

ASHIHARA KARATE KUMITE

and KATA

REGULATION

2013 edition.



Written by

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KUMITE RULES

PURPOSE:

The development of AshiharaSabaki techniques;
The standardization of AshiharaSabaki techniques;
The introduction of AshiharaSabaki techniques;
The promotion of cultural exchange by means of Ashihara Karate.

SABAKI

“SABAKI” is an umbrella term of the Ashihara karate original style and techniques, the scientific and rational approach of karate.

I. FIGHTING SURFACE

1. The surface must be plane and out of any danger.
2. The fighting surface will consist of a square made of cushions, of 8 meters side (externally measured), with an additional safety surface on the width of 2 meters around. There will also be on each side a free safety surface of 2 meters. The surface can be arisen with maximum 1 meter from the floor level. The arisen platform must have the side of at least 12 meters in order to include both the fighting surface and the safety surfaces.
3. At a distance of 2 meters from the centre of the fighting surface it must be run a half meter line which marks the position of the centre judge.
4. Furthermore, 2 parallel lines one meter long will be run perpendicular to the centre judge line, at a distance of a meter and a half from the centre of the fighting surface which marks the position of the competitors.
5. Second judges 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.
6. The coordinator judge will sit at the small table, very close to the safety surface behind the left side of the centre judge. This one will be equipped with a red flag or a red sign and a whistle.
7. The score supervisor will sit at the official table, between the official responsible with the score and the one responsible with the timing.
8. The one meter margin must be of a different colour from the rest of the cushion surface.

II. OFFICIAL OUTFIT

1. The competitors and their coaches must wear the official outfit, as it is defined in the regulation herein.
2. The judges board may disqualify any official or competitor who does not obey to this rule.

THE JUDGES

1. The central judges and the second ones must wear the official outfit designated by the Judges Board. This uniform must be worn during all contests and courses.
2. The official uniform will be the following :
 - Black or dark blue coat.
 - Short sleeved white shirt.
 - Official necktie without tie clip.
 - Black, simple trousers without cuffs.
 - Simple, dark blue or black socks and black shoes in order to be used in the cushion area.
 - The female centre judges must have tied hair.

THE COMPETITORS

1. The competitors must wear the white, unwritten karate-gis. The national symbol or the country's flag can be worn on the left side of the chest. Only original labels of the karate-gi's producer are allowed. Additionally, on the back, it will be worn an identification number issued by the Organization Commission. One of the competitors will wear white belt and the other one, a red belt. The white and red belts must have a width of almost 5 centimetres and a sufficient length to leave free a 15 centimetres part on each side of the bow.
2. The Organization Commission may authorize the posting of some special labels or trademarks of the approved sponsors.
3. 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 doesn't 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-gi.
4. The maximum length of the jacket's sleeves must not exceed the hand's wrist and it can't be shorter than half of the forearm. The rolling of the jacket's sleeves is not allowed.
5. 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.
6. The competitors must have clean hair and cut appropriately so that it wouldn't deter from the good evolution of the fight. Wearing Hachimaki (bandanas) is not allowed. If the centre judge considers that one of the competitor's hair is long and/or dirty, he can disqualify the competitor from that fight.

In kumite matches, metallic barrettes and clinchers are prohibited. Binders and other ornaments are also prohibited.
7. 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 judge and by the official doctor. The competitor assumes his responsibility for any harm.
8. The dentures are mandatory.
9. The protection for inguinal area is mandatory. The protection for tibia and foot is mandatory.

10. Wearing glasses is prohibited. The soft contact lenses can be worn by the competitors assuming their responsibility.
11. Wearing of unauthorised clothes or equipment is prohibited. The female competitors must wear the authorised additional protection equipment and also the protection for chest (just cups, not bust top).
12. The use of bandages, bindings or bonds determined by injuries must be approved by the centre judge with the notification of the official doctor.

THE COACHES

1. The coach must wear during the entire competition sport outfit and identification name plate.

III. RIGHTS AND RESPONSIBILITIES

THE JUDGES COMMISSION

The Judges Commission for each match will consist of a Centre Judge (SHUSHIN), four second judges (FUKUSHIN) and a Coordinator Judge (KANSA).

Additionally, in order to facilitate the efficiency of the matches performance several officials responsible with the timing, announcers, secretaries and score supervisors must be named.

