



Koshiki PanAmerica

Shiai Rules

The responsibilities and main objectives of the officers are:

- ✓ To insure, to the best of their ability, the safety of the contestants;
- ✓ To interpret and in force the rules of a contest in a focused, accurate and impartial manner;
- ✓ To perform their duties with respect, dignity and professionalism;
- ✓ To act as role models and ambassadors for the organization which they represent.

1) MATCH AREA (SHIAIJO)

- 1.1 The match area (*shiai*) shall have a flat surface and will, in principle, be surfaced with Tatami, or equivalent. The area is to be provided with proper hazard prevention measure.
- 1.2 The size of the *shiai* including the warning zone shall, in principle, be 9 square meters. It shall be no less than 7 square meters.
- 1.3 As general rule, all the line markings on the floor shall be in distinct white and shall be 5 cm in width. The warning track shall have a minimum width of 1 meter, marked by a red line or *tatami*.
- 1.4 All measurements shall be made between the outer sides of the lines.
- 1.5 Two parallel lines perpendicular to the front sideline, each one meter long, shall be drawn at a distance of 1.6 m from and on both sides of the centre point of the *shiai*. These lines shall be the standing lines for the contestants.
- 1.6 A 0.5 m long line shall be drawn parallel to the backside line, two meters away from the centre point. Towards the backside line. This line shall designate the regular position of the referee.
- 1.7 The record keeper(s) shall, as the rule, be seated at the front side of the *shiai*, facing the referee, and at least 1.5 m away from the limit of the *shiai*.
- 1.8 The arbitrator will be seated in the front side of the *shiai*, such as indicated on the layout in Appendix B
- 1.9 The coach's boxes will be on each side of the *shiai*, with their respective team.
- 1.10 Each of the judges shall be positioned 0.5 m away from the corner of the match area (refer to the layout in Appendix B). Where technically difficult due to floor layout, this Rule may be circumvented.
- 1.11 The red/white distribution shall be red (*aka*) to the right and white (*shiro*) to the left from the referee's perspective (refer to the layout in Appendix B).
- 1.12 Participating contestants shall be positioned according to the diagram shown (refer to the layout in Appendix B). No alternation to this order may be made once the match has begun.

2. OFFICIAL ATTIRE

- 2.1 The contestants shall wear a clean, white *Karate dogi*. Crests are optional.
- 2.2 There should be only one crest on the chest, on its left hand side. There should be only one crest on one shoulder.
- 2.3 The jacket when tightened around the waist with belt must be of an even length covering the hips.
- 2.4 The length of the sleeves must not only cover the elbows, but also cover at least half of the forearm.
- 2.5 The length of the pants shall cover at least 3/4 of the skin down from the knees.
- 2.6 The length of the belt from knot to end shall be no less than 15 cm.
- 2.7 The red and white strings that contestants will wear for a kumite match must be approximately 5 cm wide and of a length sufficient to allow 15 cm of length to hang from the knot at both ends. They must be distinctly colored, one red and one white, so as to be easily identifiable during the match. This requirement shall be waived when red and white face protectors are available.
- 2.8 Hair should be clean and should not interfere with the safety of the competition. The referee can, under certain circumstances with the approval of the Chief Referee, declare a competitor who violates this Rule to be disqualified.
- 2.9 Referees, judges and arbitrators shall wear clean white *karate dogi*. In addition, a black *hakama* shall be worn over the *karate dogi*. No footwear of any kind is to be worn in the *shiai*.

3. PROTECTIVE EQUIPMENT (BOGU)

- 3.1 All contestants are required to wear *shiai* protectors sanctioned by Koshiki Pan- America, consisting of the main body protector (*do*), face protector (*men*) and groin guard (*kin-ate*). Shin guard are optional and must be sanctioned by Koshiki Pan-America.
- 3.2 The use of any type of supporting bandages or protectors by contestants is strictly forbidden unless prior permission has been sought from and given by the proper tournament authority. The use of such devices will normally only be allowed for medical reason. A decision of the tournament chief medical officer shall be regarded as final.
- 3.3 Hands covering to protect the skin from the cuts are permitted. Koshiki Pan-America should sanction the models accepted.

