG	-75 KG	-85 KG	+85 KG
	Female	-60 KG	+60 KG		

III. Weight Categories Cadet/Juniors:

AGE	GENDER	WEIGHT			
(-14 Years) CADET	Male	-50 KG	-60 KG	+60 KG	
	Female	-45 KG	+45 KG		
(-16 Years) JUNIOR II	Male	-60 KG	-70 KG	+70 KG	
	Female	-55 KG	+55 KG		
(-18 Years) JUNIOR I	Male	-65 KG	-75 KG	-85 KG	+85 KG
	Female	-60 KG	+60 KG		

IV. Weight Categories VETERAN:

AGE	GENDER	WEIGHT	
(+35 Years) Veteran	Male	-80KG	+80KG
	Female	-60KG	+60KG

V. Weight Categories MASTER:

AGE	GENDER	WEIGHT	
(+45 Years) Master	Male	-80KG	+80KG

VI. Calculating the AGE:

The age is calculated using the birth date from the passport (or valid ID*), on the 1st day of the competition.
If the competitor is 18 years old on the 1st day of the competition, they will enroll in the SENIOR (+18 years) division.

*Valid ID = birth certificate, driver's license or any official identification showing the birth date.

VII. WEIGHT check:

The weight check will be on the same day of the competition.

The weight check is only done one time. If the weight is over the allowed limit, the fighter is disqualified.

Appendix 3 - Protective equipment

The protective equipment required for each division is outlined in the table below:

Age	Name	Gender	Gloves	Shin pads	Groin protector	Head gear	Mouth piece	Female chest protector
-14 years	Cadet	Boys						
		Girls						
-16 years	Junior II	Boys						
		Girls						
-18 years	Junior I	Boys						
		Girls						
+ 18 years	Senior	Men						
		Women						
+ 18 years New Style	Senior	Men						
+35 years	Veteran	Men						
		Women						

- **Checking the protective equipment:**

- All protective equipment will be checked during the medical and weight control.
- If the shinpads and gloves are approved, they will be stamped, so the SHUHIN knows it is approved.
- If any competitor has Muay-Thai or any other hard shin pads, they will have to get new protectors.
- **The shinpads will NOT be used, for the following divisions:**
 - a. KUMITE MEN SENIOR (+18 years)
 - b. KUMITE MEN VETERAN (+35 years)
 - c. KUMITE NEW STYLE MEN SENIOR (+18 years)

- **Approved protectors (Space helmet & gloves) for the SENIOR KUMITE New Style Division:**



Appendix 4 - Referee's Signals

A. Centre Referee (SHUSHIN) Signals



DOZO



SHOMEN NI REI

SHUSHIN NI REI

OTAGAI NI REI



KAMAETE

HAJIME

YAME/ZOKKO



MITOMEZU



YUKO



WAZARI



IPPON



CHUI ICHI



JOGAI

**Same as CHUI ICHI
Using 2 fingers**

**Same as CHUI ICHI
Using 3 fingers**

**Same as CHUI ICHI
Using 4 fingers**

CHUI NI

CHUI SAN

CHUI YON



HIKIWAKE



SHIKKAKU/TAIJO



HANTEI



NO KACHI

B. Assistant Referee (FUKUSHIN) Signals



BASE POSITION



HIKIWAKE



MIENAI



MITOMEZU



YUKO





WAZARI



IPPON



JOGAI

PENALTY



HANTEI



NO KACHI

