

KARATE

TECHNICAL RULES AND REGULATIONS





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GENERAL

The purpose of the “ISF Karate Technical Rules and Regulations” is to provide standardised rules and regulations for all Karate competitions. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy, the ISF General Competition Regulations and according MoU signed between ISF &WUKF – World Union Karate Do Federation, WFF – World Fudokan Federation and SKDUN – Shotokan Karate Do United Nation.

All students who practice karate, meaning any accepted style of karate (shotokan, goju ryu, shito ryu, wado ryu and fudokan) or another style derived from Okinawan karate, who are registered in the WKF - World Karate Federation or another world karate federation, are accepted at ISF events.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Karate events;
2. Determine the **delegation composition**;
3. Determine the **sport program**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to all ISF events. In case of variation of rules and regulations in relation to the type of event, the variation will be specified in the text.

1. GENERAL CONDITIONS

The competition of ISF Karate events will be run according to the ISF technical rules and regulations and all **World Karate Federations (according MoU signed with ISF)** technical rules under the direction of the ISF Technical Commission of Karate. Any decisions over matters not mentioned in the present document will be taken by the ISF Technical Commission.

- The ISF Karate events are open to individuals and teams;
- Specific sports formats shall be described in the event bulletins;
- The competition is categorised as: boy categories, and girl categories;
- The composition of each delegation and the final sport events that each ISF Karate event is accepting will be defined for each event accordingly.

Age categories :

Year	U18* YEAR OF BIRTH	U15* YEAR OF BIRTH	U12* YEAR OF BIRTH
2024	2006-2007-2008 – 2009 – 2010 *	2009-2010-2011	2012-2013-2014-2015-2016-2017

- **The Age Category for the ISF Gymnasiade Bahrain 2024 – U18 : Junior I (2008-2009-2010) & Junior II (2006-2007)**



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2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation;
- Deputy Head of delegation (where applicable);
- Additional adults;
- Athletes;
- Team officials;
 - Coaches;
 - Other team officials;
- Field of play officials;

HEAD OF DELEGATION (HOD)

- HOD shall be the sole intermediary between the delegation and the Local Organising Committee, the ISF Technical Commission and the ISF Delegate.
- They may not combine their role of HoD with that of a coach or any other official role.
- Each delegation is entitled to enter one (1) HoD.

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- Number of Deputy HoD depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representative, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.
- Number of additional adults depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ATHLETES

- Athletes must be students attending schools that provide general education.
- Athletes must be enrolled as full-time students at a school in the country which they represent.

TEAM OFFICIALS

Coaches

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- The maximum number of coaches is determined by the number of athletes.
- Each delegation shall enter a minimum of one (1) coach per team.



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Other Team officials

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.
- Each delegation shall enter up to one (1) other team official each per team.

FIELD OF PLAY OFFICIALS

- The Field of play officials cannot combine their position with other positions, such as heads of delegation, team officials or additional adults.
- Field of play officials shall be in possession of A category licence.
- The qualification will be reviewed and approved by the ISF Karate technical commission. Delegations must provide certificates for field of play officials during the registration process.
- Failure to provide the required number of field of play officials (referees) will lead to a fine of 900€ (per referee) payable to the organiser prior to the competition.
- Referees and Judges must wear the official uniform designated by the Referee Commission. This uniform must be worn at all tournaments, briefings, and courses.

The official uniform will be as follows:

Sport Karate

A single-breasted navy-blue blazer.

A white shirt with short sleeves.

An official tie, worn without tiepin.

A black whistle.

A discreet white cord for the whistle.

Plain light-grey trousers without turn-ups.

Plain dark blue or black socks and black slip-on shoes for use on the match area.

Religiously mandated headwear that is ISF approved.

Referees and Judges may wear a plain wedding band.

Female Referees and Judges may wear a hairclip and discreet earrings.

Traditional Karate

A White Karate Gi and Hakama (Black).

A black whistle.

A discreet white cord for the whistle.