3.4 All contestants may wear official mitts.

3.5 The use of a mouth guard is highly recommended.

4. MATCHES (SHIAI)

4.1 The types of *shiai* shall be as follows:

- Individual *shiai*
- Team *shiai*

4.2 The *shiai* shall be decided by *shobu ippon*.

4.3 Team Competition

- a) The number of persons composing a team shall be an odd number.
- b) A team *shiai* shall be considered complete if minimums of 2 out of 3 or 3 out of 5 contestants are present for the match. Wins of two out of three matches or three out of five matches shall end a team *shiai* in a championship tournament.
- c) *Shiai* (“*shobu ippon*”) between members of each team shall be held in a predetermine order and the winning team shall be decided on the basis of these individual *shiai*.
- d) The order of the *shiai* for each member of the team cannot be changed once the official order list has been submitted. In case a recorded member fails to show up to his fight, he/she shall automatically be awarded *kiken*, and the opposing contestant shall be the winner.
- e) There shall be one method of conducting a *shiai*, being the “number of winners’ method”.

In the “number of winners method”, the winning team is the team which has had the greatest number of winning contestants. If both teams have an equal number of winning contestants, the following criteria will be used. Firstly, the number of *ippon* each team has been awarded. Victory through a foul or disqualification is counted as *ippon*. If there is still a tie, the number of *waza- ari* awarded shall be compared.

- f) If the final points are still equal, a final deciding *shiai* shall be held between two chosen representatives of the contending teams. In case the deciding *shiai* exceeds two rounds, another member of the team shall replace the representatives of each team.
- g) No competitor may compete in more than two successive *shiai*. Once withdrawn, a contestant shall not compete again until the entire team has competed.
- h) Failure of an individual or the team to arrive on time for the opening ceremony of the tournament may result in disqualification (*shikkaku*).
- i) If a team or individual fails to attend a tournament after sending in an application, the executive Board may bar that team or individual from future events.

- j) Competitors attempting to compete without having completed the appropriate application procedures may be refused.

4.4 Weight categories

Men

Lightweight	Less than or equal to 63 kg
Middleweight	Greater than 63 kg or equal to 73 kg
Cruiserweight	Greater than 73 kg or equal to 82 kg
Heavyweight	Greater than 82 kg or equal to 93 kg
Super Heavyweight	Greater than 93 kg

Women

Lightweight	Less than or equal to 54 kg
Middleweight	Greater than 54 kg or equal to 61 kg
Cruiserweight	Greater than 61 kg

If there is nobody or very few people in a weight category, competitors may choose to go in the upper weight category.

The correct composition and order for team events is as follows:

- Men: Lightweight, Middleweight, Cruiserweight, Heavyweight and Open weight.
- Women: Lightweight, Middleweight, and Open weight.

5. **ARBITRATOR, JUDGE AND REFEREES**

5.1 1 center referee and 2 judges who are certified by Koshiki Pan America and the appropriate committee make the judgement of the shiai.

5.2 The referee is the only one who can take decisions during the match. Only the Chief referee can modify a decision when he is called.

5.3 The Arbitrator's main responsibilities are: to ensure that the players are safe, and treated with respect, that the rules of the contest are administered fairly, impartially, and the officials conduct themselves in a

dignified and professional manner. The arbitrator is considered to be an integral part any officiating team he/she serves as an advisor/mentor to the officials on the team and acts as a liaison between the refereeing team and the Chief Referee of the Tournament.

5.4 The Arbitrator is responsible for the conduct of the minor officials (score keepers, time keepers). The arbitrators must ensure that the score and time of the match is accurate, that the player draw and matching is follow according to the sanctioned list. The arbitrator also confirms that the contestants are dressed in the proper combat equipment, prior to entering the contest area.

The arbitrator is to be included in any meetings or discussions that the referee requires. His/her opinions are to be respected and considered, however the arbitrator is not part of the decision-making, or judgment process and has no vote. Any final decision is the sole responsibility of the referee.

