

**WORLD KARATE FEDERATION HIGASHI KAIKAN**  
**CONTACT KARATE HIGASHI KAI**



**RULES**  
**CONDUCT OF COMPETITIONS**  
**FROM CONTACT KARATE HIGASHI KAI**

# **WORLD HIGASI KAIKAN KARATE FEDERATION**

**"APPROVED"**  
President  
World Karate Federation  
Higashi KaiKan

\_\_\_\_\_ O.V. Steblovsky

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## **RULES COMPETITION**

**WORLD KARATE FEDERATION HIGASHI KAIKAN  
FROM CONTACT KARATE HIGASHI KAI**

**(WORLD KARATE FEDERATION HIGASHI KAIKAN)  
of the CONTACT KARATE HIGASHI KAI**

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**In effect, the "Rules" were compiled taking into account the requirements of the rules of the international federations JUNDOKAN INTERNATIONAL, WKO, WGKF, WKF, IJASK F, WPKA and are the main document for organizations that hold Higashi Kai Contact Karate competitions in Ukraine and abroad.**

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## Higashi Kai contact karate competition rules

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## PART I. TERMS

### Article 1. PURPOSE, TASK, PRINCIPLES

- 1.1. Higashi kai contact karate competition is held in the following sections: Full contact kumite, Light contact low kick, Semi contact low kick, Kata freestyle, Self-defense.
- 1.2. Holding a competition from other sections on "WKFHKK" or "UKFHKK", the decision is made after approval at the general meeting of representatives of the federation.
- 1.3. **The purpose of the competition is:**
  - recognition of stronger athletes;
  - fulfillment of sports regulations in accordance with the Unified Sports Classification of Higashi KaiKan Karate Federation of Higashi Kai contact karate;
  - formation of national and international teams;
  - involvement of citizens in physical education and sports;
  - promoting a healthy lifestyle.
  - improvement of the qualification level and standards of sports ethics of judges, coaches and athletes;
  - creation of favorable conditions for effective work with clubs and organizations.
  - improvement of professional qualities of judges and instructors;
- 1.4. Competitions can be personal, team and personal team.
- 1.5. Competitions are held according to the Olympic system with elimination after the first time.
- 1.6. Competitions are held in accordance with the current Rules of "WKFHKK" Higashi Kai contact karate competitions.
- 1.7. Changes to the competition rules must be approved by the Higashi KaiKan World Karate Federation.

### Article 2. ORGANIZATION OF COMPETITIONS

- 2.1. Higashi kai contact karate competitions must be conducted in accordance with the Competition Rules and Regulations and must not conflict with them.
- 2.2. The procedure and deadlines for submitting Regulations and applications.
- 2.3. The competition is held according to the following program:
  1. Choose a place for the competition.
  2. Draw up a scenario and approve the Competition Regulations.
  3. Create organizational measures for preparing and conducting competitions.
  4. To complete and approve the panel of judges.
  5. Provide material, technical and medical issues of the competition.
  6. To organize the accommodation of the participants, the food of the judges and the work of transport and service personnel.
  7. Prepare the place for the competition
  8. The competition regulations are the second (after the Rules) main document that governs the judging panel and the competition participants.
  9. Terms of acceptance of out-of-town participants and judges;



**2.4. The competition regulations should contain the following sections:**

1. goal and task;
2. term, venue; competition program and regulations.
3. management and panel of judges;
4. participating organizations, individual participants and their requirements;
5. regulation of matches according to the rules;
6. sports uniform and equipment of participants;
7. procedure and conditions of personal championship (scoring system);
8. financial conditions of the competition;
9. awarding athletes;
10. Compilation of the chief judge's report

Only the organization that approved it has the right to make changes and additions to the Regulations, and no later than before the start of the weighing of these competitions.

**Article 3. ANTI-DOPING RULES**

3.1. Competitors must not be under the influence of any medical drugs during the match that may affect their performance or give them a physical or psychological advantage over their opponent.

**3.2. Prohibited medicinal products and substances include:**

- 3.2.1. Stimulants (amphetamine, fencamphaman, cocaine, etc.);
- 3.2.2. Pain-relieving drugs (heroin, morphine, etc.);
- 3.2.3. Anabolic steroids (testosterone, nandrolone, etc.);
- 3.2.4. Sleeping pills and sedatives (barbiturates, phenobarbital, etc.);
- 3.2.5. Drugs that cause hallucinations (marijuana, LSD, mescaline, etc.);
- 3.2.6. Diuretics.

**3.3. The following manipulations are prohibited:**

- 3.3.1. Infusion of additional blood, red blood cells, or plasma;
- 3.3.2. Influence on urine in order to make it difficult to detect prohibited drugs and substances in it.
- 3.4. Competition organizers have the right to subject anyone to a doping test participants
- 3.5. In case of detection after testing of prohibited drugs and substances, the participant and/or the team is subject to disciplinary (disqualification) or administrative (fine) or punishment.

**Article 4. COMPETITION PARTICIPANTS**

Age and grade distribution of participants

4.1. According to the age distribution, the participants of the competition are divided into:  
Children: 6-7, 8-9 years old;

**Boys: 10-11/ 12-13 years old;**

**Juniors: 14-15/ 16-17 years old;**

**Adults: 18 years and older.**

**Veterans: 36 years +**



**Article 5. MEDICAL EXAMINATION OF ATHLETES AND COURTS, ADMISSION OF PARTICIPANTS TO COMPETITIONS**

- 5.1. Persons who have trained for at least 6 months are allowed to participate in competitions for children and young people, and less than 1 year for cadets, juniors and adults, declared by the sports organization, and who passed a medical examination 5 days before the start of the competition.
- 5.2. To participate in the competition, it is necessary to submit an application, prepared accordingly.
- 5.3. Applications are signed by the head of the organization that sends the team to the competition and certified with the appropriate legal seal.
- 5.4. In the application, against the last name of each athlete, there must be a doctor's visa for admission to the competition, his signature and date.
- 5.5. The total number of athletes admitted to the competition is noted and verified with the doctor's signature and seal.
- 5.6. The admission of athletes to the competition is carried out by a commission consisting of: the chief judge, the chief secretary, the chief doctor and a representative of the federation holding the competition.
- 5.7. Preliminary registered applications for participation in the competition are submitted to the organization that conducts the competition within the period specified in the Regulations, but not later than one month before the start of the competition. Ten days before the start of the competition, it is necessary to confirm the application in case of changes in the team. After that, making changes to the application in any form (additions, corrections, etc.) is not allowed!
- 5.8. An official Named Application, certified by a physical culture dispensary with the date and stamp against each participant and the stamp of the organization, a photo ID, budo-passport of the federation, insurance policy, contribution is submitted to the commission.
- 5.9. A participant who has not passed the mandate commission is eliminated from the competition.

**Article 6. WEIGHING IN OF SPORTSMEN.**

- 6.1. Weighing of participants is carried out on the day specified in the Rules of Competition.
- 6.2. Weighing is carried out on medical, electronic scales checked by the chief judge of the competition.
- 6.3. Weighing is carried out by a commission appointed by the chief judge. The commission includes: a deputy chief judge, a secretary, a doctor and two judges.
- 6.4. At the weigh-in, the participant must present a document with a photo confirming his identity (identity card, passport), Budo-passport of the World Karate Federation Higashi Kai Kan.
- 6.5. Athletes are weighed in swimming trunks (girls in federation T-shirts).
- 6.6. Weighing results are entered in the weighing and drawing protocol.

**Article 7. OBLIGATIONS AND RIGHTS OF THE PARTICIPANT**

**7.1. The competitor must:**

- 7.1.1. Know and follow the competition rules;
- 7.1.2. Be able to behave on the mat, know and follow the referee's commands;





- 7.1.3. Prepare for the match in a timely manner, but no more than 30 seconds after the announcement;
- 7.1.4. Compete in a neat appearance and in appropriate protective equipment;
- 7.1.5. To exchange bows with the opponent before the start and after the match;
- 7.1.6. When performing a "knockdown", it is necessary to immediately take the exit position

line, sitting with his back to the center, before giving the command.

**7.2. The participant has the right to:**

- 7.2.1. Have a team representative (one) and use his services.
- 7.2.2. Address the panel of judges through a team representative or coach.
- 7.2.3. To attract the attention of the referee, in case of inconvenience in uniform and equipment.
- 7.2.4. Refuse the match;

**If the athlete is not ready in 60 seconds, he is given a warning. Second warning in 90 seconds. After 120 sec. the athlete is declared defeated due to "KIKEN".**

**Article 8. DUTIES AND THE RIGHTS OF THE TEAM REPRESENTATIVE, COACH.**

- 8.1. Each team must have one representative at the competition.
- 8.2. The representative is an intermediary between the panel of judges and the athlete.
- 8.3. In the absence of an official representative, the coach or team captain performs his duties.
- 8.4. The representative, coach of the team is obliged to:
  - 8.4.1. Know and follow the Rules and Regulations of the competition.
  - 8.4.2. Control your behavior and sports ethics.
  - 8.4.3. Ensure timely attendance of participants at the competition and the site.
  - 8.4.4. Timely submission of application and other documents for participation in competitions.
  - 8.4.5. To be present at the meetings of the panel of judges held together with other representatives.
  - 8.4.6. Follow the results of athletes and changes in the competition protocol.
  - 8.4.7. Monitor the discipline of your team and monitor the competition program.
  - 8.4.8. Timely prepare the athlete to go to the court in the proper form and armor.

**8.5. The representative, coach has the right to:**

- 8.5.1. To be present at the weighing of participants.
- 8.5.2. Seek help from the secretariat and the panel of judges on all issues of competitions and their results.
- 8.5.3. Submit applications and protests to the panel of judges with reference to points of the Rules that were violated during the competition.
- 8.5.4. The coach has the right to refuse the match on behalf of the athlete.

**8.6. A representative, coach is prohibited from:**

- 8.6.1. Coaches should not speak to the participants, give them instructions with the help of gestures or instruct the athlete by other means during the match.
- 8.6.2. To interfere in the work of judges, organizers of competitions and exert influence and pressure on them in order to obtain the necessary decision.
- 8.6.3. Violate ethical norms of behavior in relation to participants, judges and spectators.
- 8.6.4. Perform the functions of a judge and a representative at competitions at the same time.



In case of disqualification of the team for violation of karate ethical norms, the team is deprived of the right to receive awards.

## **PART II. COMPETITION RULES**

### **Article 1. Competition structure**

#### **1.1. Competitions are divided into:**

##### **1.1.1. Kata freestyle (all-style);**

##### **1.1.2. Self-defense (self-defense).**

#### **1.2. Kumite competition:**

##### **1.2.1. Semi contact low kick**

##### **1.2.2. Light contact low kick**

##### **1.2.3. Full contact kumite;**

Participants in Kata Freestyle and Self-Defense competitions are divided into different age categories (children, youths, juniors, adults, veterans).

Kumite competitors are divided into different age and weight categories (Children, youth, juniors, adults, veterans).

### **Article 2. RULES OF PARTICIPATION**

- 2.1. In all competitions, athletes participate only in their own (age and weight) category: children and youth - have the right to participate only in sections: Kata freestyle, Self-defense and Semi-contact low kick. Light contact low kick (boys); Full contact kumite. Juniors, adults and veterans in all divisions optional.
- 2.2. The category is formed from at least 4 athletes, in the absence of such a number, the category is combined with the most responsible category or is conducted according to a round-robin system.