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3. SPORT PROGRAM

EVENTS

KUMITE SPORT

CHILDREN I II III (7-11 years)	KUMITE SHOBU NIHON belt: All belts Weight for Male: -35 kg /+35 kg Weight for Female: -35 kg / +35 kg
JUVENIL I (12 years) JUVENIL II (13-14 years)	KUMITE SHOBU NIHON belt: white to Blue / Brown to Black belts Weight for Male: -45 kg / +45 kg Weight for Female: -40 kg / +40 kg
CADETS (15years)	KUMITE SHOBU SANBON belt: white to Blue/ Brown to Black belts Weight for Male: -60 kg / -65 kg / +65 kg Weight for Female: -55 kg/ +55 kg
JUNIORS I (2008-2009-2010) JUNIORS II (2006-2007)	KUMITE SHOBU SANBON individual and team Inter-style All Belts Weight for Male: -65 kg / -75 kg / +75 kg Weight for Female: -55 kg/ -60 kg/ +60 kg

Category

- A. White to orange belts; Only in kata Discipline
- B. Green and blue belts; Only in kata Discipline
- C. Brown and black belts; Only in kata Discipline

Children I. 7 years

Individual Kata Girls	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Individual Kihon girls	Individual Kihon – Ippon girls
Individual Kihon boys	Individual Kihon –Ippon boys
Individual Ikkaido	Team Ikkaido

**for kihon, Kihon –Ippon and kata team it will be open system (no weight or belt category)!*

***for Ikkaido follow the rules from Ikkaido!*

Children II. 8-9 years

Individual Kata Girls	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Individual Kihon Girls	Individual Kihon – Ippon Girls
Individual Kihon Boys	Individual Kihon –Ippon Boys
Individual Ikkaido	Team Ikkaido

**for kihon, Kihon –Ippon and kata team it will be open system (no weight or belt category)!*

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Children III. 10-11 years

Individual Kata Girls	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Ind. Jiyu-Ippon Kumite Girls	Individual Kihon Girls
Ind. Jiyu-Ippon Kumite Boys	Individual Kihon Boys
Individual Ikkaido	Team Ikkaido
Individual Kobudo Girls	Individual Kobudo boys

**for kihon, Jiyu –Ippon, Kobudo and kata team it will be open system (no weight or belt category)!*

***for Ikkaido follow the rules from Ikkaido!*

Juvenil I Age 12 years

Individual Kata Girls	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Ind. Jiyu-Ippon Kumite Girls	Individual Kihon Girls
Ind. Jiyu-Ippon Kumite Boys	Individual Kihon Boys
Individual Ikkaido	Team Ikkaido
Enbu Girl&Boy	Enbu Boy&Boy
Enbu Girl&Girl	
Individual Kobudo Girls	Individual Kobudo Boys

**for kihon, Jiyu –Ippon, Kobudo, enbu and kata team it will be open system (no weight or belt category)!*

***for Ikkaido follow the rules from Ikkaido!*

Juvenil II Age 13-14 years

Individual Kata Girls	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Ind. Jiyu-Ippon Kumite Girls	Individual Kihon girls
Ind. Jiyu-Ippon Kumite boys	Individual Kihon Boys
Individual Ikkaido	Team Ikkaido
Enbu Girl&Boy	Enbu Boy&Boy
Enbu Girl&Girl	
Individual Kobudo Girls	Individual Kobudo boys

**for kihon, Jiyu –Ippon, Kobudo, enbu and kata team it will be open system (no weight or belt category)!*

***for Ikkaido follow the rules from Ikkaido!*

CADETS and JUNIORS Category

Cadets. 15 years

Individual Kata Gilrs	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Ind. Fuku-Go Girls*	Enbu Girl&Boy
Ind. Fuku-Go Boys*	Enbu Boy&Boy
	Enbu Girl&Girl
Individual Kumite Girls*	Team Kumite Girls *
Individual Kumite Boys *	Team Kumite Boys*
Individual Kumite Girls**	Team Kumite Girls**
Individual Kumite Boys**	Team Kumite Boys**



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Individual Ikkaido	Team Ikkaido
Individual Kobudo Girls	Individual Kobudo boys