5.5 Protest. The arbitrator is responsible for the receiving of protests after a match is completed.

5.5.1 The arbitrator is responsible for providing to the Chief Referee in writing, any official protests. The final report must be witnessed and signed by both the Referee of the match and the Arbitrator of the match.

5.5.2 The arbitrator is required to report to the Chief Referee, either verbally or written any infractions or discrepancies by an officiating team during their participation of a contest.

5.6 Stopping a match. The arbitrator may signal the match referee for a stoppage, if he/she observes or is informed of a problem with safety, score/ time- keeping.

The arbitrator signals the referee for a stoppage by standing while raising his/her, open right hand, palm facing forward, with the arm straight up overhead. The referee is then required to stop the match. The arbitrator and the referee meet at the edge of the *shiai* to consult. After which the referee and the arbitrator return to their positions and the referee renders his decision. He may call for further consultation with his entire officiating team.

5.7 Arbitrator Availability. In the advent that that there is a shortage of arbitrators available to officiate match, at least one arbitrator needs to be available for the entire tournament.

5.8 Qualifications. The arbitrator participation to Koshiki seminars and championships must be conformed to the requirements specified by the Rule committee.

6. PROTOCOL FOR OPENING A SHIAI DIVISION

6.1 The referee (*Shinpan*) summons his officiating team: arbitrator (*Kansa*), red side judge (*fukushin aka*), white side judge (*fukushin shiro*). The referee and arbitrator enter the combat area (*shiai*), bow (*rei*) toward the front (*shomen*) and announce their entrance (*nyujo*).

Then the judges enter the combat area in the same fashion and join the referee and arbitrator in a straight line facing *shomen* (see Appendix A).

6.2 The referee calls the officiating team to attention (*kiyotsuke*) and says, *shomen –ni- rei* (bow to the front). The referee and arbitrator turn to face one another, bow and return to their former position. The judges then step forward and turn to face each other. On the command “*shin pan-ni-rei*” the judges turn to face

the referee and arbitrator, and the team bows to one another. The judges then step back into their former position facing the front.

When the competition is finished and the contestants have been dismissed the officials follow the above bowing ritual in reverse order.

- 6.3 The referee calls for the competitors to assemble, fully dressed for combat, holding their helmet in their left hand, under their left arm pit with the face protector facing forward.

The competitors gather at their assigned sides, red side (aka) on the referee's right hand side, the white side (*shiro*) on the left hand side of the referee.

- 6.4 The referee signals the contestants to step into the combat area (*shiai*). Each contestant enters, says "*nyujo*" (I am entering), and performs a formal bow towards his opponent on the opposite side of the *shiai*. Both sides assemble in a straight line, shoulder to shoulder, facing the opposing side.

On the referee's command, "*kiyotsuke*" both officials and contestants come to attention. The referee then commands, "*Shomen-ni-rei*", the contestants then turn to face the front and both officials and contestants bow. The referee then commands, "*shinpan ni rei*", the officials and contestants bow to each other. The referee then commands "*otagai ni rei*" contestants face each other and bow). The referee signals the contestants that they are dismissed. Contestants then perform a formal bow, say; "*taijo*" (I am exiting), break- ranks, and exit the *shiai*.

- 6.5 The referee requests the officials go to their respective positions. The judges, step forward, turn inward to face the referee, bow and leave to take up their judging positions. The referee and arbitrator turn to face each other and bow. The arbitrator then leaves to take up his position.

- 6.6 When the final match is completed, the referee will summon the officiating team to join him to formally close the competitive division and to formally dismiss the competitors.

When the completion division is completed, the referee calls for all the contestants to assemble in their original lines, minus their armour. The protocol and salutations are once again performed but in reverse order.

Once the division closing rituals are completed and the contestants have left the area, the officials begin to exit. The judges step forward and turn in to face the referee, bow and say, "Arigato". Next, the arbitrator turns to face the referee, bows and says, "Arigato". Each official leaves the *shiai* saying, "*taijo*" followed by a bow towards *Shomen*.

