

U15 ISF GYMNAZIAD

09-12.04.2025

ZLATIBOR-SERBIA



KARATE

TECHNICAL RULES AND  
REGULATIONS



# KARATE

## TECHNICAL RULES AND REGULATIONS

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**ISF U 15 GYMNASIADE 2025**  
Karate



# KARATE

## TECHNICAL RULES AND REGULATIONS

### 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 another world karate organization, 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 U 15 ISF GYMNAZIAD, Zlatibor/SERBIA 04-14 April 2025.

### 1. GENERAL CONDITIONS

The competition of **ISF Karate events** will be run according to the **ISF technical rules and regulations** and all **world karate organizations (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 Karate 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.

#### Categories:

<p><b>Age Category:</b></p> <p><b>2010- 2011 CADETS</b></p> <p><b>2012-2013 JUVENIL</b></p>	<p><b>Category by belts only in individual kata and kihon, kata team:</b></p> <p>A.Green and blue;</p> <p>B.Brown and black;</p> <p><b>Category by ranking only in individual kobudo:</b></p> <p>A.Intermediate;</p> <p>B.Advanced;</p>
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Kumite category	Ippon Shobu&Sanbon Shobu System Weight
CADETS (14 -15 years)	<p><b>Boys: - 58 kg / - 65 kg / + 65 kg</b></p> <p><b>Girls : - 48 kg/ - 55 kg/ + 55 kg</b></p>
JUVENIL (12-13 years)	<p><b>Boys: - 43 kg / - 53 kg / + 53 kg</b></p> <p><b>Girls : - 43 kg / - 50 kg / + 50 kg</b></p>

### 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 according with the ISF Buletine.

#### 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 individual athletes: 1 coach for 20 athletes, 2 coaches for 21-50 athletes, 3 coaches for up to 51 athletes, etc.
- Each delegation shall enter a minimum of one (1) coach per team (kata, kumite, enbu).

##### *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



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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 will lead to a fine of 900€ (per referee) payable to the organiser prior to the competition.

### 3. SPORT PROGRAM

#### EVENTS

##### CADETS 14-15 years Events

Individual Kata Girls	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Individual Fuku-Go Girls (Kitei kata&Ippon Shobu)	Enbu Girl&Boy
Individual Fuku-Go Boys (Kitei kata&Ippon Shobu)	Enbu Boy&Boy
Individual Ikkaido	Enbu Girl&Girl
Ind. Kumite Girls <ul style="list-style-type: none"> <li>➤ ippon shobu system</li> <li>➤ sanbon shobu system</li> </ul>	Team Kumite Girls <ul style="list-style-type: none"> <li>➤ ippon shobu system</li> <li>➤ sanbon shobu system</li> </ul>
Ind. Kumite Boys <ul style="list-style-type: none"> <li>➤ ippon shobu system</li> <li>➤ sanbon shobu system</li> </ul>	Team Kumite Boys <ul style="list-style-type: none"> <li>➤ ippon shobu system</li> <li>➤ sanbon shobu system</li> </ul>
Individual Kobudo Girls (intermediate and advanced categories) <ul style="list-style-type: none"> <li>➤ Long weapons;</li> <li>➤ Short weapons;</li> </ul>	Individual Kobudo boys (intermediate and advanced categories) <ul style="list-style-type: none"> <li>➤ Long weapons;</li> <li>➤ Short weapons;</li> </ul>

##### JUVENIL 12-13 years Events

Individual Kata Girls	Team Kata Girls
Individual Kata Boys	Team Kata Boys
Individual Kihon Kumite Girls	Enbu Girl&Boy
Individual Kihon Kumite Boys	Enbu Boy&Boy
Individual Ikkaido	Enbu Girl&Girl
Individual Kumite Girls <ul style="list-style-type: none"> <li>➤ ippon shobu system</li> <li>➤ sanbon shobu system</li> </ul>	Team Kumite Girls <ul style="list-style-type: none"> <li>➤ ippon shobu system</li> <li>➤ sanbon shobu system</li> </ul>
Ind. Kumite Boys <ul style="list-style-type: none"> <li>➤ ippon shobu system</li> <li>➤ sanbon shobu system</li> </ul>	Team Kumite Boys <ul style="list-style-type: none"> <li>➤ ippon shobu system</li> <li>➤ sanbon shobu system</li> </ul>
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### 4. TECHNICAL RULES

