

IFK Combined Knockdown Rules

Version 1.2



**International
Federation of
Karate**

Change Record

Date	Author	Version	Change Reference
October 2018	Shihan Alex Kerrigan 7 th Dan	Draft 1.0	No Previous Document
May 2019	Shihan Shane Lalor 5 th Dan	Draft.1.1	Updates following feedback from committee members
March 2021	IFK Knockdown Committee	Draft 1.2	Updates to the following sections following feedback from the committee: Article 1 - section 2 & 3 Article 3.2 - section 12, 13,14 & 15 Article 6 - Section 1 & 5 Article 6 - Section 3 (new Section) Article 7.2 and 7.3 Article 13 Section 1
May 2022	IFK Knockdown Committee	Draft 1.3	Minor updates re formatting
October 2022	IFK Knockdown Committee	Draft 1.4	Minor Wording updates and change in use of Arbitrator
12 March 2023	IFK Knockdown Committee	Draft 1.5	Updates to the wording of the scoring section (Article 7) and Prohibited behaviour (Article 8) for clarity
30 March 2023	IFK Knockdown Committee/DP	V1.0	Final minor updates – document released as V1.0
13 September 2023	IFK Knockdown Committee	V1.1	Minor Wording clarifications
02 April 2025	IFK Executive Board	V1.2	Fixed error in timing for finals of Seniors (Article 6.4)

Only the IFK Knockdown Committee, with the approval of the IFK Executive Board, is allowed to alter or modify these rules.

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1 ARTICLE 1: KUMITE COMPETITION AREA

1. The competition area must be flat and devoid of hazard.
2. For Novice, Cadet, Senior and Veteran events the competition area shall be a square of 10m x 10m of an IFK approved type (See Appendix 2), fixed to a resilient floor or platform. For Junior Kyokushin Rules events the competition area shall be a square of between 6m X 6m with an option to extend up to 8m x 8m of an IFK approved type (See Appendix 2), fixed to a resilient floor or platform.
3. The competition area (See Appendix 5) shall be divided into two areas: the contest area and the safety area. The area within the outer borders of the safety zone shall be called the contest area and shall be a square of 8 m x 8 m except for Junior Kyokushin Rules where the contest area shall be a square of 6 m X 6 m with an option to extend to 8 m by 8 m. The area outside the contest area (JOGAI) shall be called the safety area and shall be 1 m wide on each side.
4. A line 1 m long, approximately 10 cm wide, must be drawn 1.5 meters back from the centre of the contest area for positioning the Referee.
5. Two RED mats shall be positioned (As in Appendix 5) for the fighters start position, if this facility is not available then two parallel lines, one for (SHIRO), and one for (AKA), each 1 m long, approximately 10 cm wide, and at right angles to the Referee's line, shall be drawn at a distance of 1.5 meters from the centre of the contest area, to indicate the starting positions at which the competitors must start and end the contest. (AKA) shall be to the referee's right and (SHIRO) to his left.
6. Where two or more adjoining competition areas are used, a common safety area must be kept clear and devoid of any hazards.
7. Each Judge (FUKUSHIN) will be seated at the corners on the mat in the safety area. Each Judge will be equipped with a red and a white flag and personal whistle of the IFK approved type.
8. The Referee (SHUSHIN) may move around the entire competition area, including the safety area where the Judges are seated.
9. One of the two Referee Assistants will be seated at the part of the border of the competition area, where white competitor (SHIRO) enters the competition area, and one at the part of the border of the competition area, where red competitor (AKA) enters the competition area.
10. The Match Arbitrator will be seated just outside the safety area, (See Appendix 5 for options). He will be equipped with a pen and paper (for writing down awards and penalties) and a whistle.
11. The announcers, scorers and timekeepers will be seated at the score table.
12. Coaches will be seated outside the safety area, on their respective sides at the side of the competition area. Where the competition area is elevated, the coaches will be placed outside the elevated area.
13. In general the spectators should not be admitted closer than 3 meters to the competition area (or platform).
14. Alterations of the competition layout may be changed, if the conditions of the competition place require, only with approval of IFK Referee Commission of the tournament.

2 ARTICLE 2: KUMITE COMPETITION AREA EQUIPMENT

2.1 Referee Assistants chairs

Will be placed at the edge of the safety area (options as in appendix 5)

2.2 Judges' chairs and flags

Lightweight chairs for Judges (FUKUSHIN) must be placed on the safety area at all 4 corners of the competition area. One red and one white flag shall be placed on the seat of each chair.

2.3 Coaches' chairs

Lightweight chairs for coaches must be placed at either side of the competition area.

2.4 The Match Arbitrator chair

The chair for the Match Arbitrator must be placed just outside the safety area, (Options as in Appendix 5). A pen and paper shall be placed on the seat of his chair. Where the competition area is elevated, the chair for Match Arbitrator will be placed outside the elevated area.

2.5 Timing clocks

There shall be two timing clocks prepared (one in reserve) to time each bout.

Whenever electronic timing clocks are used, it is advisable to have manual timing clocks for backup in case of failure.

2.6 Time signal

There shall be a drum, gong, bell or similar audible device to indicate to the Referee 30 seconds (ATOSHIBARAKO) before end of time. At the end of the time for the bout there shall be a small bean bag of red colour 20 cm x 10 cm, to be thrown in the direction of the Referee's feet to indicate to the Referee the end of the time allotted for that bout.

2.7 Scales

There shall be two scales prepared (one in reserve).

2.8 Red and white ribbons

There shall be a minimum of 3 red and 3 white ribbons of approximately 80 cm long 4 cm wide to indicate the competitors (AKA/SHIRO), one for the competitor in the competition area, one for the competitor preparing to enter the competition area and one in reserve.

3 ARTICLE 3: OFFICIAL DRESS AND COMPETITORS' HYGIENE

Competitors and their coaches must wear the official uniform or tracksuit. The Referee Commission may disbar any official or competitor who does not comply with this regulation.

3.1 Referees

Referees and Judges must wear the official uniform designated by the IFK Referee Commission. This uniform must be worn at all tournaments and courses.

The official uniform shall be as follows:

- A single breasted navy blue blazer with two buttons plus the IFK badge.
- A white short sleeved shirt with a single pocket on the left breast bearing the IFK logo.
- An official tie.
- Plain dark grey trousers without turn-ups.
- Plain grey or black socks.
- Black Shoes.
- Officials (Judges and Referees) may wear a hairclip if long hair is deemed a problem for good observation.
- Judges shall have at all times personal whistles of the IFK approved type.

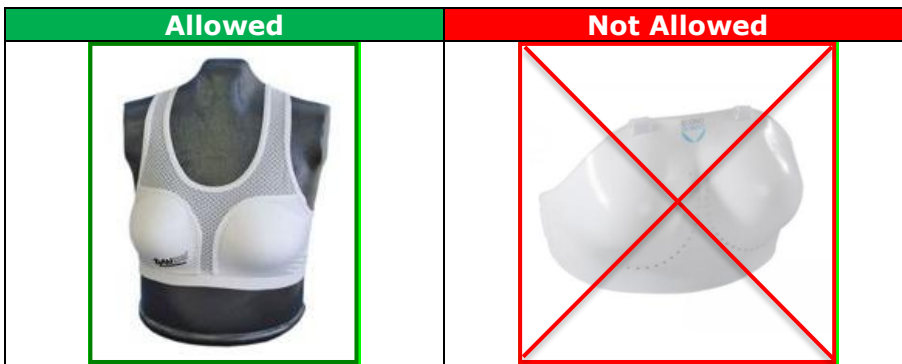
3.2 Competitors

1. Competitors must wear a white KARATEGI with a grade belt of corresponding colour. "Kyokushin" or organization breast mark is allowed. Personal embroidery is not accepted.
2. The KARATEGI shall be made in cotton or similar material, in good condition (without holes or tears), clean and generally dry
3. Acceptable markings:
 - a. National Emblem or flag of the country (on left shoulder).
 - b. Individual or team sponsor logo (on right shoulder – from collar across shoulder down arm). The overall size may not exceed of 12cm x 8cm.In addition, identification number 25cm x 20cm issued by the Organizing Committee will be worn on the back. The IFK Executive Committee may authorize the display of special labels or trademarks of approved sponsors on the identification number.
4. The jacket, when tightened around the waist with the belt, must be of a minimum length that covers the hips, but must not be more than three-quarters thigh length. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20 centimetres at the level of the bottom of the rib-cage.
5. The maximum length of the jacket sleeves must be no longer than the bend of the wrist and no shorter than halfway down the forearm. The sleeves shall cover the elbows when bent. Jacket sleeves may **not** be rolled up.
6. The trousers must not exceed below the anklebone, but are not to be too short; the trouser leg edge is not to be more than 5cm higher than the anklebone. Trouser legs may not be rolled up.
7. A belt of the competitor's grade, must be around 5 centimetres wide and long enough to go twice around the waist and to allow about 20 to 30cm leave protruding from each side of the knot when tied, but the ends of the belt shall not be lower than the knees. A belt shall be worn over the jacket at waist level and tied with a square knot tight enough to prevent the jacket from being too loose.
8. Female competitors must wear a plain white T-shirt beneath the Karate gi jacket.
9. The competitors shall compete barefooted.
10. The following tables outline protective equipment for each category:

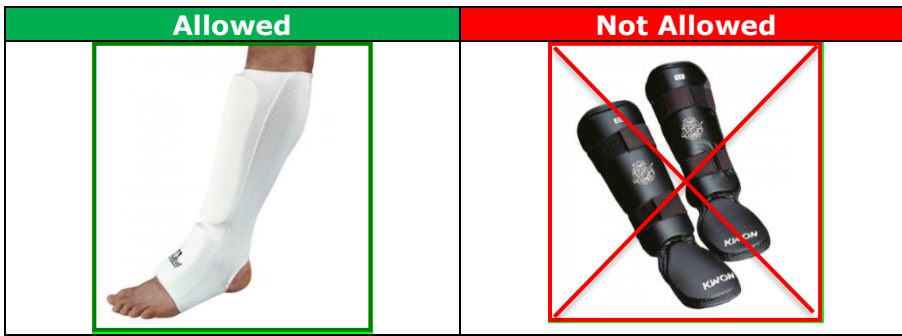
Equipment Category	Sex	Shin pads	Groin guard	Chest protector (Cup)	Body armour (body west)	Hand protector	Head gear	Gum shield
Juniors 8 to 13 Year	Boys	Compulsory	Optional	Not Applicable	Compulsory	Compulsory	Compulsory	Optional
	Girls	Compulsory	Optional	Optional	Compulsory	Compulsory	Compulsory	Optional
Juniors 14 to 15 Year	Boys	Compulsory	Compulsory	Not Applicable	Not Applicable	Compulsory	Compulsory	Optional
	Girls	Compulsory	Optional	Compulsory	Not Applicable	Compulsory	Compulsory	Optional
Cadets 16 and 17 Year	Male	Compulsory	Compulsory	Not Applicable	Not Applicable	Not Applicable	Optional	Optional
	Female	Compulsory	Optional	Compulsory	Not Applicable	Not Applicable	Optional	Optional
Seniors 18 Year and above	Male	Optional	Compulsory	Not Applicable	Not Applicable	Not Applicable	Not Applicable	Optional
	Female	Compulsory	Optional	Compulsory	Not Applicable	Not Applicable	Not Applicable	Optional
Veterans 45-55 years	Male	Compulsory	Compulsory	Not Applicable	Not Applicable	Not Applicable	Optional	Optional
	Female	Compulsory	Optional	Compulsory	Not Applicable	Not Applicable	Optional	Optional

Please note age limits: In order to qualify for a category the competitor must be with the ages specified e.g. for Cadets the competitors must be at least 16 years old on the day of the event and no more than 17 years and 364 days (i.e. they cannot be 18)

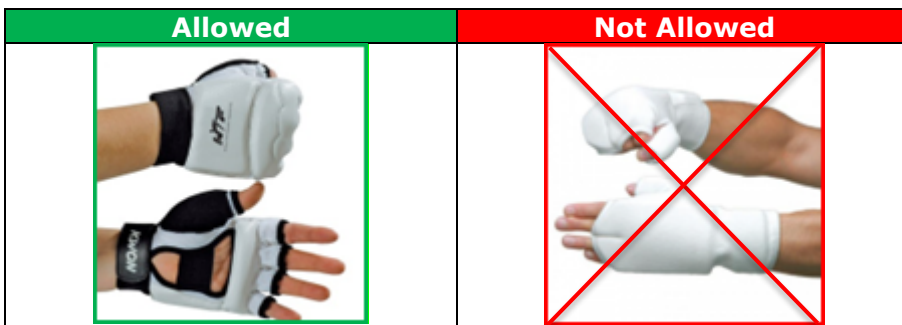
11. For male athletes— groin guards (groin guards must be worn under the KARATE GI trousers);
12. For female athletes – chest protector of approved IFK type; (it must not cover the upper part of the chest or any part of the abdomen).