7 CONDUCT OF SHIAI

- 7.5 When the referee calls "*nyujo*", the contestants waiting to compete in the next match shall bow and enter the *shiai*, taking up their positions to the prescribed lines. They shall then bow to the referee (*shinpan ni rei*) and then to each other (*otagai ni rei*). The match shall commence on the referee's command of "*shobu ippon hajime*".

- 7.6 When the referee gives the call "*yame*", the contestants will stop and return to their prescribed positions (*moto no ichi*), to await a score from the referee. They shall continue the *shiai* on the referee's command of "*tsuzukete hajime*".

When the match has expired, the referee announces “yame sore made” and the contestants shall return to their prescribed positions (*moto no ichi*) to await the referee’s decision. If a winner is declared, the contestants shall bow to each other, to the referee and then shake hands with each other. Then the competitors will exit the *shiai* walking backward (*taijo*)

8 TIME (SHIAI JIKAN)

8.1 Men *shiai* contest time shall be three minutes. Women *shiai* contest time shall be two minutes. *Shiai* contest time shall begin from the referee’s signal to commence. Time spent in discussion amongst the referee and the judges, or in relation to an injury, shall not be included in the *shiai* time. The referee to stop the counting of *shiai* time must call the command “jikan”.

8.2 When there are 30 seconds remaining in the match the timekeeper shall announce “*ato san-ju byo*”, to which the referee shall respond by announcing “*ato shi-baraku*”.

8.3 An *encho-sen* (first extension) of one minute shall be staged if no decision is reached. Prior to the extension, the contestant will be given a 30 second rest period.

8.4 If no conclusion is reached after the *encho-sen*, a *sai encho-sen* (final one minute extension) shall be granted. The *sai encho-sen* shall take the form of *sagidori*, in which the first point scored (*ippon* or *waza-ari*), from technique or foul, shall determine the winner. Only one *sai encho-sen* will be permitted. If no point is scored, the judges must indicate a decision.

8.5 A valid technique executed simultaneously with the stop time shall be counted. No technique executed after the referee has signalled “*yame, soremade*” shall be counted.

9 VICTORY AND DEFEAT

9.1 Victory or defeat shall be awarded on the basis of: a) *ippon*; b) the greatest number of *waza-ari*; or c) decision of defeat due to a foul or disqualification.

9.2 When a contestant is leading by 7 *waza-ari*, the match will be stopped and he will be declared the winner.

9.3 Areas of attack are:

- a) Contact to *jodan* (face protector) must be light and controlled; (the technique must be pulled back as soon as the fist or the foot touches the face protector).
- b) Contact to *chudan* (chest protector) must be accurate and powerful;
- c) Non-contact techniques executed to an area of the head not protected by the face protector or of the torso not protected by the chest protector will be awarded a single *waza-ari*.

10 CRITERIA FOR DECIDING AN “IPPON” (FULL POINT)

10.1 An *ippon* is a winning single full point. It is awarded when an accurate and powerful punch (*tsuki*), kick (*keri*) or strike (*uchi*) is executed to the chest protector including the following conditions: perfect timing, good balance, adequate distancing (*maai*).

- 10.2 An *ippon* may be awarded when a throwing or a sweeping technique is followed by a valid non-contact technique to *jodan* or a valid contact technique to *chudan*.
- 10.3 In the case of a competitor ending up on the floor, face down and defenceless, after a sweeping or a throwing technique, a legitimate non-contact technique will be awarded an *ippon*.
- 10.4 A sequence of three (3) uninterrupted scoring techniques (*renzoku waza*) shall be awarded “*ippon*”. They may include controlled techniques to *jodan*.
- 10.5 Techniques delivered outside the prescribed *shiai* shall be invalid. If, however, the attacking contestant is entirely within the boundary at the moment of scoring a technique, it shall be considered valid.