### **Article 3. COMPETITION STAFF**

- 3.1. The chief judge of the competition - organizes the development and conduct of the competition, but cannot interfere with the judging. He is assisted in this by the designated competition staff.
- 3.2. **Competition doctor**- appointed by the Chief Judge of the competition. The doctor deals with all medical issues at competitions. Keeps records of participants' injuries in the Journal of Trauma Records. The doctor is authorized to express his opinion regarding the fitness or unfitness of the athlete to participate in the match of a particular round or competitions in general.
- 3.3. **Emergency team** is prepared to act together with the doctor of the competition in the event of accidents and illness of athletes.
- 3.4. **Security team** does not allow outsiders to enter the competition area. Created by the tournament organizer.  
**The competition does not start without the presence of the doctor of the competition and the ambulance team.**

### **Article 4. OFFICIAL UNIFORM**

#### **REFEREE:**

- 4.1. All referees and judges must wear an official uniform designed by the World Higashi Kai Kan Karate Federation Board "WKFHKK". This uniform must be worn at all: tournaments, judging seminars and exams.



**4.2. The referee's official uniform consists of:**

- dark blue jacket with embroidery;
- blue shirt for M/K judge with shinden and emblem "WKFNKK" gold embroidery;
- green shirt for a judge up to 1 cat. with shinden and emblem "UKFNKK" red embroidery;
- light gray trousers;
- black socks;
- black shoes

**Referees and judges are prohibited during: competition, judges' seminar and exam wear (watches, bracelets, mobile phones, tie clips and other things that could cause injury to anyone).**

**COMPETITION PARTICIPANTS (Athletes):**

4.3. All participants must wear a clean white kimono, with the Higashi KaiKan Karate Federation shinden.

4.4. On the kimono, it is allowed to use a patch with the national symbols of the country (maximum size of 10 sq. cm), the logo of the federation on the left side of the chest (fig. 1) and only one advertising logo of the sponsor on the back (such a logo with the maximum size of 30x15 cm . is located at shoulder level (Fig. 2);



- 4.5. The limit length of the jacket girded with an obi (belt) should cover the thighs, but not reach the knees (at competitions, for identification purposes, participants must wear: AKA - red belt, AO - blue);
- 4.6. Each athlete must have a fabric belt around the waist, the length of which should be about 15-30 cm. Additional length on both sides, but not reaching the knees.
- 4.7. Jacket sleeves should cover at least 1/2 of the forearm, but not reaching the bend of the wrist (sleeves cannot be rolled up).
- 4.8. The length of the pants should not be longer than the ankle (the pants cannot be rolled up).
- 4.9. Muslim women may wear a white scarf or veil.
- 4.10. Women are allowed to wear a plain white t-shirt under the jacket under the kimono.
- 4.11. Each participant must be clean and tidy. Long hair should be controlled with a hair net and rubber band. Any metal objects, jewelry are prohibited.
- 4.12. Participants who enter the competition site not dressed in accordance with the above-mentioned rules may be removed from the competition by the referee at the discretion of the head judge. However, the participant will not be removed immediately, but will have 1 minute to adjust their clothes and receive a remark or warning for late preparation. The participant's coach is responsible for timely preparation of the athlete for participation in competitions.



**COACHES:**

- 4.13. During the competition, all coaches must wear a sports suit or club uniform (with the name and patch of their country with a shinden or federation emblem).
- 4.14. Only coaches or a team representative dressed in official uniform may address the panel of judges on behalf of their participant.

**Article 5. PROTECTIVE EQUIPMENT, CLOTHING AND EQUIPMENT**

**Protective equipment**

In Higashi Kai Karate Federation Higashi Kai contact karate competitions, the following defenses are used;

- 5.1. **Boxing gloves** by age (up to 9 years 8 oz; from 10 years 10 oz, from 16 years 12 oz): Blue for AO and Red for AKA (belt also matches the appropriate color).
- 5.2. **Hood**— individual for each participant (must be white or transparent).
- 5.3. **Inguinal cup** must be worn under pants and must be well fixed.
- 5.4. **Women** must have a protective chest protector (for white kumite).
- 5.5. **Protective helmet** must have the appropriate color for AO and AKA (must protect the top and back of the head without visors) mandatory for all!. The helmet must fit well.
- 5.6. **Leg protection**: feet and shin protector (worn under pants) - a must for everyone! and must have the appropriate color for AO and AKA.
- 5.7. **Contact lenses** only soft types (those that do not scratch) are allowed. However, if a participant wants to stop the match for any reason related to contact lenses, he/she will lose the right to continue the match. Glasses of any type are prohibited!
- 5.8. All protective equipment must be in good condition and meet the standards adopted by the Higashi Kai Kan Karate Federation.

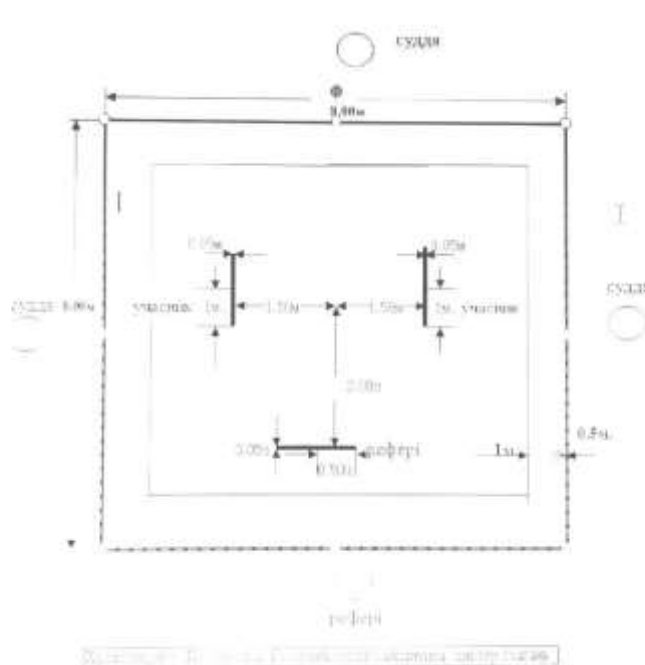
**5.9. PROHIBITED EQUIPMENT**

- 5.9.1. All participants of the competition must have short cut fingernails and toenails (without any metal objects that could injure the opponent).
- 5.9.2. Athletes' hair must be clean and trimmed so that they do not interfere with the smooth progress of the match.
- 5.9.3. Any bandages, hooks, Hachimaki (bandanas) are prohibited.
- 5.10. Participants who enter the field for the competition with the above-mentioned violations may be removed by the referee. The referee gives 1 minute to bring his appearance in accordance with the Rules with receiving a remark or warning for late preparation. With a delay of more than 1 min. the participant is stressed "KIKEN" (further disqualification). The participant's coach is responsible for the athlete's preparation and compliance with the specified Competition Rules.



### Article 6. VENUES OF COMPETITIONS.

- 6.1. The competition area and the safety area must be covered with tatami mats with a width of 1 meter around the tatami mats. The boundaries of the competition site should be as indicated in fig. 3.
- 6.2. Competitions are held on a court size: 8x8 m for juniors and adults, and at least 6x6 m for children and youth. Places for team representatives are marked near the court.
- 6.3. Two transverse lines 1 m long are drawn from the center of the site, at a distance of 1.5 m from the center for participants.
- 6.4. Perpendicularly from the center of the court at a distance of 2 m, a line is drawn for placing the referee.
- 6.5. The arbitrator, secretary, timekeeper, record keeper, announcer of the competition must sit in front of the referee. The referee faces the judges' table.



### Article 7. COMPETITION EQUIPMENT

- 7.1. Provided by the party hosting the competition and the organizer of the Federation.  
**Type and list of equipment**
- 7.2. Red/blue flags (minimum 5 on each site); The belt is red and blue
- 7.3. Documentation (competition protocols, registration forms, judges' notes, tablets, pens, calculators, etc.).
- 7.4. A computer system of the Federation is mandatory. National organizers ensure its safe transportation and proper use.
- 7.5. Whistles, clocks, bells or gongs for time signals.



### **Article 8. SUBMISSION OF PROTESTS AND REVIEW OF THE DECISION**

Only the coach of his team can appeal the decision of the Chief Referee if he believes that the decision made by the Referee and the judges violates the Competition Rules. But the coach is not allowed to distract the Jury from its work during the control of the match, demanding explanations, etc.

#### **The procedure for submitting protests**

- 8.1. After the match, the coach informs the Referee about his intention to file a protest, fills out a protest letter in which he must specify exactly the part and article of the violation of the rules (the letter is on the referee's table where the match was held), after filling out the letter, the representative addresses the chief judge of the competition or the protest review committee. The bouts continue and the disputed bout is postponed until the final consideration of the protest.
- 8.2. Before the official protest, the coach must pay the fee for the protest to the CSK treasury. The contribution is returned if the protest is satisfied.
- 8.3. The panel of judges considers the complaint and the evidence of the protest, explaining its actions to the Chief Judge, the referee or the judges.
- 8.4. The Committee for Consideration of Protests and Complaints "WKFNKK" or "UKFNKK", after approving the final decision, notifies the chief judge about it. The head judge informs the coach about the final decision.
- 8.5. If the panel of judges recognizes its decision as unfounded, the panel of judges must review and correct its mistake.
- 8.6. The coach is responsible for protesting.
- 8.7. The head judge can punish the referee whose decision caused the protest.
- 8.8. In order to avoid mistakes when registering the result, the team representative should improve the correctness of the registration of the result, in the protocol at the jury table.
- 8.9. The video recording is not the main evidence of the protest, but can be considered as additional information to the protest.

### **Article 9. OTHER QUESTIONS**

- 9.1. In the event of a situation not provided for in these Rules of the competition, the panel of judges holds a meeting to make a decision regarding the situation, which does not contradict the Rules and Regulations of the competition.
- 9.2. The decision must be made by the chief judge of the "WKFNKK" or "UKFNKK" competition. All officials are provided with information about this decision and a public announcement is made.
- 9.3. All competitors, including athletes, coaches, managers, judges and others, must share the ideals of the World Higashi Kai Karate Federation to be: Courteous, Courteous, Considerate and Discreet.
- 9.4. The behavior of representatives, participants who discredit the traditions of Karate will be fined or disqualified.



## PART III. JUDICIAL RULES

### Article 1. GENERAL QUESTIONS

- 1.1. The activities of judges are carried out in accordance with the rules of the World Higashi KaiKan Karate Federation "WKFNKK". The judging team of the competition consists of an odd number of members (3, 5, 7, etc.). It is coordinated and headed by the Chief Judge of the Federation competitions.
- 1.2. Before the start of the tournament, after registration of participants, all referees decide on the system of judging in sections: Kumite, Kata and Self-Defense.
- 1.3. Referees do not have the right to be representatives and judges of the tournament at the same time (before the start of the tournament, they must choose a decision).
- 1.4. Referees, referees and Kansa (umpire) should avoid refereeing when an athlete from their country or sports club or organization is participating. In this case, it is necessary to inform the head referee about the substitution of a neutral judge or leave to perform his duties.

### SECTION 1. THE BOARD OF REFEREES

Ensures objective application of these rules on the tatami mat. The panel of referees includes: Central referee (Susin), Mirror referee or 2 corner referees (Fukusin with seven contact kumite), Referee (Kansa). The Jury Staff consists of Jury Judges, a timekeeper, a secretary and an informant judge.

### Article 1. APPOINTMENT

- 1.1. The composition of the Central Committee of Competitions on Protests and Complaints is appointed by the Board of Federation "WKFNKK" or "UKFNKK".
- 1.2. The Chief Referee of the site, the central Referee and the refereeing team for each mat are appointed by the Chief Referee of the competition (before the start of the match).
- 1.3. The staff of the jury table is appointed by the Chief Judge of the competition, who organizes the competition.

