



EUROPEAN SHOTOKAN KARATE-DO ASSOCIATION

Competition Rules

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CHAPTER 1 : GLOSSARY

Competition: The total of all matches to obtain one title; e.g. the competition for "Ladies Senior Individual Kumite ESKA-Championship 1994".

Tournament: The total of all competitions on a well-defined place and time; e.g. the "ESKA Championship 2000".

Tournament Host: The organizer of the Tournament, usually the national karate organization.

Referee Commission: Committee to govern, to manage and to control the application of the Competition Rules of ESKA.

Match Area Managers: Senior judges who have the authority to manage and coach the match judges on a certain match area.

Judges: Chief Judge, Arbitrators, Referees and Corner Judges.

Match Judges: Arbitrator, Referee and Corner Judges designated for one match area.

Panel of Judges: Referee and Corner Judges designated for judging a match.

Zanshin: The state of relaxed awareness.

Shitei Kata: Compulsory Kata (choice made by Referee) from a set list.

Sentei Kata: Free Kata (choice made by competitor) from a set list.

Sai Shiai: Extra (new) match; no awards or warnings are carried into this extra match.

Competition committee: Committee composed of the ESKA-president, the ESKA Competition Director and the Tournament Chief Judge. The mandate of this committee is to take, in case of urgency, the necessary decisions on competition matters not covered by these Competition Rules.

Dojo-kun:

- To strive for perfection of character.
- To protect the way of truth.
- To foster the spirit of effort.
- To respect the principles of etiquette.
- To guard against impetuous courage.

CHAPTER 2 : INTRODUCTION

§ 1 : GENERAL MATTERS ON THE COMPETITION RULES

Art. 2.1 : **AIM OF ESKA**

(Ref.: Art. 1.2 of the Constitution of ESKA)

The aim of ESKA is to:

- Develop traditional Shotokan Karate-Do Europe by promoting and strengthening friendly relations and collaboration among its membership.
- Become a reference point for traditional Shotokan Karate in Europe.
- Maintain and develop standards of traditional Shotokan Karate in Europe.

(In this matter 'traditional Shotokan Karate' refers to the definition of Karate as documented by Masatoshi Nakayama in his book-series 'Best Karate')

Art. 2.2 : **PURPOSE OF THE COMPETITION RULES**

These Rules are instituted for the purpose of:

- Respecting and fulfilling the aim of the European Shotokan Karate-Do Association (ESKA).
- Ensuring strict fairness and uniformity of the methods of judging karate matches.
- Defining and supporting the authority of the Judges.
- Protecting the physical and mental well-being of the competitors.

These Rules shall be applicable to all matches held under the auspices of ESKA.

Art. 2.3 : **STANDARDS OF ESKA COMPETITION**

° 1. General standards

As ESKA promotes traditional Shotokan Karate the following standards are essential in ESKA Competition:

- **Martial Attitude**, by applying the 'Ippon'-principle and respecting the martial values ('dojo-kun').
- The application of '**Kime**', as demonstrated by the ability to transfer a maximum amount of energy (total bodyweight, power, acceleration) to a target during a total body contraction in a totally controlled way.
- The application of '**Zanshin**', by having total awareness before, during and after the execution of a technique, resulting in the complete conservation of energy after the execution.

° 2. Standards for Kumite

- Only techniques as defined in the book-series 'Best Karate' are accepted.
- Competitors will respect the physical and mental integrity of their opponent.
- Acts and techniques will be under total control of the performer.

° 3. Standards for Kata

- The performance of a Kata must clearly demonstrate its nature, namely the execution of fight-sequences.
- The Kata standard will be as defined in the Kata books of Masatoshi Nakayama's book-series 'Best Karate'.

Art. 2.4 : **AMENDMENT OR ABOLITION OF THE COMPETITION RULES**

Amendments to or abolition of these Rules, in whole or in part, are subject to the concurrence of more than two thirds of the members of the ESKA Congress.

Art. 2.5 : OTHER MATTERS

In case of a situation not foreseen in these Rules, or in case there is a doubt about the applicability of these rules to a given situation, the Referee Commission shall consult among themselves to find a solution.

All officials will be notified of these decisions and a public announcement will be made.

§ 2 : BEHAVIOUR

Art. 2.6 : BEHAVIOUR OF ALL THOSE INVOLVED IN ESKA COMPETITION

The behaviour of all those involved in ESKA Competition, be they contestants, coaches, managers, judges or other officials, must be in accordance with the values of the Karate-Do Dojo-kun, being Good character, Integrity, Effort, Courtesy and Self-control.

Any unruly behaviour or behaviour likely to bring karate into disrepute from people connected with the contestants i.e. coaches, managers, members of delegation, supporters, and so on, may result in the disqualification of the contestant and/or team.

CHAPTER 3 : THE GENERAL RULES OF JUDGING.

Art. 3.1 : JUDGMENT OF A MATCH

- 1. The judgment of a match shall be made by a panel of judges.
- 2. Judges shall judge matches in accordance with the ESKA Competition Rules.
- 3. Their authority does not function beyond these Rules.
- 4. The decisions of the judges are absolute.

Art. 3.2 : JUDGES

- 1. To judge matches and competition in ESKA, the following officials will be selected:
 - A Chief Judge.
 - Match Area Managers.
 - Referees.
 - Arbitrators.
 - Corner Judges.
- 2. The Chief Judge and Match Area Managers are appointed by the Referee Commission.
- 3. The Referee, Arbitrator and Corner Judges for each match area are appointed by the Match Area Managers before or at the time of the match.
- 4. The composition of a panel of Judges cannot be changed at the discretion of the Judges alone.

Art. 3.3 : DUTIES OF THE JUDGES

- 1. Judges must be objective and sincere.
- 2. Judges must conduct themselves impartially and fairly.
- 3. Judges must comport themselves with dignity and self-possession.
- 4. All judges shall bear in mind that propriety, or lack of it, of their attitude and behaviour, taken in relation to the conduct of the match and judgments thereon, has a great influence over the interest and success of a match and an important bearing upon the reputation and public esteem of Karate-Do. The attitude and moves of the judges taken during the match must therefore be vigorous, agile, precise and refined.
- 5. The Referee and the Corner Judges must concentrate their full attention on the match, observe each contestant accurately and judge every action of the contestants correctly.
- 6. During the match, the Referee and the Corner Judges must not converse with anyone other than the Arbitrator, the Judges and the contestants.

Art. 3.4 : POWER AND DUTY OF THE CHIEF JUDGE

The Chief Judge:

- Has overall responsibility for all matters related to the judgment of a Tournament.
- Shall be responsible for overseeing that matches are conducted according to the ESKA Competition Rules.

Art. 3.5 : POWER AND DUTY OF THE REFEREE

- 1. The Referee shall have the power:
 - To conduct matches, including starting and stopping.
 - To announce the decision of the Panel of Judges.
 - To explain when necessary the grounds on which decisions are made.
 - To announce fouls.
 - To issue warnings (prior to or during a match).
 - To take other disciplinary actions (for example, to dismiss or suspend a contestant from a match).
 - To obtain advice from Corner Judges.

- To announce victory by majority based on the table for judgment (see Appendix 4:).
- To extend the duration of a match.
- 2. Should it be necessary to replace an Arbitrator or a Corner Judge due to an accident during a match, the Referee shall immediately halt the match and request the Referee Commission to select a substitute without loss of time.
- 3. Whenever the Referee has any difficulties in his decisions, he will consult the Chief Judge.

Art. 3.6 : POWER AND DUTY OF THE CORNER JUDGES.

- 1. The Corner Judges shall have the power:
 - To assist the Referee.
 - To give their opinion regarding different situations during the match.
 - To signal their judgment regarding the conduct and development of matches by means of flags and/or whistle.
 - To exercise their right to vote in respect of decisions affecting matches.
- 2. The Corner Judges shall carefully observe the actions of the contestants within their range of vision.
- 3. Each Corner Judge shall continuously evaluate the relative excellence of contestants and form his opinion independently.
- 4. In the following cases, they shall at once signal the Referee by means of whistle or flag, correctly giving their opinion:
 - In the circumstances mentioned in Art. 5.19 : "Power and Duty of the Corner Judges in Kumite match" and in Art. 7.11 : "Power and Duty of the Corner Judges in Kata match".
 - When he notices injury or illness of a contestant before the Referee notices it.
 - In other cases when they deem it necessary to bring something to the attention of the Referee.
- 5. In case of a difference of opinion between the Referee and the Corner Judges on a given matter, the Corner Judge can, with the concurrence of other Corner Judges, oppose the judgment of the Referee.
- 6. When the Referee calls 'Hantei', the Corner Judges shall give their opinion in the prescribed manner.

Art. 3.7 : POWER AND DUTY OF THE ARBITRATOR (KANSA)

- 1. An Arbitrator shall be appointed for each match to ensure the proper application of these Competition Rules.
- 2. He shall oversee the operation of the match and the decision of the Referee, and when requested by the Referee, he may give his opinion.
- 3. When a decision given by the Referee and/or the Corner Judges is thought to have violated the Competition Rules, the Arbitrator may call for an explanation from the Referee and/or Corner Judges, and in case where he finds the decision is patently opposed to the Competition Rules, he may demand that the Panel of Judges revise its decision.
- 4. The power of the Arbitrator for the supervision of the match shall include supervision, inspection and direction of the timekeeper and the recorder.
- 5. Records kept of the match shall become official records subject to the approval of the Arbitrator.

Art. 3.8 : POWER AND DUTY OF THE MATCH AREA MANAGER

The Match Area Manager shall manage and coach the match judges on a specific match area.