11 CRITERIA FOR DECIDING A “WAZA ARI”

- 11.1 The criteria for deciding a *waza-ari* (one point) are the same as those for deciding an *ippon* (rule 10.1), except that the techniques are judged to be less than perfect in execution. Such techniques must in all other ways be comparable to an *ippon*.
- 11.2 An accurate technique to *jodan* will be awarded 1 *waza ari* when the contact is done on the legitimate scoring target with *no more than a 3 cm* follow through with an *immediate* retraction of the sticking technique.
- 11.3 Kicking techniques (*keri-waza*) to *jodan* shall be counted as two (2) *waza-ari*.
- 11.4 Kicking techniques (*keri-waza*) to *chudan* shall be counted as one (1) *waza-ari*.
- 11.5 Techniques scored simultaneously by both contestants (*ai-uchi*) shall be awarded a *waza-ari* to each contestant. At the exception of if one of the contestants or both scored with a (*keri-waza*) to *jodan* he/she or both should be awarded (2) *waza-ari*.

12 PROHIBITED ACTS AND TECHNIQUES

The following acts and techniques are prohibited in *shiai*:

- (a) Contact to unprotected areas;
- (b) Striking while holding the equipment;
- (c) Contact to the groin area;
- (d) Excessive contact to *jodan*, i.e. contact without correct, immediate pullback;
- (e) Unnecessary grabbing, clinching and bodily crashing against the opponent;
- (f) Any unsportsmanlike like or discourteous behaviour, such as name-calling, provocation and unjustifiable utterances;
- (g) Kicking techniques executed to the legs. However, foot sweeping techniques are allowed, provided that they are immediately followed by another valid attacking technique;

- (h) Elbows strikes to the head (*jodan hiji ate*)
- (i) Knee kicks to the head (*jodan hiza geri*)
- (j) Any stalling or avoiding of competition;
- (k) Any stepping or moving outside of the designated *shiai*jo;
- (l) Making contact to the area of the ear.

13 PENALTY AND DISQUALIFICATION

- 13.1 When a contestant demonstrates a lack of control, which could lead to a prohibited act, or has just done so, the referee shall give him/her a warning or a penalty.
- 13.2 When a contestant, after having once been officially warned (*keikoku*) repeats prohibited techniques, the referee will penalize the player by giving him a *hansoku chui* and awarding a *waza-ari* to the opponent. He may also penalize the player by giving him a *hansoku* and awarding an *ippon* to the opponent who will be awarded the match. If a prohibited technique is still repeated after a *hansoku chui* has been given or if an act is committed, the player may be given a *hansoku* and the opponent will be awarded the match.
- 13.3 In the event that a contestant actually violates the Rules by executing a prohibited technique, the referee may give a *hansoku* or *hansoku chui* or *shikkaku*, as deemed necessary.
- 13.4 In the event that a *hansoku* is given, the offending contestant may be removed from the tournament. In the event that a *shikkaku* is given, the offending contestant may be also face exclusion from future events, at the discretion of the Referees' council.
These acts are:
- (a) Being deemed to be acting maliciously, wilfully violating the rules;
 - (b) Failing to obey the instructions of the referee;
 - (c) Becoming overexcited, to the extent that the contestant is showing dangerous behaviour towards his opponent.
- 13.5 If a contestant is deemed by referee and judges to be stalling or avoiding competition, or has lost his will to compete, he/she will be given a warning (*mukogeki keikoku*). Following the reprimand, the offending contestant must deliver an attack within ten seconds, after which a *mukogeki chui* shall be awarded and a *waza-ari* awarded to the opponent, if no attack is executed.
- 13.6 If a contestant crosses the outside line of the contest area with both feet, he/she shall be given a *jogai keikoku*. At the second offence, he will be given a *jogai chui* and a *waza-ari* shall be awarded to the opponent. There is no limit to the number of *jogai chui* that may be awarded during a match.
- 13.7 In the event that a contestant is pushed, hit or thrown out of bounds, a *jogai chui* shall not be awarded. If it is deemed that a contestant deliberately pushed an opponent out of bounds, a *hansoku chui* shall be awarded, and *waza-ari* awarded to the opponent.