#### **INDIVIDUAL AND TEAM KUMITE SPORT SANBON SHOBU SYSTEM: under mixt WUKF Regulation:**

- Weight categories. Weight control will be carried out in the morning of the first day of the competition, starting at 8.30 am. The maximum allowed up limit compared to the weight reference is 1kg;
- Each team will be composed by 4 athletes (3 athletes + 1 reserve) for each age category ( no matter the weight). If the team is registered with 3 athletes and one athlete is injured, the other two can compete and the injured athlete will lose his match;
- 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 **90 seconds on Juvenil category** and **120 seconds in Cadets category**;
- Protective approved: mouth protection, gloves, shin guards, boots, groin protector (worn under Karate-Gi, chest protection (only for girls and must be worn under the Karate-Gi);
- A helmet is not required;
- The referee sheet in the ANNEX;

#### **INDIVIDUAL AND TEAM KATA: under mixt WUKF-WFF-SKDUN Regulation**

- There are no specific deviations from the standard rules and we will have no limitation to the kata list may be used. Additionally, the ISF has broadened the scope of recognized styles to include all Japanese/ Okinawan based karate styles;
- Team kata event: no bunkai;
- Deviations from the starting point (embusen) will not be penalized;
- The preliminary rounds will be in the flag system (the referee sheet from the ANNEX). The two athletes (Aka and Shiro) will enter the tatami at the same time. The winner will be nominated the athlete who accumulated the most of the flags;
- The 8 finalists will compete in the system with notes (the referee sheet from the ANNEX). The notes from the semi-final is added to the notes from the final and will give the final ranking and the winner;
- The rule: you can't repeat the kata that you used in the previous round, it will applied. This rule is valid both in the preliminary and final rounds, for individual and team event also;

#### **FUKUGO : under WFF Regulation with Kitei kata &Ippon Shobu kumite system**

System: one round kata, one round kumite. First round will be decided according to the athletes number and the final will be kumite round;

- Kumite: Ippon shobu system – WFF Regulation (no weight categories);
- Kitei Kata: WFF Regulation;
- The referee sheet from the ANNEX will be used.

#### **ENBU: under WFF Regulation**

- Boy&Boy, Boy&Girl (Girl never attack), Girl&Girl;
- Time: 1 min +-5 seconde;
- Pay attention to the list of mandatory techniques;
- Only one Todome accepted (latest technique);
- Any unblocked technique is considered todome and is penalized;
- Any technique out of the target (or far from the target) is penalized;



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- Unrealistic combinations are also penalized;
- If it starts from Zarei, it will end in Zarei! If it starts from Seiza, it will end in Seiza;
- The referee sheet from the ANNEX will be used.

### **INDIVIDUAL KIHON KUMITE: under WFF Regulation**

- From natural stance must **step front with Gedan-barai** and start techniques from left (Hidari) stance!
- All technics are performed **4 times with Kiai at the end**.

1	Oi-Zuki Jodan	forward
2	Age-Uke/Gyaku-Zuki	backward
3	Gyaku-Zuki Chudan	forward
4	Soto-Uke /Gyaku-Zuki	backward
5	Mae-Geri Chudan	forward
6	Gedan-barai / Gyaku-Zuki	backward
7	Mawashi-Geri Chudan	forward
8	Uchi-Uke / Gyaku-Zuki	backward

- **ENTRANCE ON THE TATAMI :**
  - First a bow to each other before entering the 8m x 8m square;
  - Then both bow as they enter the martial arts court;
  - Then bow to the Shushin and judges ;
- **PARAMETERS:**
  - 4 basic parameters: form, principles (hook opening and closing). Return to the starting point and focus (don't look away while performing the technique);
  - Emphasize Chudan and Jodan techniques, (mawashi geri);
- The event will be in the flag system. The two athletes (Aka and Shiro) will enter the tatami at the same time. The winner will be nominated the athlete who accumulated the most of the flags;

### **KUMITE IPPON SHOBU (individual&team) system competition: under WFF Regulation**

- Weight categories. Weight control will be carried out in the morning of the first day of the competition, starting at 8.30 am. The maximum allowed up limit compared to the weight reference is 1kg;
- 4 athletes/team (3 athletes + 1 reserve). If the team is registered with 3 athletes and one athlete is injured, the other two can compete and the injured athlete will lose his match;
- 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 **90 seconds on Juvenil category** and **120 seconds in Cadets category**;
- Protective equipment approved: Ippon shobu gloves, mouth protection, groin protector (worn under Karate-Gi, chest protection (for girls only and must be worn under the Karate- Gi);
- The referee sheet from the ANNEX will be used.



