



IKO-NZ COMPETITION RULES

Judging Principles

The panel of judges, and the Championship Committee, shall have equal authority in judging the events, but the final decision rests with the Supreme Judge. Kumite bouts shall be limited to three minutes (the elimination bouts to two minutes) and extension rounds (if any) to two minutes. When deemed necessary, the Supreme Judge may allow for extra time. The Supreme Judge, after consultation with the Executive Judge, has the ultimate authority to change, alter or delay the tournament schedule. The Supreme Judge may convene a meeting with the Championship Committee if necessary.

Free-style Fight (Kumite)

A. Basic Principles

- 1) One bout shall last three minutes elimination rounds two minutes) and extensions (if any) last two minutes.
- 2) Victory is awarded to the contestant
 - who has score done full point (Ippon)
 - who has scored two half points, which make one full point (2 x Waza- ari = Awase Ippon)
 - who won by decision (Hantei- Gachi)
 - whose opponent was disqualified (Shikkaku) or failed to take part in the bout without good reason (Kiken).

B. Full - Point (Ippon) Victory

- 3) Excluding the techniques listed as fouls, a thrust (tsuki), kick (geri), elbow strike (hiji uchi), etc., which vigorously downs the opponent for more than three seconds or results in the opponent's loss of his will to fight scores one full-point.
- 4) When an opponent is downed with any technique, including for example, swift foot sweeps (ashi-kake), or counter foot sweeps to jodan-mawashi-geri, and the opponents' back falls to the floor, a well-focused light-contact downward punch, (gedan tsuki and Zanshin with Kiai) that follows immediately to the opponent's stomach area as part of a combination, might be awarded as Ippon on the basis of timing and other criteria.

C. Half-Point (Wazaari) Awarding

- 5) Excluding the techniques listed as fouls, a thrust (tsuki), kick (geri), elbow strike (hiji-uchi), etc., which downs the opponent or results in the opponent's loss of his will to fight for less than three seconds, after which he stands up and resumes the fight scores one half-point. Similarly, when one opponent loses his balance but does not fall down as a result of the other contestant's thrust (tsuki), kick (geri), elbow strike (hiji uchi), etc., one half-point is declared.
- 6) If, after jodan-geri cleanly hit the opponent's face with any technique, including jodan-geri (jodan-mawashi geri, jodan-mae-geri, jodan-ushiro-geri, jodan-ushiro-mawashi-geri, and jodan-hiza-geri, etc) but the opponent does not fall down or lose balance, a well focused, non-contact, punch with well-controlled distance, (Tsuki and Zanshin with Kiai) that follows immediately as part of a combination, might be awarded Waza-ari on the basis of the timing and other criteria.



- 7) When an opponent is downed with any technique, including chudan-geri (chudan-mae-geri, chudan-ushiro-geri, etc), that is followed immediately by a well-focused, but non-contact, punch with well-controlled distance, (Tsuki as Zanshin with Kiai) as part of a combination, Wazaari might be awarded on the basis of timing and other criteria.
- 8) When an opponent is downed with any technique, including swift foot sweeps (ashi-kake) or counter foot sweeps to jodan-mawashi-geri, and is followed immediately with a well-focused, but non-contact, downward punch (gedan tsuki and Zanshin with Kiai) as part of a combination, Wazaari might be awarded on the basis of the timing and other criteria.
- 9) After avoiding an opponent's technique, including kaiten-domawashi, and the opponents' back is on the floor, a well focused light-contact downward punch (gedan tsuki and Zanshin with Kiai) that follows immediately to stomach area as part of a combination, might be awarded Wazaari on the basis of timing and other criteria.
- 10) Downed opponent may attack such as geri-age (upper kick) from the floor immediately after being fell down. It is possible this geri-age technique may get Waza-ari or Ippon for the downed opponent according to Articles 3 and 5.
- 11) When an opponent suffers an injury by the other contestant's legal thrusts, including minor cuts on the forehead that require treatment out of the matt area, the match may resume after the treatment, and Waza-ari might be awarded - as decided by Championship Chairman.
- 12) Two declarations of a half-point, constitute a full-point victory. (2 Waza-ari = Awase Ippon)

****Definition of Downing an Opponent - When any portion of the opponent's hand or body, except the bottoms of feet, touches the floor, as a result of a technique, and the opponent is in a from which it is impossible to react. (Shini-tai)*

D. Victory by Decision (Hantei)

- 13) When no clean point victory has been made, the victory is awarded by decision.
- 14) The decision is valid when at least three of the five - member judging team makes such a determination.
- 15) The criteria for decision making is prioritized as follows -
 - a. Damage
 - b. Effective techniques used (Yuko- Da)
 - c. Number of techniques used (Tekazu) / Aggressiveness (Kosei)
- 16) If one contestant has one penalty (Genten Ichi) and also scored one half-point (Wazaari), then the half-point shall be offset by the one penalty. If an opponent has no penalties, nor any half-points, the victory is awarded by decision.
Genten Ichi = Wazaari
- 17) Victory by disqualification or a contestant's withdrawal.