Art. 3.9 : TERMS AND SIGNALS

- 1. The terms and signals to be used by the Referee in the operation of a match shall be, as specified in the Appendices.
- 2. The terms and signals to be used by the Corner Judges in the operation of a match shall be as specified in the Appendices.

Art. 3.10 : SIGNALS.

The signals to be made by flags and/or whistle by Corner Judges during the match shall be, in principle, as specified in the Appendices.

Whistle signals used by the Referee shall have the following meaning:

- (long/normal)+(short/strong): "Hantei" (Decision).
- (short/strong): "Yame" (Halt) or the command to lower the flags or the Score Board.

Art. 3.11 : DECISION.

When the Referee awards a decision on the basis of the signals given by the Corner Judges, the decision shall be governed by the rules given in the Appendix 4: "The table of Judgment".

Art. 3.12 : OTHER JUDGING MATTERS.

Matters relating to judgment not prescribed in these Rules shall be discussed among the Panel of Judges and the decisions thus reached shall be referred to the Arbitrator of the match and the Chief Judge for approval.

All officials will be notified of these decisions and a public announcement will be made.

CHAPTER 4 : THE RULES OF KUMITE MATCH.

§ 1 : GENERAL

Art. 4.1 : **KUMITE COMPETITION**

- ° 1. A kumite competition between individual competitors or between teams of competitors, to obtain a title, is conducted by means of kumite matches.
- ° 2. Competitors or teams compete against each other one against one following a random draw. The system applied for this draw is defined by the Technical Committee of ESKA.
- ° 3. The method of the kumite competition is based on the 'Knock Out'-principle: only the winner of a kumite match can continue in the competition.

Art. 4.2 : **TYPES OF KUMITE MATCH**

The types of kumite match shall be as follows:

- Individual kumite match.
- Team kumite match.

Art. 4.3 : **CONDUCT OF A KUMITE MATCH**

Kumite matches shall be conducted exclusively by the instructions of the Referee.

Art. 4.4 : **PARTICIPATION IN A KUMITE MATCH**

Participation in a Kumite match shall be governed by the rules given in the Appendix "Participation in a match".

§ 2 : INDIVIDUAL KUMITE MATCH

Art. 4.5 : **METHODS OF AN INDIVIDUAL KUMITE MATCH**

- ° 1. An individual kumite match is conducted between two competitors.
- ° 2. There are three types of individual kumite match:
 - ° 2.1 'Ippon shobu' ('One point' match)
 - The duration of this match shall be for two minutes (effective time).
 - The competitor who, within the prescribed time, has scored one point is the winner.
 - ° 2.2 'Sanbon shobu' ('Three point' match)
 - The duration of this match shall be for three minutes (effective time).
 - The competitor who, within the prescribed time, has scored two points is the winner (Two out of three).
 - ° 2.3 'Sakidori shobu'
 - The contestant who scores first, wins the match.
 - This method is only applicable for extra matches.
- ° 3. All individual kumite matches are 'Ippon shobu', except for the final matches of Senior individual kumite competitions, which will be 'Sanbon shobu'.

Art. 4.6 : STARTING, SUSPENDING AND ENDING OF A KUMITE MATCH

- 1. Starting.
 - Called by the announcer, the contestants will immediately proceed to their position just outside on the match area line. (see Appendix 7:).
 - The Referee shall take up his position.
 - On the signal of the Referee the contestants will bow to the match area, enter the area and proceed to their starting position (see Appendix 7:). They will then bow to each other and wait in 'Yoi'-stance for the start of the match.
 - The match shall start with the announcement by the Referee of "Shobu Ippon/Sanbon hajime".
- 2. Suspending and resuming.
 - By announcing "Yame", the Referee shall halt the match temporarily and order the contestants to their positions.
 - The contestants shall return to their prescribed position to wait for an award or a command of the Referee.
 - When resuming the match, the Referee shall announce "Tsuzukete hajime."
- 3. Ending.
 - After halting the match by announcing "Yame", the Referee shall end the match by announcing "Soremade".
 - When the award is given by the Referee, the contestants shall bow to each other and leave the match area. Outside the match area they will bow to the area and the match is over.

Art. 4.7 : DURATION OF AN INDIVIDUAL KUMITE MATCH

- 1. Effective time of a match shall be taken from when the Referee announces "Shobu Ippon/Sanbon hajime".
- 2. The opportunity to score ends on the signal of the bell, however the match ends with the referee's command "Yame".
- 3. When a match is suspended by the Referee's command "Yame", effective time shall be stopped until the moment the Referee resumes the match by the announcement "Tsuzukete hajime".
- 4. When the contestants move out of the match area, the match shall be considered effective until such time as the Referee orders "Yame".
- 5. The time spent in connection with an injury of a contestant or for discussion among the Judges shall not be counted as effective time.

Art. 4.8 : EXTRA KUMITE MATCHES

- 1. In the event of a draw in individual kumite matches, there will be an extension of the match (Encho Sen).
 - This extension will be of one minute duration (effective time).
 - This extension will be decided by the first score (Sakidori shobu).
 - Warnings and penalties are carried forward into this extension.
- 2. At the end of the extension, each judge must indicate a winner. The decision is based only on the extension.

§ 3 : TEAM KUMITE MATCH

Art. 4.9 : **METHODS OF TEAM KUMITE MATCH**

- ° 1. A team kumite match is conducted between two teams of competitors.
- ° 2. Each team shall list its individual members in a predetermined order.
- ° 3. Individual kumite matches shall be held between the individual members of each team in a predetermined order.
- ° 4. The individual kumite matches between the individual members are 'Ippon Shobu'.

Art. 4.10 : **NUMBER OF COMPETITORS IN TEAM KUMITE MATCH**

- ° 1. The number of persons comprising a team shall be an odd number (the number will be stated in the Tournament Rules and on the Tournament Application Form).
- ° 2. In the first match of a team kumite contest a complete team must be present (a team of 3 has to present 3 competitors, a team of 5 has to present 5 competitors). All of them must compete in the first match. If a full team was registered for the championship and the competitors became injured in the individual kumite event, then in Seniors men team may enter minimum 3 competitors. All other team kumite events are expected to start with minimum 2 athletes to form a team. The director of competition must be informed before the category will be announced.
- ° 3. If a team is not complete, the forfeited position is free, but will be clearly marked in the order on the written form.
- ° 4. Teams shall line up at the edge of the fighting area in order to compete, with the first competitor standing nearest to the referee.
- ° 5. A team which lines up and competes in an order other than that presented in written form before the match, will be disqualified.

CHAPTER 5 : THE RULES OF JUDGING OF KUMITE MATCH.

§ 1 : CRITERIA FOR DECISION OF INDIVIDUAL KUMITE MATCH

Art. 5.1 : **CRITERIA FOR VICTORY**

Victory in an individual kumite match shall be awarded to a contestant:

- ° 1. In the case of 'Ippon Shobu', based on the acquisition of one Ippon.
- ° 2. In the case of 'Sanbon Shobu', based on the acquisition of two Ippons.
- ° 3. The case of 'Sakidori Shobu', based on the acquisition of the first scoring technique.
- ° 4. In all other cases, by decision of the Panel of Judges.

Art. 5.2 : **CRITERIA FOR AWARDING IPPON**

Ippon shall be awarded to a contestant who has scored a 'Full Ippon' or an 'Awasete Ippon'.

- ° 1. Full Ippon
 - Full Ippon is awarded to a contestant when a scoring technique is recognized by the Panel of Judges as Ippon.
 - Full Ippon is awarded to a contestant when his opponent loses the match due to foul, disqualification or retirement.
- ° 2. Awasete Ippon

When a contestant scores two Waza-ari's during a match, these two Waza-ari's in combination shall be considered as an 'Awasete Ippon'.
- ° 3. In case a contestant first scores a Waza-ari and then an Ippon, he will obtain a Full Ippon.

Art. 5.3 : **CRITERIA FOR VICTORY BY DECISION**

In the absence of victory by Ippon, victory by decision can be awarded on the basis of the following criteria, relating to each competitor:

- Whether there has been Waza-ari.
- Whether there has been a warning for a foul.
- The number of escapes outside the match area.
- The excellence in the fighting attitude.
- The ability and skill.
- The degree of the vigour and fighting spirit.
- The number of attacking moves.
- The excellence in the strategy used.

Art. 5.4 : **SCORING AREAS**

The scoring areas shall be limited to the following:

- The head.
- The neck.
- The chest.
- The abdomen.
- The back.

Art. 5.5 : **CRITERIA FOR A SCORING TECHNIQUE**

- ° 1. A scoring technique is a powerful technique delivered with control to the recognized scoring areas under the following conditions:
 - Good form.
 - Good attitude.

- Strong vigour.
 - "Zanshin".
 - Proper timing.
 - Correct distance.
- ° 2. Techniques can only score if they are :
- Delivered with 'full bodyweight' (Kime).
 - Delivered perpendicular to the scoring area.
 - Directed to the axis of the body.

Art. 5.6 : EVALUATION OF A SCORING TECHNIQUE

- ° 1. To evaluate a technique Judges shall consider the potential of the technique, which means the effect the technique would have had if it was not controlled in a proper way. Contact is not required to score.
- ° 2. To evaluate a technique Judges shall not only consider the potential effectiveness of the technique, but also the attitude of the competitor.
- ° 3. A scoring technique delivered simultaneously with the Referee's command "Yame" shall be counted into the score.