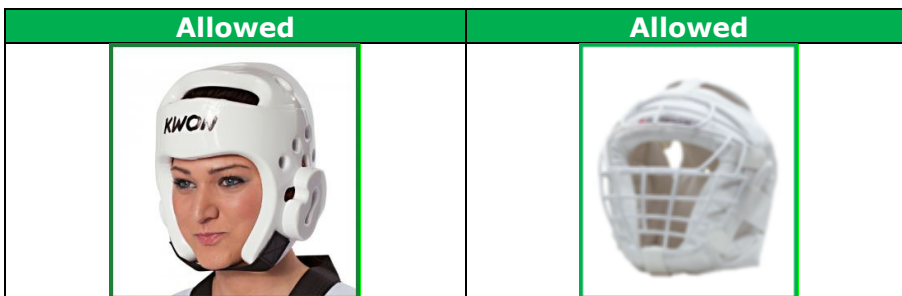
13. Shin pads of approved IFK type; (Some international events may designate them as optional)



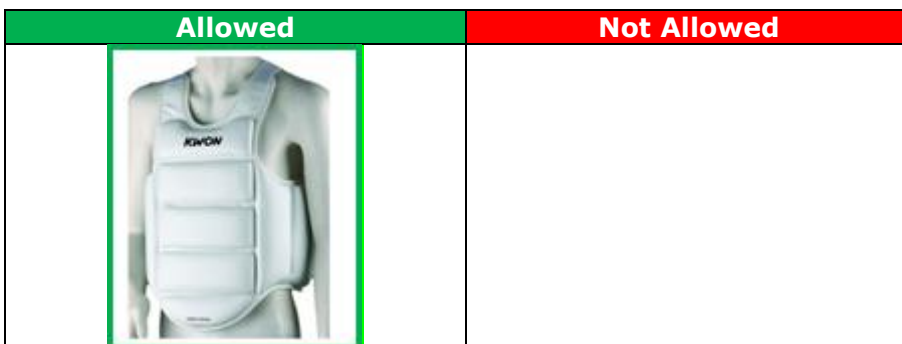
14. Hand Protectors of approved IFK type.



15. Headgear of approved IFK type.



16. Body Armour of approved IFK type.



It is advised for championships of European level and above that the organiser supplies standard armour for the event

17. Gum shields for all athletes and groin guards for female athletes are not mandatory, but if worn, must fit properly. For Senior male athletes – shin and instep pads are optional, if worn they must be approved.
18. Glasses are forbidden. Soft contact lenses can be worn at the competitor's own risk.
19. The wearing of unauthorized apparel, clothing or equipment is forbidden.
20. All protective equipment must be IFK approved.
21. The use of bandages, padding, or supports during the first bout is prohibited. Later on the use of strapping, bandages, or supports because of injury bandages can only be applied by the Tournament Doctor and must be signed and stamped by him, and must be checked by the Referee . Bandaging with view to enhance efficiency of attacking and defensive techniques shall not be allowed.
22. The personal hygiene of the competitor should be of a high standard.
23. Competitors must have short fingernails and toe nails and must not wear metallic or other objects, which may cause injure their opponents. It is advisable to use a gum shield (not mandatory) if metallic teeth braces are fitted and the competitor accepts full responsibility for any injury.
24. Competitors must keep their hair clean and cut to a length that does not obstruct smooth conduct of the bout. Headbands will not be allowed. Should the Referee consider any competitor's hair too long and/or unclean, he may disbar the competitor from the bout. Hair slides are prohibited, as are metal hairgrips. Ribbons, beads and other decorations are prohibited. Long hair shall be tied by a discreet rubber band or ponytail retainer, so as to avoid causing inconvenience to the other competitor.
25. It is the duty of the Referee Assistants to ensure before each match or bout that the competitors comply with the requirements.
26. Any competitor who will not comply with the requirements will be refused the right to compete and the opponent shall win the contest by KIKEN-GACHI, if the competitor will not be able to remedy matters within 1 minute.

3.3 Coaches

Coaches shall at all times during the tournament, wear the official tracksuit or uniform of their National Federation and display their official identification. The Referee Commission may disbar any coach who does not comply with this regulation

4 ARTICLE 4: ORGANISATION OF KUMITE COMPETITIONS

1. A Kyokushin Kumite competition may be divided into the team match and the individual match. In the team match, a team may consist of different weight, different age group and mixed gender, but must compete against the same gender. The individual match may be further divided into age, gender and weight divisions. Male and Female are not allowed to compete against each other.
2. The KUMITE competition among Cadet, Senior and Veteran competitors is held in weight divisions, and among Junior competitors are held in age categories and Weight divisions

Category	Sex	Weight	
		Categories	Differences for decision
* Juniors	Boys	-25kg / -27kg / -30kg -32kg / -35kg / +35kg	3kg
8 Year	Girls	-25kg / -27kg / -30kg -32kg / -35kg / +35kg	3kg
* Juniors	Boys	-25kg / -30kg / -35kg -40kg / +40kg	3kg
9 Year	Girls	-25kg / -30kg / -35kg -40kg / +40kg	3kg
* Juniors	Boys	-25kg / -30kg / -35kg -40kg / +40kg	3kg
10 Year	Girls	-25kg / -30kg / -35kg -40kg / +40kg	3kg
* Juniors	Boys	-30kg / -35kg / -40kg -45kg / +45kg	3kg
11 Year	Girls	-30kg / -35 kg / -40kg -45kg / +45kg	3kg
Juniors	Boys	-40kg / -45kg / -50kg / -55kg / +55kg	3kg
12 + 13 Year	Girls	-40 kg / -45kg / -50kg / +50kg	3kg
Juniors	Boys	-50kg / -55 kg / -60kg / -65kg / -70kg / +70kg	3kg
14 + 15 Year	Girls	-45kg / -50kg / -55kg / +55kg	3kg
Cadets	Men	-60kg / -65kg / -70kg / -75kg / +75kg	3kg / Open Category 5kg
16+17 Year	Women	-50kg / -55kg / -60kg / +60kg	3kg / Open Category 3kg
Youth	Men	-70kg / -80kg / +80kg	5kg / Open Category 8kg
18-21 Year	Women	-55kg / -65kg / +65kg	All Category 5kg
Adults	Men	-70kg / -80kg / -90kg +90kg	5kg / Open Category 8kg
Adult, +21 Year	Women	-55kg / -65kg / +65kg	All Category 5kg
Veterans	Men	-75kg / -85kg / +85kg	3kg / Open Category 5kg
Adult, +45 Year	Women	-65kg / +65kg	All Category 3kg

3. For IFK European and World events the lowest age category is Under 14 (aged 12 and 13 years).
4. Competition organizers shall have the right to change/merge weight categories, taking into account the number of competitors and the conditions of the competitions, with the sanction of the IFK Referee Committee and Tournament organisers. However this statement should be notified clearly in the application form of the competition.
5. When at the weigh-in procedure it is discovered that the weight of a competitor exceeds the upper limit of the weight category they applied for, the competitor will be given the opportunity to lose the excess if unable to do so they will be disqualified, or if possible (with the tournament Committee's approval) given the option to compete in

the category above. If the weight of a competitor is less than the lower limit for this weight category, they can participate in the competition but the weight of the competitor shall be considered as equal to the lower limit of his weight category, if it is not possible to change category.

6. In an individual bout one of the competitors is called "SHIRO" ("White") and is differentiated by the white ribbon fastened to their belt on the back and the other is called "AKA" ("Red") and is differentiated by the red ribbon fastened to their belt on the back. The SHIRO competitor is called to the competition area first, and the AKA competitor second.
7. The use of competitors' names causes problems of pronunciation and identification. Tournament numbers should be allotted and used on identifications in addition to the names whenever possible.
8. The competitors that do not present themselves when called within 1 minute will be disqualified (KIKEN).
9. No competitor may be replaced by another.
10. All competitors must always obey the Referee's orders.
11. Coaches must present their accreditation together with that of their competitor to the designated area. The coach must sit in the chair provided and must not interfere with the smooth running of the match by word or deed. Only one coach is allowed to accompany a competitor to the competition area as his second.
12. If, through an error in of the organisers, the wrong competitors compete, then regardless of the outcome, that bout is declared null and void.

5 ARTICLE 5: POWERS AND DUTIES

For IFK International events all Referees and Judges must hold a minimum grade of Shodan (1st DAN) and be at least 21 years of age. You need to be a National Referee in order to be considered for qualification to International Judge. The IFK recommends that at a national level Referees and Judges should be no less than 18 years of age however we do recognise that depending on the country this may not always be possible.

5.1 Referee Commission

The Referee Commission's powers and duties shall be as follows:

1. To ensure the correct preparation for each given tournament in consultation with the Organizing Committee, with regard to competition area arrangement, the provision and deployment of all equipment and necessary facilities, match operation and supervision, safety precautions, etc.
2. To appoint and deploy the Tatami Managers to their respective areas and for them to act upon and take such action as may be required, and to communicate with the chief referee.
3. To supervise and co-ordinate the overall performance of the refereeing officials.
4. To nominate substitute officials where such are required.
5. To nominate the winners of special prizes (Best technique, spirited fighter, etc.).
6. To pass final judgment on matters of a technical nature which may arise during a given match and for which there are no stipulations in the rules.

5.2 Tatami Managers

The Tatami Managers powers and duties shall be as follows:

1. To delegate, appoint, and supervise the Referees and Judges, for all matches in areas under their control.
2. To oversee the performance of the Referees and Judges in their areas, and to ensure that the officials appointed are capable of the tasks allotted them.
3. If required, to prepare a daily written report on the performance of each official under their supervision, together with their recommendations, if any, to the Referee Commission.

5.3 Referee Panel

1. The Referee Panel for each match shall consist of one Referee (SHUSHIN), four Judges (FUKUSHIN), Arbitrator (KANSA) and two Referee Assistants.
2. In a World tournament if possible the Referee and Judges of a KUMITE bout must not have the nationality of either of the competitors.
3. In addition, it is the responsibility of the table officials to be announcers, timekeepers, and scorers.
4. At HANTEI the Referee (SHUSHIN) and four Judges (FUKUSHIN) each have one vote, the Arbitrator has no vote.
5. When explaining the basis for a judgement after the match, the Judges may speak to the Tatami Manager, the Chief Referee, or the Appeals Jury. They will explain themselves to no one else.

5.4 Referees

The Referee's powers shall be as follows:

1. The Referee (SHUSHIN) shall have the power to conduct matches including announcing the start, the suspension, and the end of the match, to ensure that the decisions are correctly recorded.
2. To obtain and act upon the opinion(s) of the Judges.
3. During the bout the Referee shall be obliged to pay attention and acknowledge the Judges' (FUKUSHIN) signals.

4. When two Judges give the same signal, or indicate a score for the same competitor, the Referee can add his third vote and, by the majority of votes, award the clear victory (IPPON GACHI), the WAZA-ARI or penalize a competitor for the infraction of the Rules.
5. When two Judges show an infraction of the Rules (HANSOKU) by a competitor, the Referee, depending on whether the situation in the bout evolves in favour of the offender or not, has the right not to stop the bout and show TOROMASEN! (Invalid!). If the Referee does not stop the bout, he has to show this to the Judges by gesture and to the competitors by the command ZOKKO! (Continue!).
6. To stop the match when in the Referee's opinion there has been a point scored, a foul committed, or to ensure the safety of the competitors. If the Referee recognizes an infraction of the Rules (HANSOKU) and stops the bout, but is not supported by the Judges and is not able to penalize the offender with the official warning (CHUI ICHI), he may give the offender an oral warning (CHUI).
7. To request confirmation of the Judges' verdict in instances where there may, in the Referee's opinion, be grounds for the Judges to re-evaluate their call for IPPON, WAZA-ARI, warning or penalty. He may stop the bout, gather the Judges for debate and may consult with the Arbitrator (KANSA), the Tatami Manager, or the Chief Referee and then announce the decision. The referee may need to explain the decision to the fighters and coaches.
8. If three or four Judges show IPPON, WAZA-ARI or an infraction of the rules (HANSOKU), but the Referee doubts the reason of their judging of the situation, he may stop the bout, gather the Judges for debate and may consult with the Arbitrator (KANSA), the Tatami Manager, or the Chief Referee, and upon the consultation either declare the clear victory (IPPON GACHI), give WAZA-ARI, the order of TOROMASEN! (Invalid!), or the official warning (CHUI ICHI). In case the Referee announces TOROMASEN! (Invalid!) or gives the official warning (CHUI ICHI), he has to explain to the competitors the reasons for the decision.
9. To explain to the Tatami Manager, Chief Referee, or Appeals Jury, if necessary, the basis for giving a judgement.
10. To impose penalties and to issue warnings.
11. To count the Judges decisions (HANTEI), including his own, and announce the result.
12. To announce the winner.
13. The authority of the Referee is not confined solely to the competition area but also to its entire immediate perimeter.
14. The Referee shall give all commands and make all announcements.