E. Extensions (Enchosen)

- 18) When a decision cannot be reached on the basis of three of five of the judging team, a draw is declared and extensions are granted.
- 19) If a decision cannot be reached after two extensions, the victory is awarded to the contestant 10 kilograms lighter. If the winner cannot be decided on the basis of weight difference, the number of boards broken at the breaking test (tameshiwari) becomes a criterion in awarding victory. For elimination rounds, if a decision cannot be reached after one extension and the contestants' weight difference is less than 10 kilograms, a single sudden-death extension is granted.
- 20) If the winner cannot be decided even on the basis of weight or number of broken boards, victory is awarded by the Supreme Judge and the Executive judge on the basis of the contestants' technique, fighting spirit and number of penalties etc. In this case there may be a third extension.
- 21) Articles 16 and 17 constitute the basic principles but the Supreme Judge and the Executive Judge may make modifications when deemed necessary.

F. Fouls (Hansoku)

The following actions are considered fouls:

- 1) Ganmen-Ouda: Touching the opponent's face and neck even slightly with a hand or elbow attack. However, making feints to the face is allowed.
- 2) Kin-geri or Kinteki-eno-kogeki: Groin kicks
- 3) Zu-tsuki: Head thrusts
- 4) Taoreta-aite-eno-kogeki: Attacking an opponent who is already down, except for the light-contact gedan-tsuki as Articles 4 and 9.
- 5) Sebone-eno-kogeki: Attacking the spine or spinal cord.
- 6) Kake: Hooking the opponent's neck or body part.
- 7) Tsukami: Grabbing and holding the opponent's uniform (dogi), arms and legs. As an exception, grabbing and holding the opponent's dogi (uniform) for the purpose of defense (for instance, against the opponent's ashi-kake-gedan-tsuki, and against ashi-barai after fending off chudan-mawashi-geri), results only in a verbal warning. *Often in these cases, both contestants grab one another, especially as a defensive maneuver, to keep from falling down to the mat. No foul will be called, but a verbal warning will be given to each contestant.
- 8) Kake-komi: Holding the opponent's body part such as leg.
- 9) Nage: Throwing the opponent.
- 10) Ganmen-eno-Oshi (Kubi-eno-Oshi) Pushing the opponent's face or neck.
- 11) Renzoku-shiteno-Oshi: Multiple pushing.
- 12) Osae: Holding the opponent's body parts such as shoulder with hand.
- 13) Mune-wo-awase-teno-kogeki / Te-wo-awase-teno-kogeki: Touching the opponent's hands or chest to chest in a clinch.
- 14) Kakenige: Such repeated actions as falling down and stepping out right after kicking or punching one's opponent.



- 15) Jogai (Out of bounds): Stepping outside the area (both feet) voluntarily, or displaying a lack of will to fight, results in one warning (chui ichi). If the contestant steps out of bounds while engaging in the fight, it is not considered a foul.
- 16) Attacking after referee declares "yame" (stop the fight).
- 17) Kansetsu-eno-kogeki: Attacking directly to the knee joint from front of it with chusoku, sokuto, or kakato.
- 18) Improper Etiquette (Fujuubun na rei): A contestant who does not bow properly results in one warning (chui ichi).
- 19) Untidy Attire (Chakui no midare): A contestant who keeps a match with untidy attire or drops a belt to the floor, results in one warning (chui ichi).
- 20) Any other actions that a referee may regard as foul
 - i. Oshi: A momentary, single push with Seiken, shotei, shuto, kote and hiji is legal.
 - ii. Sabaki: Fending off arms and legs in a second are legal. Twisting and throwing an opponent's body part such as leg or arm is illegal.
 - iii. Combining Oshi, Sabaki and Ashi-kake in a second is legal.
- 22) Excluding deliberate actions, fouls resulting in one warning (Chui Ichi). Two warnings result in a second warning (Chui Ni). Third warnings result in one penalty (Genten Ichi). Four warnings result in two penalties (Genten Ni) equals automatic disqualification (Shikkaku).
 - i. When an opponent suffers an injury by another contestant's illegal thrust, which requires treatment and resting time after the next one match or more, the match may resume after the treatment and resting time, and two warnings (two Chui) might be imposed – as decided by the Championship Chairman.