### Article 2. GENERAL DUTIES OF REFEREES AND JUDGES

The chief judge of the court, the central referee (Susin), the mirror judge, the referee (Kansa) and the corner judges and judges of the jury table are obliged to:

- 2.1. Learn and know the Rules of Higashi kai contact karate competitions;
- 2.2. To judge objectively, carefully, fairly and correctly assessing every action of the athlete;
- 2.3. Show respect and understanding;
- 2.4. Have a clear rating scale;
- 2.5. They must behave with dignity and show respect to the participants of the competition, team representatives and other officials;
- 2.6. Movements should be: fast, clear, confident, which confirms the professional level and face of the Higashi KaiKan Karate Federation.

**Referees and panel of judges should not report (to representatives or parents). In case of protest, the Referee and the panel of judges of the site report only to the Chief Judge of the competition.**





**Article 3. RESPONSIBILITIES AND DUTIES OF THE CHIEF JUDGE**

- 3.1. The chief judge manages the competitions, is responsible for their conduct and the quality of the work of the judging panel.
- 3.2. The head judge can perform the duties of the head of the judging team if the competition is held on the same mat.
- 3.3. Before the start of the competition, the chief judge must:
  - check the readiness of the venue for the competition, the equipment and regulations, their compliance with the requirements of the Rules, draw up an act of acceptance of the venue of the competition;
  - to announce the composition of the mandate commission and appoint judges to carry out the weighing and drawing of competition participants;
  - divide the judges into teams, depending on the number of tatami mats.
- 3.4. **THE CHIEF JUDGE IS OBLIGED DURING COMPETITIONS:**
  - 3.4.1. In time to take measures to correct mistakes made by judges during the competition.
  - 3.4.2. To accept in the shortest possible time solutions to statements and protests received from representatives of teams (countries).
  - 3.4.3. Hold a meeting of the judges' panel with the participation of representatives of the teams (countries) to announce the order of work of the judges, discuss the competition process.
  - 3.4.4. Approve the results of the competition after the completion of the day program.
  - 3.4.5. The chief judge organizes and coordinates everything that happens on the mat.
  - 3.4.6. The head referee has the deciding vote in refereeing.
  - 3.4.7. The head referee is responsible for providing everything necessary for the match in accordance with these Competition Rules. In the event of an unusual incident, a decision is made on the basis of these Rules.
  - 3.4.8. The head judge has the right to stop the match and ask the panel of judges to correct an administrative error or to review the decision that was made in violation of these Rules.
  - 3.4.9. The head referee advises and directs the referees and judges.
  - 3.4.10. Before each match, the referee appoints a referee, a mirror judge, Kans or corner judges.
  - 3.4.11. The chief judge is subordinate to the Central Committee of the Federation.
  - 3.4.12. The referee has no right to interfere in the refereeing and scoring.
- 3.5. **The chief judge is obliged after the end of the competition:**
  - 3.5.1. Make a daily written report on the work of the judges and special incidents (if any) around the tatami.
  - 3.5.2. Approve the results of individual or team championships;
  - 3.5.3. Prepare a report on the competition and submit it within the specified time (no later than three days after their completion) to the organization that held the event.
- 3.6. **The chief judge has the right to:**
  - 3.6.1. Cancel the competition, if the venue, equipment, inventory does not meet the requirements of the Competition Rules;
  - 3.6.2. To stop the competition, to announce a break in the event of unfavorable conditions at the competition that interfere with the quality of the event;





- 3.6.3. Make changes to the competition program, if necessary;
- 3.6.4. Perform the duties of the head of the mandate commission;
- 3.6.5. Make remarks, warnings, or suspend a representative or timekeeper from their duties for violating the provisions of the Competition Rules, and norms of behavior and sports ethics.
- 3.6.6. If necessary, change the sequence of matches.
- 3.6.7. At the request of the chief doctor of the competition regarding withdrawal of the participant, in case of injury.
- 3.6.8. To deprive athletes disqualified for violating the rules;
- 3.6.9. Has a decisive decision in resolving controversial situations not provided for by the Competition Rules.
- 3.7. The head judge has no right to change the Competition Regulations, remove or replace members of the judging team during the match.
- 3.8. All participants, judges and representatives of teams (countries) must comply with the order of the Chief Judge.
- 3.9. The chief judge's report on the competition must contain the following sections:**
  - Competition participants, their quantitative and qualitative composition.
  - The panel of judges, its composition and evaluation of the work of each of its specialists.
  - Statements and protests, their number and summary.
  - Injuries and diseases, their number, as well as the noted list of knocked out participants.
  - Conclusions, which provide an assessment of the conducted sports event with an indication of shortcomings and recommendations for their elimination.
- 3.10 The following must be attached to the report:**
  - Applications for participation in competitions with the resolution of the head of the mandate commission
  - Protocols of weighing and drawing lots of participants;
  - Competition progress protocols (tournament grids),
  - Consolidated protocols;
  - an act of acceptance of the venue of the competition;
  - Statements;
  - Protests and decisions on them;
  - Minutes of meetings of the judges' panel together with representatives of the teams (participant groups);
  - Competition doctor's report.

#### **Article 4. RESPONSIBILITIES AND DUTIES OF THE DEPUTY CHIEF JUDGE**

- 4.1. The deputy head judge together with the head judge manages the competition, are responsible for their conduct,
- 4.2. The deputy chief judge is guided by the duties of the chief judge in his absence, performs his functions.
- 4.3. The deputy head referee can perform the duties of the Chief Referee of the field, if the competition is held on two or more mats at the same time.
- 4.4. The deputy chief judge has the right to perform the duties of the chairman of the mandate commission by order of the chief judge



**The Chief Referee of the site has the right to:**

- 4.1. Combine the duties of a judge-informer.
- 4.2. Transfer judges.
- 4.3. Interrupt the match in case of violations and errors committed by the referee in order to correct them.
- 4.4. Dismiss judges for making gross mistakes or poor performance of their duties, with the agreement of the chief judge.
- 4.5. Disqualify the second runner from his duties in the case of a gross violation of the Rules of Competition, and norms of behavior and sports ethics without agreement with the head judge.
- 4.6. Suspend a team representative from performing his duties in the event of a gross violation by him of the Competition Rules, and norms of behavior and sports ethics in agreement with the chief judge.
- 4.7. At the request of the chief doctor of the competition regarding withdrawal of the participant, in case of injury.
- 4.8. The Chief Referee of the site is responsible for the quality of the work of the judging team led by him.

**The Chief Referee of the site is obliged to:**

- a to appoint a referee and side judges to referee matches on the mat;
- б keep a referee's control note of the course of the semi-final and final pair match in case of controversial issues;
- В accept statements and protests from representatives of teams (countries) and transfer them to the chief judge;
- г obey and carry out the orders of the chief judge, and report on the results of the work of the judging team;
- д give an assessment of the work of a judge from the judging team according to a five-point system.

**Article 5. RESPONSIBILITIES AND DUTIES OF THE REFEREE (SUSIN)**

The referee manages the match on the mat and ensures that the match is conducted in accordance with the Competition Rules.

**Before the start of the match, the referee must:**

- monitor the correct location of the participants on the tatami mat;
- control the compliance of the participants' equipment with the requirements of the Competition Rules
- check the readiness of corner judges, timekeepers, seconds and doctor to perform their duties;

**The referee has the right to:**

- 5.1. Serve the match from start to finish.
- 5.2. Explain the reasons for the decision only to the Chief Judge of the competition or members of the judging panel and to no one else;
- 5.3. Report violations and give warnings and punishments (before, during and after the start);
- 5.4. Use disciplinary punishments (for example: temporarily remove the representative from the duties of the second).
- 5.5. Listen to advice and receive information from the mirror judge, referee and corner judges;



- 5.1. Calculate the victory by points on the basis of the evaluation table.
- 5.2. Extend the time of the match.
- 5.3. To consult with the head judge in case of difficulties in making a decision.
- 5.4. Stop the counting of seconds in case of a severe knockout (remove the gag from the victim), call a doctor on the tatami mat and involve a second to help.
- 5.5. Announce remarks, warnings to the second-in-command, or demand his removal from the management, replace the judge in case of a gross violation of the Rules.
- 5.1. The referee has the right during the match to independently make remarks about violations of the Rules, and to make and issue decisions in the event of:
  - 5.1.1. A clear technical advantage of the athlete over another participant.
  - 5.1.2. Lack of protection during the opponent's actions in the match.
  - 5.1.3. Passive fighting by one or both participants.
  - 5.1.4. Inactivity when performing a painful or suffocating reception.
  - 5.1.5. One or two participants being knocked down or knocked out.
  - 5.1.6. Refusal of one or two participants from continuing the match.
  - 5.1.7. The second's refusal to continue the match.
- 5.2. **The referee is obliged to interrupt the match in case:**
  - 5.2.1. A clear violation of the Rules.
  - 5.2.2. Running out of the time limit set for holding a match in the rack or parterre.
  - 5.2.3. Corresponding request from the match participant.
  - 5.2.4. Identification of deficiencies in the athlete's equipment.
  - 5.2.5. Leaving the site.
  - 5.2.6. Injuries received by one or both athletes.
  - 5.2.7. Refusal to continue the fight or surrender during a painful or suffocating reception.
  - 5.2.8. The second's refusal to continue the match.
  - 5.2.9. Account opening when the participant is knocked down or knocked out.
  - 5.2.10. Attention signal by the corner judge or the main Referee of the site.
  - 5.2.11. The signal to stop the match.
- 5.3. **After the end of the match, the referee is obliged to:**
  - 5.3.1. Collect the referee's notes from the corner referees and hand them over to the head of the refereeing team (refereeing by notes) or on the referee's command "HANTEY» determine the winner of the match together with the corner judges (by flags).
  - 5.3.2. After the decision has been made, when the result is announced, raise the hand of the winner.

#### **Article 6. RESPONSIBILITIES AND OBLIGATIONS**

##### **MIRROR JUDGE, SIDEJUDGES (Fukusin) AND ARBITRATOR (Kansa).**

- 6.1. Assist the referee, help him and provide information.
- 6.2. Use the right to participate in voting when making a decision during a match.
- 6.3. Evaluate the actions of the participants.



## **Higashi Kai contact karate competition rules**

- 6.4. Judges carefully observe the actions of the competition participants within their field of vision. In the event of a violation, they immediately signal the referee with the help of a flag, whistle or hand, expressing their decision with an appropriate gesture:
- 6.4.1. Observe the condition of the participant in case of illness or injury.
  - 6.4.2. When he notices uncontrollable or dangerous actions of the participant.
  - 6.4.3. When participants leave the site.
  - 6.4.4. If necessary, draw the referee's attention.
- 6.5. Each judge must assess the relative merit of sportsmanship and express their independent opinion in decision-making.

### **Referee (Kansas):**

- 6.6. He is responsible for the official result of the match, he makes entries in the referee's note, correctly registering the credited and penalty points and warnings, the referee's note is added to the protocol.
- 6.7. Focuses attention on the course of the match and expresses his opinion only at the request of the referee.
- 6.8. Controls and verifies the records of the secretary and the entry of indicators into the protocol (score and penalty points and the winner).
- 6.9. Announces "ATOSHI BARAKU 15 sec.» with the help of a whistle or words, should the referee did not hear the signal given by the jury.
- 6.10. Before the start of the round, he invites the participants to the court and the next couple to prepare for the match.
- 6.11. Notifies the Chief Referee of the site about any problems.

### **Side and Mirror judge is obliged to:**

- Carefully fill out the judge's note (without errors and cross-outs);
- Counting and allocation of indicators of participants;
- Determination of the winner (by flags) based on the best technical performance of the participant in the event of a tie - in his opinion.

## **Article 7. RESPONSIBILITIES AND OBLIGATIONS OF THE JURY TABLE (JURY JUDGES: JUDGE-SECRETARY, TIME keeper AND JUDGE-INFORMER).**

- 7.1. The judge of the jury table is a qualified specialist of the Higashi Kai Karate Federation.
- 7.2. The judge of the jury table announces the name of each participant of the competition for each match and the next pair, records the winner of the match and the results of the match in the competition protocol.
- 7.3. The judge of the jury table writes down and registers the results: points, violations and the time of the match.