5.5 Judges

The Judges (FUKUSHIN) powers shall be as follows:

1. To signal points scored warnings and penalties.
2. To exercise their right to vote on any decision to be taken.
3. The Judges shall carefully observe the actions of the competitors and signal to the Referee with the flag and whistle in the following cases:
 - a) When a score is observed.
 - b) When a competitor has committed a prohibited act and/or techniques.
 - c) When an injury, illness or inability of a competitor to continue is observed.
 - d) When both or either of the competitors have moved out of the competition area (JOGAI).
 - e) In other cases when it is deemed necessary to call the attention of the Referee.
4. Each Judge is to indicate his opinion clearly by blowing their whistle and using the flag.
5. Each Judge is to show his opinion clearly in response to signals of other Judges and the Referee and show whether he supports their judging of the situation, or not, by showing TOROMASEN! (Invalid!) Or MENAI! (Not Visible!).
6. Should a Judge wish to express an opinion different from that of the Referee and other Judges, he should indicate by circling a flag vertically and blowing of the whistling to attract attention of the Referee, who will then stop the match and gather the judges for debate.

7. The Judges must also observe that the scores, penalties and decision are correct when announced by the Referee. Should a Judge observe that the score is incorrect they should draw the Referee's attention to the mistake immediately.
8. A Judge must be quick to remove himself and his chair should his position endanger the competitors.

5.6 Referee Assistants

The Referee Assistants (SHUSHIN HOSA) powers shall be as follows:

1. To verify the compliance of competitors with the requirements to official dress and competitors' hygiene, to ensure that the competitors are wearing approved equipment, before they enter the competition area.
2. Should a competitor temporarily leave the competition area after the contest has been started, for a reason considered necessary by the Referee, a Referee Assistant must obligatorily go with the competitor to see that no anomaly occurs. This authorization shall be given only for exceptional circumstances (to change KARATEGI in case of non-conformity with norms).
3. Should a competitor have to change any part of the uniform outside the competition area, and the Referee Assistant to accompany the competitor is not of the same sex, an official designated by the Tatami Manager shall substitute for the Judge and accompany the competitor.

5.7 Arbitrator (Kansa)

The Arbitrator will assist the Tatami Manager by overseeing the bout in progress. Should decisions of the Referee and/or Judges, not be in accordance with the rules of competition, the Arbitrator will immediately blow his whistle, for the Referee to halt the match or bout and correct the irregularity. The role of the Arbitrator is to ensure that the match or bout is conducted in accordance with the rules of competition. He is not there as an additional Judge. He has no vote, nor has he any authority in matters of judgment, such as whether a score was valid or if JOGAI occurred. His responsibility is to oversee the match observing matters of procedure, giving advice when asked.

In the event of insufficient numbers of officials it is permissible to remove the role of Arbitrator and those duties will fall to the Tatami Manager.

5.8 Announcers, scorers and timekeepers

1. The scorers and timekeepers as well as other technical assistants should preferably be a minimum of 21 years age, have a minimum of one year experience as national referees and a good knowledge of the Refereeing Rules.
2. The Organizing Committee must ensure that the announcers, scorers and timekeepers have been thoroughly trained as technical officials.
3. The timekeeper starts the clock on hearing the announcements "HAJIME!" ("Start!") And stops it on hearing the announcements "YAME!" ("Stop timing!"). However a rolling clock system may be used the clock starts on "HAJIME!" and only stops when the referee calls and signals "JIKAN"(stop timing)
4. When the time allotted for the contest has expired the timekeeper shall notify the Referee of this fact by a clearly audible signal and by throwing of small bag of red colour with beans inside in the direction of Referee's feet.
5. The scorer must ensure that he is completely informed of the current signs and signals in use to indicate the result of a contest.

6 ARTICLE 6: SEQUENCE & DURATION OF BOUT

1. In Tournaments with weight categories in elimination bouts the base time of the KUMITE bout is 2 minutes (however tournaments may use 3 minute bouts or a combination of 2 & 3minutes.). In case of a tie the extra time (SAI-SHAI) shall be assigned. In case of a repeated tie and insufficient weight difference, Tameshiwari may be called for,(Male Senior Categories only) if the result of that is also equal, the second extra time (ENCHO-SEN), where a decision must be made, (no tie possible).
2. For Juniors and Cadets if necessary a Round Robin system can be used. In these events one point is given to each fighter for a draw. For a win two points are awarded to the winner. In a round robin system there will be one round and Sai Shai only. At the end of the tournament the competitor with the most points wins. In the event of a tie the (Younger/lighter/countback decision) will win.
3. The tournament organisers / referee committee may choose to use alternative timings as needed
4. Duration of bouts

Category	Sex	Sequence and duration of the fight			
		Elimination to Semi-Finals		Finals	
*Juniors 8 Year	Boys	1st Round	1.0 min.	1st Round	1.0 min.
	Girls	Sai-Shai	1.0 min.	Sai-Shai	1.0 min.
*Juniors 9 Year	Boys	Weight		Weight	
	Girls	Encho-Sen	1.0 min.	Encho-Sen	1.0 min.
*Juniors 10 Year	Boys	1st Round	1.5 min.	1st Round	1.5 min.
	Girls	Sai-Shai	1.5 min.	Sai-Shai	1.5 min.
*Juniors 11 Year	Boys	Weight		Weight	
	Girls	Encho-Sen	1.0 min.	Encho-Sen	1.0 min.
Juniors 12 + 13 Year	Boys	1st Round	1.5 min.	1st Round	1.5 min.
	Girls	Sai-Shai	1.5 min.	Sai-Shai	1.5 min.
Juniors 14 + 15 Year	Boys	Weight		Weight	
	Girls	Encho-Sen	1.5 min.	Encho-Sen	1.5 min.
Cadets 16+17 Year	Men	1st Round	2.0 min.	1st Round	2.0 min.
	Women	Sai-Shai	2.0 min.	Sai-Shai	2.0 min.
Seniors 18+ Year	Men	Weight		Weight	
	Women	Tameshiwari Adult Men	2.0 min.	Encho-Sen	2.0 min.
Veterans +45 Years	Men	1st Round	1.5 min.	1st Round	1.5 min.
	Women	Sai-Shai	1.5 min.	Sai-Shai	1.5 min.
		Weight		Weight	
		Encho-Sen	1.5 min.	Encho-Sen	1.5 min.

5. For IFK European and World events the lowest age category is Under 14 (aged 12 and 13 years).
6. In Openweight Tournaments the base time of the bout is 2 minutes (however tournaments may use 3 minute bouts or a combination of 2 & 3 minute). In case of a draw the extra time (SAI-SHAI) shall be assigned. In the event of a further draw and a 10kg or more weight difference the lighter competitor shall be declared the winner. In case of a repeated tie and insufficient weight difference, Tameshiwari may be called for. If the result of that is equal, the second extra time (ENCHO-SEN) shall be assigned, where a decision must be made, (no draw possible).
7. During the Finals the time shall be as listed for each category but no weight or Tameshiwari will be considered. All other Rules Apply.
8. The timing of the bout starts when the Referee gives the signal to start with the command "HAJIME!" and is stopped when the referee calls "YAME!". The referee will announce ATOSHIBARAKO for the fighters when the 30sec. warning is given.
9. If a rolling clock system is used, even if a competitor loses consciousness during a bout, or the bout stops for any other reason, the timekeeper may not stop timing of bout by his own decision without an appropriate signal from the Referee.
10. As well as the Referee, the timing of bout may be stopped by the Tatami Manager, or Arbitrator, for reasons listed below:
 - a) If the official decides that the Referee forgot to give a signal to stop the timing in a situation when the bout is to be discontinued due to an injury of a competitor, for putting KARATEGI in order, or for any other reason. In this case the official shall announce "JIKAN" ("Stop timing!") In order to inform all competitors and guests, the time is being stopped.
11. The end of the time allotted for the contest shall be indicated to the Referee by a horn, bell or other similar audible signal and by throwing of a red bean bag in the direction of the Referee's feet.
12. The time signal must be sufficiently audible to be heard over the noise of the spectators.
13. Any competitor is entitled to rest between bouts for a period of 10 minutes at least.
14. All official warnings (Chui Ichi) and penalty points (GENTEN etc.), recorded infractions of the Rules (Penalties) shall be cancelled upon the expiration of the time of the bout and upon announcement of the decision by the judges (HANTEI).

7 ARTICLE 7: SCORING

1. Scores are as follows:
 - b) **IPPON (Full Point)**
 - c) **WAZA-ARI (Half Point)**
2. **IPPON** is awarded for:
 - a) An effective strike made by the fist or elbow or a kick delivered to any zone allowed by the rules, which knocked the opponent down for 5 seconds or more for SENIOR categories
 - b) An effective strike made by the fist or elbow or a kick delivered to any zone allowed by the rules, that stops an opponent for 3 seconds or more will score a full point for CADET and VETERANS categories
 - c) for JUNIOR categories an effective strike made by fist or elbow that stops an opponent for 3 seconds or more.
 - d) an effective strike made by the fist, elbow or a kick delivered to any area allowed by the rules, which makes the competitor lose their desire to continue fighting;
 - e) In JUNIOR competition if a competitor is being outclassed and there is a danger that they may be unnecessarily injured an Ippon may be awarded.
3. **WAZA-ARI** is awarded for:
 - a) a fist or elbow strike, or a kick delivered to any area allowed by the rules, which knocked the opponent down for less than 5 seconds (the opponent stands up and is ready to fight within 5 seconds in fighting stance) for SENIOR categories or 3 seconds or less for VETERAN, or CADET Categories;
 - b) for JUNIOR categories an effective strike made by the fist or elbow or any controlled Jodan Mawashi Geri or Jodan Uchi Mawashi Haisoku Geri to the head that is a well focused touch will score a waza-ari. These are the ONLY two Jodan kicks that are allowed for junior categories.
 - c) (other than to the head) that stops an opponent for 3 seconds or less (the opponent stands up and is ready to fight within 3 seconds in fighting stance)
 - d) any competitor after receiving a fist or elbow strike, or a kick delivered to any area allowed by the rules, stops or turns away unable to defend themselves, Waza ari will be awarded.
 - e) a fist or elbow strike, or a kick delivered to any area allowed by the rules, after which the opponent temporarily lost his desire for fighting;
 - f) An effective sweep followed immediately by a downward non-contact punch to the body of the opponent may score a Waza-ari.
4. Should a competitor gain a second WAZA-ARI in the same round of that bout, he is to be declared the winner (WAZA-ARI AWASETE IPPON, AWASETE IPPON GACHI).
5. An effective technique delivered at the same time that the end of the round is signalled, will be considered valid. A technique even if effective, delivered after the order of "YAME!" ("Stop!") by the Referee shall not be scored and may result in a penalty being given to the offender.
6. No technique, even if technically correct, will be scored if it is delivered when both competitors are outside the contest area. However, if one of the competitors delivers an effective technique while still inside the competition area and before the Referee calls "YAME!" the technique will be scored.