THE JUDGES BOARD

The rights and responsibilities of the Judges Board will be the following :

1. The provision of correct preparing for each tour but in collaboration with the Organization Commission, regarding the disposal of the fighting surface, the provision and use of all necessary equipment and facilities, the efficiency and supervision of the match, safety measures, etc.
2. The naming and allocation of the officials responsible with controlling the fighting surface (Chief Judges) to the pertaining areas 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. The supervision and coordination of general accomplishment of the officials responsible with the arbitration.
4. Naming substitutes for officials where this is required.
5. Giving the final decision in technical problems which may appear during a match and for which there are no provisions in the regulation.

THE OFFICIALS RESPONSIBLE WITH CONTROLLING THE FIGHTING SURFACE

The rights and responsibilities of the officials responsible with controlling the fighting surface will be the following:

1. Ordering, naming and supervision of Centre Judges and second judges for all the matches developed on the surface they control.
2. The supervision of the accomplishment of the Centre Judges and second judges on the surface which is part of their competence and the insurance of the capacity of named officials to complete their tasks.
3. To order the Centre Judge to stop the match when the Coordinator Judge signals a breaking of the Competition Regulation.
4. To prepare daily a written report regarding the accomplishment of every official which is under their supervision, as well as their recommendations, if there are any, which is then forwarded to the Judges Board.

CENTRAL JUDGES

The rights and responsibilities of the Central Judges will be the following:

1. The central judge (SHUSHIN) will have the right to lead the matches including to announce the starting, the adjournment and the end of the match.
2. To give points.
3. To explain to the Official responsible with controlling the fighting surface, to the Judges Board or Commission of Appeal, if necessary, the reason for which they made a decision.
4. To impose penalties and to issue warnings before, during or after the fight.
5. To obtain and act according to the opinion of Second Judges.
6. To announce the prolongations.
7. To lead the vote of Judges Commission (HANTEI) and to announce the result.
8. To announce the winner.
9. The authority of the Centre Judge is not restricted to the fighting surface but also the perimeter close to this.
10. The centre judge will give all orders and will make all the announcements.

SECOND JUDGES

The rights and responsibilities of the Second Judges (FUKUSHIN) will be the following:

1. To assist the central judge through signals made with the help of the flags (white-SHIRO and red-AKA).
2. To carry out the election right in making a decision.
Second judges must observe attentively the competitors' actions and to signal the Central Judge an opinion in the following cases:
 1. When he observes a scoring technique
 2. When a competitor made a prohibited action or technique.
 3. When he observes the accident of a competitor
 4. When one or both competitors are out of the fighting area (JOGAI).

5. In other cases when it is considered necessary the attention of the Centre Judge.

COORDINATING JUDGES

The coordinator judge (KANSA) will assist the Official responsible with controlling the fighting area through supervising the match or fight in progress. If the Centre Judge's decisions and/or the ones of the second judge are not in compliance with the Competition Rules, the Coordinator Judge will immediately rise the red flag or sign or will blow the whistle. The official responsible with controlling the fighting surface will stop the match and will instruct the Centre Judge for the retrieval of that irregularity.

The evidence files of the match will become official documents which must be approved by the Coordinator Judge.

SCORE SUPERVISORS

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

THE ACTIONS, COMMANDS AND ANNOUNCEMENTS OF THE REFEREE



DOZO



SHOMEN NI REI



SHUSHIN NI REI



OTAGAI NI REI



KAMAETE



HAJIME



YAME



HIKIWAKE



WAZARI



IPPON



DAME



CHUI ICHI



CHUI NI



CHUI SAN



JOGAI



TORIMASEN



KIKEN



NO KACHI



FUKUSHIN SHU GO



IV. FIGHTING TIME

1. The duration of a fight is set to three minutes for Seniors and Male Juniors and two minutes for Seniors and Female Juniors, Cadets, Children and Veterans. In case there is equality after the first round, the scales probation will follow. In the case of juniors, seniors and veterans, at categories (-) , the weight difference will be of 10 kilos and within the open, the weight difference will be of 20 kilos and for cadets and children, within the categories with (-), the weight difference will be of 5 kilos and within the open, the difference will be of 10 kilos. If this weight difference does not exist, a new round of one minute will take place and after this round the judges must make a final decision in the base of the three criteria (fitness, spirit, technique).