## **SECTION 2. TERMINOLOGY AND SYSTEM OF GESTURES.**

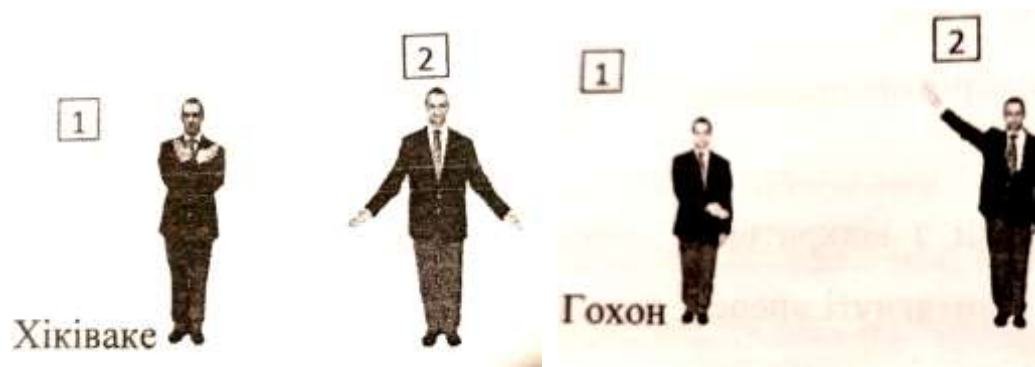
**Article 1. Meaning terms and gestures in a duel**(commands, fines, violations, warnings, remarks), with kumite are as follows:

- 1. Full / Light / Semi contact low kick (Hajime): Start of the fight / Start of the main match"; the referee stands on the center line.
- 2. ATOSHI BARAKU: "There are 15 seconds left before the end of the match," the sound signal is given by the timekeeper.
- 3. THE PIT: stopping the match; the referee makes a chopping gesture with his right hand between the participants. The timekeeper stops time.



### Higashi Kai contact karate competition rules

4. **Tsuzukete:** "Continuation of the match"; resumption of the match after a temporary stop.
5. **TSUZUKITE HAJIME:** "The match starts from the beginning». The referee stands on the official line, takes a step back into the Zenkutsu dacha and brings his palms together.
6. **SOROMADE:** "The fight is over" the referee makes a gesture with his hand between the contestants with his palm straight, at chest level.
7. **MOTORCYCLES:** "Take the initial positions"; participants and the referee go to their starting positions.
8. **Syugo:** "Called the judge», the referee calls the judge, with a hand gesture with the palm towards him.
9. **HANTEY:** "Decision judges"; signal of the referee's whistle, a command is given to the judges to make a decision by pointing to the winner with his hand.
10. **GOHON:** "Five points" knockdown; the referee points to the athlete raised his hand under at an angle above shoulder level.
11. **HIKIWAKI:** "Draw"; the referee crosses his arms at chest level and spreads his hands downwards with straight palms.
12. **AKA (AO) NO KACHI:** «Red/Blue win"; the referee throws his hand up towards the athlete.
13. **ENCHO-SEN:** "Extra minute"; the referee starts a new match by giving the team Full/Light/Semi contact "Hajime".
14. **TORIMASEN:** "The score is not counted"; the gesture is the same as for "Hikiwake", but the palms are turned towards you.
15. **ATHENAI:** "Exceeding contact"; depending on the violator, the referee places his fist in his palm, at chest level.
16. **HANSOKU HEAR:** "Official warning"; the referee points his index finger at the violator's chest at an angle of 45 degrees.
17. **HANSOK:** "Foul/Disqualification"; the referee points his index finger in the face of the violator and declares victory to the opponent.
18. **DJOGAI:** "Going beyond the limit site"; referee points with the index finger at an angle of 45° degrees to the side of the boundary of the violator.
19. **MAAY:** "Great distance"; the referee bends his elbows at an angle with his palms turned to the middle.
20. **MUBOBI:** "Warning about neglecting your own safety"; the referee points with a finger, the arm bent at the elbow at an angle of 60 degrees in the air in the direction of the violator.
21. **KIKEN:** "Refusal or non-appearance at the site"; the referee points his index finger at the feet of the violator.
22. **Shikaku:** "Disqualification"; the referee points with his index finger in the face of the offender and then diagonally back to the side outside the court.
23. The gestures of the central referee and the mirror judge must be clear, clear and fast (practically simultaneously).







Торімасен



Хансоку



Кікен



Чуй



Шикаку



Фукушин Шуго



## Article 2. SIGNALS

Signals are given by a flag or a whistle.

2.1. Kumite corner referee signals: Full/Light/Semi contact low kick. Higashi Kai Kan Karate Federation.

Гохон



Мієнай



Джогай



Хансоку



Атенай



Чуй



## 2.2. REFEREES AND JUDGES SIGNALS FOR JUDGMENT BY KATA.

Below is the meaning of the whistle signals given to the referee:

- long/voiced+short/strong – "HANTEY";
- short / strong - command to lower flags or display plates.





### SECTION3. DECISION MAKING

- 3.1. In case of disagreements between the opinions of the referee and the judges on various issues, the final decision is made by the majority of votes.
- 3.2. In cases where another athlete performs instead of the declared athlete (due to loud noise, incorrect announcement, inattentiveness of the participants, etc.), the result of the match is annulled. The match is resumed from the moment of the error, with the announcement of valid athletes who were supposed to leave. But as the match is over, its result cannot be changed.
- 3.3. The referee makes a decision based on the signals given by the judges, guided by the data of the Table of Decisions (Fig. 8).

#### 3.4. JUDGE'S TABLE. EXAMPLE:

<p>Ао Но Качи</p> <p>○ ○ ○ ○</p> <p>○ ○ ○ ●</p> <p>○ ○ ○ ×</p>	<p>Ака Но Качи</p> <p>● ● ● ●</p> <p>● ● ● ○</p> <p>● ● ● ×</p>
<p>Ао Но Качи або Хіківаке</p> <p>○ ○ ● ×</p> <p>○ ○ × ×</p>	<p>Ака Но Качи або Хіківаке</p> <p>● ● ○ ×</p> <p>● ● × ×</p>



Хіківаке

× × × ×

○ × × ×

● × × ×

○ ● × ×

Ао/Ака Но Качи або Хіківаке

○ ○ ● ●

- 3.5. In the event that there is a disagreement between the referee and the mirror judge on the score or the penalty point, the referee asks Kans to express his opinion. The final decision is made by majority vote.
- 3.6. Questions arising from the adoption of a referee's decision, which are not specified in these Rules, are discussed by the referee and judges. Such decisions are reviewed by the Chief Judge, the Referee Commission of the Federation and are subject to his approval. The decision is brought to the attention of all officials and announced.

## PART IV. KUMITE RULES

### MAIN QUESTIONS

#### Article 1. Beginning, temporary suspension, completion of a Kumite match.

- 1.1. Before the start of the match, the participants of the section of this age category line up for the list of those present. In the absence of one athlete, he is called to the microphone twice. As he did not appear when he was called for a duel, he was announced as "Kiken".
- 1.2. **Beginning**

At the beginning of a Kumite match, the panel of judges stands on the outer edge of the tatami in front of the judges' table. After the main bow with the coat of arms of Ukraine or the "WKFNKK" emblem and the official exchange of bows between the athletes (officials, I publish) and the Referee Board (**Shome ni Ray, Otagai ni Ray and Susin ni Ray**), the referee takes a step back, the judges return inside with a simultaneous bow. After the bows, the referee invites the referees to take their seats: "**Kansa**" (at the secretary's table from the side), the Mirror referee (contact with Semi), the corner referees (following Hantei by the flags or by the referee's notes), as shown in Figure 9.

At the command of **Motonoichi**, the referee and athletes of the match take their starting positions on the mat. The match begins after the referee's command: "Full/Light/Semi contact low kick Hajime."

**In sections:** Full and Light contact low kick matches do not stop after each scored point, referees and judges control the match according to the "flag system", Kansa records violations and penalty points; according to the "judge note system", the referee controls the match, and the judges monitor the match and count, record violations and penalty points.



### 1.3. TEMPORARY SUSPENSION OF THE MATCH KUMITE.

The temporary suspension must be carried out quickly with a specific purpose: violation of the Rules of the competition, in the case of a knockdown or knockout, inconvenience in the participant's equipment, a warning, without any explanation. At the command of "Yame", the referee temporarily stops the match and orders the participants to return to their starting positions. The resumption of the match begins at the command of the Referee Tsuzukete Hajime.

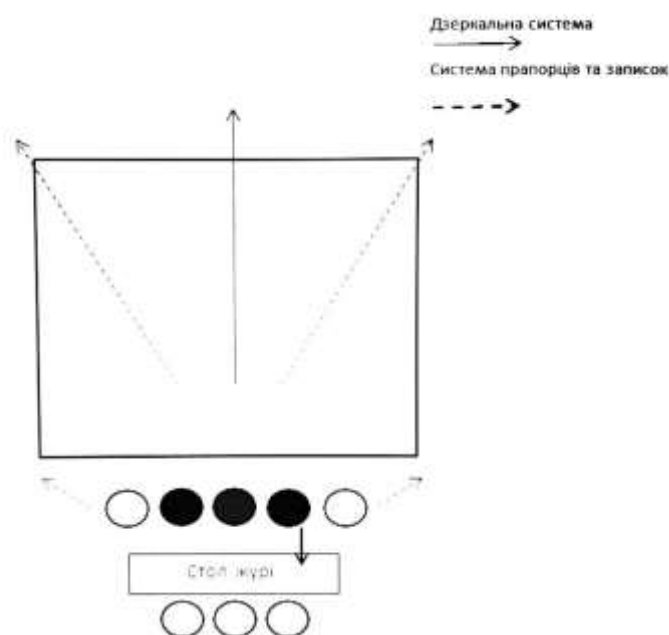


Fig. 9

#### 1.3.1. ATOSHI BARAKU

The timekeeper gives one signal with a gong, horn or whistle, telling "Atoshi Barak" that the time is up in 15 seconds.

### 1.4. COMPLETION OF THE MATCH KUMITE.

When the time ends, the timekeeper gives two signals with a gong, horn or whistle. After stopping the match "Yame", the referee ends the match by declaring "Sormade".

If the match is held in the (mirror system) the referee, after announcing the winner by the secretary according to the protocol, announces the winner or (from the referee's notes system) the referee first collects the referee's notes from the corner judges, the secretary compares the indicators of the notes, after reporting the result, the referee announces the winner. After the official exchange of bows: Chief and between athletes (Shomen ni Rei, Otagai ni Rei), the match is considered completed.

1.4.1. If the match was held according to the (flag system). At the Referee's signal, the corner judges determine the winner with flags. After counting the indicators, the Referee announces the winner. After the official exchange of bows: Chief and athletes (officials, public), (Otagai nor Ray, Shomen nor Ray), the match is considered completed.



## Higashi Kai contact karate competition rules

### Article 2. SCORING DECISION CRITERIA

**2.1. POINTS-** only accurate, controlled and not stopped by protection are included in the included zones according to the following criteria:

- 1) good form (technique control, balance, protection);
- 2) fighting spirit (activity, advantage);
- 3) technical and tactical advantage;
- 4) right choice of time;
- 5) maintaining the correct distance.

**2.2.** Technical and tactical advantage is considered:

- 2.2.1. The technique was carried out at the right moment in an unprotected place, caught by surprise
- 2.2.2. The technique or throw is performed immediately after the opponent is taken off balance.
- 2.2.3. A technical combination made with a purposeful and effective technique.
- 2.2.4. Technical combination of hands, feet and throws.
- 2.2.5. The use of a painful technique or strangulation, after a successful technical combination or throw.

