

**ISSHINRYU INTERNATIONAL
RULES OF COMPETITION
(OFFICIALS, COACHES AND SENSEI)**

PROCEDURE FOR KATA:

1. The first three kata competitors will perform their kata before being scored. After the 3rd competitor, each competitor will be called back into the ring individually for their scores. Thereafter, each competitor will be scored immediately after their performance.
2. Competitors are only to announce their kata. They are **NOT** to announce their name, their dojo or request permission to perform.
3. Advanced and Black Belt divisions will be required to perform a different kata to break a tie.
4. Weapon Kata procedure will be the same as the empty hand divisions.
 - a. Kyu ranks may compete with Bo or Sai only.
 - b. Black Belts may compete with Bo, Sai, and Tonfa.
 - c. Weapons must be of traditional design and properly sized.
 - d. Weapons will be subject for inspection for proper size, weight and safety.
 - e. Toothpick Bo and undersized weapons will not be permitted.

EMPTY HAND KATA LIST

**Seisan
Seiuchin
Wansu
Naihanchi
Chinto
Kusanku
Sanchin
Sunsu**

WEAPONS KATA LIST

**Kyan no Sai
Kusanku no Sai
Chatanyara no Sai
Tokumine no kun no Dai
Urashi no kun
Shishi no kun no Dai
Chei Fa
Hamahiga no Tonfa**

NOTE : Novice children, 8yrs and under, who have trained less than 3 months may perform Seisan kata up to the first break and be scored OR perform a Kihon Kata using Isshinryu Techniques.

KATA AND KOBUDO SCORING RANGES

Beginner and Novice: 5.0 - 7.0 where 6.0 is the average

Intermediate: 6.0 - 8.0 where 7.0 is the average

Advanced and Black Belt: 7.0 - 9.0 where 8.0 is the average

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EXPLANATION:

- *The performance should be evaluated with consideration for the difficulty of the kata presented, along with the age and rank of the competitor.*
- *With 5 judges, the highest score and the lowest score will be discarded and never used again. The total of the remaining 3 scores will be added for a final score.*
- **In the event of a tie, with 5 judges, use only the remaining three scores to break the tie.**
 - a. **The lowest score shall be added in to the final score to break the tie.**
 - b. **If a tie persists, add in the highest score of the remaining scores.**
 - c. **If a tie still exists, the competitors must perform again. Advanced and Black Belt must perform another kata.**
 - d. **After the competitors perform, the Judges will then score the competitors with a show of hands.**

KATA:

The Kata must be performed with competence, and must demonstrate a clear understanding of the traditional principles of the Kata.

Criteria for assessing the performance of a Kata contestant.

1. A realistic demonstration of the Kata meaning.
2. Understanding of the practical application of techniques being used (**BUNKAI**)
3. Good timing, rhythm, speed, balance, and focus of power (**KIME**)
4. Correct and proper use of breathing as an aid to **KIME**.
5. Correct focus of attention and concentration.
6. Correct stances with proper tension in the legs, and feet flat on the floor.
7. Proper tension in the abdomen and no bobbing up and down of the hips when moving.
8. Correct basic and proper form (**KIHON**) of **ISSHINRYU KARATE**.
9. The performance should also be evaluated with a view to discerning other points such as the difficulty of the Kata presented.

Other Criteria Includes:

1. **A good demonstration of power, speed, timing, balance and focus. (kime)**
2. **Correct and proper use of breathing to aid Kime.**
In addition:
 - a. **No more than 3 kiais per kata**
 - b. **No hissing**
3. **Consistency and correctness of stances.**
 - a. **Correct weight distribution according to Kihon.**
 - b. **Smooth and even transition (Hara remaining " weight down ") between stances.**
 - c. **Correct tension in stances.**
 - d. **Feet edges firmly on the floor.**
4. **Technique demonstrate**
 - a. **Accuracy**
 - b. **Correct and consistent form of Isshinryu Karate. (Kihon)**
 - c. **Correct tension, focus and power. (Kime)**
 - d. **Show proper understanding of techniques being used. (Bunkai)**
 - e. **Proper tension in abdomen timed with techniques.**
5. **Kata and Kobudo uniformly demonstrate**
 - a. **Unwavering concentration.**
 - b. **Rhythm: contrast in tension, breathing and movement.**
 - c. **An understanding of those techniques being demonstrated.**
 - d. **A realistic rather than "theatrical" demonstration of the Kata's meaning.**
6. **Kobudo competition consists of**
 - a. **Kyu rank may compete with Bo and Sai only.**
 - b. **Black Belts may compete with Bo, Sai, and Tonfa.**
 - c. **Weapons must be of traditional design and properly sized.**
 - d. **Weapons will be subject to inspection for proper size, weight and safety.**
 - e. **Toothpick Bo and undersized weapons will not be permitted.**
 - f. **Proper footwork to extend the power (energy) into the weapon.**
 - g. **Control of the weapon must always be maintained.**

PENALTIES: When assessing how many points should be deducted for a fault, the following is recommended.