14 INJURIES OR ACCIDENTS DURING THE SHIAI

- 14.1 If a contestant suffers any injury, minor or disabling, which is not as a result of foul and requests permission to quit or is unable to continue due to injury sustained or other reasons, *kiken* is declared and his/her opponent shall be awarded *ippon* and will be declared the winner.
- 14.2 If a competitor is injured he has two minutes to resume the match. After two minutes he will be declared unable to continue (*kiken*) and this opponent will be awarded the match. If he continues the match and the same injury requires stopping the match a second time, he will then be declared unable to continue (*kiken*) and this opponent will be awarded the match.
- 14.3 A contestant will not be permitted to continue if declared unable to continue by a medical officer, his/her opponent shall be declared the winner.
- 14.4 During a match, if a player wishes to abandon the contest, he is required to step out of the *shiai*jo.

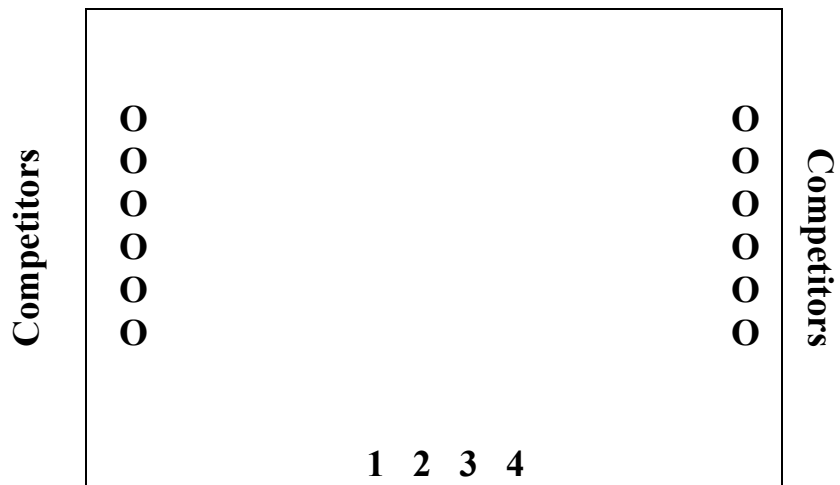
15 PROTEST AND OTHER MATTERS

- 15.1 Contestant may not protest to the referee and/or judges in relation to any decision(s) rendered.
- 15.2 Coaches may protest to the arbitrator after the match has been completed. Coaches may not talk, scream, or communicate with the referee, judges, or contestants during the match.

16 MISCELLANEOUS RULES

In the event of a situation not foreseen in these rules, or in case that there is doubt about the applicability of these rules to given situation, the judges, the referee, the arbitrator and chief referee shall consult amongst themselves to find a suitable solution.

APPENDIX A: THE OPENING A MATCH



1 & 4: (corner) judges; 2: referee; 3: arbitrator

Shomen

APPENDIX B

TERMS AND SIGNALS USED BY REFEREE AND JUDGES

TERM	MEANING	DESCRIPTION OF THE SIGNALS
FORMAL SALUTATIONS		
Shomen ni Rei	Bow to the front	The referee pushes his/her hands palms outwards at face level, towards the <i>shomen</i>
Shinpan ni Rei	Bow the referee	The referee turns his/her palms inwards, bringing them in towards himself/herself
Otogai ni Rei	Bow to each other	The referee motions the contestants to bow to each other by brings his/her arms up, with the hands extended in front of his/her, chest, palms facing one other then, tilting the hands in toward one another, in one motion.
COMPETITORS ENTER AND LEAVE THE SHIAIJO		
Nyujo	Enter the contest area	The referee points at the contestants, palms inwards and signal them to enter the shiaiyo
Taijo	Leave the contest area	The referee extends his hands out to the sides, palms outwards
Suwatsute	Sit	The referee pushes his palms downwards towards the floor
Tatsute	Stand up	The referee lifts his hands from low to high, palms upwards
STARTING, STOPPING, CONTINUING AND ENDING THE MATCH		
Shobu Ippon Hajime!	Start the match	Referee stands at attention on the prescribed spot and gives the command to start the match.
Yame!	Stop	The referee makes a vertical cutting motion downward (<i>shuto</i>) with his hand
Moto No Ichi	Original position	Contestants and referee return to their original positions
Tsuzukete Hajime	Continue the match	The referee points his hands toward the competitors (<i>jodan</i> level) and then brings his hands toward each other in a chopping motion.