Art. 5.7 : CRITERIA FOR SCORING A WAZA-ARI

When a scoring technique is recognised to be effective, it will be classed as Waza-ari. A scoring technique is considered to be effective if it has the clear potential to reduce significantly, even for a short time, the capability of the opponent to compete.

Art. 5.8 : CRITERIA FOR SCORING AN IPPON

When a scoring technique is recognised to be decisive, it will be classed as Ippon. A scoring technique is considered to be decisive if it has the clear potential to reduce to zero, even for a short time, the capability of the opponent to compete.

Art. 5.9 : ADDITIONAL CRITERIA FOR SCORING AN IPPON

Effective techniques delivered under the following conditions shall be considered as Ippon:

- An attack delivered with perfect timing when the opponent started to move towards the attacker.
- An attack delivered immediately when the opponent was unbalanced by the attacker.
- A combination of effective attacks.
- A combined use of 'nage' techniques and effective attacks.
- When the opponent has lost his fighting spirit.
- When there is no attempt to defend against the attack.
- When there is no chance to defend against the attack.

Art. 5.10 : NON-ACCEPTANCE OF TECHNIQUES

- ° 1. Techniques delivered under the following conditions shall not be considered as valid, even if they were accompanied by sufficient power:
- When a contestant fails to deliver a technique the moment he has seized his opponent.
 - When a contestant fails to deliver a technique the moment he has unbalanced his opponent.
- ° 2. A technique, delivered after the Referee's command 'Yame' shall not be recognized as a score, nor shall it constitute a base for decision.
- ° 3. Techniques delivered from outside the 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.

- 4. In a case where a technique is combined with a prohibited act or technique, the technique will not be taken into account, and the Panel of Judges will make a decision on the prohibited act or technique.
- 5. Scoring techniques simultaneous delivered by both contestants, shall not score ('Aiuchi').

Art. 5.11 : PROHIBITED ACTS AND TECHNIQUES

The following acts and techniques are prohibited:

- 1. Dangerous actions: acts or techniques that invoke a risk of injury or a reduction in the opponent's capability to compete, namely:
 - Uncontrolled attacks or techniques.
 - Techniques which make excessive contact.
 - Attacks to the upper and lower limbs.
 - Open hand techniques to the face.
 - Attacks to the groin.
 - Attacks to the hip joint, the knee joint, the instep and the shin.
 - Grabbing, unless immediately followed up by a technique.
 - Clinching or bodily crashing against the opponent unnecessarily.
 - Dangerous throws.
 - Lack of regard for his own safety ('Mubobi').
- 2. Improper behaviour ('Taido'): acts that demonstrate improper behaviour, namely:
 - Failing to obey the orders of the Referee.
 - Overexcitement, to such an extent that the contestant is considered by the Judges as a danger to his opponent.
 - Any act or acts of a contestant considered as malicious or wilfully violating the rules prohibiting them.
 - Any unsporting behaviour such as verbal abuses, provocation or needless utterances.
 - Any behaviour likely to bring karate into disrepute (this includes coaches, manager or anybody connected with the contestant).
 - Wearing a Karate-Gi which does not conform to the specifications (see Appendix 9:).
 - All acts which are deemed as violating the rules of the match.
- 3. Avoidance of contest ('Jogai'): acts or techniques who are demonstrating intended or non-intended avoidance of contest, namely:
 - Moves wasting time,
 - Moves avoiding contest,
 - Escaping from the match area.

Art. 5.12 : WARNING, FOUL AND DISQUALIFICATION.

- 1. When a contestant has committed a prohibited act or technique (see Art. 5.11 :) the Referee, in agreement with the panel of Corner Judges, shall announce a foul ('Hansoku'). The announcement of a foul invokes automatically the disqualification ('Hansoku Make') of the contestant.
- 2. When a contestant is about to commit a prohibited act or technique (see Art. 5.11 :) the Referee, in agreement with the panel of Corner Judges, shall give a warning. Depending on the seriousness, it can be an official reprimand ('Keikoku') or a warning of disqualification ('Chui').
- 3. In case the contestant, after having once been warned, repeats similar acts or acts infringing upon the rules, the Referee may announce his defeat due to a foul.
- 4. If a contestant continually escapes out of the match area:
 - After the first escape, the contestant will be given an official reprimand ('Jogai Keikoku').
 - After the second escape, the contestant will be given a warning of disqualification ('Jogai Chui').
 - After the third escape, the contestant will be disqualified ('Jogai Hansoku').
- 5. All warnings comprise two distinct categories. The first category relates to avoidance of contest ('Jogai'), the second category relates to all other ones.

- ° 6. The degree of severity of the penalty is decided by the panel of judges, however the minimum degree of escalation for repeat offences is from 'Keikoku' to 'Hansoku Chui' to 'Hansoku'.

Art. 5.13 : SAFETY ISSUES

- ° 1. If a contestant loses two matches through 'Hansoku' due to 'Dangerous actions' (Art. 5.12 :° 1.), then the contestant will not be allowed to continue in kumite contest,
- ° 2. If a contestant wins two matches due to disqualification of the opponent through injury or excessive contact, then the contestant will not be allowed to continue in kumite contest.
- ° 3. A competitor is allowed to request one (1) minute of rest between two immediately succeeding matches, or between an extension ('Encho Sen') and an immediately succeeding match.

§ 2 : CRITERIA FOR DECISION OF TEAM KUMITE MATCH

Art. 5.14 : CRITERIA FOR DECISION OF TEAM KUMITE MATCH

- ° 1. The winner of a team kumite match shall be decided on the basis of the individual matches.
- ° 2. The criteria for deciding the winner of a team kumite match on the basis of the number of winners of individual matches are the following (in order of descending importance):
 - Number of wins.
 - Number of 'Ippon' wins, including 'Awase Waza' wins.
 - Number of 'Full Ippon' wins.
- ° 3. When a team ties with its opposing team under these methods of decision mentioned above, the decision shall be made on the basis of the result of an extra individual match conducted between a representative of each team.
- ° 4. In case this extra match is a draw, there will be an extension of this extra match ('Encho Sen').
 - This extension will be of one-minute duration (effective time).
 - This extension will be decided by the first score ('Sakidori Shobu').
 - Warnings and penalties are carried into this extension.
- ° 5. At the end of the extension, each judge must indicate a winner. The decision should be based only on the extension.

§ 3 : METHODS OF JUDGING OF KUMITE MATCH

Art. 5.15 : JUDGING OF A KUMITE MATCH

The judging of a Kumite match shall be made by a panel of Judges.

Art. 5.16 : PANEL OF JUDGES FOR KUMITE MATCH

The panel of Judges of a match shall comprise one Referee and four Corner Judges. Their position will be according to the diagram in the Appendix 7: "Diagrams of the match area".

Art. 5.17 : POWER AND DUTY OF THE REFEREE IN KUMITE MATCH

- ° 1. Only the Referee shall have the authority to conduct, suspend or terminate the match. No one other than the Referee shall be permitted to halt the match arbitrarily.
- ° 2. The Referee shall have the power and duty given to him by Art. 3.5 : "Power and duty of the Referee".
- ° 3. Under the following circumstances the Referee will halt the match by announcing 'Yame' and order the contestants to their original positions:
 - ° 3.1 When the bell signals the end of the opportunity to score.

- 3.2 When two or more Corner Judges signal by flags and whistle their judgment on the contest.
(Note: When one Corner Judge signals by flags and whistle his judgment on the contest, the Referee may ignore the signal and continue with the match.)
- 3.3 When he observes a scoring technique.
- 3.4 In case of injury of one or both of the contestants.
- 3.5 When he observes a contestant committing a prohibited act.
- 3.6 When he observes a contestant about to commit a prohibited act.
- 3.7 When he observes avoidance of contest by a contestant.
- 3.8 When he deems that one or both of the contestants cannot continue with the match owing to injuries, illness or other causes.
- 3.9 When a match develops into an in-fighting with neither of the contestants delivering scoring techniques. In this manner, he shall take necessary precautions to prevent confusion or injuries.
- 3.10 Whenever he deems it necessary for the normal progress of the match, for instance:
 - To order a contestant to adjust his uniform,
 - When the match develops into a deadlock without the exchange of effective techniques between the contestants,
 - When a contestant seizes his opponent without continuing with a technique.
- 4. On halting the match, the Referee will take the following actions:
 - 4.1 When the bell signalled the end of the opportunity to score.
 - He shall return to his position and announce 'Soremade'.
 - He then will go outside the area and, after checking with the Kansa, will state scores and penalties.
 - He will then allow the Corner Judges time for considering their judgment,
 - He shall call 'Hantei' and shall whistle calling upon the Corner Judges to give their judgment,
 - He then shall decide by majority based on the table for judgment (see Appendix 4: The table for Judgment),
 - He shall then return to his position and declare the winner by raising his hand on the side of the winner ('Kachi') or call the match a draw ('Hikiwake').
 - 4.2 When two or more Corner Judges signal by flags and whistle their judgment on the contest, he will listen to their opinion and announce a decision.
 - 4.3 When he observes a scoring technique, he will, with the consensus of the Corner Judges, announce a decision.
 - If there is no award, he will order the resumption of the match.
 - If the award is 'Waza-ari', he will order the resumption of the match or, if this is the second 'Waza-ari' for the contestant, he shall announce the winner by the existence of an 'Awasete Ippon' and terminate the match.
 - If the award is 'Ippon', he shall announce the winner and terminate the match.
(Remark: in the case of 'Sanbon shobu', the match will only be terminated if the contestant scores two 'Ippons'. In the case of 'Sakidori shobu', the match will be terminated after the first scoring technique.)
 - 4.4 In case of injury, the Referee shall at once halt the match and order the prompt and appropriate treatment of the injured.
 - 4.5 When he observes a contestant committing, or about to commit, a prohibited act, the Referee shall call the Corner Judges to determine whether the rules have been broken or not, and announce a decision.
 - 4.6 When he deems that one or both of the contestants cannot continue with the match owing to injuries, illness or other causes. After consultation with the Tournament Doctor, he shall call the Corner Judges together to decide as to whether the match should be continued.
- 5. When resuming the match, he shall announce 'Tsuzukete hajime'.