0.1 Point Deduction

- For a momentary hesitation in the smooth performance of the Kata, quickly remedied.
- Momentary imbalance, with barely a wobble, quickly remedied.

0.2 Point Deduction

- Momentary but discernible pause.
- Actual instability where there is a distinct but recoverable loss of balance.
- Momentarily loses grip of the weapon, quickly remedied.

0.3 Point Deduction

- A distinct halt of Kata performance.
- If the contestant loses balance completely and / or falls.
- Weapon touches the floor anytime during the performance (unless the touch is called for by the kata, as in some Sai kata.
- Beginner, Novice and Intermediate division restart of the Kata.
- Actual loss of grip of weapon requiring a halt in the kata performance.

DISQUALIFICATION:

- Advance and Black Belts who completely halt a kata. (requiring a restart)
- Advance and Black Belts who drop a weapon.
- Advance and Black Belts who lose balance completely and/or falls.
- Dangerous techniques that jeopardize the safety of the Judges and competitors.
- Un-Sportsman like behavior toward others or other breaches of karate etiquette.
- Actions that are considered to violate the rules and spirit of the tournament.

Note: Competitors that are disqualified in Kata and Kobudo will be given the lowest score within the range appropriate for the division.

KOBUDO:

Kobudo competition consists of Bo competition and short-weapons competition of the Sai and Tonfa.

Weapons must be of traditional design and any decision as to a weapon's eligibility will be made by the Chief Referee and / or Tournament Director.

In Kobudo competition the contestants must perform a traditional Isshin-ryu kobudo kata.

ISSHIN-RYU KOBUDO KATA LIST

1. Kyan no Sai
2. Kusanku no Sai
3. Chatanyara no Sai
4. Tokumine no Kun no Dai
5. Urashi no Kun
6. Shishi no kun no Dai
7. Hamahiga no Tonfa (Black Belts Only)
8. Chie Fa (Black Belts Only)

Criteria for assessing the performance of Kobudo Kata.

1. The kata must be performed with competence and must demonstrate a clear understanding of the principles it contains.
2. The Kata performed must have demonstrated correct focus of attention, use of power, good balance and proper breathing.
3. The contestant must properly use the body and foot work to extend the power (energy) into the weapon.
4. The performance must also be evaluated with a view to discerning other points.
5. The contestant must always maintain control of the weapons during the performance. A contestant shall be disqualified if he / she drops a weapon during the performance.
6. A contestant shall be disqualified if he / she interrupts or varies the Kata or performs a different kata than announced. The contestant shall also be disqualified if the performance is brought to a halt.
7. A contestant shall be disqualified if he /she uses a dangerous technique that jeopardizes the safety of the Judges or other contestants.

Other Criteria Includes:

1. Correct breathing, good demonstration of power, speed, timing, balance and Kime. (focus)

2. **Consistency and correctness of stances.**
 - a. Correct weight distribution according to Kihon.
 - b. Smooth and even transition (Hara remaining "weight down") between stances.
 - c. Correct tension in stances.
 - d. Feet edges firmly on the floor.

3. **Techniques demonstrate:**
 - a. Accuracy
 - b. Correct and consistent Kihon within the style.
 - c. Correct tension, focus (Kime)
 - d. Show proper understanding of Kata Bunkai.

4. **Kata uniformly demonstrates:**
 - a. Unwavering concentration
 - b. Contrast in tension, breathing and movement.
 - c. An understanding of those techniques being demonstrated.
 - d. A realistic rather than "theatrical" demonstration of the Kata's meaning.

5. **Proper use of the weapon:**
 - a. Positioning on the hands and proper grip.
 - b. Proper use of the weapon for blocking and striking.
 - c. Correct method of hand changes.