Category	WAZA-ARI time to award	IPPON time to award
Juniors 8 to 15 Year	Up to 3 seconds	3 seconds and more
Cadets 16 and 17 Year		
Veterans 45-55 Years		
Seniors 18+ Years	Up to 5 Seconds	5 Seconds and more

8 ARTICLE 8: PROHIBITED BEHAVIOR (HANSOKU)

1. Hand and elbow strikes to the face. And even finger touches to the face may be considered as the infraction.
2. Hand and elbow strikes to the throat, sides or back of the neck;
3. Strikes to the groin;
4. Head butts;
5. Attacking and making contact to fallen opponent;
6. Strikes to the spine;
7. Hooking opponent's neck, head and shoulder. In case of knee strikes (HIZA-GERI) all the arm above elbow is considered to be the shoulder;
8. Grasping opponent's KARATE GI, hands or legs;
9. Pushes (OSHI) to the body and shoulders with palms, forearms, fists, shoulders or throwing techniques, which require the opponent to be held, seized, or pushed, are prohibited.
10. Moving towards the opponent bringing hands or body into contact to trap or cover hands, arms or to unbalance or prevent them from striking
11. Kicks to the knee joint when the foot is on the floor, this may result in a penalty or a disqualification ;
12. For Junior Kyokushin Rules there are no through kicks to the head.
13. Feigning, or exaggerating injury received due to prohibited techniques;
14. Exit from the competition area (JOGAI) not caused by the opponent.
15. JOGAI relates to where a competitors feet are outside the contest area. An exception is when a competitor is pushed out of the area, Also if a competitor circles out of the area returning immediately this shall not recognised as JOGAI. Warning must be extended for the third instance of JOGAI.
16. Avoiding Combat. This refers to a situation where a competitor attempts to prevent the opponent having the opportunity to score by using time-wasting behaviour. This often occurs during the closing seconds of a bout, when a competitor, who earlier received the winning score, is trying to maintain the advantage. The competitor who constantly retreats without effective counter, make multiple attempts to deliver kick with deliberate fall (SUTEMI-WAZA), that yield no result, stops for putting clothes in order, or exits the area rather than allow the opponent an opportunity to score must be warned or penalized. However, stepping back and manoeuvring combined with counterattacks shall not be estimated as avoiding combat and shall not be warned or penalized.
17. Passivity – not attempting to engage in combat. Passivity refers to situations where one or both of the competitors do not attempt to exchange techniques over an extended period of time.
18. If the competitors, who won preceding bouts, demonstrate sluggish, passive combat during the bout, which contrasts sharply with the active combat they showed in previous bouts, the Referee can give oral warning (CHUI) to both of them or has the right to penalize both of them with CHUI-ICHI. If this does not help to change the

- character of combat, the referee has the right to stop the bout and, upon the consultation with the Referee Panel, to disqualify both competitors (SHIKKAKU).
19. When disqualification (SHIKKAKU) happens in the bout for the 1st place, then the 1st and 2nd places remain vacant. When disqualification (SHIKKAKU) happens in the fight for the 3rd place, then the 3rd and 4th places remain vacant.
 20. Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behaviour towards the refereeing officials, or other breaches of etiquette.
 21. Any discourteous behaviour from a member of an official delegation can earn the disqualification of a competitor, the entire team, or delegation from the tournament.
 - 22. No kind of demonstration or political, religious or racial propaganda is permitted at any IFK sanctioned event. This includes any verbal or written demonstrations (including but not limited to statements on flags, posters etc). Anyone found in breach of this will forfeit any placing and award at the event and may further be suspended from participation at future IFK sanctioned events.**

9 ARTICLE 9: WARNINGS & PENALTIES

1. Referees and Judges are authorized to award penalties according to the "intent" or situation and in the best interest of the sport.
2. Should the Referee decide to penalize a competitor(s), he shall halt the bout, return the competitors to their starting positions and announce the penalty while pointing to the competitor(s) who committed the prohibited act.
3. Where both competitors infringe the rules at the same time, each should be awarded a penalty according to the degree of the infringement.
4. Prohibited acts shall be punished with oral warnings (CHUI), is a private warning given by the referee and does not influence the decision of judges, and with official penalties, that is with official warning (CHUI-ICHI) and the penalty points (GENTEN ICHI, GENTEN NI, GENTEN SAN) in following order:
 - a. The first minor infraction shall be punished with the private warning (CHUI),
 - b. The first serious infraction shall be punished with the official warning (CHUI-ICHI),
 - c. The second infraction shall be punished with the penalty point (GENTEN ICHI),
 - d. The third infraction shall be punished with the penalty point (GENTEN NI),
 - e. The fourth infraction shall be punished with the third penalty point (GENTEN SAN), and with the disqualification of the competitor (SHIKKAKU).
5. Especially dangerous and malicious infractions can be punished with the first penalty point (GENTEN ICHI) straight away, without giving first CHUI or CHUI-ICHI.
6. Penalties are not cumulative. Each penalty must be awarded at its own value. The awarding of any second or subsequent penalty automatically cancels an earlier penalty. Whenever a competitor has already been penalized, any succeeding penalties for that competitor must always be awarded at least in the next higher value than his existing penalty.
7. Whenever a referee awards a penalty, he should demonstrate with a simple action the reason for the penalty.
8. A penalty can be awarded after the announcement of "YAME!" for any prohibited act committed during the time allotted for the contest or, in some exceptional situations, for serious acts committed after the signal to end the contest, as long as the decision has not been given.
9. Assuming both fighters are of equal ability in the following instance- If a fighter has the penalty of GENTEN NI in one round and the other the fighter has no official warnings or penalty points then the fighter with no official warnings or penalties will be declared the winner at Hantei. If one fighter has a GENTEN NI and the other fighter has Chui Ichi or above the decision will be Hikiwaki.
10. Official warnings (Chui Ichi) and Penalty points will NOT be carried over to the next round after a Hikiwaki decision. However the Chui for the same offences will, so Chui may not be given for the offences again.

9.1 CHUI (Oral Warning)

1. CHUI is imposed to any competitor for the first instance of a minor infraction.
2. The right to impose CHUI belongs solely to the Referee, who does not need support by the Judges and does not need to count their votes.
3. CHUI can be imposed only once for one kind of infraction, but can be imposed again for other infractions.
4. If the Referee perceived an infraction and halted the bout, but was not supported by the Judges, or if three or four judges showed «HANSOKU!» («Infraction of rules!»), and the Referee stopped the bout, but reckoned the infraction to be minor and not deserving to be punished with CHUI-ICHI, the Referee may award the offender CHUI.
5. CHUI shall not be taken into account when the Judges make their decision on the result of the bout (HANTEI).

9.2 CHUI-ICHI

1. CHUI-ICHI is imposed to any competitor who has committed a serious infraction or having been penalized by a CHUI then commits a second minor infraction of the same kind.
1. CHUI-ICHI can be imposed only when supported at least by three Judges, including the Referee.
2. When imposing CHUI-ICHI (as well as GENTEN ICHI, GENTEN NI and GENTEN SAN) the Referee is obliged to count votes of the Judges.

9.3 GENTEN-ICHI

1. GENTEN ICHI is imposed to any competitor who, having been penalized by CHUI-ICHI, commits an infraction again.
2. GENTEN ICHI may also be imposed to any competitor who commits an especially serious infraction, regardless if he had been penalized by CHUI-ICHI earlier or not.

9.4 GENTEN-NI

1. GENTEN-NI is imposed to any competitor who, having been penalized by GENTEN-ICHI, commits an infraction again.

9.5 GENTEN-SAN

1. GENTEN-SAN is imposed to any competitor who, having been penalized by GENTEN-NI, commits an infraction again.
2. The imposing of GENTEN-SAN leads to the disqualification of the competitor (SHIKKAKU).

9.6 Disqualification (SHIKKAKU)

1. SHIKKAKU is a disqualification from the entire actual tournament with a possible suspension from competition for an additional time period.
2. A SHIKKAKU can be directly imposed, without warnings of any kind.
3. SHIKKAKU may be invoked:
 - a) When a competitor receives the third penalty point (GENTEN SAN);
 - b) When a competitor fails to obey the orders of the Referee,
 - c) When a competitor comes to the competition area for a bout more than 1 minute later than the time or does not come to it at all;
 - d) When use of doping was detected;
 - e) When a competitor acts maliciously, disrespectfully or commits an act which harms the prestige and honour of Kyokushin which shall be considered the breach of etiquette or demonstration of disrespect to the opponent;
 - f) When the coach or a non-combatant member of the competitor's delegation behave in such a way as to harm the prestige and honour of Kyokushin.
 - g) A public announcement of SHIKKAKU must be made.

10 ARTICLE 10: DEFAULT AND WITHDRAW (KIKEN)

1. KIKEN or forfeiture is the decision given, when a competitor or competitors fail to present themselves when called, are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not ascribable to the opponent's actions.
2. The decision of KIKEN-GACHI shall be given to any competitor whose opponent does not appear for his contest. A competitor, who is not at his starting place after three (3) calls during a period of one (1) minute, will forfeit the contest.
3. In the event that a competitor, during the fight, loses his contact lens and cannot immediately recover it, informing the Referee that he cannot continue competing without the contact lens, after consultation with the Judges the Referee shall give the victory to his opponent by KIKEN-GACHI.
4. if upon medical examination, the Tournament Doctor decides that the competitor is not capable to continue fighting;
5. if any contingencies (a misfortune in the competitor's family and the like) occur immediately before the beginning of or during the competitions.

11 ARTICLE 11: INJURIES AND ACCIDENTS IN COMPETITION

1. Any competitor participates in Kyokushin competitions at his own risk. IFK or the Organizers of the competitions shall not be held responsible for any injury or illness, received by the competitor through the participation in the competitions.
2. When a competitor is injured, the Referee shall immediately halt the bout and, if needed, call the Tournament Doctor. The Referee shall call the Tournament Doctor when a competitor is injured and needs medical treatment by raising his hand and verbally call out "Doctor!". The Tournament Doctor is authorized to diagnose and treat injury only. When the Tournament Doctor declares the competitor unfit, the appropriate entry must be made on the competitor's monitoring card. The extent of injury must be made clear to Tatami Manager and scorers.
3. A competitor who is injured during a bout in progress through a prohibited act and requires medical treatment will be allowed three minutes in which to receive it. If treatment is not completed within the time allowed, the Referee, upon the consultation with the Tournament Doctor, will decide if the competitor is to be declared unfit to fight, or whether an extension of treatment time shall be given. If extension of treatment time is given, then the bout shall be resumed after the next three bouts. If there are less than three bouts, the time will be determined by the Tatami Manager. In either case, it shall be resumed from the time point fixed at the moment of stopping of the bout due to injury.
4. Where one competitor is unable to continue because of injury, where the cause of the injury is attributed to the injured competitor, they shall lose the contest. Where the cause of the injury is attributed to the uninjured competitor the uninjured competitor shall lose the contest.
5. An injured competitor who has been declared unfit to fight by the Tournament Doctor cannot fight again in that competition.
6. An injured competitor who wins a bout through disqualification due to injury is only allowed to fight on in the competition if declared fit by the tournament doctor after further examination.
1. Any competitor who is thought by the referee panel to be feigning or exaggerating an injury due to a prohibited act or technique in order to gain a penalty or disqualification of their opponent may himself be penalized or disqualified.
2. Any competitor who is thought by the referee panel to be feigning or exaggerating an injury due to a prohibited act or technique in order to gain a penalty or disqualification of their opponent may himself be penalized or disqualified.
7. The Judges will decide the winner on the basis of HANSOKU, GENTEN or the content of the bout as the case may be.
8. If a competitor delivered a strike to his opponent after the Referee's order of YAME! (Stop!):
 - a) if the opponent was knocked down, suffers an injury, which became the reason for brief loss of consciousness by him, or receives an injury, which could influence further development of the bout, even if he stood to his feet, the offender shall be disqualified (SHIKKAKU);
 - b) If the opponent was knocked down, but did not lose consciousness, receives a light injury, or only temporarily lost his ability to move, the offender shall be awarded the penalty point (GENTEN ICHI);
 - c) If the opponent received a strike, but was not seriously injured, the offender shall be awarded the official warning (CHUI-ICHI);
 - d) In case the strike missed the target, the offender shall be awarded the oral warning (CHUI).
 - e) if a junior attempts a through kick an oral warning must be given (CHUI)