Art. 5.18 : TERMS AND SIGNALS USED BY THE REFEREE IN KUMITE MATCH

- 1. To conduct, suspend or terminate the match, the Referee shall use the appropriate terms and signals.

- ° 2. When announcing a decision, the Referee will clearly identify the contestant involved, and state the technique or act, and announce the decision.

Art. 5.19 : POWER AND DUTY OF THE CORNER JUDGES IN KUMITE MATCH

- ° 1. The Corner Judges shall have the power and duty given to them by Art. 3.6 : "Power and duty of the Corner Judges".
- ° 2. To observe the match they will take up their respective positions (see Appendix 7: "Diagrams of the match area"), carrying a red and white flag and a whistle.
- ° 3. The Corner Judge shall carefully observe the actions of the contestants within his range of vision, and in the following cases, he shall at once signal the Referee by means of whistle and/or flag, giving his opinion:
 - When he observes 'Ippon' or 'Wazari'.
 - When he notices that a contestant is about to commit or has committed a prohibited act.
 - When he observes avoidance of contest by a contestant.
 - When he deems that one or both of the contestants cannot continue with the match owing to injuries, illness or other causes.
 - In all cases when he deems it necessary to bring something to the attention of the Referee.

Art. 5.20 : TERMS AND SIGNALS USED BY THE CORNER JUDGES IN KUMITE MATCH

To signal their judgment on the match the Corner Judges shall use the appropriate signals by means of flags and/or whistle.

CHAPTER 6 : THE RULES OF KATA MATCH

§ 1 : GENERAL

Art. 6.1 : **KATA COMPETITION.**

- ° 1. A kata competition between individual competitors or between teams of competitors, to obtain a title, is conducted by means of kata matches.
- ° 2. Competitors or teams are drawn against each other in a random fashion. The system for this draw is specified by the Technical Committee of ESKA.
 - When using the flag system, two competitors compete against each other.
 - When using the points system, the competitors compete against each other individually.
- ° 3. The method of the kata competition is based on the 'Knock Out'-principle:
 - In case of the flag system, only the winner of a kata match can continue in the kata competition.
 - In case of the points system, only the competitors or teams with the highest scores can continue in the kata competition.

Art. 6.2 : **TYPES OF KATA MATCH.**

The types of kata match shall be as follows:

- Individual kata match
- Team kata match.

Art. 6.3 : **CONDUCT OF A KATA MATCH.**

Kata matches shall be conducted exclusively by the instructions of the Referee.

Art. 6.4 : **PARTICIPATION IN A KATA MATCH.**

Participation in a Kata Match shall be governed by the rules given in in the Appendix 10: "Participation in a match".

§ 2 : INDIVIDUAL KATA MATCH

Art. 6.5 : **METHODS OF INDIVIDUAL KATA MATCH**

- ° 1. An individual kata match is conducted between individual competitors.
- ° 2. There are two types of individual kata match:
 - Flag system: two contestants shall perform an assigned Kata at the same time. By means of flags the Panel of Judges will decide the winner.
 - Points system: Each contestant or team will perform a Kata separately. Points shall be awarded by the Panel of Judges and the winner will be the one with the highest total score.

Art. 6.6 : **TYPES OF KATA IN INDIVIDUAL KATA MATCH**

- ° 1. Eliminations: to 4 competitors.
 - ° 1.1 First round: to 16 competitors.
 - 'Shitei Kata': the kata is selected by the Referee from the predetermined kata list Group 1 (see the Appendix 8:)
 - Judgment will be conducted according to the Flag system.

- 1.2 Second round: from 16 to 8 competitors.
 - ‘Shitei Kata’: the kata is selected by the Referee from the predetermined kata list Group 2 (see the Appendix 8:)
 - Judgment will be conducted according to the Flag system.
- 1.3 Third round: from 8 to 4 competitors.
 - ‘Sentei Kata’: the competitor will select the kata to be performed from the predetermined kata list Group 3 (see the Appendix 8:)
 - Judgment will be conducted according to the Points system.
- 2. Final: the last 4 competitors.
 - ‘Sentei Kata’: the competitor will select the kata to be performed from the predetermined kata lists Group 3 or Group 4 (see the Appendix 8:).
 - The Kata in the Final must be different from the Kata performed in the third round.
 - Judgment will be conducted according to the Points system.

Art. 6.7 : STARTING AND ENDING OF AN INDIVIDUAL KATA MATCH – FLAG SYSTEM

- 1. Starting and performing
 - Called upon by the announcer, the contestants will immediately proceed to their position outside the match area.
 - On the signal of the Referee the contestants will bow to the match area, enter the area and proceed to their starting positions. They will then bow to each other and wait in ‘Yoi’-stance for the announcement by the Referee.
 - The Referee will clearly announce to the contestants and the Corner Judges the name of the selected Kata to be performed.
 - The contestants will repeat the name of the selected Kata to the referee
 - The contestants will commence their performance on the Referee's command of ‘Hajime’.
- 2. Ending
 - After the performance of the kata, the contestants will return to their starting positions on the Referee's command of ‘Yame’ and await the Judges’ decision.
 - Upon completion of the Kata, the Referee shall call for the Corner Judges' decisions by calling ‘Hantei’ and by whistle.
 - When the Corner Judges have shown their decision, the Referee will order the Corner Judges by whistle to lower their flags.
 - The Referee shall announce the result of the match by flag.
 - After the announcement of the winner, both competitors will bow to each other and leave the match area. Outside the match area, they will bow to the area and the match is over.

Art. 6.8 : STARTING AND ENDING OF AN INDIVIDUAL KATA MATCH – POINTS SYSTEM

- 1. Starting and performing
 - Called upon by the announcer, the contestant will immediately proceed to his position outside the match area.
 - On the signal of the Referee, the contestant will bow to the match area, enter the area and proceed to his starting position and will announce the name of the Kata to be performed clearly to the Judges.
 - The Referee will clearly repeat the name of the Kata.
 - The contestant will then commence the performance of the kata.
 - After completion, the contestant will return to his starting position and await the Judges’ decision.
- 2. Ending
 - Upon completion of the Kata, the Referee shall call for the score of the Panel of Judges by calling ‘Hantei’ and by whistle.
 - The Referee and Corner Judges will immediately raise their scorecards with their decision.
 - The Announcer shall call out the Referee and Corner Judges’ scores clearly to the Recorder.

- The Recorder shall record the announced score on the appropriate forms, and calculate the final score by dropping one highest and one lowest score. (If electronic device is used, the records will be entered in the program and shown on the audience screen).
- The Announcer shall clearly announce the total score.
- After the announcement of the score, the Referee will order the Panel of Judges by whistle to lower their scorecards.
- The contestant will then leave the match area. Outside the match area, he will bow to the area and the match is over.

Art. 6.9 : EXTRA KATA MATCHES IN INDIVIDUAL KATA

- 1. In the event of a draw in the flag system there will be an extra match.
 - The assigned kata will be one from the same kata list, but different from the one performed in the preceding match.
 - A decision must then be made by the Panel of Judges, based on the final match.
- 2. In the event of a draw in the points system:
 - 2.1 All scores will be counted (including the highest and lowest which were initially dropped).
 - 2.2 If there is still a draw:
 - In case of a draw between two competitors there will be an extra match between them. In this extra match, the first competitor shall be awarded the same score by every judge (e.g. 7.0) and the second competitor shall be awarded either 0.1 higher or 0.1 lower.
 - In case of a draw between more than two competitors there will be an extra match between all of them.
 - 2.3 The kata performed in the extra matches (eliminations or final) can be the same, but will be one from the predetermined kata list.
 - 2.4 At the end of the extra match, each judge must indicate a winner. The decision is based only on the extra match.

(Note: in case of a draw in the eliminations, an extra match will be conducted only in the case that the result of the match has influence on the further course of the competition.)

§ 3 : TEAM KATA MATCH.

Art. 6.10 : METHODS OF TEAM KATA MATCH.

The system of a team kata match shall be the Points system.

Art. 6.11 : NUMBER OF COMPETITORS IN TEAM KATA MATCH.

The number of persons comprising a team shall be three.

Art. 6.12 : TYPES OF KATA IN TEAM KATA MATCH.

- 1. Eliminations: to 4 teams.
 - Sentei Kata: the team can select the kata to be performed from the predetermined kata lists Group 3 or Group 4 (see the Appendix 8:).
 - Judgment will be made by the Points system.
- 2. Final: the last 4 teams.
 - Sentei Kata: the team can select the kata to be performed from the predefined kata lists Group 3 or Group 4 (see the Appendix 8:).
 - The kata in the Final must be different from the kata performed in the Eliminations.
 - Judgment will be made by the Points system.