Ato shibaraku	Little time remaining	Announced by the referee when the timekeeper signals that there are 30 seconds remaining
Jikan	Time	Instruction to the timekeeper to stop the time, accompanied by the hand signal “T”.
Soremade	That is all (end of the match)	Referee pushes one hand forward to the front, palm facing outward, in front of his face.
AWARDING POINTS AND VICTORY		
Shiro/Aka ippon	One full point <i>Ippon</i> for white/red	<ul style="list-style-type: none"> • Referee raises one hand upwards into a vertical position. • Judges raise one flag upwards.
Aka or Shiro Waza-ari	Point	<ul style="list-style-type: none"> • The referee signals with his hand to the side of the contestant scoring, indicating the number of points. • Judges raise their flag to the side of the contestant who has just scored.
Ai-uchi waza-ari	Simultaneous technique scored by both players	<ul style="list-style-type: none"> • Referee’s fists impact in front of the chest, and then the hands signal the waza-ari value. • Judges poke flags in front of the chest, and then signal the waza-ari by extending flags to the side.
Shiro/Aka kiken, aka/shiro no kachi	Renunciation by white/red, victory to red/white	Referee points to the position of the renouncing opponent, then awards victory to the opponent
Hantei torimasu	Judgement	Referee requests the judges to flag their decision with a long-short whistling action, followed and by a short whistling action to put their flags down.
Hikiwake	Draw	<ul style="list-style-type: none"> • Referee crosses his arms over the chest, and then brings them down with the palm of hand showing to the front. The arms are stopped in a low, half open position • Judges cross their flags over the head and then brings them down.
Encho-sen	Extension	Match reopened with the command “encho-sen hajime”

Sai encho-sen	Final extension	Match reopened with the command “sai encho-sen hajime”
Aka/Shiro no kachi	Victory for red/white	<ul style="list-style-type: none"> • Referee raises one arm high in oblique direction. • Judges raise one flag high in oblique direction.
EXPLANATIONS FOR POINTS NOT AWARDED		
Maai	Distance not sufficient	<ul style="list-style-type: none"> • Referee punches toward an open hand in front of his chest, but stops short of impact with the hand • Judges point their flags straight out parallel to the floor and repeatedly move the flags toward and away from each other stopping short of contact.
Nukute masu	Off target attack	<ul style="list-style-type: none"> • Referee punches across his body at mid level (<i>Chudan</i>). He punches over his shoulder past his head (<i>Jodan</i>). • Judges move the point of the flag stick across in front of their chest and parallel to the floor (<i>Chudan</i>) or backwards and over the shoulder (<i>Jodan</i>).
Torimasen	Technique not acceptable	<ul style="list-style-type: none"> • Technique not accepted as effective; arms crossed before the body and are brought down to half-open position with the palms downwards. • Judges repeatedly cross their flags before the knees.
Ukete mas	Blocked technique	<ul style="list-style-type: none"> • Referee strikes one forearm into the other in front of his chest. • Judges point one flag forward and parallel to the floor, and strike it with the other in a downward motion.
Yowai	Weak attack	<ul style="list-style-type: none"> • Referee repeatedly presses downward toward the floor with an open hand, parallel to the floor. • Judge points a flag straight out and parallel to the floor and repeatedly motions downward with his flag