### Article 3. WIN or LOSE

#### Appointed on the basis of:

1. Win by knockout or 1/2 knockdown.
2. Victory by pain or strangulation.
3. Win by the most points/flags.
4. Victory by decision (HANTEY).
5. Defeats in case of "foul" or disqualification (HANSOKU/SHIKAKU).
6. Defeats due to rejection (KIKEN).
7. Defeat due to loss of morale or avoiding the fight (poor defense).

#### 3.1. WIN BY DECISION "Hantey"

- 3.1.1. If no points were scored, violations were not recorded during the main match, the decision of "Khantey" is made on the basis of such criteria.

#### 3.1.2. The Hantey procedure:

The referee moves to the edge of the tatami, announcing "Hantey" at the same time on the signal of the whistle, the referee points with his hand (or flags) to the winner of the match: Aka/Ao, or crosses his hands at head level in case of (a draw), after receiving the result voting. The referee takes the position and announces the decisions of the judges.

#### 3.1.3. Hantey's criteria.

When announcing "Khantey", the following is taken into account:

- no or the same number of points;
- the number of flags;
- absence or the same number of violations;
- absence or the same number of exits outside the site;
- tactical and technical advantage (skill, mastery, strategy);



## Higashi Kai contact karate competition rules

- level of activity or morale;
- clean fight

### 3.2. Defeat due to foul – disqualification (Hansoku).

If an athlete commits a violation that falls under the cases listed below, the referee announces defeat to the offending athlete.

3.2.1. After committing a repeated warning or violation of the rules, the referee can declare a participant defeated on the basis of a scale of penalties or for severe violation that can lead to any injury or maiming of super-

Nick

3.2.2. If the athlete does not obey the referee's orders.

3.2.3. If the athlete is in an uncontrolled state, which the referee seems dangerous to himself or his opponent.

3.2.4. In the case of recognition of the athlete's actions as cruel and intentionally violating

g meet the requirements of the rules regarding the prohibition of such actions.

3.2.5. Other actions that violate the Rules of the match, any of which are incorrect the behavior of people related to the athlete, in particular, the coach, manager, fans, which may lead to the disqualification of the athlete or the whole teams

3.2.6. A disqualified athlete (or team) is not awarded a medal!

### 3.3. Defeat by Rejection (Kiken)

3.3.1. An athlete who is unable to continue participating in competitions, for what reason, no

related to injury, or permission to cancel the match, is announced defeat due to non-appearance of "Kiken".

## Article 4. CREDIT ZONES AND CALCULATION OF ADMISSIONS

4.1. The scoring zones include:

- head;
- face;
- breast;
- stomach;
- side;
- back (except shoulders and spine);
- inner and outer thighs.

4.2. Reception is considered counted, performed with the signal "Pit" or the end of time.

4.3. Reception performed after the "Pit" signal or the end of time is considered invalid and is not counted.

4.4. Reception outside the tatami is considered invalid.

4.5. When a simultaneous attack is carried out, equivalent techniques are not counted (Aiuchi).

## Article 5. PROHIBITED ACTIONS, WARNINGS AND PUNISHMENTS

Prohibitions of actions, deeds and techniques are divided into the following 4 categories:

1. **Athena**(over contact);
2. **Mubobi**(contempt for personal danger);
3. **Dzhogai**(tatami border);
4. **Shikaku**(disqualification).



## Higashi Kai contact karate competition rules

### 5.1. Athena

The following attacks and techniques are prohibited and punishable by warnings and penalty points.

5.1.1. Uncontrolled attacks (when shots are executed with failure, below or above the specified zone).

5.1.2. Attacks on the joints and elevation of the foot and lower leg.

5.1.3. Groin attacks.

5.1.4. Attacks with an open hand (glove) to the face, throat and neck.

#### 5.1.5. Delaying time.

- This includes refusing to fight;
- Escape from the opponent;
- Body contact during a clinch with an opponent.
- Capture for no more than 3 seconds (without continuing the technical action, the match is stopped).

5.1.6. **Dangerous hacks-** "Ashi-Barai" is possible in the case of deceptive actions, effective hacking to the fall or as a consequence of the continuation of technical actions, in other cases, a violation will be emphasized.

5.1.7. **Dangerous throws-** all throws above one's own height, and with grabbing the neck or a throw without control of the opponent).

5.1.8. **Actions on the ground floor-** It is allowed to strike only on the body of the opponent in the kneeling position, only to complete or avoid with the continuation of a painful or suffocating reception. In case of exchange of blows, the match is stopped.

5.1.9. **Excessive actions**(unsportsmanlike behavior, throwing gloves, refusing to bow at the end of the match, simulations, insults, obscene language).

5.1.10. Any behavior that harms the reputation of the Higashi KaiKan Karate Federation (behavior of representatives, judges, managers, persons related to the athlete).

5.1.11. **Advertisement:**the referee's message: "Aka/Ao - Athenai" and the penalty.

### "ATHENAI"

A gesture indicating a contact.

Possible punishments are:

- 1) personal punishment: Athena;
- 2) official punishment: Athenai Chui;
- 3) disqualification: Athenai Hansoku.



### 5.2. Mubobi

5.2.1. Mubobi points out: "The athlete's contempt for his own safety and integrity". Punishment in the form of Mubobi is applied in the following cases:

5.2.2. Lack of protection against an opponent's attack.

5.2.3. Attacks with closed eyes.

5.2.4. Deflection during a personal or opponent's attack and substituting the back.

5.2.5. Indecent behavior or statements addressed to: violation of the Rules, opponent, judges, organization.

5.2.6. **Advertisement:**the referee announces: "Aka/Ao - Mubobi" and the penalty.



## "MUBOBI"

Gesture, pointing to Mubobi.

### Possible punishments are:

- 1) personal punishment: Mubobi;
- 2) official punishment: Mubobi Chui;
- 3) disqualification: Mubobi Hansoku.



## 5.3. Jogai

- 5.3.1. Jogai points out: "Going beyond the bounds of the tatami with any part of the body."
- 5.3.2. Jogai does not count for a push, except for an intentional exit.
- 5.3.3. In the case of a healed technique (the "Pit" must be announced at the moment of impact), stepping outside the tatami (not on purpose) is not penalized, but if the "Pit" is not announced, Jogai is counted.
- 5.3.4. Going beyond the tatami after receiving the Aka/Ao "Jogai" score is not counted (**seven contact**).
- 5.3.5. From the moment of the announcement of "Yame", "Dzhogai" should have been fixed or not.
- 5.3.6. Simultaneous scoring of the point and "Dzyogai" cannot be awarded to one athlete.
- 5.3.7. Any step outside the bounds of the tatami during the match is declared "Dzhogai".
- 5.3.8. Punishment: "Athenai, Dzyogai, Mubobi" is announced in a separate category with penalty points awarded to the opponent.
- 5.3.9. **Advertisement:** the referee announces: "Aka/Ao - Dzagai" and the penalty.

## "JOGAI"

The gesture indicates "Dzhogai".

The punishments are:

- 1) personal note: Dzyogai Chukoku
- 2) personal punishment: Jogai Keikoku
- 3) official punishment: Jogai Chui
- 4) disqualification: Jogai Hansoku;



## 5.4. Shikaku

The most severe punishment in the Higashi KaiKan Karate Federation is considered "Disqualification", it is applied in the following cases:

- 5.4.1. When the athlete disobeys the referee's commands.
- 5.4.2. When committing actions that may harm the reputation of the Higashi KaiKan Karate Federation, or violate the rules and spirit of karate.
- 5.4.3. Rude and offensive actions of an athlete or a team representative, which the referee considers dangerous or offensive.
- 5.4.4. Before declaring "Shikaku" to an athlete or a representative, the referee must consult with the Chief Tatami Referee or the Chief Referee.





### Higashi Kai contact karate competition rules

- 5.4.5. When the athlete is declared "Shikaku", he loses all the advantages gained in the matches.
- 5.4.6. **After such cases:** The actions of an athlete or a representative of the Higashi Kai Kan Karate Federation are considered at the general meeting of the federation.
- 5.4.7. **Advertisement:** the referee announces: "Aka/Ao - Shikaku" and the penalty.



Gesture, pointing to "Shikaku".

### Art. 6. INJURIES AND ACCIDENTS

In the case of an athlete receiving an injury, the referee immediately stops the match and immediately calls the doctor to the court, to find out the severity of the injury, the doctor must examine the athlete and conclude whether the injured athlete can continue the match or not.

#### 7.1. Decisions of doctors:

- 7.1.1. Only the doctor of the competition has the right to make decisions regarding all issues related to injuries, accidents, as well as the physical condition of the participants of the competition;
- 7.1.2. An athlete who won a match as a result of the disqualification of his opponent due to an injury is not allowed to participate in further matches in this division without the permission of the competition doctor;
- 7.1.3. In case of admission of the athlete by the doctor of the competition to continue the fight, the doctor adds to the Jury the "Injury Sheet" which is added to the sheet of the round. According to the doctor's instructions, the referee carefully monitors the athlete's condition and must immediately react to any deviations in the athlete's health.
- 7.1.4. If an opponent is injured even slightly, no points are awarded.

Date: Time:	Tatami no	The name of the main tatami referee	
P.I.B. an athlete	Country	The nature of the injury	
Doctor's note	Recommendations	Can the competition be continued?	Doctor's signature/seal
		<b>YES NO</b>	





## Higashi Kai contact karate competition rules

### 7.2. Win or lose after an injury or accident.

- 7.2.1. If an athlete receives an injury, even a minor one, and refuses to continue the match, or requests its termination. The referee announces "Kiken" and the athlete goes to the doctor of the competition.
- 7.2.2. If the athletes receive injuries to each other, or if one of them is recognized by the doctor as unfit to continue the match, it is announced:
  - 1) victory to the athlete who scored more points;
  - 2) in case of equality of scored points or violations, the referee announces "Hantei" to determine the winner;
  - 3) in team competitions, the referee declares a Draw "Hikiwake".
- 7.2.3. In the case of the specified situation that occurs in decisive team competitions "Encho-sen", the referee appoints "Hantei" to determine the final result.
- 7.2.4. In the event of an injury during the match, which caused the opponent to be incapacitated for no reason, or due to the fault of both athletes, the decisive decision is determined in the order:
  - 1) If it is impossible to continue the match, defeat is declared through "Kiken".
  - 2) In case of impossibility to continue the match of both participants without the reasons given to any athlete, the decision is made through "Hantei".
- 7.2.5. When the Doctor recognizes the participant as incapacitated due to injury or other reasons of a physical nature, the referee stops the match and credits the victory in the following order:
  - 1) In the case of the fault of the opponent, the injured person is credited with victory;
  - 2) In the case of another reason, the injured person is credited with defeat.

## SECTION 4. KUMITE

### Technical actions and requirements for them. Terms.

According to the Rules of Full Contact Kumite Competitions, Light Contact Kumite, Semi Contact Kumite are divisional competitions in which the technical actions of athletes are performed with proper contact in the permitted areas using the permitted technique for each division. In order to win the match without harming health.

### Article 1. MATCH FULL / LIGHT CONTACT KUMITE.

The match consists of three interdependent parts:

- 1.1. **Duel in the rack** -a duel with an opponent in a standing position.
- 1.2. **Mixed match** -a duel with an opponent in different positions standing or on the ground: on the knees (on one knee), sitting, lying down (except for children):
  - up to 9 years old** -without throwing and fighting. (Light)
  - from 10 years old** -with throws, without struggle. (Light)
  - since 14 years old** (Foul) – throws are allowed, all methods of fighting on the ground floor with painful and suffocating techniques.
- 1.3. **Duel on the ground floor** -a duel with an opponent on the ground floor.