Art. 6.13 : STARTING AND ENDING OF A TEAM KATA MATCH

- ° 1. Starting and performing
 - Called upon by the announcer, the members of the team will immediately proceed to their position outside the match area.
 - On the signal of the Referee, the team will bow to the match area, enter the area and proceed to its starting position. The three competitors must face the referee in the shape of a triangle with its apex closest to the referee.
 - The team will announce clearly the name of the Kata to be performed.
 - The Referee will clearly repeat the name of the kata.
 - The team will then commence the performance of the kata. Each competitor must perform the kata in the same direction in order to start and finish facing the referee.
 - After completion, the team will return to its original position and await the Judges' decision.
- ° 2. Ending
 - Upon completion of the Kata, the Referee shall call for the score of the Panel of Judges by calling 'Hantei' and by whistle.
 - Immediately the Referee and Corner Judges will raise the Score Cards with their decision.
 - The Announcer shall call out the Referee and Corner Judges' scores clearly to the Recorder.
 - The Recorder shall record the announced score on the appropriate forms and calculate the final score by dropping one highest and one lowest score. (If electronic device is used, the records will be entered in the program and shown on the audience screen)
 - The Announcer shall clearly announce the total score.
 - After the announcement of the score, the Referee will order the Panel of Judges by whistle to lower their scorecards.
 - The team will then leave the match area. Outside the match area, the team will bow to the area and the match is over.

Art. 6.14 : EXTRA MATCHES IN TEAM KATA.

In the event of a draw in team kata, the procedure to be followed is the same as for individual kata match - points system (Art. 6.9 :° 2.)

CHAPTER 7 : THE RULES OF JUDGING OF KATA MATCH

§ 1 : CRITERIA FOR DECISION IN KATA MATCH

Art. 7.1 : CRITERIA FOR DECISION IN KATA MATCH

Judgment of Kata shall be based on three different criteria:

- ° 1. The basic performance:
The fulfilment of the criteria of the basic performance is essential for a kata execution to be acceptable. It will allow the Judges to evaluate the performance with an initial overall appreciation.
- ° 2. The advanced performance:
The fulfilment of the criteria of the advanced performance upgrades the kata performance. It will allow the Judges to fine-tune their first evaluation.
- ° 3. The occurrence of mistakes or poorly executed techniques:
The occurrence of mistakes or poorly executed techniques will reduce the appreciation of the kata performance by the Judges. The reduction will be proportional to the seriousness and the amount of mistakes or poorly executed techniques.

Art. 7.2 : THE CRITERIA FOR THE BASIC PERFORMANCE OF A KATA

The following basic points have to appear in each performance of a kata:

- ° 1. The prescribed Kata sequence and techniques:
Kata is the execution of a coherent sequence of karate techniques. For each kata, those techniques and their sequence are well defined. The performance of the kata shall clearly demonstrate the required sequence as well as each prescribed technique.
- ° 2. The demonstration of the appropriate understanding of the Kata sequence and Techniques.
- ° 3. The 3 fundamental criteria for the proper execution of Karate techniques, namely:
 - Control of Kime.
 - Control of Extension and Contraction.
 - Control of Speed.

Art. 7.3 : THE CRITERIA FOR THE ADVANCED PERFORMANCE OF A KATA

Judges will notify the specific points and the degree of difficulty of the performed kata.

Judgment will be based on:

- ° 1. The mastery of techniques by the contestant:
 - Direction of movements.
 - Stances.
 - Coordination.
 - Stability.
- ° 2. The degree of difficulty and risk he/she puts into the performance:
 - Head turning.
 - Perfection.
 - Harmony.
 - Breathing.
 - Embusen.
- ° 3. The Martial attitude of the contestant:
 - Stops.
 - 'Kiai'.
 - Spirit.
 - Eye Focus ('Chakugan')

- ° 4. The artistic and stylish quality of the performance:
 - Rhythm.
 - Ceremony.

Art. 7.4 : THE OCCURRENCE OF MISTAKES OR POORLY EXECUTED TECHNIQUES

As a third criterion for decision the Judge shall note the occurrence of mistakes or poorly executed techniques.

- ° 1. A mistake is:
 - The incorrect sequence of the techniques.
 - The non-execution of a prescribed technique.
 - The execution of a non-prescribed technique.The occurrence of a mistake has to be confirmed by the Panel of Judges.
- ° 2. Poor execution: techniques which are poorly executed shall not be counted as mistakes, but shall be judged accordingly.
- ° 3. Contestants performing a kata other than that announced by the referee will be disqualified.

Art. 7.5 : DECISION ON STOP IN FLAG SYSTEM

- ° 1. When a contestant stops and fails to complete in the Kata and the other completes his performance without major mistakes or errors, the latter shall be the winner of the match.
- ° 2. In the case where both contestants stop and fail to complete their kata during their performances, both will be disqualified.

§ 2 : METHODS OF JUDGING OF KATA MATCH

Art. 7.6 : JUDGMENT OF A KATA MATCH

The judgment of a Kata match shall be made by a panel of Judges.

Art. 7.7 : PANEL OF JUDGES FOR KATA MATCH

- ° 1. The panel of Judges of a Kata match in Flag system shall comprise one Referee and four Corner Judges.
- ° 2. The panel of Judges of a Kata match in Points system shall comprise one Referee and six Corner Judges.
- ° 3. Their position will be according to the diagram in the Appendices.

Art. 7.8 : METHODS OF DECISION – FLAG SYSTEM

- ° 1. Upon completion of the Kata, the Referee shall call for the Corner Judges' decisions. Then immediately the Corner Judges will show their decision by raising their flags in the appropriate way (see The methods used by the corner judges Appendix 3:).
- ° 2. The Referee then shall decide by majority based on the table for judgment (see Appendix 4:).
- ° 3. The Referee shall indicate the winner by raising the flag with the winners colour. When the decision is a draw, the Referee shall indicate this with the flags.

Art. 7.9 : METHODS OF DECISION – POINTS SYSTEM

- ° 1. Upon completion of the Kata, the Referee shall call for the Corner Judges' decisions. Then immediately the Referee and Corner Judges will raise the Score Board with their decision.
- ° 2. The Recorder shall calculate the final score as follows: out of seven scores received, the highest and lowest shall be dropped and the remaining five scores shall be totalled.

- ° 3. In the event of a draw, ALL scores will be counted (including the highest and lowest, which were initially dropped).
 - If there is still a draw then a further kata performance will be necessary.
 - In the event of a draw between two competitors then the referee will summon the judges and instruct them to award the first competitor a mid-point score and the second competitor either 0.1 higher or 0.1 lower than the first competitor.

Art. 7.10 : POWER AND DUTY OF THE REFEREE IN KATA MATCH

- ° 1. Only the Referee shall have the authority to conduct the progress of a Kata match.
- ° 2. The Referee shall have the power and duty given to him by Art. 3.5 :“Power and duty of the Referee”.
- ° 3. At the beginning of the match, the Referee shall take up his position at the prescribed location in front of the match area.
- ° 4. During the match, the Referee shall evaluate the Kata performance according to the Criteria for decision of Kata match (Art. 7.1 :)
- ° 5. When the Kata is completed, the Referee shall allow sufficient time for the Corner Judges to decide.
- ° 6. The Referee will conduct the declaration of decision as described in Art. 6.7 :“Starting and ending of an individual Kata match – Flag System” or in Art. 6.8 :“Starting and ending of an individual Kata match – Point System”.
- ° 7. In the event that a member of the judging panel observes a mistake in the performance of a kata he should whistle to attract the attention of the referee. The referee will signal to the judge to approach him and if the referee agrees that a mistake has been made then the referee will summon the remainder of the judging panel who will reach a decision

Art. 7.11 : POWER AND DUTY OF THE CORNER JUDGES IN KATA MATCH.

- ° 1. The Corner Judge shall have the power and duty given to him by Art. 3.6 : “Power and duty of the Corner Judge”.
- ° 2. The Corner Judges shall at the beginning of the match take up their positions at a prescribed location outside the match area.
- ° 3. During the match, the Corner Judges shall evaluate the Kata performance according to the Criteria for decision of Kata match (Art. 7.1 :).
- ° 4. When the Referee calls for a decision, all the Corner Judges shall raise their flags or their score boards of their evaluation simultaneously.

CHAPTER 8 : GENERAL MATTERS

§ 1 : PROTEST AGAINST DECISION

Art. 8.1 : METHODS OF PROTEST AGAINST DECISION

- ° 1. The contestants cannot personally protest against the Judges decision.
- ° 2. Only when a decision given by the Referee and the Corner Judges is thought to have obviously violated the Rules of the Match or the Rules of Judging, the responsible officer of the team involved (ordinarily, the manager) may protest to the Arbitrator against the decision immediately after it was detected.

Art. 8.2 : HANDLING OF PROTEST AGAINST DECISION

- ° 1. When he receives a protest against a decision from the manager of a team to which the contestant belongs, the Arbitrator himself shall review the complaint, may call for an explanation of the Referee and/or Corner Judges, and in case he finds the decision patently unreasonable, he may demand the panel of the Judges to revise its decision.
- ° 2. When a protest is made through the Arbitrator, the Referee shall, on behalf of the Corner Judges and himself, explain to the Arbitrator the circumstances and grounds on which his decision was made. If the Arbitrator demands a review of the decision, a revision or confirmation of the decision must be made on the basis of a full concurrence of the Referee and the Corner Judges.

§ 2 : INJURIES OR ACCIDENTS DURING THE MATCH

Art. 8.3 : OCCURRENCE OF INJURY OR ACCIDENT

In case of an injury of a contestant, the Referee shall at once halt the match, help the injured contestant and, at the same time, call the Tournament Doctor.
The treatment of the injury may not significantly delay the match.