ISSHINRYU INTERNATIONAL RULES OF COMPETITION

KUMITE MATCHES:

1. Kumite matches will be for two (2) minutes running time. The Referee/Judge may stop time if needed.
2. Except for the Grand Championship division, matches will be 3 points. The first competitor to gain three points or the competitor with the most points at the end of time will be the winner of that match.
3. If a tie exists after the two minutes, then the match is extended to a sudden death match to break the tie. The first competitor to score is the winner.
4. If a competitor is disqualified, he or she is out of the division and may no longer compete and no trophy will be awarded.
5. In the rare case of a competitor acts maliciously, disobeys the orders of the Referee/Judges or commits an act which harms the prestige and honor of Karate-Do, or when actions are considered to violate the rules and spirit of the tournament the competitor will be disqualified and removed from the tournament.

KUMITE:

A score is awarded when a technique is performed according to the following criteria.

1. Good form
2. Sporting attitude
3. Vigorous application
4. Awareness (**Zanshin**)
5. Good timing
6. Correct distance

EXPLANATION:

1. A technique with **good form** is said to have characteristics conferring probable effectiveness within the framework of traditional karate concepts.
2. **Sporting attitude** is a component of good form and refers to a non-malicious attitude of great concentration obvious during the delivery of the scoring technique.
3. **Vigorous application** defines the power and speed of the technique and the palpable will for it to succeed.
4. **Awareness** (Zanshin) is that criteria most often missed when a score is assessed. It is the state of continued commitment in which the contestant maintains total concentration, observation, and the awareness of the opponent's potentiality to counter attack. He/she does not turn their face away during delivery of the technique, and remains facing the opponent afterwards.
5. **Good timing** means delivering a technique when it will have the greatest potential effect.
6. **Correct distance** similarly means delivering a technique at the precise distance where it will have the greatest potential effect. Thus if the technique is delivered on an opponent who is rapidly moving away, the potential effect of that blow is reduced.

PROHIBITED BEHAVIOR

1. Contact to the head, face, neck, groin, or spine.
2. Excessive body contact.
3. Sweeps or takedowns. Leg checks are permitted to the back of the leg only.
4. Kicking to a person on the ground. You have 2 seconds to score using hand techniques if the a competitor is on the ground. Competitors on the ground may score using hands or feet techniques.
5. Holding. Competitors may grab and strike immediately (2 seconds) to score a point.
6. Running out of bounds under one's own power. **The ring line is out of bounds.**
7. Avoiding combat as a means of preventing the opponent having the opportunity to score.
8. Blind techniques
9. Attacks to arms, legs or joints.
10. Coaching of competitors is NOT permitted.
11. Attacks with head, knees or elbows.
12. Techniques by their nature cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
13. Failing to obey the orders of the Referee/ Judges, discourteous behavior towards the Officials, or other breaches of karate etiquette.
14. Mubobi - defenseless attitude.
15. Exaggeration of injury.

PENALTIES:

1. Non-injurious, light controlled "**touch** " contact to the head, face and neck area is allowed. When contact is deemed too strong the **Referee/Judges will issue a warning, penalty or disqualification for Category I.**
The 4" halo around the head should be encouraged to reduce injury.
2. Warnings will be issued for the first offense in **Category II.** Any repeated offenses will result in a penalty and a point to be awarded to the opponent.
3. Any repeated offenses will result in a penalty and a point to be awarded to the opponent.
4. Blood, immediate redness or swelling results in immediate disqualification.
(Unless **Mubobi** is called)
5. Once warned or penalized in **Category 1** or **Category 2** the penalties shall escalate for that category.
6. **Category 1** and **Category 2** penalties do not cross accumulate.

Clarification and types of DISQUALIFICATION:

A non-malicious disqualification will disqualify the competitor from the match but may permit the competitor to continue in the division. (Hansoku)

Once a competitor is disqualified for a malicious technique/behavior they may no longer participate in the tournament. (Shikaku)

PENALTIES CLASSIFICATION:

1. All contact penalties shall be in **Category I**. (contact)
 - a. Contact to the head, face or neck area.
 - b. Excessive body contact
 - c. Attacks to the arms, legs, or joints.
2. All other penalties shall be in **Category II**.
 - a. Sweeps or takedowns.
 - b. Kicking to a person on the ground.
 - c. Holding. (2 second grab to score)
 - d. Blind techniques.
 - e. Attacks with the head, knees or elbows.
 - f. Running out of bounds under one's own power.
 - g. Avoiding combat as a means of preventing the opponent from having the opportunity to score.
 - h. Techniques by their nature cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
 - i. Failing to obey the orders of the Referee / judges, discourteous behavior towards the Officials, or other breaches of Karate etiquette.
 - j. Mubobi (defenseless attitude) - allowing or running into a technique without protecting oneself. * Only called if contact to the offender occurs.
 - k. Exaggeration of injury.