## Higashi kai contact karate competition rules

### Article 2. THROWS

- 2.1. A throw is considered an action performed by grabbing from a different position with sufficient effort and speed (except for taller than one's own height and dangerous twists).
- 2.2. Throws should include actions that allow you to change the opponent's efforts and seize the initiative (double throw).
- 2.3. Throws without separating the opponent from the tatami, which leads to a fight on the floor, are considered to be knockdowns.
- 2.4. Throws with the separation of the opponent from the tatami can be performed both with a small and with a large amplitude:
  - a) Throws with a small amplitude - occur from a height below the chest line of the attacker, who is in a stance. For example: chops, catches, hooks, throw through the hip.
  - b) Throws with a large amplitude are throws that are performed above the chest line of the attacker. For example: through the chest, back, shoulders.
- 2.5. After the capture, 3 seconds are given for throwing, after the capture is stopped for the further continuation of the match.
- 2.6. Unfinished throws, slow movements with stops are not counted by the judges.
- 2.7. Holds, throws, overturning interactions on the floor are not evaluated, but can be considered a continuation of painful or suffocating reception.
- 2.8. Fighting on the floor from the moment of capture is given for 10 seconds, after the end of time, the Referee makes a stop to continue the fight.

### Article 3. HIT

According to the competition rules, the following blows are allowed:

- 3.1. **In the head**(front and side parts);
- 3.2. **In the case**(front, side and back);
- 3.3. **On the legs**(inner and outer thigh);
- 3.4. **Hands**(applied with a fist along any trajectory in a jump, with a spin, elbow in the chudan);
- 3.5. **with the feet**(applied along any trajectory in a jump, with a reversal: foot: jodan, chudan, gedan; shin on the thigh, knee in gedan and chudan);
- 3.6. Punches with hands and feet, when captured, are applied in full contact in the permitted zones, depending on the section:
- 3.7. Light and Samy contact, fight with surface contact, no knockdowns with a low kick, no wrestling on the ground).

### Article 4. KNOCKDOWN AND KNOCKOUT

- 4.1. A knockdown is counted in lunges:
- 4.2. In the case of a knockdown, the referee gives the command "Yame", the count is "one" (one second must pass), the referee sends the opponent to his position in Seiz with his back to the center. If the opponent does not obey the referee's commands, the score does not start until the order is executed. Team "Hajime" is not given an "eight" count before, even if the athlete is ready to continue the match. If after the count of "eight" the athlete is unable to continue the match, the referee continues the count to "ten" and with the command "Out" fixes the position of the knockout.



- 4.3. Only a doctor provides assistance to a knocked-out athlete on the tatami mat. Secons act on his instructions.
- 4.4. In the section Semi contact kumite knockdowns and knockouts are prohibited, except for cases (meeting hits to the chin, or solar plexus with dosed contact in permitted places), in the second attacks "Athenai" is punished;
- 4.5. In Light contact kumite - knockdowns and knockouts are prohibited, except for cases (multiple hits to the chin, or solar plexus with dosed contact in permitted places), in the second attacks "Athenai" is punished;;
- 4.6. In competitions among youths, juniors and adults, the match ends after the first knockdown;
- 4.7. **The referee opens the score:**
  - With temporary loss of coordination of movements, after the stop command;
  - If the athlete is in deep defense for 5-10 seconds after several hits;
  - If the athlete touched the floor with any part of the body (3 point) after one or more hits.
- 4.8. **In competitions among children and young people, technical actions are carried out only with surface contact without knockdowns.**
- 4.9. An athlete who received a knockout may be admitted to the following competitions after a recovery period, which is:
  - a at least 4 months for young men and juniors;
  - б at least 3 months for adults.
- 4.10. An athlete who has been knocked out twice is suspended from participating in competitions for a period of 6 months.
- 4.11. All knockouts received by athletes during the competition are recorded in the report of the chief judge of the competition.

#### **Article 5.PAIN AND STROKE ATTACKS**

- 5.1. Participants are allowed to perform pain techniques and suffocating grips only on the ground floor.
- 5.2. A pain technique is considered to be an effect on the ligaments of the joints of the opponent's arm or leg, with the aim, under the influence of pain pressure, to force the opponent to surrender in order to avoid injury.
- 5.3. A suffocating technique is considered to be compression of the respiratory tract, which forces the opponent to surrender in order to avoid the possibility of losing consciousness.
- 5.4. Any exclamation or tapping of the hand or foot on the opponent or tatami mat is considered as a signal of defeat.
- 5.5. **Pain management and suffocation are stopped:**
  - 5.5.1. At the moment of transition from the ground floor to the standing position.
  - 5.5.2. A position that makes it impossible to complete a painful reception or a suffocating grip.
  - 5.5.3. At the end of the time limit set aside for their execution.
  - 5.5.4. As soon as the surrender signal sounded.
- 5.6. If the referee is convinced that the opponent cannot free himself from the painful technique or strangulation and further actions may lead to injury.



## Higashi Kai contact karate competition rules

- 5.1. 10 seconds from the moment of the seizure are allotted for the execution of a painful reception or a strangulation, after the time limit expires, the referee interrupts the match, leads the participants to continue the match.

### Article 6. MATCH ON THE EDGE OF THE TATAMI

#### 6.1. The position of athletes "outside the tatami" is considered:

- 6.1.1. If the step outside the working area took place with two feet.  
6.1.2. On the ground floor, half of the athlete's torso went beyond the working area.  
6.1.3. When going outside the working zone, the referee stops the match, returns the participants to their starting positions to resume the match.  
6.2. Technical actions performed at the time of the referee's command are counted, and sports substitutes will not receive a penalty.  
6.3. A throw outside the working zone is counted if the attacker has not left the working zone before the end of the fall.  
6.4. During wrestling on the ground floor, the match is not interrupted as long as the participants remain within the tatami.

### Article 7. PASSIVITY

- 7.1. **Passivity**(passive actions) – the refusal of the participants of the match to conduct active actions or the absence of real attempts to perform the technical actions permitted by them.  
7.2. The passivity of the participants is an attempt to prolong the time in the movement or in the parterre.  
7.3. Passivity is determined both for one and for both participants of the match.  
7.4. Passivity for both participants, in the parterre and in the match, is limited to 5 seconds.

#### 7.5. Passivity includes:

- 7.5.1. During the match, he often and unreasonably corrects protective equipment, or kimono.  
7.5.2. Deliberately delays the return to the starting position, after the referee's command.  
7.5.3. The athlete simulates activity by hitting the air at a distance, or moves around the opponent without any action.  
7.5.4. Deliberately goes beyond the tatami from the opponent's attacks.  
7.5.5. Simulation of illness, injury.  
7.5.6. Refuses the referee's call for active actions on the mat.  
7.6. In the case of passivity, the referee stops the match, invites the participants to the starting positions, gives one or two participants a warning, in case of repeated remarks - a warning, and then resumes the match.

### Article 8. PROHIBITED ACTIONS

Participants are prohibited from:

#### 8.1. Accept doping.

#### 8.2. Competition participants are prohibited from:

- 8.2.1. Make dangerous throws.  
8.2.2. Throwing forbidden blows.  
8.2.3. Perform prohibited pain techniques and strangulation



- 8.1.1. Deliberately injure an opponent.
- 8.1.2. Turn your back to the opponent's attacks.
- 8.1.3. To perform throws, or go to the ground without previous attacking actions.
- 8.1.4. Cling to the opponent's helmet.
- 8.1.5. To spit on purpose (on a toothpick).
- 8.1.6. Scratching, pinching and biting.
- 8.1.7. Push the opponent out of the tatami area.
- 8.1.8. To carry out technical actions in the rack or parterre, after the referee has stopped the fight.
- 8.1.9. Talk, argue and stop the fight on your own.
- 8.1.10. Ignore the referee's commands.
- 8.1.11. To violate the norms of behavior and sports ethics.

**8.2. Dangerous throws include:**

- 8.2.1. Throws above own height.
- 8.2.2. Favorite throws of the opponent's head to the bottom.
- 8.2.3. Throws with hand grabs for pain reception.
- 8.2.4. Throws the opponent behind the back with a fall on him from above.
- 8.2.5. Throws with grabbing the opponent's neck with two hands.

**8.3. It is forbidden to strike:**

- 8.3.1. Attack the opponent with legs when falling.
- 8.3.2. Attack: in the eyes, throat, neck, back of the head, joints, spine, in the groin, shin and raising the foot from above.
- 8.3.3. Head
- 8.3.4. Attack with a knee and an elbow to the head.
- 8.3.5. Falling on the opponent from above.

**8.4. It is forbidden to try to perform pain medication:**

- 8.4.1. In the rack.
- 8.4.2. On the joints of the hands (except the elbow joint).
- 8.4.3. Bending the arm behind the back.
- 8.4.4. Bending of the spine.
- 8.4.5. Pressing an elbow or knee on the opponent from above in the parterre.
- 8.4.6. Squeezing or crushing the opponent's head with the legs.
- 8.4.7. Twisting the head by other means that can lead to injury to the cervical spine.

**8.5. It is forbidden to perform strangulation:**

- 8.5.1. Finger pressure on the carotid artery.
- 8.5.2. Clamping of the respiratory passages of the mouth or nose.
- 8.5.3. If a violation is not detected during the execution of a chokehold, the referee must immediately stop the match by the "Yame" team, at any attempt by the athlete to signal a violation, with further consideration of the circumstances with the involvement of the corner referees of the match.
- 8.5.4. The defeat is not counted if the reason for surrender was the execution of a prohibited pain technique or strangulation.
- 8.5.5. Any attempt to simulate the signal (deception) of the referee is considered a defeat.

**Article 9. NOTICES AND WARNINGS**

For violation of these Competition Rules, comments and warnings may be announced to the participants of the match.



## **Higashi kai contact karate competition rules**

### **9.5. A remark to a match participant is announced for:**

- 9.5.1. The delay of the athlete leaving the mat for the first 30 seconds.
- 9.5.2. Execution of prohibited technique.
- 9.5.3. Going beyond the tatami.
- 9.5.4. Passivity during the fight.
- 9.5.5. Violation of the rules and norms of conduct by a participant or second.

### **9.6. A warning to a match participant is announced for:**

- 9.7. Being late for the match from 30-120 seconds.
- 9.8. Each repeat violation.
- 9.9. Arbitrary stoppage of the match.
- 9.10. The referee's decision to announce a warning must be supported by a majority of the corner judges' votes.
- 9.11. If two participants receive warnings, no points will be awarded to either of them.

## **Article 10. EVALUATION OF TECHNICAL ACTIONS**

Technical actions of athletes during the match are evaluated from 1-5 points:

### **10.1. One point is awarded for:**

- 10.1.1. A blow to the head or torso.
- 10.1.2. A blow on the inside and outside of the thigh.
- 10.1.3. Hit the body with a knee or elbow.
- 10.1.4. Knocking down the opponent.
- 10.1.5. (One) warning for violation of the Rules.

### **10.2. Two points are awarded for:**

- 10.2.1. A combination that includes a throw/chop with a finish in 2 seconds.
- 10.2.2. A kick to the torso.
- 10.2.3. Throw with a small amplitude.
- 10.2.4. (Second) warning for violation of the Rules.

### **10.3. Three points are awarded for:**

- 10.3.1. A kick to the head.
- 10.3.2. A kick to the torso in a jump or with a spin.
- 10.3.3. Amplitude throw from the rack with finishing.

### **10.4. Five points are awarded for:**

- 10.4.1. The technique that led to the knockdown.

