**The basic issues of the rules of conducting the competitions in sport contact karate**

**(koshiki karate)**

**1 Kinds of competition programs (exercises) in sport contact karate**

-KUMITE – a sport single combat between two competitors who use technical-tactical arsenal of karate, recommended by accepted official rules of competitions. There are two types of kumite in SCK – individual and team. Kumite competitions are held separately among men and women.

-KATA – an individual performing of formal exercise with imaginary opponents according to a strictly set form, accepted in that style of karate and containing the idea of a real fight. Kata competitions are also held separately among men and women. Mixed competitions are not allowed.

-KATA-BUNKAI-KUMITE – demonstration by a team of sportsmen (usually three members) of a program (prepared in advance) of technical-tactical elements –interactions of the members of the team following the form of the kata, accepted in that style of karate and containing the idea of a real fight. Competitions in KATA-BUNKAI-KUMITE are not held separately among men and women- both one-sex and mixed teams are admitted.

**2 Ways of** **conducting the competitions in sport contact karate**

Ways of conducting the competitions in KUMITE

- Competitions in KUMITE are held only in one way – dropping out after the first defeat. In the final two participants (teams) who haven’t lost any fight meet and fight for the first and second place. The participants (teams) who have lost to the members of the final fight meet and fight for the third and the fourth places in the additional fights.

Ways of conducting the competitions in KATA and KATA-BUNKAI-KUMITE

-Competitions in KATA and KATA-BUNKAI-KUMITE are held in two stages.

-Six best participants (teams) are determined by the results of the first round of competitions. By the results of the second round the winner, the prize-winners are determined and the places among other sportsmen are distributed.

**3 The program of competitions**

The program of competitions in individual kumite

- Competitions in individual kumite in all weight categories both among men and women are held according to the system of sebu-ippon (till one ippon). The sportsmen who gets during the fight “ippon” or more points “waza-ari” wins.

-The end in a draw (hiki-waki) is not allowed in individual kumite

The program of competitions in team kumite

-- Competitions in team kumite in all weight categories both among men and women are held according to the system of sebu-ippon (till one ippon). The sportsmen who gets during the fight “ippon” or more points “waza-ari” wins.

-- In team kumite, in contrast to individual, some fights can end in a draw (hiki-waki)

The program ofcompetitions in KATA

Competitions in KATA are held only according to the obligatory program. The participants must demonstrate only those kata which are officially accepted by the World Koshiki Karate Federation –WKKF. It concerns both rounds of competitions.

-In each round of the competitions the participants demonstrate different kata. It isn’t allowed to do the same kata twice.

The program ofthe competitions in KATA-BUNKAI-KUMITE

- Competitions in KATA-BUNKAI-KUMITE are held only according to the obligatory program. The participants must demonstrate programs only on the basis of those kata which are officially accepted by the World Koshiki Karate Federation –WKKF.

- It concerns both rounds of competitions.

--In each round of the competitions the participants demonstrate programs on the basis of different kata. It isn’t allowed to do the program on the same kata twice.

**4 The suit, individual protectors and the appearance of the participants.**

The suit of the participants.

- The participants of the competitions must be barefooted and have a suit of a special design – KARATEGI, approved by WKKF and made from thick cotton cloth of white colour with stripes of red and black colour without any edgings or other stripes. The suit consists of a jacket, trousers and a belt. Sportsmen in karategi of white colour are also allowed to take part.

-The participant’s karategi can have only labels of the manufacture and the emblems allowed by the Federation - the emblem of the SCK Federation, the emblem of World Koshiki Karate Federation –WKKF, the emblem of the club or the organization the participant represents (for the members of the national team – the emblem of the country)

individual protection

-In the competitions in sport contact karate in Kumite competition program the following protectors are used:

-A set of protective equipment consisting of a helmet to protect the head and the face and the chest protector to protect the body. They are approved by sport contact karate Federation as

protective equipment.

-Gloves with soft filling (for boys before 14 and girls before 18) and gloves without any filling (for boys older than 14 and girls –older than 18)

-protective covers for legs (only for girls before 13 – covering shin and instep, for girls older than 14 –protecting only shin)

-groin protector

-boxing teeth protector

All above mentioned protectors except boxing teeth protector are obligatory.

**5 Rules of judging**

Kumite

The referee brigade

-The referee brigade consists of an arbiter, a referee and two judges.

-The referee is a judge on the fighting ground, the judges – are side judges, situated outside the fighting grounв

Evaluating the technical activities

-Using of the strike technique and elements of wrestling while standing in a stance and on the floor.

-Only blows delivered with hands and feet in the protective equipment are evaluated.

-The blows must be delivered with contact but be controlled at the same time.

-The blows in the back of the head and the back must be only shown (without any contact)

-The wrestling technique (throws, hacks) is an addition to the striking technique and can be performed in combination with other movements, but it isn’t evaluated in this case (except strangling and pain-causing movements)

-Kicking opponent’s legs (low kicks) are allowed only when they are performed in combination with other elements; single or chaotic kicks on opponent’s legs are not allowed.

-Thu number of blows which was effective in one attack is evaluated. It does not matter in what competitional situation a sportsmen was- whether he was attacking or counterattacking; all the points earned are added for both sportsmen.

Giving a point

-One point (waza-ari) is given for an effective punch with a hand in the head or body.

-Two points (waza-ari) are given for an effective kick in the head or body.

-A sportsman is punished with a penalty point for getting out of the fighting ground. The number of these penalty points in one fight is not limited.

-If a sportsman breaks competition rules he at first gets an oral warning, if he does it again – he gets a warning and a penalty point(waza-ari), and if he breaks the same rule again – he is disqualified.

-In case of serious violations of the rules a sportsman can be given a warning without an oral warning first, in some cases he can be disqualified.

Determining the winner.

“Clear” victory – “ippon”

-when, as a result of a blow or series of blows, a sportsman is not able to continue the fight.

-after a strangling or a pain-causing movement

-after an effectively performed series of technical elements evaluated as 5 points “rendzoku-waza” and the opponent didn’t do anything in return.

-as a result of the opponent’s disqualification.

Victory by points earned by the time of the fight is up.

Victory when the opponent doesn’t turn up.

**Kata and kata-bunkai kumute**

The sportsman (team) which gets more points for the competition program performed is awarded victory.