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**IKKAIDO: under WFF- Ikkaido Regulation;**

### Celebration Categories

- **Individual Kata Celebration**
  - Age Categories: **Juvenil and Cadets;**
  - Gender: **Boys and Girls;**

### **Only for people with disabilities.**

This category is only for people with disabilities to show their ability to perform a Karate kata.

If the athlete is unable to enter the tatami or perform the kata alone, he/she can be assisted by a carrier (e.g. blind people).

### **Disability categories**

An official ISF classificatory (medical doctor) may classify athletes at the beginning of the competition.

There are 4 classification categories of disabilities for the competition:

- Wheelchair User;
- Blind and Visually Impaired;
- People with Learning and Mental disabilities (e.g. autism);
- People with physical and other disabilities;

### **Judges:**

There will be judges selected for Ikkaido competition and advices during judge course.

There will be additional instructions for IKKAIDO judges.

### **What Wikipedia says about disability:**

A disability is an impairment that maybe cognitive, developmental, intellectual, mental, physical, sensory, or some combination of these. It substantially affects a person's life activities and may be present from birth or occur during a person's lifetime.

Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations.

Disability is thus not just a health problem. It is a complex phenomenon, reflecting the interaction between features of a person's body and features of the society in which he or she lives.

*Source Wikipedia, WHO World Health Organization, Disabilities*

### **WFF - Ikkaido rules for people with disability**

#### **Article 1: Official Clothing**

Competitors and their responsible persons must wear an official uniform (Karate Gi).

#### **Article 2: Competition Area**

1. The competition area must be suitable for people with disability and equipped in such a way that dangers are excluded;
2. The competition area must have a sufficient size, allowing to perform the forms without any problems;
3. To ensure a smooth presentation of the forms a stable, plain surface is required. Usually mats for tournament are suitable.

#### **Article 3: The Organization of Kata Competition**

1. The choice of a Kata is free, it **should be from all styles**.
2. It is up to the organizer, to merge groups because of low participation. The competitors or responsible persons are expected to be part of the decision, which is to be made in the interest of the athletes.
3. The single competitions consist of single **presentations**, which are separated according to gender.



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4. It has to be distinguished between standing and seated groups. Furthermore, it has to be distinguished according to the degree of disability (up to 50%, from 50% to including 70% and from 80% to 100%).
5. It is possible, not to differentiate the degree of disability within the groups. The Kata presentations will be evaluated with flag system. At the end the participants with the lowest degree of disability (from 50% to 70% including) will get subtracted from their total evaluation. At the end of the match the best presentation will be announced.

### Article 4: Jury Committee

1. For each round, the jury (5 judges) will be appointed from the chief judges or from the ground / mat leader.
2. The judges of a kata competition should not be from the same nation, national association, district or club as one of the participants, as far it is possible.
3. In addition, administrative persons for the evaluations and announcers or speakers will be introduced.

### Article 5: Decision Criteria

Kata has to be performed with competence. A clear understanding of the traditional principles which are included in the kata must be visible. When evaluating the performance, the judges have to take into account any restrictions by each individual disability and have to pay attention to:

- A realistic demonstration of the meaning of the kata;
- Understanding of the used techniques;
- Timing, rhythm, speed, balance, impression and strength application;
- Correct, adequate respiration for the performance of the techniques;
- Correct focusing on the attention and the concentration;
- Correct positions with right tension in the legs, excluding e.g. wheel chair drivers;
- Adequate body tension, e.g., in the lower abdomen;
- Correct performance of the techniques of the demonstrated style;

The realization should also be valued in respect to other criteria, such as the degree of difficulty of the shown kata.