## **Article 11. WITHDRAWAL AND DISQUALIFICATION**

### **11.1. The participant is removed from the match for:**

- 11.1.1. For exceeding the 2-minute time limit set aside for timely preparation for the match and a visit to the doctor.
- 11.1.2. The impossibility of continuing the fight for one's own reasons or due to an injury received through no fault of the opponent.
- 11.1.3. The Chief Referee or the Referee on the tatami mat may remove an athlete due to an injury based on a doctor's report. The presence of an injury and the athlete's ability to continue the match is determined by the doctor of the competition.

### **11.2. The participant is disqualified for:**

- 11.2.1. After receiving three warnings.
- 11.2.2. For refusal to follow the Referee's command or actions that may harm the opponent's health.





- 11.1.1. Express insults towards the opponent or the referee team.
- 11.1.2. For a gross violation of discipline to the opponent, judges and spectators.

**Article 12. MATCH RESULT**

The result of the match is a victory over the opponent due to: "Technical knockout", "Non-appearance", according to "Points", "Clear advantage", "Violation", "Hantei", "Kiken".

**12.1. "Clear victory" is awarded for:**

- 12.1.1. Achieving a clear advantage over an opponent in a match.
- 12.1.2. The opponent's refusal to continue the match.
- 12.1.3. Refusal of the opponent from the fight, as a signal of surrender from the performed pain reception or strangulation.
- 12.1.4. Surrender by one's own decision or the second's decision.

**12.2. Victory by "Technical Knockout", "Gohon" is awarded for:**

- 12.2.1. Technical actions that led to a knockout (with the exception of Semi-contact sections).
- 12.2.2. Technical actions that led to one knockdown (the second is prohibited).

**12.3. Victory by points is awarded for:**

- 12.3.1. A clear advantage in terms of the opponent's points.
- 12.3.2. A slight advantage, in the difference of points from 8-10 points.

**12.4. Win by "No Show or Withdrawal": "Shikaku" or "Kiken".**

- 12.4.1. Surrender due to withdrawal of one of the participants due to injury or violation of the Rules.
- 12.4.2. Surrender due to non-appearance on the mat at the announcement.
- 12.4.3. Disqualification for gross violation of participant discipline.
- 12.5. Victory by Defeat by: "Hansoku":**
  - 12.5.1. Non-appearance of one of the participants for the match.
  - 12.5.2. Withdrawal of one of the participants due to damage caused by the opponent.
  - 12.5.3. By the number of points or flags.
  - 12.5.4. "Hansoku".
  - 12.5.5. Disqualification for violation of the Rules.

**Article 13. JUDGES' DECISIONS DURING THE DETERMINATION OF THE RESULT OF THE MATCH.**

- 13.1. In the case of a "Clear victory", the referee enlists the support of the referee team (calling the corner judges) before announcing the winner.
- 13.2. In the case of withdrawal of an athlete, the decision is made by the Referee after previously agreeing on his decision with the Chief Referee of the site (if the withdrawal concerns a participant) or with the Chief Judge of the competition (if the withdrawal concerns a team or representative).
- 13.3. Awarding victory to an athlete based on points (or flags) is accepted by the Tata mi Referee based on the majority of votes.
- 13.4. The decision on "Khantey" is assigned in case of the same number of points or violations.
- 13.5. The decision is determined by the number of received violations.
- 13.6. The decision is determined by activity, technical and tactical advantage.



**13.7. In the event of a tie, "Hikiwaki" will determine the winner based on:**

13.6.1. Fewest warnings.

13.6.2. The best technical indicators of the match.

13.6.3. An additional minute is given in the event of a repeated draw before the first hit (in section seven contact.).

13.8. In disputed situations, the decision is made taking into account the opinion of the judging team (according to the results of the Kans control note).

13.9. The decision is determined by activity, technical and tactical advantage.



**Higashi kai contact karate competition rules**



UNIVERSAL FEDERATIONS I KARATE HIGASHI KAI KAN



**RULES COMPETITION  
WITH OF CONTACT KARATE HIGASHI KAI**

**STYLE: CONTACT KARATE HIGASHI KAI**

**SECTION: KUMITE**

**KUMITE: FULL CONTACT KUMITE**

## Higashi kai contact karate competition rules



**FULL CONTACT KUMITE**— a section of karate, in which punches with hands and feet are delivered at full power in the stance, on the ground floor. Throws, wrestling, in the rack, in the parterre are allowed (**NEVADA- FOR**), grips (**OSAEKOMI**); painful and suffocating techniques.

**CONTACT IS ALLOWED IN ALLOWED AREAS USING ALLOWED TECHNIQUES.**

### 1. TERMS

- 1.1. Only individual competitions are held.
- 1.2. Only juniors, adults and veterans who have an experienced level of training and serious physical training can take part in the competition. They must be completely healthy and approved by a physical sports dispensary.
- 1.3. Before the start of the tournament, the Board of the Higashi KaiKan Karate Federation can change the duration of the matches, the course of the matches, the sequence of awards.

### 2. AGE, CLASS AND GRADE DISTRIBUTION OF PARTICIPANTS

- 2.1. According to the age distribution, the participants of the competition are divided into:

**Juniors: 14-15, 16-17 years old;**

**Adults: 18 years and older.**

**Veterans: 36 years +**

Age is determined by the year of birth.

- 2.2. 18-year-old youth who have a KMS or SHODAN graduation. They are admitted to competitions among adults.
- 2.3. Athletes of the same or adjacent ranks and gradations can meet in competitions.
- 2.4. First-rate players can meet Candidates for Master of Sports, Masters of Sports of Ukraine and Masters of Sports of Ukraine of international class.

**Note.** Masters of sports and Masters of sports of Ukraine of international class must present their certificates to the mandate committee on the day of weighing the participants

### 3. REFEREEING

- 3.1. Judging is determined by: 3, 5 judges with full contact kumite on "Hantey" (by flags or referee notes).



#### 4. WEIGHT CATEGORIES:

Categories	Age	Lasted battle	Weight							
Veterans h	36 +	3 min.	-74	-84	+84					
Veterans	36 +	2 min.	-60	+60						
Adults h	18 and Art	2 min.	-63	-69	-74	-79	-84	-89	+89	
Adults, too	18 and Art	2 min.	-53	-60	-68	+68				
Juniors h	16-17	2 min.	-57	-63	-69	-74	-79	-84	-89	+89
Juniors	16-17	2 min.	-50	-55	-60	+60				
Juniors h	14-15	2 min.	-42	-47	-52	-57	-63	-69	+69	
Juniors	14-15	2 min.	-45	-50	-55	+55				

#### 5. MANDATORY PROTECTIVE EQUIPMENT

In Higashi KaiKan Karate Federation competitions, the following means of protection are used;

- 5.1. **Boxing gloves** depending on age (up to 9 years - 8 oz; from 10 years - 10 oz from 16 years - 12 oz). Blue for AO and Red for AKA (Belt also matches the proper color).
- 5.2. **Hood**— individual for each participant (must be white or transparent).
- 5.3. **Inguinal cup**— is worn under pants and must be well fixed.
- 5.4. Women must have a protective breast protector (for kumite white color).
- 5.5. **Protective helmet** must have the appropriate color for AO and AKA (must protect the top and back of the head without visors) the helmet must be well-fitted. A must for everyone!
- 5.6. **Leg protection**: feet and shin protector worn under pants - A must for everyone! and must have the appropriate color for AO and AKA.
- 5.7. **Contact lenses** only soft types (those that do not scratch) are allowed. However, if a competitor wants to stop the match for any reason related to contact lenses, he/she will lose the right to continue the match (Glasses of any kind are prohibited!).
- 5.8. All protective equipment must be in good condition and meet the standards adopted by the Higashi KaiKan World Karate Federation.

#### 6. STALLS

- 6.1. Punching techniques with hands and feet are performed only in the body to prevent capture or to effectively end a painful or suffocating reception within 10 seconds from the moment of capture. If the action was stopped, the match is stopped.



## 6. KHANTEY CRITERIA.

When announcing "Khanthey", the following is taken into account:

- no or the same number of points;
- the number of flags;
- absence or the same number of violations;
- absence or the same number of exits outside the site;
- tactical and technical advantage (skill, mastery, strategy);
- level of activity or morale;
- clean fight

## 7. KNOCKDOWN AND KNOCKOUT

- 7.1. A knockdown is counted in lunges;
- 7.2. In the case of a knockdown, the referee gives the command "Yame", the count is "one" (one second must pass), the referee sends the opponent to his position in Seiz with his back to the center. If the opponent does not obey the referee's commands, the score does not start until the order is executed. Team "Hajime" is not given an "eight" count before, even if the athlete is ready to continue the match. If after the count of "eight" the athlete is unable to continue the match, the referee continues the count to "ten" and with the command "Out" fixes the position of the knockout.
- 7.3. Only a doctor provides assistance to a knocked-out athlete on the tatami mat. Seconds act on his instructions.
- 7.4. In the section Semi contact kumite knockdowns and knockouts are prohibited, except for cases (meeting hits to the chin, or solar plexus with dosed contact), in the second attacks, "Athenai" is punished;
- 7.5. In light contact, a kumite knockdown or knockout is counted only in the scoring zone with metered contact;
- 7.6. In competitions among cadets, juniors and adults, the match ends after the first knockdown;
- 7.7. **The referee opens the score:**
  - With temporary loss of coordination of movements, after the stop command;
  - If the athlete is in deep defense for 5-10 seconds after several hits;
  - If the athlete touched the floor with any part of the body (3 point) after one or more hits.

## **Higashi kai contact karate competition rules**



UNIVERSAL FEDERATION OF KARATE HIGASHI KAIKAN



# **RULES COMPETITION WITH OF CONTACT KARATE HIGASHI KAI**

**STYLE: CONTACT KARATE HIGASHI KAI**

**SECTION: KUMITE**

**KUMITE: LIGHT CONTACT LOWKICK**



**LIGHT CONTACT LOUKIK**— a section of karate in which blows with hands and feet (all owed: low kick, knees, chops, throws depending on age, without knockdowns) are performed only dosed with controlled force without stops, in case of falling during chops or the throw is allowed to be finished with the hand within 2 seconds, (without **pain and muscle-smoothing techniques**, without struggle).

**CONTACT IS ALLOWED WITH DOSED CONTACT IN ALLOWED AREAS USING ALLOWED TECHNIQUES.**

### 1. TERMS

1.1. Competitions are held only individually.

**up to 9 years old** -without throws, elbows.

**from 10 years old** -with throws With knees and elbows in BH (body).

1.2. The presence of vests for up to 10 years is a must!

1.3. Fights are held in helmets, boxing gloves, mouth guards, bandages and shin guards are a must!

### 2. AGE, CLASS AND GRADE DISTRIBUTION OF PARTICIPANTS

2.1. According to the age distribution, the participants of the competition are divided into:

- **Boys: 10-11, 12-13 years old;**
- **Juniors: 14-15, 16-17 years old;**
- **Adults: 18 years and older.**
- **Veterans: 36 years +.**

Age is determined by the year of birth.

2.2. 18-year-old youth who have KMS or SEDAN graduation. They are admitted to competitions among adults.

2.3. Athletes of the same or adjacent ranks and gradations may meet in competitions.

2.4. First-class players can meet with KSSU, Masters of Sports of Ukraine and Masters of Sports of Ukraine of international class.

**Note.** Masters of sports and Masters of sports of Ukraine of international class must present their certificates to the mandate committee on the day of weighing the participants.

### 3. REFEREEING

3.1. Judging is determined in Light contact kumite: 3, 5 judges.

3.2. **The winner of the match is determined:** by most flags, most points scored in a round or by "Hantei" (by flags or judges' notes).