12 ARTICLE 12: CRITERIA FOR DECISION

1. The competitors shall act with spirit and competitiveness of real fight. s.
 2. In Kyokushin competitions etiquette must be rigorously observed. Therefore showing any disrespect towards opponents or any of the refereeing panel or officials shall A: not be allowed in the competition area, B: be penalised or C: result in a disqualification. It is forbidden to celebrate the victory on the Tatami, however it is allowed for them to celebrate after they have left that a tatami.
 3. The result of a bout is determined by a competitor obtaining IPPON (IPPON GACHI) or 2 WAZA-ARI in one time of the bout, which in sum give the clear victory (AWASETE IPPON GACHI), or at time-up, by the decision of the Referee Panel (HANTEI GACHI), or by disqualification imposed against a competitor (SHIKKAKU), or KIKEN.
 4. No individual bout can be declared a tie (HIKIWAKE) unless in a team event. But a tie can be declared after the base time of the main round, and the extension round, after the final extension round (ENCHO-SEN) the decision by the Referee Panel on the winner is obligatory.
 5. If the bout winner is not determined by awarding the clear victory (IPPON GACHI), or due to the competitor's opponent disqualification (SHIKKAKU); or due to competitor's opponent refusal from the bout (KIKEN), then the decision will be made by a final vote of the 4 Judges and the Referee, each casting their vote. A decision (HANTEI) comes into effect, when supported by three or more votes.
 6. The result of a bout is determined by a competitor obtaining a lead in points:
 - a. The competitor who has a lead of WAZA-ARI (the competitor, who has obtained both WAZA-ARI and GENTEN NI, in this case the content of the bout will be judged) shall be declared the winner;
 - b. If both competitors have equal scores (no WAZA-ARI or both have WAZA-ARI), (the competitor who has not obtained CHUI-ICHI will win over the competitor who has obtained GENTEN NI). Penalties are cleared after each round.
 7. If after full time there are no scores, or scores are equal, the decision (HANTEI) will be made by a final vote of the four Judges and the Referee on the basis of the following additional criteria which must all be taken into consideration equally when making a decision:
 - a. Damage to opponent: Damage shall be considered an effect of a strike that though is not equal in quality to a strike estimated for WAZA-ARI point, but is close to it.
 - b. The superiority of tactics and techniques displayed: The preference shall be given to the attacks, which are delivered clearly, reach a target, use correct hip and body motion; or to counterattacks, which are delivered upon evading the opponent's strike that fail to reach a target.
 - c. Attack activity: Attack activity shall appear in a greater number of strikes delivered and in the majority of the actions initiated. The preference shall be given to the competitor who initiated more attacks. Just moving forward not delivering strikes is not considered as an attack activity.
 - d. Attitude and fighting spirit.
 8. The official warning (CHUI-ICHI) shall not be taken into account when the judges deliver their decision at (HANTEI) at the end of base time of a main round, but it may be taken into account when the Judges deliver their decision after the last extension round (ENCHO-SEN). However, independently of the CHUI-ICHI, preference shall be given to the competitor, who had an advantage during the bout.
 9. If a tie is repeated in the extension round (SAI-SHI) elimination bouts,
 - a. In competitions in weight categories (male and female) the competitor lighter to their opponent in weight by the given amount for that category shall be declared the winner;
 - b. In competitions in open category the weigh-in shall be announced, and the competitor lighter to their opponent in weight by 10 kg or more shall be declared the winner. If the winner is not determined by the weigh-in, then both competitors will compete in a TAMESHIWARI test, the person who breaks the most boards shall be declared the winner.
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- c. If the winner is not determined by TAMESHIWARI test results, or by weight, then the final extension round (ENCHO-SEN) equal to 2 minutes shall be assigned with the obligation of the Referee Panel to determine the winner (no tie possible).

13 ARTICLE 13: TAMESHIWARI

Tameshiwari is used to decide the winner in the case where there is an insufficient weight difference, at a given point in the draw decided by the tournament committee. Tameshiwari is only used for Senior Competitions.

1. In TAMESHIWARI the competitors are competing in breaking boards with three or four different strikes in the following sequence:
 - a. SHUTO (downward strike with the edge of the hand);
 - b. HIJI (downward straight strike with the elbow).
 - c. SEIKEN (downward strike with the fist);
 - d. KAKATO (Optional)
 - e. Any or all of the above techniques may be removed by the Referee Committee or all performed by the last 16 or last 8 as a group, or during a bout to decide a winner, whichever the Tournament requires.
2. Prior to the bout each competitor will notify the table official in writing the number of boards they wish to attempt. but the number shall not be less than the minimum established by the IFK for their category.
 - (a) During a bout. If at the end of SAI-SHI a draw (HIKIWAKI) is given if there is insufficient weight difference (at a given point in the draw, decided by the tournament committee) both competitors will step off the tatami and attempt their break.
 - (b) The competitor breaking more boards will be declared the winner.
 - (c) If both are successful (KANSUI) (all boards broken with a single blow and only with the prescribed technique). Breaking an equal amount of boards, a further final round is fought (ENCHO-SEN) were a decision must be made.
3. The minimum number of boards is:
 - (a) For men – minimum 2 boards in all of three breaking exercises;
4. If AKA for example was unsuccessful (SHIPPAI) and SHIRO was successful (KANSUI) SHIRO would be declared the winner.
5. Dry boards of suitable available material (approximately 30 x 21 cm size and thickness of 2.4 cm,) that meet IFK standards and have passed the control of the Referee Commission, shall be used.
6. TAMESHIWARI shall be held in the established place with a flat area, devoid of hazard on a hard surface, equipped with standard blocks of IFK approved type.
7. The blocks of 45 x 15.5 cm size and thickness of 12 cm shall be made of solid materials (concrete, wood etc.). Two blocks shall be prepared for each competitor.
8. For SEIKEN the blocks may be placed horizontally if required, the shortest edges up. For SHUTO and HIJI the blocks are placed vertically, the longest edges up. The lower board shall be placed with short edges on the upper inner edges of the blocks. All other boards shall be placed on the lower board without clearances. The edges of the boards shall be aligned.
9. The blocks cannot be shifted from the established place without permission of the Referee and then moved only by the referee.
10. When performing TAMESHIWARI, the competitors are completely forbidden to touch boards or blocks before the strike. But the competitors are allowed to ask the Judges during preparation for the breaking to shift blocks or to put a towel or a kerchief on the boards to prevent the hands injuries, to show boards and to change them if deemed necessary by the Tameshiwari official. The towel or the kerchief is to be prepared by the competitor and be examined by the Judge.
11. The Referee calls the name of breaking exercise (SEIKEN, SHUTO, HIJI), and the Judges start to prepare the number of boards nominated by the competitors in writing to the officials. When preparation is over, the Judge shall raise his right hand with fingers extended up to indicate the number of boards to the Referee.
12. Before each breaking exercise, when the Judges have prepared the boards, the Referee gives the orders of "KAMAETE!" ("Prepare yourselves!") and "HAJIME!" ("Start!").
13. After the order of "HAJIME!" ("Start!") by the Referee they shall be given one minute for the attempt. Upon the expiry of one minute, if the boards are not broken, the attempt

shall be considered unsuccessful (SHIPPAI). If a competitor breaks the boards before the order of "HAJIME!" ("Start!") by the Referee, the attempt shall also be considered unsuccessful (SHIPPAI).

14. After the attempt, the referee shall require the competitors, who performed the breaking to return to the starting fight line for the official result,

15. The fighter who breaks the greater number of boards shall be declared the winner.

14 ARTICLE 14: OFFICIAL PROTEST

1. No one may protest about a judgment to the members of the Referee Panel.
2. If a Refereeing procedure appears to contravene the rules, the Coach, Manager or its official representative is the only one allowed to make a protest.
3. The protest may initially be a verbal request to the Tatami Manager and then must take the form of a written report submitted immediately after the bout in which the protest was generated. The protest must give the names of the competitors, the Judges officiating, and the precise details of what is being protested. No general claims about overall standards will be accepted as a legitimate protest. The burden of proving the validity of the protest lies with the complainant.

The sole exception is when the protest concerns an administrative malfunction. In case of an administrative malfunction during a match in progress, the Coach can notify the Tatami Manager directly. In turn, the Tatami Manager will notify the Referee.

4. The protest must be submitted to a representative of the Appeals Jury. In due course the Appeals Jury will review the circumstances leading to the protested decision. Having considered all the facts available, they will produce a report, and shall be empowered to take such action as may be called for. The decision shall be taken by the Appeals Jury before the start of the next bout of the winner in which the protest was generated.
5. Any protest concerning application of the rules must be made in accordance with the complaints procedure defined by the IFK Executive Committee. It must be submitted in writing and signed by the official representative of the team or competitor(s). A protest raised after the tournament has closed may not be considered.
6. Ensuing matches or bouts will not be delayed, even if an official protest is being prepared. It is the responsibility of the Tatami Manager, to ensure that the match has been conducted in accordance with the Rules of Competition.
7. Composition of the Appeals Panel:

The Appeals Jury in European or World events will ideally be comprised of three Senior Referee representatives appointed by the Referee Commission. No two members may be appointed from the same National Federation. The Referee Commission should also appoint three additional members with designated numbering from 1 to 3 that automatically will replace any of the originally appointed Appeals Jury members in a conflict of interest situation where the Appeals Jury member is of the same nationality or have a family relationship by blood or as an In-Law with any of the parties involved in the protested incident, including all members of the Referee Panel involved in the protested incident.

8. Appeals Evaluation Process:

It is the responsibility of the representative of the Appeals Jury receiving the protest to convene the Appeals Jury.

Once convened, the Appeals Jury will immediately make such inquiries and investigations, as they deem necessary to substantiate the merit of the protest, including the study of the evidence submitted in support of the protest, videos and questioning of officials, in an effort to objectively examine the protest's validity.

Each of the three members is obliged to give his/her verdict as to the validity of the protest. Abstentions are not acceptable.

9. Declined Protests:

If a protest is found invalid, the Appeals Jury will appoint one of its members to verbally notify the protester that the protest has been declined, mark the original document with the word "DECLINED", and have it signed by each of the members of the Appeals Jury.

10. Accepted Protests:

If a protest is accepted, the Appeals Jury will liaise with the Organizing Commission and Referee Commission to take such measures as can be practically carried out to remedy the situation including the possibilities of:

- a. Reversing previous judgments that contravene the rules;
- b. Issuing a recommendation to the Referee Commission that involved Referees are evaluated for sanction.

All such measures will be taken to avoid a recurrence in future competitions.

The Appeals Jury will appoint one of its members who will verbally notify the protester that the protest has been accepted, mark the original document with the word "ACCEPTED", and have it signed by each of the members of the Appeals Jury, and in turn forward the protest document to the Secretary General.

11. Incident Report:

Subsequent to handling the incident in the above prescribed manner, the Appeals Jury will reconvene and elaborate a simple protest incident report, describing their findings and state their reason(s) for accepting or rejecting the protest. The report should be signed by all three members of the Appeals Jury and submitted to the Secretary General.

12. Power and Constraints:

The decision of the Appeals Jury is final, thus before the decision is made by the Appeals Jury, the Executive Committee must approve the decision.

The Appeals Jury may not impose sanctions or penalties. Their function is to pass judgment on the merit of the protest and instigate required actions from the Referee Commission and Organizing Commission to take remedial action to rectify any refereeing procedure found to contravene the rules.

15 ARTICLE 15: STARTING, SUSPENDING AND ENDING OF MATCHES

1. The terms and gestures to be used by the Referee and Judges in the operation of a match shall be as specified in Appendix 1.
2. The Referee and Judges shall always be in position to start the contest before the arrival on the contest area of the competitors. The Referee shall stand in the contest area at his starting line. He shall be facing the Presidium or representatives.
3. Starting the bout
 - a) When beginning a bout, the announcer on duty shall call the competitors to the competition area. The SHIRO competitor is called first, and the AKA competitor second.
 - b) Before the competitors enter the competition area, the Referee Assistants will check their clothing and protective equipment. If a problem with a competitor's clothing or protective equipment is detected, the competitor shall be given one (1) minute to remedy the matter. If he is not be able to remedy the matter within one (1) minute, he will be refused the right to compete and the opponent shall win the contest by KIKEN-GACHI.
 - c) When entering the competition area the competitors will bow first towards the competition area and then towards the Presidium or representatives and then enter the contest area.

As part of the etiquette of Kyokushin, the REI bowing, is a tradition which reflects the respect and discipline that permeates the unique activities of our sport.

To bow the competitor first crosses hands in front of his face, then cuts with hands diagonally downward, leaning forward simultaneously, face down, with the back straight. All standing REI should be at an angle of approximately 30 degrees as measured at the waist.

- d) When a competitor enters the contest area, the Referee directs the competitor to take his place with the command, **Shiro Nakae** directing his extended hand with extended fingers on the closest side at the competitor's starting line. Then **Aka Nakae**, the competitors will stand on their starting lines, facing away from the referee. The Referee will stand at his starting line.
- e) At the Referee's order of "SHOMEN-NI!" ("Face the Presidium!"); at this moment the Referee shall extended his right hand with extended fingers, at the Referee's order of "REI!" ("Bow!") They will bow towards the Presidium.

The Referee shall also make the bow together with the competitors.