Art. 8.4 : AUTHORITY ON INJURIES AND ACCIDENTS

Only the Tournament Doctor can take decisions concerning all matters about injuries, accidents or physical condition of the contestants.

Art. 8.5 : DECISION ON INJURY OR ACCIDENT

- ° 1. In case a contestant is deemed unable to continue with the match owing to an injury or any other physical reasons on the basis of the advice of the Tournament Doctor, the Referee shall terminate the match and suspend the injured from the match.
 - ° 1.1 If the injury is ascribable to his opponent he shall be declared the winner.
 - ° 1.2 If the injury is not ascribable to his opponent he shall be declared the loser.
- ° 2. A contestant, who wins a match through disqualification of the opponent for causing injury, cannot fight again in the competition without permission from the Tournament Doctor.
- ° 3. For the contestant's own safety: if a contestant wins two matches through contact 'Hansoku' of his opponents, due to injuries caused by uncontrolled techniques, then the contestant will not be allowed to continue in the Tournament.

Art. 8.6 : DECISION ON QUITTING THE MATCH

- ° 1. When a contestant, who suffers a minor injury not serious enough to disable him, refuses to continue with the match or requests for permission to quit the match, he shall be declared the loser.
- ° 2. In case an injury or injuries sustained during a kumite match for reasons not ascribable to one contestant disabled a contestant or in case both contestants are injured at the same time for reasons for which both are responsible,
 - ° 2.1 The contestant who quits the match shall be declared the loser.
 - ° 2.2 In case both contestants quit and the reasons causing the injuries are not ascribable to either of the contestants, the match shall be declared a draw.

§ 3 : SAFETY AND SECURITY MATTERS

Art. 8.7 : GENERAL SAFETY AND SECURITY MATTERS

- ° 1. The contestant may not use devices for protection. However, safety devices may be permitted if so approved by the Technical Committee to prevent hazards.
- ° 2. The contestant is expected to arrive for the first match of the tournament fit enough to compete without bandages or other supports. Following the first round competitors are not permitted to wear bandages or supports, except with the Tournament Doctor's written permission which if challenged by a referee or judge, must be produced. None compliance with this rule will receive sanctions according to the rules for prohibited acts.
- ° 3. The contestant shall keep his nails short and shall not wear metallic objects or the like on his body, which may cause injury.

Art. 8.8 : SPECIFIC SAFETY AND SECURITY MATTERS

- ° 1. In Kumite Match the contestants shall wear the ESKA approved Fist protectors.
- ° 2. Gum shields are compulsory in Kumite.
- ° 3. Groin guards are allowed in Kumite.
- ° 4. Chest protectors are allowed in Ladies Kumite.
- ° 5. Spectacles are not allowed in Kumite.

§ 4 : RETIREMENT

Art. 8.9 : RETIREMENT

A contestant who is unable to continue to compete or participate for reasons other than injury or who requests for permission to quit the match for such reasons shall be declared the loser.

§ 5 : COACHING

Art. 8.10 : COACHING

During a kumite match coaching is only allowed when a match is suspended by the Referee's command 'Yame' till the moment the Referee resumes the match by the announcement 'Tsuzukete Hajime'.

§ 6 : OUTFIT AND PRESENTATION

Art. 8.11 : **OFFICIAL DRESS**

The official dress for contestants, Judges and coaches shall be as specified in the Appendix 9: "Official dress code".

Art. 8.12 : **CONTESTANTS**

- ° 1. The contestants shall wear a clean, white and unfigured Karate-Gi.
- ° 2. In Kumite Match and in Kata Flag System, for identification purposes, one of the contestants shall fasten a red belt around his waist and the other a white belt. The contestants do not have to take off their own belt.

Art. 8.13 : **NON-COMPLIANT OUTFIT OR PRESENTATION**

The ESKA-officers, Tournament Director or Match Judges may disbar any official or competitor who does not comply with this regulation.

§ 7 : MATCH AREA AND EQUIPMENT

Art. 8.14 : **MATCH AREA**

- ° 1. The match area shall have a flat surface with necessary measures taken for the prevention of hazards.
- ° 2. Wooden floors are preferable. However, canvas or tatami may be used.
- ° 3. The size of the match area:
 - ° 3.1 The size of the kumite match area, in principle, shall be eight meters square.
 - ° 3.2 The size of the kata match area shall be large enough so that participants are able to perform the Kata without any obstacles.
- ° 4. The match area shall be border lined.
- ° 5. Details on the match area are described in the Appendix 7: "Diagrams of the match area"
- ° 6. Additional lines:
 - ° 6.1 For kumite match area:

Two parallel lines, each one meter long, shall be drawn at a distance of 1,5 meters from and on both sides of the center point of the match area, at right angles to the line where the Referee stands at the beginning of a match. These shall be the standing lines for the contestants in kumite match.
 - ° 6.2 For Kata match area, flag system:

Two lines, each half a meter long, shall be drawn at a distance of 3 meters from each other and 2 meters from the borderline, opposite the place where the Referee sits at the beginning of a match. These shall be the standing lines for the contestants in the flag system.

Art. 8.15 : **MATCH EQUIPMENT**

The types, quantity and usages of the equipment prepared by the Tournament Host are specified in the Appendix 6: "Match equipment".

§ 8 : STAFF

Art. 8.16 : TOURNAMENT DIRECTOR

- ° 1. The Tournament Director is appointed by the ESKA Executive Board.
- ° 2. He shall govern the conduct and development of the matches as far as it does not interfere with or concern the judging rules.
- ° 3. He shall be assisted by the Referee Commission.

Art. 8.17 : CHAMPIONSHIP DOCTOR

The championship doctor will be the chair of the Medical Commission or in his absence a member of the Medical Commission or another suitably qualified person appointed by the Executive Board. Members of the Medical Commission are appointed by the ESKA Executive Board

They shall:

- ° 1. Govern all medical matters during the Tournament.
- ° 2. Be assisted by the doctors and medical staff of the host organization.
- ° 3. Make recommendations to the Executive Board concerning policy on medical matters.

Art. 8.18 : TOURNAMENT STAFF

In order to carry out certain tasks and for the purpose of facilitating the operation of matches, a number of personnel shall be determined by the Tournament Host. They shall proceed as specified in the Appendix 5: "Tournament Staff".

EUROPEAN SHOTOKAN KARATE-DO ASSOCIATION

Competition Rules
















Appendices

Version 3.4 (September 2023)

APPENDIX 1: **THE TERMS AND THEIR MEANING**








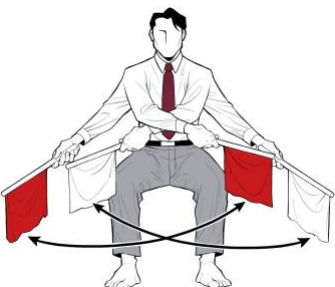
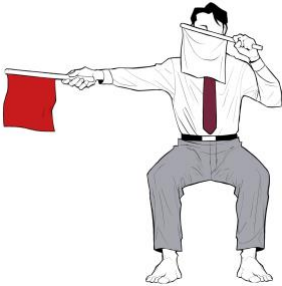



Shobu ippon hajime	Start of the match
Yame	Stop
Tsuzukete hajime	Continue (after 'Yame')
Tsuzukete	Continue
Atoshibaraku	30 seconds before the match ends
Soremade	End of the match
Motonoichi	Come to your first position (Ordering the contestants to their fixed positions)
Jogai, nakae	You are out, enter the match area (Ordering the contestants to return into the match area)
Ippon	A decisive technique
Waza-ari	An effective technique
Awasete Ippon	Together Ippon (Two waza ari's recognized as one Ippon)
Aiuchi	Same time (Valid scores at the same moment by the two contestants)
Fukushin shugo	Calling the Judges together
Hantei	Decision
Aka (Shiro) no kachi	Victory of the red (white)
Hikiwake	A draw
Hansoku chui	Warning of disqualification
Hansoku	Foul
Hansoku make	Disqualification due to a foul
Shiro (Aka) hansoku, aka (shiro) no kachi	A foul by the white (red), the victory of the red (white)
Shiro (Aka) no kiken niyori, aka (shiro) no kachi	Victory by the red (white) due to renunciation by the white (red)
Encho sen	Extending the time period over which the match is conducted
Uke te imasu	Technique blocked
Nukete imasu	Technique missed / passed
Haiyai	Quicker / Fast
Yowai	Weak
Ma-ai	Distance
Fujubun	Not good enough
Torimasen	Not acceptable
Atenai	Take care, you may not touch
Mubobi	Lack of self-protection
Shikaku	Disqualification from Tournament
Mienai	Nothing seen
Keikoku	Official reprimand







APPENDIX 2: *THE METHODS USED BY THE REFEREE*

 <p>HAJIME START (KUMITE)</p>	 <p>HAJIME START (KATA)</p>	 <p>YAME STOP</p>
 <p>YAME SOROMADE END OF MATCH</p>	 <p>MOTONOICHI TAKE YOUR POSITIONS</p>	 <p>TSUZUKETE HAJIME RESTART MATCH</p>
 <p>WAZA ARI EFFECTIVE TECHNIQUE</p>	 <p>IPPON DECISIVE TECHNIQUE</p>	 <p>TORIMASEN N O SCORE</p>
 <p>HAYAI AKA (SHIRO) FIRST</p>	 <p>AIUCHI SIMULTANEOUS TECHNIQUES</p>	 <p>MAAI DISTANCE</p>
 <p>UKETE MASU BLOCKED</p>	 <p>NUKETE MASU MISSED</p>	 <p>FUKUSHIN SHUGO CALLING ONE JUDGE</p>