In order to obtain a better audience, we shall eliminate the scale during the **semi-final and final stages**. In case of a draw situation, after the first round of 3 minutes, followed by the first 1 minute overtime, another 1 minute overtime shall be added and then the final decision shall be granted for one of the fighters. The referees will be obliged to raise the red or the blue flag depending on the decision criteria established in the regulations.

THE DURATION OF A FIGHT

-preliminaries: 3min.>scale>1min>final decision// 2min>scale>1 min>final decision

-semi-finals and finals: 3min>1min>1min>final decision.// 2 min>1 min>1 min>final decision

The timing of a fight starts when the central Referee gives signal „HAJIME” and stops every time when he shouts stop „YAME”.

The time responsible shall announce by sound signals using a gong or a whistle, indicating that "30 seconds of fighting are left" or "the fighting time expired". The "fighting time expired" marks the end of the fight.

NOTE

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

V. THE SCORE

1. 6 points (IPPON) will be granted in the following situations:
2. When the competitor cannot continue the fight in 5 seconds or more due to the allowed techniques (applied).

3. When the fight is stopped, being the referees' attribution to make a decision due to the fact that the competitor cannot continue the fight.
4. When one of the opponent refuses to continue the fight.
5. 3 points (WAZARI) will be granted in the following situations:
6. When one of the opponents is thrown down using the allowed techniques and is able to continue the fight in the first 1-5 seconds.
7. When one of the opponents is checked after the SABAKI or NAGE allowed techniques were applied (if one of the opponents is unbalanced after applying one of the allowed techniques, no points are granted).
8. CHUI SAN means 3 points
9. 2 points are granted to a fighter when his opponent receives CHUI NI at one of the categories "prohibited behaviour" or when he receives 2 (two) CHUI ICHI at two of the three categories "prohibited behaviour" from article - VII.
10. CHUI NI means 2 points
11. 1 point will be granted in the following situations:
12. When one of the opponents applied the SABAKI or NAGE allowed techniques, without further checking the opponent.
13. CHUI ICHI means 1 point.
14. IPPON announces the immediate closure of the match.
15. 2 (Two) WAZARI = IPPON and the closure of the match is immediately announced.

3) The attacks are allowed for the following areas:

- Head, Face and Neck (excluding the tracheal area) - leg attacks (knee, tibia, foot)
- Abdomen, Chest, Back (excluding the spine area), the Lateral side of the bust and Legs - both arms and legs attacks.
- The hold must not last more than 3 seconds (it is allowed the hold on head with only one arm, as well as the ukemawashi hold (two arms on only one part of the opponent)).

4) Allowed techniques:

The opponent's control with a mawashiuke is allowed (hold with one hand on the arm and the other on the opponent's back head) for three seconds, followed by several allowed techniques, among which only one leg hit is allowed at the head level.

Also, after every hold allowed in the regulations, the opponent's throwing down and finalization with a controlled and permitted technique, is allowed.

Throwing techniques defined by Ashihara Karate: MAKI KOMI NAGE, URA NAGE, HIKITAOSHI NAGE (front/back), CUTTING

The mawashiuke uncontrolled performance that could lead to the opponent's injury and shaking (hitting the opponent's back head while performing the hold) is penalized and is included within the Cat 1 of prohibited techniques.

The hold on head with one arm is allowed, followed by a hitting technique.

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

A technique performed after a fight suspension or stop will not be scored, existing the possibility of having as a result the opponent's penalization.

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

VI. DECISION CRITERIA

The result of a fight is established when a competitor leads by six points (IPPON) or at the end of the fight has the highest score, obtaining a decision (HANTEI), or by HANSOKU, SHIKKAKU or KIKEN, imposed on the opponent.

1. When a fight ends with a draw or without any point scored, the central Referee shall announce a draw situation (HIKIWAKE).
2. In case of a draw situation, the scale check will be performed (excluded in case of semi-final or final). If a weight difference is not established, the fight will continue for 1 minute overtime. At the end of the overtime minute, the one who has the most points, shall be declared winner. If none of the competitors receives points, another 1 minute overtime will follow (only in case of semi-finals or finals). In case of a draw situation, the decision shall be taken by the final vote of the central Referee and of the four second Referees (HANTEI). A decision in favour of one of the competitor is compulsory and is made based on the following criteria:
 - a) **Technical superiority (accuracy, initiation of most of the actions).**
 - b) **State of mind (attitude)**
 - c) **Physical state (speed, resistance, strength)**

VII. PROHIBITED BEHAVIOUR

There are three categories of prohibited behaviour, Category 1, Category 2 and Category 3.