### Article 6: Realization of Competitions

1. The appearance of "disabilities" is so complex, that it seems impossible to satisfy all kinds of disabled athletes with their individual competition rules. The competition rules are flexible to use. Competition rules for „people with disability“ differ primarily from general competition rules by restrictions with the repertoire of forms, because the physical or the mental conditions according to the kind and degree of disability of the individuals are extremely different.
2. With reasonable doubt about the restriction due to the disability of the participant, it is up to the organizer and in agreement with the competitor or the responsible person, to withdraw the participant from the starting list. This means that competitors which are able to perform according to general competition rules, don't have to be evaluated according to this set of present rules. Decision should be made in the interest of the athletes.
3. This form set of rules was created to allow people with disability to measure themselves in competitions in the area of the Martial Arts in terms of inclusion. The set of rules should be available not only to everybody who is organizing inclusion competitions, but it is appreciated to initiate further



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competitions for people with disabilities. The only condition is, that prior to the distribution, permission is granted.

### Statement

These rules are under ongoing development and can change from event to event. They are made to enable our disabled people to show their abilities and not their disabilities. If it is necessary, we can adapt the rules according to the needs of our disabled competitors and not for a better performance or a higher level within the competition. Please help us to improve the live and the acceptance of disabled people.

### Authors

© Source and copyright:

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WFF Head of Commission for Ikkaido - people with disabilities

### KOBUDO:

The kobudo event consists of performing kata with traditional Okinawa weapons with athletes competing and being evaluated individually, with event's sections organized by age, rank and gender (women, men). Accepted traditional weapons are:

Long weapon	Short weapons
Bo	Nunchaku
	Sai
	Tonfa

### Kobudo competition organization

- Kobudo event can be organized for juvenil and cadets categories (girls and boys).
- The kobudo event can be organized as an individual event.
- In this event, the competitors must perform the compulsory and optional weapon kata.
- The kobudo event consists of a maximum of three rounds and the compulsory weapon kata must be performed in the first round.
- Top ten competitors from the first round qualify for the second round and top six competitors from the second round qualify in the final round.
- Optional weapon katas are performed in the last two rounds.
- The evaluation of the weapon kata performed in the first two rounds will be made by referees with marks (numbers) and the ranking after each round will be made according to the number of points obtained by the competitors. In the first round they will be scored with marks from 5 to 7; in the second round they will be scored from 6 to 8; in the third final round they will be scored from 7 to 9.
- The weapons kata accepted for competition are:

### BO KATA

- Intermediate category: 9 kyu, 8 kyu, 7 kyu, 6 kyu, 5 kyu, 4 kyu;

#### Tour I

- Sushi No Kon;

#### Tour II- III

- Choun No Kon Ichi;
- Choun No Kon Ni;

- Advanced category: 3 kyu, 2 kyu, 1 kyu, 1 Dan;

#### Tour I



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1. Shiromatsu No Kon;
2. Chiken Bo;

### **Tour II -III**

1. Sakugawa No Kon;
2. Shirotaru No Kon;
3. Tomari Shorotaro No Kon;

*Attention! The Bo must be hardwood and 22 mm thick. The length for children, of the Bo must be 2 palm widths above the crest.*

### **SHORT WEAPONS**

- is organised for each weapon if there are at least 4 competitors;
- if the conditions related to the number of participants are not met, the competition will be organized with all short weapons together;
- if there are several rounds a competitor may perform kata with one weapon, round two with another weapon, round three with another weapon.

#### **I. NUNCHAKU KATA**

1. Nunchaku Dai Ichi;
2. Nunchaku Dai Ni;
3. Miyazato No Nunchaku;

*Attention! The Nunchaku must be made of hardwood, according to international regulations and sized according to age.*

#### **II. SAI KATA**

1. Kyan Sai Dai Ichi;
2. Kyan No Sai;
3. Hanagusiku No Sai (Sai Dai Ni);

*Attention! The Sai must meet international regulations and the size according to age.*

#### **III. TONFA KATA**

1. Hama Higa No Tonfa;

*Attention! The Tonfa must be made of hardwood according to international regulations and sized according to age.*

### **The schedule of kobudo event**

#### **a) Start:**

- area monitors announce all athletes in the current competition category one at a time and line them up in a row in the safety zone;
- at the announcement of the area monitor, the announced athlete moves to the edge of the competition area, mid-side, and salutes;
- at the command of the chief referee (NAKAI) the athlete moves across the competition area towards the starting place;
- the competitor announces loudly and clearly the name of the weapon kata to be performed, in accordance with the category to which he belongs and with these Rules;
- after the completion of the execution, on the command of the Chief Referee (NAORE) the competitor returns to the edge of the competition area to the starting place and waits for the decision of the Referees.