 <p>FUKUSHIN SHUGO CALLING ALL JUDGES</p>	 <p>YOWAI WEAK TECHNIQUE</p>	 <p>KEIKOKU REPRIMAND</p>
 <p>HANSOKU CHUI WARNING OF DISQUALIFICATION</p>	 <p>HANSOKU DISQUALIFICATION</p>	 <p>JOGAI OUT OF AREA</p>
 <p>HIKIWAKE DRAW</p>	 <p>AKA NO KACHI (SHIRO NO KACHI) VICTORY TO AKA / SHIRO</p>	 <p>TAIDO INAPPROPRIATE BEHAVIOUR</p>
 <p>KAIHI KYOUGI AVOIDANCE JOGAI</p>	 <p>ATONAI YONI DANGEROUS ACTS</p>	

APPENDIX 3: *THE METHODS USED BY THE CORNER JUDGES*

 <p>WAZA ARI EFFECTIVE TECHNIQUE</p>	 <p>IPPON DECISIVE TECHNIQUE</p>	 <p>AIUCHI SUMULTANEOUS TECHNIQUES</p>
 <p>UKETE MASU BLOCKED</p>	 <p>NUKETE MASU MISSED</p>	 <p>NUKETE MASU MISSED</p>
 <p>MAAI DISTANCE</p>	 <p>TORIMASEN NO SCORE</p>	 <p>AKA WAZARI, SHIRO MIENAI AKA WAZARI, SHIRO: NOTHING SEEN</p>
 <p>MIENAI NOTHING SEEN</p>	 <p>KEIKOKU REPRIMAND</p>	 <p>HANSOKU CHUI WARNING OF DISQUALIFICATION</p>

 <p>HANSOKU DISQUALIFICATION</p>	 <p>JOGAI OUT OF AREA</p>	 <p>YOWAI WEAK TECHNIQUE</p>
 <p>HIKIWAKE DRAW</p>	 <p>HAYAI AKA (SHIRO) FIRST</p>	 <p>AKA NO KACHI (SHIRO NO KACHI) VICTORY TO AKA / SHIRO</p>

APPENDIX 4: *THE TABLE FOR JUDGMENT*

Judgment by the four Corner Judges.
(The marks S, A and D represent respectively: Shiro, Aka and Draw.)

	Opinion of Corner Judges				Decision
1	S	S	S	S	Victory of Shiro
2	S	S	S	A	Victory of Shiro
3	S	S	S	D	Victory of Shiro
4	S	S	D	D	Victory of Shiro or a Draw; it depends on the judgment of the Referee
5	S	S	A	D	Victory of Shiro or a Draw; it depends on the judgment of the Referee
6	A	A	A	A	Victory of Aka
7	A	A	A	S	Victory of Aka
8	A	A	A	D	Victory of Aka
9	A	A	D	D	Victory of Aka or a Draw; it depends on the judgment of the Referee
10	A	A	S	D	Victory of Aka or a Draw; it depends on the judgment of the Referee
11	D	D	D	D	Draw
12	D	D	D	A	Draw
13	D	D	D	S	Draw
14	D	D	A	S	Draw
15	A	A	S	S	Draw, Victory of Shiro or Victory of Aka; it depends on the judgment of the Referee

When the Judges are required to indicate the winner, one vote by the Referee and one vote by the Corner Judge are equally regarded as a vote of the same quality.

APPENDIX 5: *THE TOURNAMENT STAFF*

In order to carry out certain tasks and for the purpose of facilitating the operation of matches, a number of personnel shall be determined by the Tournament Host and stationed at appropriate locations.

Their duties are specified in detail in the ESKA Tournament Organizing Rules.

1. Record keeper¹

The record keeper is responsible for ensuring that the essential facts of the match are accurately recorded.

1.1 These facts are:

- The name of the participant(s).
- The name of the performed Kata.
- The name of the winner of the match.
- The awards, penalties and decisions given by the Referee.
- The scores given by the Judges in Kata Point system.
- All essential remarks concerning the match.

2. Time keeper

2.1 The time keeper is responsible for ensuring that the match runs its full course (normally two minutes).

2.2 The time keeper shall stop the clock when the match is stopped and shall restart when it resumes. (Effective time).

2.3 The time keeper shall give signals by a gong or buzzer indicating "30 seconds to go" or "time up".

3. Announcer.

3.1 The announcer is responsible for ensuring that contestants or participants are called to the match area in proper time and that the results and decisions of the Judging panel are clearly announced to all concerned.

3.2 The total score must be given immediately after the kata has been performed.

4. Desk Officials

In order to carry out the match smoothly the desk officials shall have the following duties:

4.1 To be concerned with the progress of the match.

4.2 Communication with the participants.

4.3 Communication with the Judges.

4.4 Preparation of the match floor.

4.5 Other duties will be determined by the Tournament Host.

5. First Aid Crew.

The First Aid crew shall be prepared to act in case of accident or sickness along with a doctor.

They shall:

5.1 Assist the Tournament Doctor.

5.2 Have First Aid equipment on hand.

5.3 Prepare a place to care for the injured.

5.4 Other duties will be determined by the Tournament Host or the championship Doctor.

¹ The Functions of Record keeper and Time keeper maybe performed by one person with the Sportdata-System

APPENDIX 6: *THE MATCH EQUIPMENT*

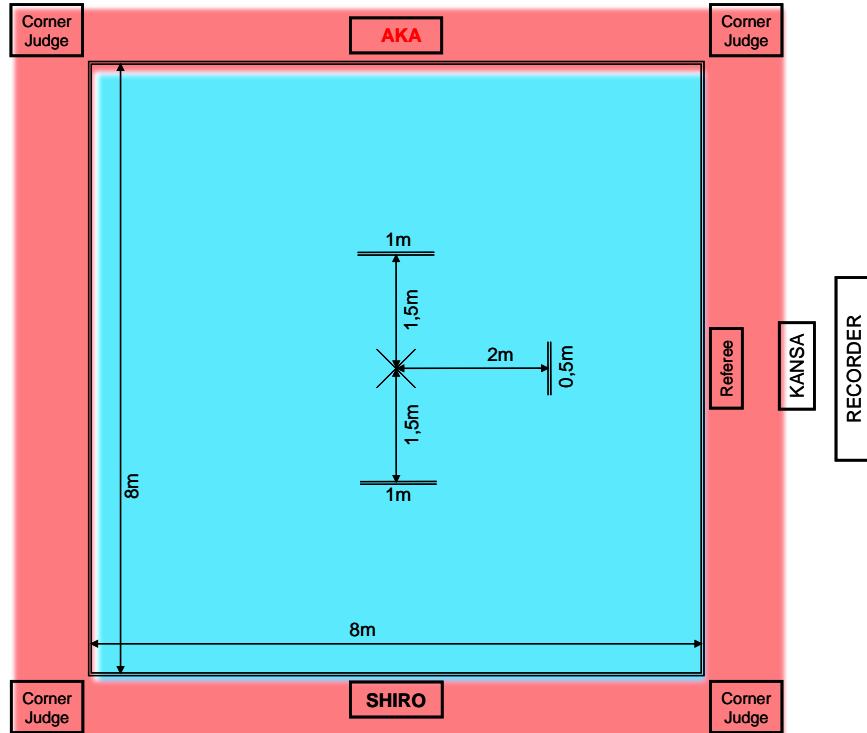
The types, quantity and usages of the equipment prepared by the Tournament Host will be as follows:

1. Flags (red and white, 5 of each per match area).
The Referee and Corner Judges will each be given a pair of flags and shall use them to signify the winner or to make signals.
2. Score Boards (7 sets per match area).
Each set will have the digits from 5 to 9 and the decimals 0 to 9 on boards, making 14 boards to a set.
There should be a significant difference in colour between the digits and the decimals.
The Referee and Corner Judges will be given one set and will use them to present the scores.
3. Recording Equipment.
Recording Equipment will consist of recording forms, calculation sheets, pen, etc. to be used by the Recorder(s). (if electronic devices are used, the Host provides for each area a Screen and a laptop – see “Organization Specification”)
4. Kata Cards.
Names of the Kata will be marked on cards (Size: A6 and big letters).
The Referee will use these Kata Cards in selection of the Kata to be performed by the participant(s) in the 'assigned Kata' system.
5. Red Belt.
These will be provided by and worn by participants so that the Judges may easily distinguish them.
The size of the belt will be such that they will not obstruct the participants in their performance, but large enough to be seen clearly by the Judges.
6. Clock and Time signal.
A clock with 'chronometer'-functions and a sound signal will be given to the time keeper to measure the allotted time for Kumite match. (If electronic devices -laptop and screen- are used, the function is included in the used program)
7. Kumite Notebook
Organized by the Referee Commission
8. Other matters.
The required material to keep the surface of the match area clean and disinfected.