*This means that once warned or penalized in **Category 1** or **Category 2** the penalties shall escalate for that category. **Category 1** and **Category 2** penalties do not cross accumulate.*

COACHING IS NOT PERMITTED:

Coaching shall result in the following penalties.

- A. First infraction - a warning to the individual or individuals coaching and a general statement to all at ringside.
- B. Second infraction - the individual (s) coaching will be removed from ringside.
- C. Persistent coaching will result in ejection from the event.

TARGET AREAS:

Attacks are limited to the following areas.

1. Head
2. Face
3. Neck
4. Abdomen
5. Chest
6. Side
7. Back (*not the spine area*)

REQUIRED EQUIPMENT

All equipment must conform to these requirements.

1. All competitors must have a clean white gi to compete.
2. Safety gear required: Foam head gear (all competitors), safety punch and feet, mouth guards, groin cups. ***Shin and instep guards will not be permitted in place of safety feet.***
3. No Ring star or other shoes will be permitted.
4. No grappling, MMA, or bag gloves will be permitted.
5. Any safety gear deemed unsafe by the **OFFICIALS** will need to be replaced.

REFEREE / CENTER JUDGES RESPONSIBILITIES

1. Bow in and out the divisions
2. Ensure everyone has the proper equipment.
3. To start and stop the matches.
4. Ensure the scoring is accurate.
5. Issue points, warnings and penalties.
6. Have winners report to score keeper to verify name of the winner.
7. Announce winners 1st - 3rd places.
8. Ensure corner judges are meeting their responsibilities.
9. Replace judges if necessary.
10. To ensure that the rules are being followed and applied fairly.
11. To disqualify competitors for rules violation.
12. Review rules if needed with judges and ensure that the judges use the flags properly.
13. To make sure the ring is running smoothly and functioning according to the rules.
 - Referee / Center judge may not award a point without the majority support from the corner judges.
 - Referee / Center judge may also choose not to award a point if they clearly see that the technique did not meet the criteria even if "out voted" by the corner judges. (the Referee should indicate the reason for his decision) i.e. Technique was blocked or hit the arm.
 - Referee/ Center judge may award a foul if they have the support of at least one (1) corner judge.
 - Referee / Center judge may not center for your own students. Request a corner judge to take your place. If no one is willing to take the center, then you may center.

CORNER JUDGES RESPONSIBILITIES:

*The Judges shall carefully observe the actions of the contestants and signal to the Referee/ Center Judge an opinion. **Corner Judges need to be actively engaged in the calling of points and fouls.** They do not need to wait until the Referee stops the match to render an opinion.*

1. To aid in the calling of points, warnings and penalties.
2. To assist in fair application of the rules.
3. To assist in the functioning of the ring.
4. Call attention to the Referee/ Center Judge in cases when it is deemed necessary.

PROCEDURE FOR CALLING A POINT OR PENALTY:

1. When a corner judge observes a point, they will verbally call out "**ippon**" or "**point**" or and wait until the Referee stops the match. At this time the Referee will call for a decision and the judges will display the color flag of the competitor receiving the point. (do not use your flag to signal the Referee as this may influence other judges.)
2. To call a foul, *verbally* signal by calling "Foul" and at the same time circle your flag overhead. When the referee calls for foul, signal category 1 or 2 with the color flag of the offender.
3. The Referee may choose not to stop a match when a point or foul is called by only one corner judge. When more than one (1) corner judge calls for a point or a foul, it would be prudent for the Referee to stop the match, even if they clearly see that a point or foul did not occur.

COMPETITORS RESPONSIBILITIES:

1. Competitors are expected to display good sportsmanship and proper karate etiquette at all times.
2. Prior to a division starting, please ask any questions you may have.
3. During your division, please respect your fellow competitors. You will sit on the side of the ring; do not talk excessively or loudly.
4. You need to listen for your name to be called. When on deck, stand at the corner of the ring and wait to be recognized by the competitor bowing out of the ring.
5. Once you have competed, you are to stay at your ring until the division is bowed out by the Referee / Center judge.
6. Kata, weapons and kumite will be assigned to the same ring. Competitors are to bring any weapons, and fighting gear to the ring assigned.
7. The first three kata competitors will perform their katas before being scored.
After the 3rd competitor, each competitor will be called up individually for their score. There after each competitor will be scored after their performance.
8. Weapon katas procedure will be the same as the kata divisions.
9. Listen for your name to be called " up to perform " and " on deck ". **Be ready.**