G. Penalties (Genten)

- 23) The following situations result in automatic one penalty (Genten Ichi):
- 1) Deliberate foul
 - 2) Other actions that the main referee may consider as a bad attitude towards the competition.

H. Disqualification (Shikkaku)

- 24) The following situations result in disqualification:
1. Two penalties (Genten Ni = Shikkaku)
 2. Failing to obey the referee's instructions during a bout.
 3. Actions considered as sheer violence, deliberate serious fouls and deliberate bad attitude. Disqualification might nullify the contestant's award placement by the Supreme Judge.
 4. Facing each other for more than one minute without engaging in the fight. This shall be regarded as lacking the will to fight, and both contestants shall be disqualified.
 5. Being late for a bout or failing to appear.
 6. Wearing unauthorized attire, or protective gear.
 7. Weighing in at 10kg or more/less than the weight stated on the championship application.



25) Shiai Hoki: Anyone who fails to take part in the bout as scheduled without good reason shall be fined. The following circumstances are exceptions:

1. Lack of the ability to continue the championship decided by the championship main physician after a medical examination.
2. Unforeseen misfortune to anyone closely related to the contestants (such as family members, etc.) which happens immediately before or during the bout. Permission to leave the contest area will be given after consultation with the Supreme Judge and the Championship Committee.

I.K.O. Breaking Test (Tameshiwari)

- 1) The materials used for the breaking test shall be wooden boards 33 centimeters (13 inches) long, 21 centimeters (8 inches) wide, and 24 millimeters (0.9 inches) thick. The referees and the review panel shall check whether the materials correspond to the standards set by the International Karate Organization.
- 2) Points are awarded on the basis of the number of boards broken.
- 3) Each contestant shall use four techniques in the breaking test fore-fist (seiken), knife-foot (sokuto), elbow (enpi) and knife hand (shuto). The total number of broken boards constitutes the score of the breaking test.
- 4) Each contestant may attempt to break any number of boards he chooses that meet or exceed the minimum of 3 boards.
- 5) If, on the initial attempt, all the boards that a contestant attempted to break do not break, no points shall be awarded.
- 6) In case of failure, the contestant is permitted to try again, but the number of boards shall be limited to three.
- 7) If the contestant fails to break the boards for the second time, his score is 0.
- 8) Boards for the breaking test must be placed across the top of two stable blocks. Contestants are not allowed to move the blocks without the permission of the referees.
- 9) Contestants are not allowed to touch the blocks and the boards. But they can examine the spacing between the individual boards and may place a thin piece of cloth (which has been examined by the referees and review panel) on top of the boards.
- 10) The breaking test will be held according to the referees' instructions. The breaking test time is set at two minutes. Overtime is considered a failure to break the boards.



IKO-NZ Standard Action of the Judges

Kumite

Opening of the Bout

- 1) The person in charge shall call the contestants out. The contestants shall enter the fighting area from opposite sides.
- 2) The referee shall stand in the middle, 3 meters from the center line. The referee gives the commands of respect "Shomen ni Rei" and "Otagi ni Rei". The bout starts after the referee has given the command "Hajime!"
- 3) If the uniforms of both or either of the contestants come undone during the bout, the referee will halt the action, have them assume their original positions and allow them to rearrange their uniform with their backs to each other.