- f) At the Referee's order of "SHUSHIN-NI!" ("Face the Referee!"); at this moment the Referee shall extend his hands with fists clenched palm side up towards the competitors) the competitors will face the Referee, and at the Referee's order of "REI!" ("Bow!"); at this moment the Referee shall bring his fists to his chin palm side down) they will bow towards the Referee. The Referee shall also make the bow towards the competitors.
- g) At the Referee's order of "O-TAGAI-NI!" ("Face each other!" at this moment the Referee shall extend his hands with fists clenched palm side up towards the competitors) the competitors will face each other, and at the Referee's order of "REI!" ("Bow!" at this moment the Referee shall bring his fists to each other in front of his chest) they will bow towards each other. The Referee shall not make the bow this time.
- h) At the Referee's order of KAMAETE! ("Take positions!" / "Prepare for bout!"); at this moment the Referee shall imitate the fighting position, raising hands in front of his body), the competitors will simultaneously take a step backward and take fighting positions while waiting for the referee to order "HAJIME!" ("Start!"). The Referee is to check at this moment that both competitors are ready to start the bout and take positions behind their starting lines.
- i) At the Referee's order of "HAJIME!" (At this moment the Referee shall make SEIKEN CHUDAN ZUKI in front of him), the competitors shall start the bout.

4. during the bout
 - a) The Referee must keep the distance which will allow him to jump in between the competitors at any time, but also not to get in the way of the competitors.
 - b) The Referee should not keep standing in the way of Judges to block their view.
 - c) The Referee should not turn his back toward the Presidium.
 - d) The Judges will show their decisions by the displaying of the flags. At the same time, they must let the Referee know of their decisions by blowing the whistles accordingly.
 - e) Once the contest has started the competitors may only leave the competition area if given permission to do so by the Referee. Permission will only be given in very exceptional circumstances, such as the necessity to change a KARATE GI which has become damaged or soiled.
5. Suspending the bout -A choice of two systems may be used to operate tournaments:
 - a) Every time YAME is called the clock is stopped and Hajime the clock is started again.
 - b) Rolling clock system the clock is only stopped when asked for by the referee and when the time expires.

When faced with the following situations, the Referee will call "YAME!" ("Stop!") And halt the bout temporarily:

- a. When, in the opinion of the Referee, there has been a point scored or foul committed or the situation calls for halting the match for safety reasons.
 - b. When the Judges signal that a competitor has contravened the rules.
 - c. When either or both competitors are out of the contest area (JOGAI).
 - d. When one or both competitors fall or are thrown and no effective GEDAN-TSUKI is made.
 - e. When there is need to put the KARATE GI or protective equipment in order.
 - f. When requested to do so by the Arbitrator.
6. The Referee must not stop the bout needlessly.
 7. When stopping the bout for a HANSOKU or JOGAI, the Referee must not only order "YAME!", but also jump in between the two competitors.
 8. When a competitor stops fighting due to the Corner Judges' whistles, but the Referee decides that there is no need to halt the bout, the Referee shall place his SHUTO in between the competitors and order "ZOKKO!" ("Continue fighting!"). Competitors shall not stop fighting until the Referee gives the order of "YAME!" ("Stop!") And they are to maintain ZANSHIN (the state of total concentration, observation, and awareness of the opponent's potentiality to attack), without dropping their guard. If the opponent will successfully deliver an attack due to the competitor's lack of ZANSHIN, his attack will be scored.
 9. When stopping the bout, if necessary, the Referee will order the competitors to take up their starting positions.
 10. When counting votes of the Judges, the Referee shall step back to the border of the contest area, so that he could easily see all the Judges.

The Referee shall count votes of the Judges by using his right hand SHUTO, not a finger. If the Judges' votes differ, when counting, the Referee first announces the decision of the Judge, sitting to his right: "SHIRO!" ("White!"), "AKA!" ("Red!"), or "HIKIWAKE" ("DRAW").

Then the Referee counts same decisions of other Judges.

When another decision (or other decisions) are indicated by another Judge (or other Judges), the Referee counts them in the same way starting from the right side.

When there are 3 votes of same sort, then the Referee shall start counting from the minor vote.

When all votes of the Judges are counted, the Referee announces his own decision (at this moment the Referee brings his right palm to his chest announcing "SHUSHIN") and

finally announces the final decision (HANTEI) by majority of votes. However, if the Referee's vote belongs to the minority vote, then the Referee shall count himself before counting the majority votes.

When counting the Japanese numerals are used: "ICHI" ("One"), "NI" ("Two"), "SAN" ("Three"), "SHI" ("Four"), "GO" ("Five").

11. Stopping the timing (JIKAN KUDASAI)

- a) Normally, when stopping the bout, (using the rolling clock system) the Referee will not stop the timing.
- b) Upon delivering the decision, the Referee must restart the bout with the minimum of delay by the order of "ZOKKO!" ("Continue!"); at this moment the Referee shall make a short cutting motion downwards with his right SHUTO in between the competitors).
- c) The Referee stops the timing (when using rolling clock),
 - 1) If a competitor falls unconscious or gets injured, and the Tournament Doctor is called for treatment;
 - 2) When there is need to put the KARATEGI or protective equipment in order;
 - 3) When requested to do so by the Arbitrator.
- d) When stopping timing using the rolling clock system Referee shall give the order of "JIKAN KUDASAI!" ("Please, stop timing!") And place a hand above the head, and touch its palm by the fingertips of the other hand at the right angle, making the letter "T".
- e) When a competitor or both competitors need to put the KARATEGI or protective equipment in order, the Referee will stop the fight, as well as the clock, and make competitors return to their starting lines.
- f) The competitor who does not need the treatment by the Tournament Doctor, or who does not need to put his KARATEGI or protective equipment in order, shall turn around to face the outside of the ring and wait standing.

12. When the Referee returns to his position, he shall count the votes of the Judges. In the case of a score or a penalty to be awarded the Referee identifies the competitor (AKA or SHIRO), the area attacked, and then awards the relevant score using the prescribed gesture. The Referee then restarts the bout by calling "ZOKKO!" When restarting the bout, the Referee should check that both competitors are on their lines and properly composed. Competitors jumping up and down or otherwise fidgeting must be stilled before combat can recommence. The Referee must restart the bout with the minimum of delay.

13. The ending of the bout

- a) The bout is ended when the time allotted is expired, or when a competitor has obtained IPPON.
- b) Once the time allotted for the bout is expired, the timekeeper will indicate this by an audible signal and by throwing the small bag of red colour approximately 20 cm x 15 cm with beans inside in the direction of the Referee's feet. Once the bean bag has been thrown into the contest area the Judges additionally indicate this to the Referee by a long, strong blow of whistle.
- c) Once the contest is over and the Referee has ordered "YAME!" the competitors should stand at their starting positions, facing the Presidium, to await the result. The competitors should at this point have their KARATEGI in order.
- d) If the time allotted for the bout is expired, the outcome of the bout shall be voted by the Judges, the Referee included, and then the Referee shall declare the winner by raising a hand on the side of the winner and announcing "SHIRO (AKA) NO KACHI". The bout is ended at this point.
- e) If IPPON is scored, the Referee shall count votes of the Judges; the Referee included, and indicates the victory by raising a hand on the side of the winner

- and declaring "SHIRO (AKA) IPPON! SHIRO (AKA) NO KACHI!" The bout is ended at this point.
- f) If a competitor lost consciousness, the Referee must call the Tournament Doctor. In this case, the other competitor will stand, facing outside of the competition area and wait for decision. If the fallen competitor is revived, the Referee shall bring him back to the starting line, facing the Presidium. If the fallen competitor is sent away from the competition area for medical aid, only the other competitor will be left on the competition area for the decision announcement.
 - g) When the decision by the Judges is announced, at the Referee's order of "SHOMEN-NI!" ("Prepare for bow to the Presidium"; at this moment the Referee shall extend his right hand with extended fingers towards the Presidium) the competitors prepare themselves for bow, and at the Referee's order of "REI!" ("Bow!") They will bow towards the Presidium. The Referee shall make the bow towards the Presidium together with the competitors.
 - h) At the Referee's order of "SHUSHIN-NI!" ("Face the Referee!" at this moment the Referee shall extend his hands with fists clenched palm side up towards the competitors) the competitors will face the Referee, and at the Referee's order of "REI!" ("Bow!" at this moment the Referee shall bring his fists to his chin, palm side down) they will bow towards the Referee. The Referee shall also make the bow towards the competitors.
 - i) At the Referee's order of "O-TAGAI-NI!" ("Face each other!" at this moment the Referee shall extend his hands with fists clenched palm side up towards the competitors) the competitors will face each other, and at the Referee's order of "REI!" ("Bow!" at this moment the Referee shall bring his fists to each other in front of his chest) they will bow towards each other. The Referee shall **not** make the bow this time.
 - j) At the referee's order of "AKUSHU!" ("Shake hands!"), the competitors forward each other and shake hands with both hands and then leave the competition area.
 - k) Before leaving the competition area the competitors bow first towards the Presidium and then towards the competition area.
14. Once the Referee has announced the result of the contest to the competitors it will not be possible for the Referee to change this decision after the Referee and Judges have left the competition area.
15. Should the Referee award the contest to the wrong competitor in error, the Judges must ensure that he changes this erroneous decision before the Referee and Judges leave the competition area.

16 ARTICLE 16: MODIFICATIONS

Only the IFK Knockdown Committee with the approval of the IFK Executive Board is allowed to alter or modify these rules.

Please see the change record at the start of this document.

17 APPENDIX 1: IFK JUDGES MOVEMENTS AND SIGNALS GUIDELINES

REFEREE PANEL ENTRY, EXIT AND CHANGE

Referee Panel Entry to the competition area:

1. Before the first contest of each session of the SHIAI, the first Referee Panel walk along the outside edge of the competition area from the right hand side in single file (referee / judge / judge / judge / judge) and then step up to the competition area, as the names of the Referee and Judges are announced.
2. When entering the competition area the referee and judges bow first towards the competition area and then towards the Presidium.
3. Then the Referee and the Judges line up at the opposite to the Presidium side of the competition area in single file (judge / judge / referee / judge / judge). The Judges line up behind the border of the contest area, and the Referee stands within the contest area, one step ahead of the Judges.
4. The Referee gives the order of SHOMEN-NI REI! ("Bow to the Presidium!"), and the referee and judges bow towards the Presidium.
5. Then the Referee gives the order of MAWATTE! ("Turn!"), and the Referee and Judges make a half turn clockwise towards the direction opposite to the Presidium. The half turn is done in two moves. First, facing forward, the Judges bring the right foot behind the left foot to form a 'T-letter'. Second, the Judges bring the left foot where the right foot was, then turn, while keeping the weight on the balls of the feet. Doing this the Judges will not move from their places.
6. The Referee gives the order of REI! And the Referee and Judges bow towards the direction opposite to the Presidium.
7. Then the Referee gives the order of MAWATTE! and the **Judges** make a half turn clockwise towards the Presidium, in the final position facing the Referee.
8. The Referee gives the order of SHUSHIN NI REI! And the Referee and Judges bow towards each other
9. Then the referee show to the Judges with the appropriate gesture to take their places. Immediately the Referee and Judges take their positions. The first Judge from the left, from the Presidium, will sit on the left front chair, the second to the left rear, the third to the right rear, then the fourth to the right front. The referee taking the shorter route moves to the HAJIME position. The Judge that reaches the chair first remains standing in front of the chair waiting for the other Judges and together they sit down in unison. The two judges furthest away from the referee will pick up the white flag in the right hand and the red flag in the left hand. The two judges on the same side of the area as the referee will pick up the red flag in the right hand and the white flag in the left hand. When Judges sit on the chairs, they must **not** lean on the chair, throw their legs out or sit in a relaxed position.

Replacing the Referee Panel:

1. Following a contest, once the result has been announced and the competitors have left the contest area, if the Referee Panel is required to be replaced with the next Referee Panel, the first Referee calls the judges with command FUKUSHIN SHUGO the panel lines up behind the referee who then gives the command MAWARE MIGI (turn and walk to the right) at the left side of the competition area (as viewed from the Presidium), and the second Referee Panel at the same time steps up to the competition area and lines up at the right side of the competition area. Both Referees will stand one step ahead of the Judges.
2. The Referee of the first Referee Panel extends his right arm with fingers extended forward and palm turned inward in the direction of the Referee of the second Referee Panel, indicating the transfer of the powers and duties to the second Referee Panel, with the command SHIMPAN NI REI (both panels of officials bow to each other) MAWARI MIGI and then the first Referee panel turns to the right and moves off as they

- leave the area First bowing to the Presidium then to the area individually before leaving the area, the referee exiting in the middle of the four judges .
3. Then the second Referee (after the transfer of duties bow) gives the command MAWARI MIGI they turn right and move to their line opposite to the Presidium on the competition area in single file (judge / judge / referee / judge / judge). The Judges line up behind the border of the contest area, and the Referee stands within the contest area, one step ahead of the Judges, and then follows' the bowing procedure as established in "Referee Panel Entry to the competition area".
 4. Even if the Referee Panel still hasn't completely exit the competition area yet, the Referee of the second Referee Panel shall make the order of "SHOMEN-NI REI", in order to keep the schedule flowing.