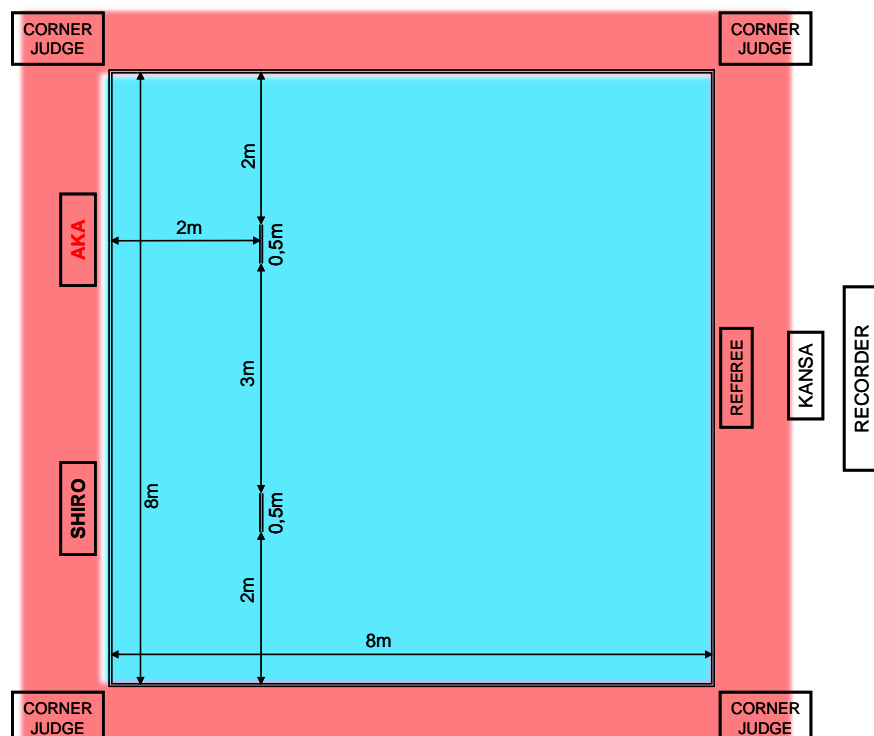
APPENDIX 7: THE DIAGRAMS OF THE MATCH AREA

There should be a clear distinction between the match area and the safety area.
 A safety area of minimum 1meter has to be provided around the match area.
 The lines where the competitors and the referee stand should be 5cm in width.

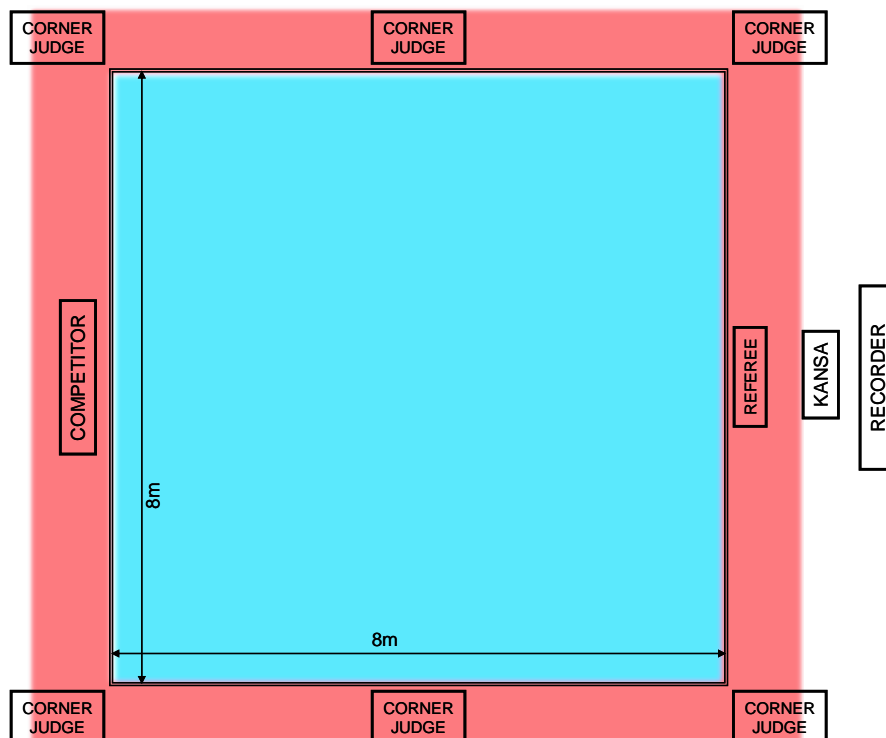
KUMITE



KATA - Flag system



KATA - Point system



APPENDIX 8: THE LIST OF ESKA CONTEST KATAS

Group 1:	Heian Shodan - Heian Nidan - Heian Sandan - Heian Yondan - Heian Godan - Tekki Shodan
Group 2:	Bassai Dai - Kanku Dai – Jion – Empi
Group 3:	Bassai Dai - Kanku Dai – Jion – Empi - Hangetsu
Group 4:	Bassai Shô - Kanku Shô - Tekki Nidan - Tekki Sandan – Jitte – Jiin – Gankaku – Chinte – Unsu – Sôchin – Nijûshiho – Meikyô - Gojûshiho Dai - Gojûshiho Sho – Wankan

APPENDIX 9: *THE OFFICIAL DRESS CODE*

1. Judges.

Judges must wear the official uniform designated by the ESKA-Congress. This uniform must be worn at all tournaments, courses and examinations.

1.1 The official uniform will be as follows:

1.2 A single-breasted navy-blue blazer bearing two silver buttons.

1.3 A long-sleeved white shirt.

1.4 A maroon (claret-red) tie.

1.5 Plain light grey trousers.

1.6 A unpatterned dark blue or black socks and black shoes for use outside the match area.

1.7 No shoes or socks will be allowed when Refereeing or judging a match.

2. Contestants

2.1 Karate-Gi

- The contestants shall wear a clean, white and unfigured Karate-Gi. Taping, to cover publicity or advertising, is not allowed.
- The jacket, when tightened around the waist with the belt, must be of an overall length that it covers the hips.
- The sleeves of the jacket must come at least half the way down the forearm and may not be rolled up externally. The sleeves may not cover the wrist.
- The trousers must be long enough to cover at least two-thirds of the shin. They may not cover the ankle.
- The belt must be of an overall length that leaves approx. 15 centimeters of extra length on both ends after it has been properly tied around the waist. It should also be around 5 centimeters in width.
- A national badge may be worn. The maximum size of the badge is 10 cm by 10 cm. The position of the badge on the Karate-Gi is on the left breast.
- Each competitor must wear an identification number on the lower back of their Karate-Gi below the belt.

2.2 Other matters

- Each contestant must keep his/her hair clean and cut to such a length that does not obstruct the smooth conduct of the match.
- 'Hachimaki' (head band) will not be allowed.
- Should the Referee consider any contestant's hair too long and/or unclean, he may, with the Chief Judge's approval, disbar the contestant from the match.
- Hair slides are prohibited, as are metal hair grips.
- Contestants must have short fingernails and must not wear metallic or other objects.
- Soft contact lenses can be worn at the contestant's own risk.
- The wearing of unauthorised clothing or equipment is forbidden.
- In the case of women, a plain white tee-shirt may be worn beneath the karate jacket.
- Women may wear the authorized additional protective equipment approved by the Technical Committee.
- Each competitor must wear an identification number on the chest or on the back.
- In Kumite Match and in Kata Flag System, one of the contestants shall, for identification purposes, fasten a red belt around his waist. The contestants don't have to take off their own belt.

3. Coaches

The coach shall at all times during the tournament wear an overgi (or tracksuit) with an identifying badge upon it.

4. Advertisements

4.1 Advertisements on the Karate-Gi is not allowed.

4.2 Advertisements is allowed on the national tracksuits, which can be worn during opening ceremony and on the podium during the trophy ceremony.

APPENDIX 10: ***PARTICIPATION IN A MATCH***

1. General matters:

- 1.1 After the beginning of the official draw, no contestant may be replaced by another in an individual title match (except with the permission of the Competition Committee).
- 1.2 Individual contestants or teams that do not arrive at the competition venue before the tournament starts, may be disqualified from participation in that tournament.
- 1.3 Should individual contestants or teams that have applied for participation, either fail to attend a match without good reason, or without notifying in advance the match-conducting authorities quit the match and leave, the disciplinary measure to be applied will be decided upon by the Technical Committee.
- 1.4 If, through an error in administration by the tournament staff, the wrong contestants compete, then regardless of the outcome, that match will be declared null and void.

2. Kumite Team Match:

- 2.1 In a team match, except for the first match (see ESKA Competition Rules - 'The Rules of Kumite Match - Team Kumite match'), a participating team will be allowed to participate only when it comprises more than half the prescribed number of members.
- 2.2 Before each team match, a team representative must hand to the table, an official form defining the names and fighting order of the team members.
- 2.3 The fighting order can be changed for each round but once notified, it cannot then be changed.

3. Retirement:

- 3.1 A contestant who is unable to continue to compete or participate for reasons other than injury or who requests for permission to quit the match for such reasons shall be declared the loser.

APPENDIX 11: **GENERAL MEDICAL RULES**

1. General matters:

- 1.1 A fundamental part of the ESKA Contest Rules is the concern to protect the health of the competitor(s) and to reduce the possibilities of accidents. Medical care is purely for the treatment of injuries sustained.
- 1.2 The Tournament Doctor may, if requested, give advice on the capability of the competitor to continue.
- 1.3 It is recommended that all competitors undertake once a year a thorough medical examination by a medical doctor who is experienced in sport medicine. This is the responsibility of the national organisation.
- 1.4 On demand of the Tournament Doctor and based on a reasonable doubt, every competitor must submit him (her) self to a medical examination.
- 1.5 Before the contest, existing illness or injuries have to be notified to the Tournament Doctor.
- 1.6 The use of any performance enhancing substances is forbidden.

2. Medical Rules for Kumite match:

- 2.1 If, during a contest, a competitor becomes unconscious, even for a small moment, he has to be examined by the Tournament Doctor.
- 2.2 Any LOC (loss of consciousness) will result in the competitor being excluded from further kumite matches. Any further participation in the championships in kata events requires the written permission of a championship doctor.