**ippon shobu system*

***sanbon shobu system*

****for Kumite, Fukugo, Ko-go, Kobudo, enbu and kata team it will be open system (no weight or belt category)!*

*****for Ikkaido follow the rules from Ikkaido!*

Juniors I. (2008-2009-2010)

Individual Kata Gilrs	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Ind. Fuku-Go Girls*	Enbu Girl&Boy
Ind. Fuku-Go Boys*	Enbu Boy&Boy
	Enbu Girl&Girl
Individual Kumite Girls*	Team Kumite Girls *
Individual Kumite Boys *	Team Kumite Boys*
Individual Kumite Girls**	Team Kumite Girls**
Individual Kumite Boys**	Team Kumite Boys**
Individual Ikkaido	Team Ikkaido
Individual Kobudo Girls	Individual Kobudo boys

**ippon shobu system*

***sanbon shobu system*

****for Kumite, Fukugo, Ko-go, Kobudo, enbu and kata team it will be open system (no weight or belt category)!*

*****for Ikkaido follow the rules from Ikkaido!*

Juniors II. (2006-2007)

Individual Kata Gilrs	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Ind. Fuku-Go Girls*	Enbu Girl&Boy
Ind. Fuku-Go Boys*	Enbu Boy&Boy
	Enbu Girl&Girl
Individual Kumite Girls*	Team Kumite Girls *
Individual Kumite Boys *	Team Kumite Boys*
Individual Kumite Girls**	Team Kumite Girls**
Individual Kumite Boys**	Team Kumite Boys**
Individual Ikkaido	Team Ikkaido
Individual Kobudo Girls	Individual Kobudo boys

**ippon shobu system*

***sanbon shobu system*

****for Kumite, Fukugo, Ko-go, Kobudo, enbu and kata team it will be open system (no weight or belt category)!*

*****for Ikkaido follow the rules from Ikkaido!*



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ENTRIES PER EVENT

There is no limitation in number of individuals/teams athletes per weight category per gender and age category

4. TECHNICAL RULES

Kumite sport for students between 14 and 15 years of age:

- For techniques to the head and neck (Jodan area) no contact is allowed.
- Any contact to the jodan area, however slight, in principle will be penalized.
- A correctly performed technique to the head or neck in principle will be considered a score at a distance up to 10 cm.
- The bout duration is two minute.
- No use of protective equipment that is not ISF approved.
- ISF approved Facemask and Chest Protector for Children are used.

Kumite sport for students between 16 and 17 years of age: under mixt WUKF-WFF-SKDUN Regulation

- The bout duration is two minute.

Kumite sport for students 18 years of age: under mixt WUKF-WFF-SKDUN Regulation

- The bout duration is three minute.

Individual kata competition for those 18 years of age and under: under mixt WUKF-WFF-SKDUN Regulation

There are no specific deviations from the standard rules, but a limitation to the kata list to less advanced kata may be used. Additionally, the ISF has broadened the scope of recognized styles to include all Japanese/ Okinawan based karate styles.

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Category

D. White to orange belts; Only in kata Discipline

E. Green and blue belts; Only in kata Discipline

F. Brown and black belts; Only in kata Discipline

Fukugo competition: under WFF Regulation with no Kitei kata mandatory! All Kata accepted;

Enbu competition: under WFF Regulation;

Kumite Ippon Shobu system competition: under WFF Regulation

- The bout duration is two minute.

Ikkaido: under WFF- Ikkaido Regulation;

OFFICIAL DRESS

1. Competitors and their Coaches must wear the official attire as herein defined.



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2. The Referee Commission may disbar any official or Competitor who does not comply with this regulation.