During the Bout

- 1) During the bout if there is Ippon, Waza-ari, and foul, made or if a contestant steps outside the fighting area etc., judge(s) shall whistle and, at the same time, raise the flag. The referee shall give the command "Yame!" (stop), and command the contestants to return to their starting positions.
- 2) The flag signals are as follows:
 1. Ippon (Full point victory) The judge raises the flag with the same color as the winner, (red or white) vertically upwards. Whistle loudly.
 2. Wazaari (Half point) The judge holds the flag with the same color as the contestant who took Waza-ari, horizontally out to the side. Whistle short & loud simultaneously with flag.
 3. Hansoku (Foul) - Judge blows whistle to indicate foul' short whistle burst, simultaneously while waving flag up and down Flag color corresponds with the color as the contestant who committed the foul.
 4. Jogai (Stepping outside of the fighting area boundary) - The judge(s) nearest the incident lowers either flag to diagonally tap the floor. Whistle: short bursts simultaneously with flag on boundary.
 5. Mitomezu (No count or no score) - The judge crosses both flags in front of himself and waves. Whistle: long, medium strength breath.
 6. Miezue (unclear action): The judge crosses both flags in front of the chest without covering the eyes. No whistle.
 7. Hantei (Decision)
 - a. Hikiwake, Cyuritsu (Draw) The judge crosses both flags in front of himself lowering them so they point diagonally downwards.
 - b. Aka (red) wins - The judge raises a red flag vertically upwards and whistles loudly.
 - c. Shiro (white) wins - The judge raised a white flag vertically upwards and whistles loudly.
 - d. In case of Ippon, Waza-ari, or foul, the referee shall request the judge's decision and announce the final decision, which must have 3 or more of the judge's approval including the referee.



Full Point (Ippon) Victory

- 1) When any Ippon (Articles 3 or 4) occurs, the referee shall return the contestants to the center of the ring, have them assume their original position, and then make a decision.
- 2) The referee shall check the decisions of the judges and shall decide victory on the basis of 3 or more of the judge's approval including the referee.

Victory by Decision (Hantei)

- 1) At the signal to stop, the referee shall call "Yame!" (halt) and shall return the contestants to their original positions.
- 2) The referee shall make the competitors face "Shomen" (front), and call upon the judges' decision. Each judge shall raise his flag with the same color as the person he considers to have won, vertically upwards. In case of a draw, he shall cross the flags in front of himself. The valid decision will be the one with more than three or more of the judges' (including the referee) approval. In cases where there are not 3 or more judges with the same decision, there shall be a draw.

Fouls (Hansoku)

- 1) In the case of a foul, the referee shall separate the contestants and halt the action.
- 2) When deciding fouls, it is necessary to have 3 or more of the judge's approval including the referee.
- 3) In the case of a foul, if it is not made on purpose, the contestant may get one warning (Chui Ichi). Two warnings result in a second warning (Chui ii). Three warnings result in the first penalty (Genten Ichi). Four warnings result in the third penalty (Genten Ni) and automatic disqualification.
- 4) Foul techniques - Refer to Article 22. (Hansoku).

Disqualification (Shikkaku)

- 1) A contestant who has gained two penalties (Genten Ni) shall be disqualified.
- 2) Other disqualifications Refer to Articles 25. (Shikkaku).

Concluding the Bout

- 1) In case of Ippon, or Shikkaku, the referee shall immediately stop the bout, face the contestants each other, announce the outcome of the bout, have the contestants bow towards "Shomen", "Otagai" and let them shake hands. Thereafter, he shall have the contestants leave the ring.
- 2) In case of no Ippon or Shikkaku. At the same time as the signal for the end of the bout is made, the referee shall stop the bout, face the contestants towards "Shomen", request the judges' decision, and after deciding the winner, he shall follow the same procedure as above.



IKO Kata Competition Rules and Scoring

- 1) Competition Area Size: The ring itself should be 9 x 9 mtrs square. The out of bounds area encircling the ring should be 12.6 x 12.6 mtrs square (The same as IKO Kumite Regulation)
- 2) Attire: The same as IKO Kumite Regulation. Flashy hair pins and hair ties are prohibited. Dark colored rubber hair ties are allowed.
- 3) Kata competition: Specific kata must be performed at an elimination round and 4 finalists are selected. For a final round, a competitor may choose a kata. The lowest scored competitor from the elimination round begins performing for the final round.
- 4) Scoring:
 - a. 8.0 is set for the starting score by judges before the performance. Points will be deducted according to a competitor's mistake. If the competitor has no point deduction, points would be added. Point deductions will be in increments of one-tenth of a point, e.g.: 0.1 ~ 0.2, and additions of one-tenth of a point, e.g.: 0.1~0.4. The highest point score achievable for a performance is 10.0, and the lowest is 6.0.
 - b. Eliminate the highest and lowest scores and total the middle 3 scores to decide the winner. If the scores are tied, the competitor with the highest low score wins. If the low scores are also tied, the competitor with the higher high score wins.
 - c. For the final round, if scores are tied among the top 3 competitors, the competitor with the highest total score from the elimination round wins. If those former scores were also tied, competitors must perform again.
- 5) Scoring Standard:
 - * Disqualification (If necessary, a judging team decides disqualification)
If a competitor does the following, he/she is disqualified:
 - a. Performs a different kata
 - b. Stops performing and cannot continue
 - c. Belt or pants falls off, or uniform becomes overtly disheveled
 - * Lowest Score of 6.0 (If necessary, a judging team decides disqualification) If a competitor does the following, he/she gets 6.0:
 - d. Does not perform part of the intended kata
 - e. Stops performing for an inordinate length of time and resumes. (A momentary pause should be only a 0.1 deduction).