#### **b) Decision:**

- after the athlete's performance, the head referee allows the assistant referees a maximum of 10 seconds to decide the result;
- after the 10 seconds, by the command HANTEI-TORIMASU-HANTEI and a long whistle signal followed immediately by a short whistle signal, he asks the referees to show their decision;
- the chief referee and second referees shall simultaneously raise the score boards with the scores awarded;
- the area monitors note down the referees' decisions;
- the chief referee signals that the decisions have been marked by the monitors with a short whistle, at which point the referees may put down the score boards;



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- if the referees' decisions have been announced with marks, the area monitors calculate the validated score;
  - the area monitors announce the validated score.
- c) End of execution:
- after the announcement of the validated result the athlete salutes and retreats next to the athletes of the same competition category.

### Scoring principles

- a) The execution of a weapon kata should not be qualified as "good" or "bad". The decision must be made by considering all the important elements in each individual case.
- b) The evaluation criteria are:
- general attitude starting from the presentation on the competition surface;
  - sequence of techniques in each weapon kata, correct techniques and positions; succesiunea tehnicilor din fiecare kata de arme în parte, tehnici și poziții corecte;
  - concentration, strength, balance and breathing.
- c) The scoring range is 5-7 first round; 6-8 second round; 7-9 final;
- d) The scoring of mistakes is divided into three categories: minor, medium and major faults.
- e) Small mistakes (deducted 0,1 – 0,2 points):
- positions: the same stance is not executed the same throughout a weapon kata and the differences are not more than 10° in orientation and/or 10 cm in length;
  - positions: the height of the same stance is not executed the same and differs by more than 10 cm;
  - technical: when executing techniques with the weapon the grip is not correct,
  - technical: the level at which a technique is executed is not always the same throughout a weapon kata;
  - style: the general attitude is not specific to the fight or is exaggerated, aggressive;
- f) Medium mistakes (deducted 0,3 - 0,4 points):
- technical: significant changes from perfect form of execution;
  - technical: incorrect foot or arm positions;
  - technical: kicks, blocks, counter-attacks not executed as required;
  - technical: techniques executed without correct extension of arms or legs;
  - technical: improper speed of execution of techniques (too fast or too slow);
  - technical: lifting of the supporting leg when executing a leg technique;
  - technical: improper placement of grips on the weapon;
  - positions: visible mistakes in the execution of positions, greater than those mentioned under 'Small mistakes';
  - positions: differences in level between similar positions such as zenkutsu dachi - shiko dachi etc;
  - style: the general rhythm of execution of a weapon kata is not correct;
  - style: fast and slow passages are not obvious;
  - the place where the execution of the weapon kata is finalized does not correspond to the specific place of each weapon kata;
- g) Major mistakes (deducted 0,5 – 0,6 points):
- technical: changing the level at which a technique is executed (e.g. the execution is at JODAN level and it should have been executed at CHUDAN);
  - technical: absence of KIAI;
  - technical: the grip is dropped from the weapon with one hand;
  - positions: large variations in length and height of the same position. tehnice: schimbarea nivelului la care este executată o tehnică (de exemplu execuția este la nivel JODAN și aceasta trebuia să fie executată la CHUDAN);

- h) Disqualification:
- alters the form of a weapon kata;
  - performs a different weapon kata than previously announced;
  - changes techniques, sequences or directions in execution;
  - drops the weapon;
  - touches the floor with the weapon;
  - competitor falls;
  - stops execution.

### Scoring principles

- a) The calculation of the score with marks shall be made according to the following method: from the five marks awarded by the referees, the lowest and the highest marks shall be disregarded and the remaining three marks shall be added together;
- b) In the case of a tie between two competitors, the lower mark of each shall be taken into account. Add the four marks;
- c) If the two candidates are still tied, the higher mark is taken into account. Add the four marks;
- d) If the results are still equal, the two competitors must perform another weapon kata from the list of the level of the competitor;
- e) The resolution of the tie is important in the first two rounds, when the decision of the referees is made with marks.
- f) The calculation of the final result and ranking is done as follows:
  - the competitors in the first six places in the second round are taken into account;
  - the valid scores of the first two rounds are added to the final round, the competitors with the highest score in descending order will take the first, second and third place.