If replacing the Referee or a Judge by the Referee Assistant:

Following a contest, once the result has been announced and the competitors have left the contest area, if the Referee or a Judge is required to be replaced with a Referee Assistant for one or more bout's, due to necessity or the entry of a competitor representing the same country as the Referee or the Judge,

- The Judge:

- a) Shall roll his flags and attract attention of the Referee by swinging the rolled flags by the right hand,
- b) Shall stand up, make bow towards the Presidium, lay his flags on the seat of his chair and leave the competition area in the prescribed manner,
- c) The replacing Referee Assistant shall enter the competition area and take his position in the prescribed manner;
- d) Following the contest, once the result has been announced and the competitors have left the contest area, the replacing Referee Assistant will be replaced with the Judge who left the competition area before the bout;

- The Referee:

- a) Shall attract attention of the Tatami Manager by raising his right hand,
- b) Shall make bow towards the Presidium and leave the competition area,
- c) The replacing Referee Assistant shall enter the competition area and take his position in the prescribed manner;
- d) Following the contest, once the result has been announced and the competitors have left the contest area, the replacing Referee Assistant will be replaced with the Referee who left the competition area before the bout.

Referee Panel Leaving the Competition Area at the End of the contest:

Following the last contest of each session and after the result has been announced, the Referee show to the Judges with the appropriate gesture to line up at the opposite to the Presidium side of the competition area.

The Judges will roll and leave the flags on their chairs, line up together with the Referee at the opposite to the Presidium side of the competition area in single file (judge / judge / referee / judge / judge). The Judges line up behind the border of the contest area, and the Referee stands within the contest area, one step ahead of the Judges.

The Referee gives the order of SHOMEN-NI REI! ("Bow to the Presidium!"), and the referee and judges bow towards the Presidium.

Then the Referee gives the order of MAWATTE! ("Turn!"), and the Referee and Judges make a half turn clockwise towards the direction opposite to the Presidium. The half turn is done in two moves. First, facing forward, the Judges bring the right foot behind the left foot to form a 'T-letter'. Second, the Judges bring the left foot where the right foot was, then turn, while keeping the weight on the balls of the feet. Doing this the Judges will not move from their places.

The Referee gives the order of REI!, and the Referee and Judges bow towards the direction opposite to the Presidium.

Then the Referee gives the order of MAWATTE! and the Judges make a half turn clockwise towards the Presidium, in the final position facing the Referee.

The Referee gives the order of SHUSHIN NI REI! and the Referee and Judges bow towards each other.

Then the Referee with the command MAWARI MIGI and shows to the judges the appropriate gesture to leave the competition area. When exiting the competition area, the referee will exit the competition area in the middle of the four judges.

Before leaving the competition area the referee and judges bow first towards the Presidium and then towards the competition area.

ORDERS, GESTURES AND FLAG SIGNALS

IPPON (Clear Victory)

The Judge extends his arm with the appropriate flag above his head with a long, strong blow of whistle.

If the opponent of the winning competitor lost consciousness, the Referee must call the Tournament Doctor. In this case, the winning competitor will stand, facing outside of the competition area and wait for decision. If the fallen competitor is revived, the Referee shall bring him back to his starting line, facing toward the Presidium. If the fallen competitor is sent away from the competition area for the aid, only the winning competitor will be left on the competition area for the decision announcement.

The Referee, upon counting votes of the Judges, calls the colour of the winner, whether "SHIRO!" ("White!") or "AKA!" ("Red!"), names the winning technique and the target (JODAN, CHUDAN, GEDAN) and announces "SHIRO (AKA) IPPON! SHIRO (AKA) NO KACHI!" simultaneously extending in cutting motion by SHUTO his arm, palm downwards, upward at 45 degrees on the side of the scorer.

WAZA-ARI (Half Victory)

The Judge extends his arm with the appropriate flag at shoulder level with a long, strong blow of whistle.

The Referee stops the fight, orders the competitors back to their starting lines, facing the Presidium, and, upon counting votes of the Judges, calls the colour of the winner, whether "SHIRO!" ("White!") Or "AKA!" ("Red!"), names the winning technique and the target (JODAN, CHUDAN, GEDAN) and announces "SHIRO (AKA) WAZA-ARI!", simultaneously extending in cutting motion by SHUTO his arm, palm side downwards, at 45 degrees down on the side of the scorer.

If the bout is not ended by the WAZA-ARI given, the Referee will order competitors "KAMAETE!", and then "ZOKKO" to continue the bout.

If the competitor, who received a blow, cannot recover get up within 5 seconds, the Judges will then change the display of WAZA-ARI to IPPON, with another long, strong blow of whistle, and the Referee will announce IPPON scored.

If the second WAZA-ARI is scored, upon announcing WAZA-ARI the Referee will next announce "AWASETE IPPON!" ("Two WAZA-ARI in sum make IPPON!") and declare the winner: SHIRO (AKA) NO KACHI!", simultaneously extending in cutting motion by SHUTO his arm, palm downwards, upward at 45 degrees on the side of the scorer.

CHUI (Oral Warning)

The Judge signals of the infraction by waving of the appropriate flag to the side simultaneously with short, frequent blows of whistle.

The Referee stops the fight by the order of "YAME!" ("Stop!") and by the jumping in between the competitors, following the signals by the Judges or by his own decision, when he detects an infraction, and orders the competitors back to their starting lines, facing the Presidium.

Then the Referee calls colour of the competitor, indicates a kind of offence (showing a pushing motion etc.), then points towards the offender's face his hand in SHUTO position and declares "CHUI" ("Oral Warning!").

When awarding CHUI the votes of the Judges are not counted.

When giving CHUI to the competitor's seconds, first, the announcer will make the announcement, and then the Referee will announce CHUI to the competitor.

CHUI (awarding a penalty)

The Judge signals of the infraction by waving of the appropriate flag to the side simultaneously with short, frequent blows of whistle.

The Referee stops the fight by the order of "YAME!" ("Stop!") and by the jumping in between the competitors and orders the competitors back to their starting lines, facing the Presidium. The Referee, upon counting votes of the Judges, calls the colour of the offender, whether "SHIRO!" ("White!") or "AKA!" ("Red!"), names the infraction (HANSOKU) and announces "CHUI-ICHI!" or ("GENTEN ICHI! Or "GENTEN NI!", or "GENTEN SAN! GENTEN NI! SHIKKAKU!" depending on the number of the offence), simultaneously pointing towards the offender's face his fist clenched with fore-finger pointing position.

JOGAI (Out of the contest area)

When a competitor's leg or both legs are outside of the contest area, the Judges shall tap the floor with the flag nearest to the border crossed, simultaneously with frequent, short blows of whistle.

At the same time if a competitor's leg or even both legs are outside of the contest area during a quick manoeuvre, after which they immediately returns to the competition area e.g. Circling manoeuvre, the manoeuvre shall not be estimated as JOGAI.

If a competitor moves toward a Judges, the Judge must evade the competitor and remove his chair out of the way to prevent an injury and at the same blow the whistle to indicate "JOGAI!" Each Judge is responsible for watching JOGAI on the two sides of the contest area, which are adjacent to his corner. The Judge must not announce "JOGAI!" on the other side of the contest area before the judges who are responsible for that section.

The Referee when stopping the bout because of JOGAI shall not only give the order of "YAME!" ("Stop!"), but also to jump in between the competitors to stop them fighting then turn them (turn them so the fighter who committed the JOGAI should be turned so their back is to the centre of the area) with the command ZOKKO continue or bring them back to the center for a re-start.

HIKIWAKE (Draw)

The Judge at the order of HANTEI!" by the Referee crosses the flags in front of his stomach simultaneously with a long, strong blow of whistle.

The Referee crosses his arms then extends them downwards with the palms showing inwards in SHUTO position.

The Referee Panel has the right to announce HIKIWAKE after the base time and extra times, the final extra time (ENCHO-SEN) excluded.

TOROMASEN (Invalid)

"TOROMASEN" means "Disagree on the decisions made by other judges".

The judge crosses his arms with flags and then makes a cutting motion with flags downward and sideways in front of his stomach. The motion repeats several times simultaneously with two short blows of a whistle.

The Referee swings both arms in SHUTO position in front of him and announces "TOROMASEN!".

When up to two Judges announce IPPON or WAZA-ARI the Referee may announce "TOROMASEN!". Since the Referee's position is the closest to the competitors, his decision will be respected.

If more three or all four Judges announce IPPON or WAZA-ARI, but the Referee believes the technique invalid, the Referee shall stop the bout, give the order of "SHUGO!" ("Gather for discussion!") Simultaneously with an appropriate gesture and discuss the decision with Judges. He also may consult the Match Arbitrator and the Tatami Manager. Upon the discussion the final decision of IPPON, WAZA-ARI or TOROMASEN.

The Referee, when counting the votes, shall not count the votes for "TOROMASEN!" by the Judges, if there were any.

MENAI (Not Visible)

When a Judge could not see a technique (WAZA) or an infraction (HANSOKU) and understand the signals by other Judges by flags or whistle, or an order from the Referee, the Judge shall display "MENAI!" by crossing the flags in front of his face simultaneously with one short blow of whistle.

The Judge, when he could not see a technique (WAZA) or an infraction (HANSOKU), the Referee and other judges signalled, shall not follow the signals of others, but to display "MENAI!".

The Referee, when counting the votes, shall not count the votes for "MENAI!" by the Judges, if there were any.

SHIKKAKU (Disqualification)

When a competitor is awarded GENTEN SAN, the Referee shall call the colour of the offender, whether "SHIRO!" ("White!") or "AKA!" ("Red!"), count votes, names the infraction and announce: "GENTEN SAN! SHIKKAKU!". Simultaneously the Referee shall make a finger pointing position to the offenders face then circle obliquely behind, call the colour of the winner, whether "SHIRO!" ("White!") or "AKA!" ("Red!"), and announce "SHIRO (AKA) NO KACHI!", simultaneously extending in cutting motion by SHUTO his arm, palm downwards, upward at 45 degrees on the side of the winner.

When a competitor does not follow the orders by the Referee, or acts maliciously, disrespectfully or commits an act which harms the prestige and honour of Kyokushin, the Referee shall call the colour of the offender, whether "SHIRO!" ("White!") or "AKA!" ("Red!"), and announce: "SHIKKAKU!" Simultaneously the Referee shall make a finger pointing motion, towards the offenders face, call the colour of the winner, whether "SHIRO!" ("White!") or "AKA!" ("Red!"), and announce "SHIRO (AKA) NO KACHI!", simultaneously extending in cutting motion by SHUTO his arm, palm downwards, upward at 45 degrees on the side of the winner.

When a competitor is late for the bout longer than 1 minute, or does not show up for the bout at all, upon the announcement by the announcer on duty, the Referee shall the call colour of the winner, whether "SHIRO!" ("White!") or "AKA!" ("Red!"), and announce "NO KACHI!", simultaneously extending in cutting motion by SHUTO his arm, palm downwards, upward at 45 degrees on the side of the winner.

HANTEI (decision by voting of Judges)

Once the contest is over and the Referee has ordered "YAME!", the competitors should stand at their starting positions, facing the Presidium, to await the result. If needed, the Referee shall order the competitors to face the Presidium by the order of "SHOMEN-NI!" ("Face the Presidium!"). The competitors should at this point have their Karate gi in order.

If there was no IPPON scored or SHIKKAKU awarded, the outcome of the bout shall be voted by the Judges, the Referee included.

The Referee shall step back to the border of the contest area, so that he could easily see all the Judges, and then give the Judges the order of "HANTEI O-NEGAI SHIMASU!" ("Prepare to announce your votes!") at which point the judges should have their heads facing down to the floor. Then, at the Referee order of "HANTEI!" ("ANNOUNCE YOUR VOTES!"), the Judges shall display their votes by the flags and the blows of whistle then the judges may look up.