Standard Categories of deductions:

- * 0.1 Deduction:
 1. Balance off
 2. Not precise movement (Stance, movement, eye contact)
 3. Over acting performance
 4. Not adequate power of stress, speed of technique, or breathing control (Kiai, Ibuki)
 5. Double movement (Double step)
- * 0.2 Deduction:
 6. Clear mistake of technique (including no kiai, or kiai at the wrong point)
 7. Repetition of not precise movement
 8. Untidy attire (Chakui no midare)
 9. Improper Etiquette (Fujuubun na rei)
 10. Out of bound (Jogai); One foot or two feet



If the competitor has no point deductions, points would be added Point addition parameters (* 0.1~0.4 points would be added)

1. Speed (appropriate execution/timing)
2. Power and Kime (Sharp finish of technique)
3. Rhythm (Waza no kankyu)
4. Kiai and Spirit (Kihaku)
5. Expression (understanding technique and imagining opponents)

Typical examples of point deduction:

Balance off: Loses balance with Kake Ashi Dachi or Kosa Dachi (For example, Pinan Sono 4, 5 and Gekisai Sono San)

Imprecise movement: (examples below)

1. Improper stance:
 - a. Kiba Dachi: Stance is too wide. Toes face out like Shiko Dachi.
 - b. Zenkutsu Dachi: Back leg's knee is bent. Back leg's heel is up. Back leg's toe angle is wider than 45-degree angle.
 - c. Kokutsu Dachi: Stance is too narrow. Front leg's heel is lifted up too high, like Neko Ashi Dachi.
 - d. Kosa Dachi: Both toe's directions are not matched straight and the stance looks like Kake Ashi Dachi instead.
2. Imprecise technique (Hand & foot shape, trajectory of technique, target, angle of arms, etc)
 - a. Imprecise step-work (imprecise Unsoku)
 - b. Momentary hesitancy of movement
 - c. Imprecise eye-contact:
 - d. Does not make eye-contact with opponent.
 - e. Does not make eye-contact straight with an opponent in Hanmi position, like Kokutsu Dachi Shuto Mawashi Uke.
 - f. Imprecise posture (Leaning forward, or backwards, etc)
3. Overacting performance:
 - a. Kick too high
 - b. Hold kick too long
 - c. Perform a movement incorrectly, especially for dramatic effect, e.g.: too slowly or with stop motion, when it should be performed smoothly without interruption
 - d. Kiai extremely loudly, especially for dramatic effect
4. Inadequate point of power stress, speed of technique, or breathing control:
 - a. Proper power, proper rhythm, and proper kiai must accompany precise movement
 - b. Not perform proper Ibuki length (short or long)
5. Double movement / Double-step:
 - a. Movements should be completed with one single motion (I-kyodo), not double movement (Ni-kyodo). This error is witnessed often when a competitor does Shuto Mawashi Uke.
 - b. Extra movement such as double-step (Nido Bumi) and pulling Hikite twice.
6. Clear mistake of technique (# Do not mix with imprecise technique)
7. Repetition of imprecise movement: If imprecise movements are repeated often, deduct 0.2 points only. (improper stances, or double-steps)



8. Untidy attire (Chakui no midare):
 - a. Uniform / appearance becomes disheveled.
 - b. Knot of the belt becomes untied. (If a belt falls off, the competitor is disqualified.)
9. Improper Etiquette (Fujuubun na rei):

When a competitor does not bow properly when entering the mat or beginning the performance, the referee will direct them to redo a proper bow, and shall deduct 0.2 points.

 - a. After the performance, no point deduction is made, but the referee must direct the competitor to redo the proper bow.
10. Out of bounds (Jogai): When a competitor's foot steps out of bounds, or is on the boundary line, 0.2 points are deducted. # If the mat size is smaller than the standard size, this rule is not enforced and no deduction would be made.