### OFFICIAL DRESS

1. Competitors and their Coaches must wear the official attire as herein defined.
2. The Referee Commission may disbar any official or Competitor who does not comply with this regulation.

### COMPETITORS



1. Competitors must present the athlete ID card attesting to the ranking/belt;
2. Competitors must wear a white karate gi. The stripes, piping or personal embroidery it will be allowed and may not exceed an overall size. The ISF emblem (photo) will be worn on the left breast of the jacket and may not exceed an overall size of 12 cm by 8cm. 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 white belt. The **red** and **white** 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 white color, without any personal embroideries or advertising or markings other than the customary label from the manufacturer.
3. Notwithstanding paragraph 1 above, the Executive Committee may authorize the display of special labels or trademarks of approved sponsors.
4. The jacket, when tightened around the waist with the belt, must be of a minimum



# KARATE

## TECHNICAL RULES AND REGULATIONS

- 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.
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. 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.
  6. 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.
  7. 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.
  8. Competitors may use ISF Approved religiously mandated head-wear: A black plain fabric head scarf covering the hair, but not the throat area.
  9. 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.
  10. The following protective equipment is compulsory:
    - 10.1. ISF approved mitts, one Competitor wearing **red (Aka)** and the other wearing **white (Shiro)**.
    - 10.2. Gum shield.
    - 10.3. ISF approved body protection (for all Competitors) plus chest protector for female Competitors.
    - 10.4. ISF approved shin pads, one Competitor wearing red and the other wearing white.
    - 10.5. ISF approved foot protection, one Competitor wearing red and the other wearing white.
    - 10.6. ISF approved gloves for ippon shobu kumite system.
    - 10.7. Groin Guards are not mandatory but if worn must be ISF approved.
  11. An athlete can participate in **Individual Categories** only in his age category. If he/she participates in **Team Category** for an older age group, he cannot participate in the same Team Category in his age group, but individual can.  
Example: one juvenil athlete can participate in individual categories for juvenil.  
He can participate in team kata for cadets. In this case he cannot be part of team kata juvenile;
  12. 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;
  13. The wearing of unauthorized apparel, clothing or equipment is forbidden;
  14. All protective equipment must be ISF approved;
  15. It is the duty of the Match Supervisor to ensure before each match or bout that the Competitors are wearing the approved equipment;
  16. The use of bandages, padding, or supports because of injury must be approved by the Referee on the advice of the Tournament Doctor;
  17. The Competitor must wear a single belt. **This will be red for AKA and white for SHIRO.** Belts of grade should not be worn during the bout.
  18. Gum shields must fit properly.
  19. 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.

### COACHES

- Coaches shall at all times during the tournament, **wear the sport tracksuit of their National Sport School Federation** and display their official identification. Coaches may wear ISF Approved religiously mandated headwear for Referees and Judges.

### REFEREES

The referees official uniform will be as follows:



- A blue navy suit coat and gray trousers without turn-ups;
- A white shirt with short sleeves;
- An official ISF tie (blue navy & golden stripes) worn without tiepin;
- ISF Karate logo (photo) embroidery (10 cm) in the left side of the jacket;
- A black whistle;
- A discreet white cord for the whistle;
- 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;
- 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.
- The registration for athletes and technical staff will be used at this competition in ERAS (ISF software) and in SportData software.

### 6. PROTESTS AND APPEALS

**Appeals regarding the results of the athlete on the tatami are made only by the coach, immediately, after the event is finished and the athlete it is still on tatami. For all appeals the video recordings are mandatory and will be provided by the person making the appeal.**

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

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

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.








### IMPORTANT!

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

# KARATE

## TECHNICAL RULES AND REGULATIONS

### KUMITE PROTECTIONS

PROTECTIONS	IPPON SHOBU	SANBON SHOBU
Gum shields	Red – White (all labels) 	Red – White (all labels) 
Gloves	Only White (all labels) 	Red&White (all labels) 
Chest protector		White (all labels) 
Shin pads		White&Red (all labels) 
Foot protector		
Groin Guards		For Girls&Boys(all labels) 





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