CAT.1. PROHIBITED TECHNIQUES

1. Techniques that are in contact with the neck (tracheal area).
2. Attacks in the inguinal, spine, wrists areas (knee articulation) or on the foot.
3. Attacks on the face using arm techniques.
4. Dangerous or prohibited throwing techniques.
5. Head attacks
6. Holding with both hands (by both sides) of the head, neck and both shoulders (except MAWASHI UKE)
7. Prohibited NAGE techniques (throwing over the hip).
8. Pushing or holding the opponent without trying to perform a technique or an allowed throwing (fear)
9. Contact attack on the opponent who is on the floor.
10. Touching the face is prohibited during URA NAGE.
11. All the other techniques considered inadequate by the referent.

CAT.2. ATTITUDE

1. Simulation or exaggeration of an injury.
2. Jeopardizing himself by having a behaviour that exposes the competitor to being injured by the opponent or not taking the self-protection adequate measures.
3. Avoiding the fight as a means to stop the opponent from scoring.
4. Dialogue with the opponent, offending him, not observing the indications of the central referee, defiant behaviour towards the referees, or other breaches of the protocol.
5. In case of breaching the regulations of the categories 1 and 2, namely prohibited techniques and attitude, any opponent, he or she shall be warned and penalized and in more serious cases, he or she, shall be disqualified. The disqualified fighters shall be immediately eliminated from the match.

CAT.3. JOGAI

1. Repeated step from the competition surface (JOGAI).
2. What JOGAI represents: situation in which both legs of any of the opponents touches the floor from outside the fighting area. In case the fighter leaves the competition area in order to avoid the fight, he shall be warned or penalizations shall be applied. The surface of the fight area is of 8x8 meters.
3. The penalizations for breaching the regulations mean the points granting for the opponent as follows:

DAME - verbal warning (0 points for the opponent)

CHUI ICHI - 1 point for the opponent

CHUI NI - 2 points for the opponent

CHUI SAN - 3 points for the opponent

EXPLANATION:

WARNING -DAME: Can be imposed for attempts of minor breaches or first minor offence.

CHUI ICHI: This is a penalization by which "a point" is added to the opponent score. CHUI ICHI is imposed for minor breaches for which a warning was given during that fight, or for breaches that were not serious enough to impose a CHUI NI.

CHUI NI : This is a penalization by which "two points" are added to the opponent score. CHUI NI is usually imposed for breaches for which a CHUI ICHI has already been imposed during the fight, although it may be imposed also directly for serious breaches, for which a HANSOKU.(CHUI SAN) is not appropriate.

CHUI SAN (HANSOKU): It is imposed after a very serious breach or when a CHUI NI has already been given and "three points" are granted to the opponent. Its result is the opponent's disqualification.

SHIKKAKU: This is a disqualification from during the tournament, competition or current match. In order to define the application limit for SHIKKAKU, the Referees College shall be consulted. SHIKKAKU 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 honour of Karate-do, or when other actions are considered as breaching the rules and spirit of the competition.

4. For every category of regulations breach (Technique/Attitude/JOGAI) „**DAME**” is given only **once**. The penalization points for breaching the regulations (Technique/Attitude/JOGAI) are cumulated. The 6 points difference between the opponents, leads to the end of the match. The opponent that has more points is called winner.

VIII. PROTECTIONS

7.1. Senior men: protection for the inguinal area, dental prosthesis, protections for shin and leg.

7.2 Senior women: protection for the inguinal area, dental prosthesis, protections for shin and leg, protection for chest (cups, not a bra).

7.3 Cadet boys: protection for the inguinal area, dental prosthesis, protections for shin and leg, gloves, helmet.

7.4 Cadet girls: protection for the inguinal area, dental prosthesis, protections for shin and leg, protection for chest (cups, not a bra), gloves, helmet.

7.5 Junior boys: protection for the inguinal area, dental prosthesis, protections for shin and leg, gloves, helmet.

7.6 Junior girls: protection for the inguinal area, dental prosthesis, protections for shin and leg, protection for chest (cups, not a bra), gloves, helmet.