COMPETITORS

1. Competitors must wear a white karate gi without stripes, piping or personal embroidery other than specifically allowed by the ISF. The national emblem or flag of the country will be worn on the left breast of the jacket and may not exceed an overall size of 12cm by 8cm. Only the original manufacturer's labels may be displayed on the gi. In addition, identification issued by the Organizing Committee will be worn on the back. One Competitor must wear a red belt and the other a blue belt. The red and blue belts must be around five centimeters wide and of a length sufficient to allow fifteen centimeters free on each side of the knot but not longer than three-quarters thigh length. The belts are to be of plain red and blue color, without any personal embroideries or advertising or markings other than the customary label from the manufacturer.
2. Notwithstanding paragraph 1 above, the Executive Committee may authorize the display of special labels or trademarks of approved sponsors.
3. 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. Female Competitors may wear a plain white T-shirt beneath the Karate jacket. Jacket ties must be tied. Jackets without ties may not be used.
4. 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. Jacket sleeves may not be rolled up. The jacket ties holding the jacket in place must be tied at the beginning of the bout. If they are torn off during the match, the Competitor is not required to change the jacket.
5. The trousers must be long enough to cover at least two thirds of the shin and must not reach below the anklebone. Trouser legs may not be rolled up.
6. Competitors must keep their hair clean and cut to a length that does not obstruct smooth bout conduct. Hachimaki (headband) will not be allowed. Should the Referee consider any Competitor's hair too long and/or unclean, he/she may disbar the Competitor from the bout. Hair slides are prohibited, as are metal hairgrips. Ribbons, beads and other decorations are prohibited. One or two discreet rubber bands on a single ponytail is permitted.
7. Competitors may use ISF Approved religiously mandated head-wear: A black plain fabric head scarf covering the hair, but not the throat area.
8. Competitors must have short fingernails and must not wear metallic or other objects, which might injure their opponents. The use of metallic teeth braces must be approved by the Referee and the Tournament Doctor. The Competitor accepts full responsibility for any injury.
9. The following protective equipment is compulsory:
 - 9.1. ISF approved mitts, one Competitor wearing red and the other wearing blue.
 - 9.2. Gum shield.
 - 9.3. ISF approved body protection (for all Competitors) plus chest protector for female Competitors.
 - 9.4. ISF approved shin pads, one Competitor wearing red and the other wearing blue.
 - 9.5. ISF approved foot protection, one Competitor wearing red and the other wearing blue.
 - 9.6. ISF approved headgear along with face shield.
 - 9.7. ISF approved WFF gloves for ippon shobu kumite system.



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Groin Guards are not mandatory but if worn must be ISF approved.

10. Glasses are forbidden for kumite competition; sport glasses may be worn for kata competition. Soft contact lenses can be worn at the Competitor's own risk.
11. The wearing of unauthorized apparel, clothing or equipment is forbidden.
12. All protective equipment must be ISF approved.
13. It is the duty of the Match Supervisor to ensure before each match or bout that the Competitors are wearing the approved equipment.
14. The use of bandages, padding, or supports because of injury must be approved by the Referee on the advice of the Tournament Doctor.

COACHES

1. Coaches shall at all times during the tournament, wear the official tracksuit of their National Federation and display their official identification with the exception of bouts for medals of official ISF events, where male Coaches are required to wear a dark suit, shirt and tie, while female Coaches may choose to wear a dress, pantsuit or a combination of jacket and skirt in dark colors. Coaches may wear ISF Approved religiously mandated headwear for Referees and Judges.

EXPLANATION:

- I. The Competitor must wear a single belt. This will be red for AKA and blue for AO/white for SHIRO. Belts of grade should not be worn during the bout.*
- II. Gum shields must fit properly.*
- III. If a Competitor comes into the area inappropriately dressed, he/she will not be immediately disqualified; but will instead be given one minute to remedy matters.*
- IV. If the Referee Commission agrees, Refereeing Officials may be allowed to remove their blazers.*

5. DRAW

- The ISF is responsible for establishing, criteria's and fixing timing of the draw.
- The ISF Technical Commission is responsible of the draw.

6. PROTESTS AND APPEALS

Appeals regarding the results of the athlete on the tatami are made only by the coach on the surface, immediately (30'' to 1 minute) after the event is finished.

All other appeals involving results or any matter not concerning discipline will be heard by the Jury Appeal.

For all appeals the video recordings are mandatory.

The appeal must be lodged within 30 minutes of the incident and be submitted in English.

The payment of amount 100€ must accompany the appeal and is to be paid to LOC in cash.

This payment will be refunded only if the appeal is upheld or at the discretion of the Jury Appeal.

In the case of an unsuccessful appeal, the payment will be retained by the ISF.



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