WARNINGS AND PENALTIES		
Keikoku	Warning with no penalty (no point)	Judges point one flag forward, (aka or shiro) making small circles.
Hansoku chui	Penalty for a foul	<ul style="list-style-type: none"> • Referee points to the face of the offender, then awards a waza-ari (or an ippon) to the opponent • Judges wave their flag in small circles above the head.
Hansoku	Foul (leading to disqualification)	<ul style="list-style-type: none"> • The referee points to the face of the offender, then awards ippon (victory) to the opponent • Judges waive their flag in large circles above the head.
Shikkaku	Expulsion	Referee points to the face of the offender, then to the outside of the contest area, then awards victory to the opponent
Jogai	Out of bounds	Judge taps one flag on floor repeatedly outside the boundary line.
Jogai Keikoku	Warning for being out of bounds with no penalty	Referee points to feet of offending contestant, then to the boundary.
Jogai chui	Penalty for being out of bounds	Referee points to feet of offending contestant, then to the boundary, then awards waza-ari to the opponent.
Fukushin shugo	Judge assemble	The referee calls the judges to conference; signalling them to approach. Both arms, are extended forward palms facing up, and then flexed at the elbows, motioning, all to assemble in front of the arbitrator.
Mukogeki keikoku	Warning for stalling or when a player is not protecting himself (no penalty).	<ul style="list-style-type: none"> • The referee points at the stomach of the offender(s) then circles hands in front of own stomach. • Judges circle their flags in front of the chest
Mukogeki chui	Penalty for stalling or when a player is not protecting himself.	<ul style="list-style-type: none"> • Referee points at the stomach of the offender(s) then circles hands in front of own stomach and award <i>waza-ari</i> to the opponent. • Judges circle their flags in front of the chest then extend one flag to indicate a <i>waza-ari</i> to one contestant
Mienai	Did not see	Judge crosses flags in front of his eyes.
Igiari	Calling referee's attention	Judge crosses his flags above his head and taps them continuously.

APPENDIX C

The Order of Awarding of Points by the Referee

When awarding points, the referee should indicate his decision in the following order:

- a) Side: *Shiro or Aka*
- b) Scoring Area: *Chudan or Jodan*
- c) Scoring Technique: *Tsuki, Keri, Ate or Uchi Waza*,
- d) Points: Full point (*Ippon*) or 1, 2, 3, 4 or 5 points (*waza-ari*)

List of Targets Areas and Scoring Techniques

Controlled contact techniques

Level	Jodan (Upper)	Chudan (Middle)
Target:	Face Plate	Body Protector
Techniques	Tsuki, uchi, and Keri waza	Tsuki, Keri, uchi and ate waza
Point awarded	Waza-ari	Ippon, Waza-ari

Non-Contact techniques

Level	Jodan (Upper)	Chudan (Middle)
Target	Top and Back of the Head and Neck	Back
Techniques	Tsuki, Keri, Uchi waza	Tsuki, Keri, Uchi waza
Point awarded	Waza-ari	Waza-ari

APPENDIX D

List of legitimate Scoring Techniques

Tsuki Waza - Punching Techniques

Tate Ken (Vertical Fist): chudan and jodan

Yoko Ken (Horizontal Fist): chudan and jodan

Keri Waza – Kicking Techniques

Jo Sokutei (Ball of the Foot): chudan and jodan

Ka Sokutei (Heel of the Foot): chudan and jodan

Sokuto (Edge of the Foot): chudan and jodan

Sokko (Instep of the Foot): chudan and jodan

Haisoku (Top of the Foot) : chudan and jodan

Uchi Waza – Striking Techniques

Shuto (Knife Hand Chopping): chudan and jodan

Haito (Ridge Hand): chudan and jodan

Shotei (Heel of Palm): chudan and jodan

Uraken (Back Knuckle Fist): jodan

Kentsui (Hammer Fist): chudan

Ate Waza - Hitting Techniques

Empi (Elbow): chudan

Hiza (Knee): chudan

Dates of the working sessions of the Rules Committee¹

- **May 2011 (Pointe Calumet, Quebec): revision of articles 1 to 11 (Shiai).**
- **August 2011 (Montréal, Quebec): revision of articles 12 to 14 (Shiai).**
- **December 2011 (Blainville, Quebec): revision of articles 12 to 14 (Shiai).**
- **December 2011 (Montreal, Quebec): addition of a new section 6: procedures for opening and closing a match (Shiai).**
- **January 2012 (Saint-Lazare, Quebec), Appendixes A, B, C and D.**
- **February 2012 (Blainville, Quebec)**

¹ Committee for the revisions of the rule: Wayne Donovan, Michel Laurin, Dalil Maschino

APPENDIX B: THE MATCH AREA