7.7 Veterans: protection for the inguinal area, dental prosthesis, protections for shin and leg, gloves, helmet.

7.8 The use of prohibited protection leads to disqualification.

Official protections for the contest :



Chest protection



Groing protection



Head protection



Shin protections



Fighting gloves

IX. DAMAGE AND INJURY DURING THE COMPETITION

1. KIKEN or defeat is the decision given when one or several competitors do not appear when they are called, or cannot continue, abandon the fight or are withdrawn as a result of the central Referee decision. The abandon reasons may include the injury that is not provoked by the opponent action.
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).
3. An injured competitor that is declared disabled to fight by the competition doctor (sports doctor), cannot continue within the competition.

4. An injured competitor that wins a fight because of the opponent disqualification for injury, cannot fight within the same competition without the doctor's permission.
5. 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.
6. 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 disabled to continue or the attendance time will be extended.

X. OFFICIAL APPEAL

1. No one can protest against a decision in front of the Referees' Commission.
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.
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).
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 analyse 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.
5. Any appeal referring to the rules application must be performed according to the complaints procedure. This shall be submitted in writing and signed by the official representative of the team or competitor.
6. The Appeal Commission is composed of one of the representatives of the Referees College, Technical Commission and Medical Commission.

Explanation:

- I. *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.*
- II. *The appeal will be analysed 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 analyse video images and may interview Officials, in order to objectively examine the protest validity.*

- III. *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 paid fee shall be returned by the Organizer.*
- IV. *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.*
- V. *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.*

XI. WEIGHT CATEGORIES

Seniors (18 and over 18 years old)

Men: , -65 kg.,- 75 kg.,- 85 kg.,+85 kg.

Women: 53 kg., - 60 kg., +60 kg.

Cadets (between 12 and 13 years-old).

Boys: 35 kg., 40 kg., 45 kg., 50 kg., 50+ kg.

Girls: 35 kg., 40 kg., 45 kg., 50 kg., 50+ kg.

Cadets (between 14 and 15 years old)

Boys: 50 kg., 55 kg., 60 kg., 65 kg., 70 kg., 70+ kg.

Girls: 50 kg., 55 kg., 60 kg., 60+ kg.

Juniors (between 16 and 17 years old)

Boys: 60 kg., 65 kg., 70 kg., 75 kg., 80 kg., +80 kg.

Girls: 55 kg., 60 kg., 65 kg., 70 kg.,+ 70 kg.

Veterans (35 and over 35 years old): - 80 kg., +80 kg.

NOTE:

CONTACT IN THE HEAD AREA – SENIORS BEGINNERS > JUNIORS > CADETS AND CHILDREN

The knee hits and frontal leg hits are prohibited. All the other leg hits are allowed as light contact (the one who receives the hit must be able to keep his balance). If not, the attacker will be penalised (it is considered that the hit was uncontrolled).

Ashihara Kata Tournament Regulations.

This regulation is made to insure that a high level of technique is performed while having competition in Kata.

1. The participants must be divided in groups, Women. Men, Children, Teams.

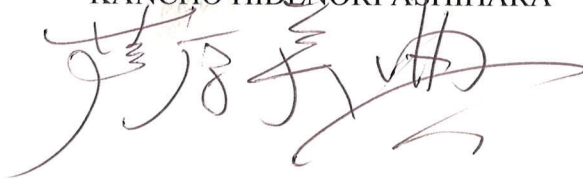
Check Points.

2. General performing of the correctness of the KATA according to the official Kata description send out by Kancho.
 3. Technique
 4. Spirit
 5. Speed / timing (Speed is not a matter of being the fastest bud a matter of dividing the Kata in to a deferent speed level so that It varies according to technique performed. This is very important for the judges and referees to considers)
 6. For teams performing, it is important that the team also is synchronised.
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1. Katas must be prepared for the tournament consisting of Kumite 1 to 5
 2. The karate ka must draw a card telling witch of the KATA he / she must perform,
 3. The referee board must consist of 3 referees witch all give points. These points are counted together and the final score is announced. Each referee can give up to 10 points.
 4. The Karate ka that has the most points shall be declared winner.
 5. A pool system can be applied for the KATA tournament.
 6. A team must be minimum 3 and maximum 5 persons. (it can be mixed between woman, men and children)

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