When counting votes of the Judges, the Referee must do this by using his right hand SHUTO, not a finger.

First votes of all the Judges are announced, the vote of the Referee is announced last, and after that the final decision is announced.

If the Judges' votes differ, when counting, the Referee first announces the decision of the Judge, sitting to his right: "SHIRO!" ("White!"), "AKA!" ("Red!"), or "HIKIWAKE" ("TIE"). Then the Referee counts same decisions of other Judges.

When another decision (or other decisions) are indicated by another Judge (or other Judges), the Referee counts them in the same way starting from the right side.

When there are 3 votes of same sort, then the Referee shall start counting from the minor vote.

When all votes of the Judges are counted, the Referee announces his own decision (at this moment the Referee brings his right palm to his chest announcing "SHUSHIN") and finally announces the final decision (HANTEI) by majority of votes. However, if the Referee's vote belongs to the minority vote, then the Referee shall count himself before counting the majority votes.

When counting the Japanese numerals are used: "ICHI" ("One"), "NI" ("Two"), "SAN" ("Three"), "SHI" ("Four"), "GO" ("Five").

ANNOUNCEMENTS AND GESTURES USED BY THE REFEREE

SHOMEN NI REI!

At the order of "SHOMEN-NI!" ("To the Presidium!") The Referee extends his right arm with fingers extended forward and palm turned inward to the front.

At the order of "REI!" ("Bow!") The Referee makes the bow (together with the Judges or with the competitors) towards the Presidium.

SHUSHIN NI REI!

At the order of "SHUSHIN-NI!" ("To the Referee!") The Referee extends his hands with fists clenched palm side up towards the competitors.

At the order of "REI!" ("Bow!") The Referee brings his fists to his chin palm side down and makes the bow towards the Presidium. At the same time the competitors make the bow towards the Referee.

O TAGAI NI REI!

At the order of "O-TAGAI-NI!" ("To each other!") The Referee extends his hands with fists clenched palm side up towards the competitors.

At the order of "REI!" ("Bow!") The Referee brings his fists to each other in front of his chest, and the competitors make the bow towards each other. The Referee shall **not** make the bow this time.

("JUDGES TO TAKE THEIR PLACES!")

The Referee extends his hands with fingers extended forward and palms turned upward to the front at the navel level and shows with the circle motion sideways the Judges to take their places.

FUKUSHIN SHUGO! ("Judges called for discussion!")

The Referee extends his hands, palms up, toward the judges on the opposite side of the competition area and brings the palms toward his face in circle motion to calls the Judges to gather for discussion on a situation in the bout.

Once the discussion is complete the judges will return to their seats. The referee will point to each one in turn (and blow his whistle) starting from the right hand side. On hearing the whistle each Judge shall indicate their response with the appropriate flag gesture whilst blowing their whistle.

KAMAETE! ("PREPARE TO FIGHT!" / "TAKE THE FIGHTING POSITIONS!")

At the order of "KAMAETE!" the Referee imitates the fighting position, raising hands in front of his body.

HAJIME! ("START!")

At the order of "HAJIME!" the Referee imitates Chudan Gyaku-tsuki with his right hand in a forward stance. After the announcement, the Referee takes a step back.

YAME! ("STOP!")

At the order of "YAME!" the Referee makes a downward chopping motion with his hand coming in SHUTO position in between the competitors.

("RE-ADJUST KARATE GI!")

To direct the competitor(s) to re-adjust the karate gi the Referee cross left hand over right, palms facing inwards, at belt height.

WAZA-ARI and IPPON signals should start with the arm across the chest, and then go sideways to the correct finishing position.

When showing the decision by a gesture, care should be taken to keep the competitors within view.

All gestures should be maintained for a period (approximately. 3 seconds) long enough to be seen.

SIGNALS USED BY THE JUDGES**Initial position**

The Judge shall sit with his body straight, not leaning against the back of the chair, with legs parallel on the shoulder width. The hands shall be places on the appropriate knees directing the flags diagonally upward forward and sideways to make the flag signals be seen from all directions, at HANTEI head should be down.

To attract attention of the Referee and to ask to conduct a meeting for discussion of a situation:

To indicate that his opinion differs from that of the Referee and other Judges, the Judge takes both flags to the hand nearest to the referee, winding the flags on the handles, and waves with them giving several short whistles.

The Judges must hold the flags in the proper hands.

After the referee has announced "HANTEI!" the Judges shall indicate their decision with the appropriate gesture immediately.

All gestures should be maintained until the referee has finished counting votes.

WAZA-ARI and IPPON signals should start with the arm across the chest, then go sideways to the correct finishing position.

When showing the decision by a gesture, care should be taken to keep the competitors within view.

18 APPENDIX 2: IFK APPROVED TATAMI TYPE

The mats, generally measuring 1 m x 2 m, and be approximately 40 millimetres deep, made from pressed foam.

The mats used should be non-slip where they contact the floor proper but have a low coefficient of friction on the upper surface.

They must be firm under foot and have the property of absorbing shock when falling down, and must not be slippery or too rough.

The elements making up the surface for the competition must be aligned without space in between, be smooth of surface and fixed in such a way that they will not be displaced.

The Referee must ensure that mat modules do not move apart during the competition, since gaps cause injuries and constitute a hazard.

TATAMI must be of approved IFK design.

19 APPENDIX 3: IFK TEAM EVENTS

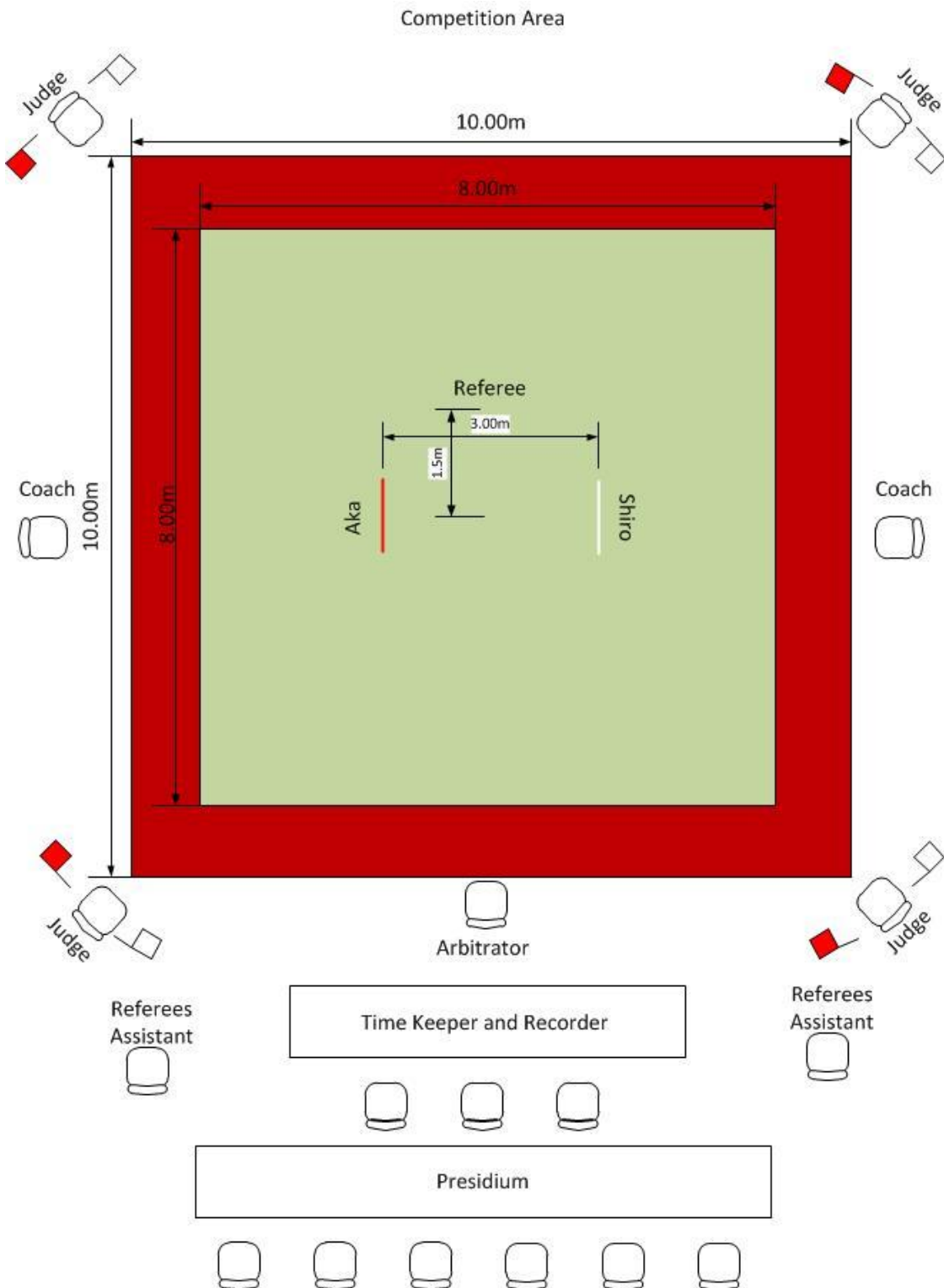
- 1) The types of match shall be as follows:
 - a. Team match (normally 5 contestants plus 2 reserves).
 - b. Individual match.
 - 2) The number of persons comprising a team shall be an odd number.
 - 3) The five man team should be divided into the following weights:
 - a. LIGHTWEIGHT
 - b. MIDDLEWEIGHT
 - c. HEAVYWEIGHT
 - 4) If this weight division is impracticable then an agreement must be reached between the two team managers as to what weight categories the team will comprise of. Both teams should consist of an equal number of weight groups, of the same category.
 - 5) The two reserves can be any weight, however, if required to replace an injured member of the team they can only replace contestants in the same weight categories, or which are above their own particular group.
- i.e. A Category 1 team member can replace a contestant in Category 1,2,3,
 A Category 2 team member can replace a contestant in Category 2,3,
 A Category 3 team member can replace a contestant in Category 3 only.
- 6) The contestant of each team shall fight in a predetermined order if after the first 2min a draw is given then a further 2min (SAI SHAI) is fought if this is a draw at HANTEI that result will stand. A team shall be disqualified if any member or the manager at his own discretion, changes the fighting order of the contestants entry after he has handed the entry form to the official's table.
 - 7) Team events will be decided by the number of wins. If both teams have an equal number of winning contestants, the team whose winners have scored a greater number of IPPONS shall be declared the winner. If both teams have an equal number of winning IPPONS then the winning WAZA ARIs must be totalled up. If both teams have scored an equal amount of winning WAZA ARIs then a deciding match must be fought by the 6th member of each team. If this match is a draw, then the number 7 man will compete. If after the 7th member of each team has fought and the result is still a draw then a chosen Representative from each team will compete in a Tameshiwari contest. Each man using breaking technique of his own choice, together with the number of boards required, given in writing to the official's table by the team manager.
 - 8) For team events in all categories the weight categories shall be as listed for each Category.
 - 9) In all the men's matches the following 3 weight categories shall apply:
 - a. Category 1 - Lightweight - Under 70 kilos
 - b. Category 2 - Middleweight - 70 - 80 kilos
 - c. Category 3 - Heavyweight - Over 80 kilos
 - 10) In the women's division the following 2 weight categories shall apply:
 - a. Category 1 - Lightweight - Under 60 kilos
 - b. Category 2 - Heavyweight - Over 60 kilos

20 APPENDIX 4: LIST OF JAPANESE COMMANDS USED DURING KYOKUSHIN KUMITE COMPETITION'S

Aka / Shiro- Nakae	Kansui
Ashi-Barai	Karategi
Atoshibarako	Kumite
Chui (Oral Warning)	Maware Migi
Chui-ichi	Mawatte
Enchosen	Menai
Fukushin	Nakae
Fukushin Shugo	Otagai ni
Gedan-Tsuki	Rei
Genten Ichi	Sai Shai
Genten Ni	Shikkaku
Genten San	Shippai
Hajime	Shiro / Aka no Kachi
Hansoku	Shomen-Ni-rei
Hantei	Shushin
Hantei Onegai Shimasu	Shushin-ni-rei
Hikiwake	Tameshiwari
Hiza-Geri	Toromasen
Ichi - Ni - San - Shi - Go	Waza
Ippon	Waza-Ari
Ippon-Gachi	Waza-Ari Awasete Ippon
Jogai	Yame
Kamaete	Zokko

21 APPENDIX 5: STANDARD MAT LAYOUT

Referee position one



Referee Position two