#### 4. WEIGHT CATEGORIES:

Categories	Age	Lasted battle	Weight							
Veterans h	36+	3 min.	-74	-84	+84					
Veterans	36-40	2 min.	-60	+60						
Adults h	18 and Art	2 min.	-63	-69	-74	-79	-84	-89	+89	
Adults, too	18 and Art	2 min.	-53	-60	-68	+68				
Juniors h	16-17	2 min.	-57	-63	-69	-74	-79	-84	-89	+89
Juniors	16-17	2 min.	-50	-55	-60	+60				
Cadets h	14-15	2 min.	-42	-47	-52	-57	-63	-69	+69	
The cadets	14-15	2 min.	-45	-50	-55	+55				
Mol. cadets	12-13	2 min.	-37	-42	-47	-52	-57	-63	+63	
Mol. cadets	12-13	2 min.	-47	+47						
Young men	10-11	2 min.	-32	-37	-42	-47	+47			
The young men	10-11	2 min.	-42	+42						

#### 5. RATING

- 5.1. **It counts:** all unbanned hits on listed cities that are not stopped by defense or capture.
- 5.2. When performing a technique due to which the athlete or his opponent lost his balance, the technique is considered not controlled and marks are not awarded.
- 5.3. **Contact is prohibited** when finishing off a lying opponent in the head or torso, only marking is allowed.
- 5.4. All violations are accumulated, which gives an advantage to the opponent in additional points, at "Khantei".

#### 6. KNOCKDOWNS AND KNOCKOUTS

- 6.1. Knockdown/Knockout in the Light contact kumite section **IT IS FORBIDDEN!** except for the case of oncoming equipment during (uncontrolled forward movement) "AKA", in this case "GRAY" assigned "VASARI" (5 points), "AKA" remark is made "KEI KOKU" or the following violation;
- 6.2. If not possible "AKA" continue the fight, «GRAY» declared the winner "NOKACHI", "AKA" defeat is announced for «KIKEN».
- 6.3. In case of knockout/knockdown (by uncontrolled technique) or uncontrolled behavior, the athlete is disqualified!
- 6.4. **Uncontrolled technology is considered technology:**
  - In case of loss of balance after performing the technique;
  - Uncontrolled behavior that can lead to injury;
  - The technique is performed with closed eyes or with head rotation;
  - Pushing;
  - Hit with an open glove.





## **7. THROWS**

- 7.1.** Uncontrolled throws with loss of balance are not scored;
- 7.2.** A throw with a chop in the fall - 1 point (+1 point for finishing);
- 7.3.** Amplitude throw while staying on the feet - 2 points (+1 point for finishing);
- 7.4.** **It is prohibited** struggle, painful and suffocating techniques.

## **8. STRUGGLE**

- 8.1.** Wrestling is prohibited.

## **9. SIMULATION**

- 9.1.** If the simulation is fixed, a warning is issued once "**HANSOKU LISTEN**", 2 times Disqualification.

## **Higashi kai contact karate competition rules**



UNIVERSAL FEDERATION I KARATE HIGASHI KAIKAN



# **RULES COMPETITION WITH OF CONTACT KARATE HIGASHI KAI**

**STYLE: CONTACT KARATE HIGASHI KAI**

**SECTION: KUMITE**

**KUMITE: SEMI CONTACT LOWKICK**



**SAMMY CONTACT LOUKICK**– a section of karate in which punches and kicks (low-kick), chops and throws with a grip are allowed with only one hand, with a 2-second finish, performed only with dosed contact in permitted places, without knockouts and knockdowns. After each effective touch, the match is stopped with the awarding of a score or a penalty.

### **1. Age, grade and gradation distribution of participants.**

**1.1** According to the age distribution, the participants of the competition are divided into:

- **children: 6-7, 8-9 years old;**
- **boys: 10-11, 12-13 years old;**
- **juniors: 14-15, 16-17 years old;**
- **adults: 18 years and older.**
- **Veterans: 36 years +**

Age is determined by the year of birth.

**1.2** 18-year-old youth who have KMSU or SEDAN graduation. Adult competitions are allowed.

**1.3** Athletes of the same or adjacent ranks and gradations can meet in competitions.

**1.4** First-class players can meet with KSSU, Masters of Sports of Ukraine and Masters of Sports of Ukraine of international class.

**Note.** Masters of sports and Masters of sports of Ukraine of international class must present their certificates to the mandate commission on the day of weighing participants

### **2. DURATION OF MATCHES.**

- 2.1. for Children – 1 round of 60/90 seconds;
- 2.2. for Boys, Juniors and Adults – 1 round of 2 minutes.
- 2.3. for Veterans – 1 round of 3 minutes.
- 2.4. **Time stops:** for awarding points, penalties or when the match is timed out.
- 2.5. **In the event of a draw**, is taken into account "**Sensho**» (first successful touch). If "**Sensho**» not received, one minute is given before the first touch.

### **3. MATCH RULES**

- 3.1. The athlete must be examined by a mirror judge or corner judges in a special place designated for this purpose near the court.
- 3.2. After checking, participants must wait for permission from the Referee to enter the court.
- 3.3. Before the start of the match, the participants at the command of the Referee (Shomen ni Rei, Atagai ni Rei) bow to each other and take a fighting position and wait for the command to start the match "**HAJIME**".



## Higashi kai contact karate competition rules

### 3. WEIGHT CATEGORIES:

Categories	Age	Lasted battle	Weight							
Veterans h	36 +	3 min	-74	-84	+84					
Veterans	36 +	3 min	-60	+60						
Adults h	18 and Art.	2 min	-63	-69	-74	-79	-84	-89	+89	
Adults, too	18 and Art.	2 min	-53	-60	-68	+68				
Juniors h	16-17	2 min	-57	-63	-69	-74	-79	-84	-89	+89
Juniors	16-17	2 min	-50	-55	-60	+60				
Juniors h	14-15	2 min	-42	-47	-52	-57	-63	-69	+69	
Juniors	14-15	2 min	-45	-50	-55	+55				
Young men	12-13	2 min	-37	-42	-47	-52	-57	-63	+63	
The young men	12-13	2 min	-47	+47						
Young men	10-11	2 min	-32	-37	-42	-47	+47			
The young men	10-11	2 min	-42	+42						
Children h	8-9	1.30 min	-25	-28	-32	-37	+37			
The children	8-9	1.30 min	-32	+32						

### 4. REFEREEING

- 4.1. The score is kept by the referee and one mirror judge who moves on the tatami towards the referee. Both judges have the same right to vote.
- 4.2. If the referee and the mirror judge during the match noticed a hit or a violation, they immediately fix it, but the team announces "THE PIT» only the Referee, the athletes take their starting positions. In case of a violation, the Referee coordinates his decision with the mirror judge and awards a penalty pointing to the athlete who committed the violation.
- 4.3. Scores and violations during the match are kept by the Referee at the jury table. The referee monitors compliance with the rules of the competition, sometimes (also for "ATOSH-BORAKU»), tallies scores and violations, indicating the winner by points or violations. Control with entry of the winner into the protocol.

### 5. ALLOWED AREAS OF TECHNIQUE EXECUTION

- **Head** -face, side parts, forehead, back of head.
- **Body** -front and side of the body, back.
- **legs** -low kick (outside), foot to foot chop (inside and outside) and other controlled throws with a one-handed grip.

### 6. PROHIBITED AREAS FOR HITTING

- Makivka is the head.
- The upper part of the shoulders.
- Spine
- Neck - front part, side, back.
- Below the belt - except for chops, throws and low kicks.



## Higashi kai contact karate competition rules

### 7. ALLOWED TECHNICAL ACTIONS

- **Kick**—mae geri, yoko geri, mawasi geri, usiro geri, orosi geri, lowkick, tobi geri (with tobi or rotation).
- **Clap your hands** - seiken, mawasi tsuki, uraken, sita tsuki, age tsuki, tobi tsuki
- **Undercut**—separately to fall by touching the third point or counts in conjunction with a 2-second finishing combo.
- **Extraction** -is allowed, to the referee's team "**THE PIT**". When finishing, the legs should be on the floor in a stable position. Bringing a lying opponent into contact with hands or feet is prohibited!

### 8. AWARD OF POINTS

- 8.1. Only permitted equipment in the permitted area is evaluated. A "pure" blow with metered contact is evaluated. When awarding points (points), the technique must have the necessary strength and speed, but which did not lead to damage to the opponent (absence of knockout, knockdown or uncontrolled technique).
- 8.2. **Receptions** which are not assessed:
  - with detention;
  - sliding strokes;
  - terminated by protection;
  - imbalance;
  - with closed eyes;
  - turning the head;
  - rotate;
  - pushing;
  - open seal
- 8.3. If the athlete attacks, in the jump, he must be in the inner zone of the court, otherwise points (points) will not be counted.
- 8.4. Effective techniques carried out simultaneously with the team "**THE PIT**", are counted. After the signal "**THE PIT**» equipment are not counted. Further execution of techniques after the referee's command "**THE PIT**» are punished.
- 8.5. **the winner** the athlete who scored the highest number of points after the end of the match or after "**SENSO**".
- 8.6. **When meeting** technique, the technique is evaluated in the higher direction or by counting the difficulty: 1b-2b and 2b-3b, in the case of "**KNOCKDOWN or KNOCKOUT** T» 5 points.
- 8.7. After each effective action or violation, the command "**THE PIT**» with assigning a grade or punishing the athlete.
- 8.8. If in a match the difference in points reaches eight points, the match is stopped. In the final matches, the difference should be equal to ten.
- 8.9. After the judges evaluate the athlete's actions, he must remain on his feet.



## **8.10. TECHNIQUE EVALUATION**

- Hand strike ..... - 1 point;
- A kick to the body ..... - 2 points;
- A kick to the head ..... - 3 points;
- Low kick kick ..... - 1 point;
- A kick in a jump or with a twist to the body - 2 points + 1;
- A kick in a jump or with a spin to the head - 3 points + 1;
- Chopping with finishing ..... - 2 points.
- Cutting without finishing ..... - 1 point.

## **9. PENALTY POINTS**

- 9.1.** A fighter cannot receive points for a technical action and a warning at the same time.
- 9.2.** All violations are evaluated in three categories separately:
  - 1.** Contact excess «**ATHENAI**».
  - 2.** Danger of personal protection, simulation, delaying time or escape from the fight, rotation «**MUBOBI**».
  - 3.** «**DJOGAI**».

After a repeated violation, penalty points are awarded to the opponent:

- **CHUKOK**- remarks;
- **KEIKOKU**– 1 warning - 1 point to the opponent;
- **HANSOKU LISTEN**– 2 warnings - 2 points to the opponent;
- **HANSOK**- defeat, the opponent is awarded victory.

## **10. KNOCKDOWN OR KNOCKOUT**

- 10.1.** Knockdown/Knockout in the Semi contact kumite section **IT IS FORBIDDEN!** except for the case of oncoming equipment during (uncontrolled forward movement) «**AKA**», in this case «**GRAY**» assigned «**VASARI**» (5 points), «**AKA**» remark is made «**KEIKOKU**» or the following violation;
- 10.2.** If not possible «**AKA**» continue the fight, «**GRAY**» declared the winner «**NOKACHI**» and «**AKA**» defeat is announced for «**KIKEN**».
- 10.3.** In case of knockout/knockdown (by uncontrolled technique) or uncontrolled behavior, the athlete is disqualified or declared «**HANSOKU CHU**» if the technique was performed by accident.
- 10.4. Uncontrolled technology is considered technology:**
  - In case of loss of balance after performing the technique;
  - Uncontrolled behavior that can lead to injury;
  - The technique is performed with closed eyes or with head rotation;
  - Impulses;
  - The punch is made with an open seal.

## **11. SIMULATION**

- 11.1.** If the simulation is fixed, the warning «**HANSOKU HEAR**» is given 1 time, Disqualification 2 times!

Higashi kai contact karate competition rules



UNIVERSAL FEDERATION KARATEHIGASHI KAIKAN



**RULES COMPETITION**  
**WITH OF CONTACT KARATE HIGASHI KAI**

**STYLE: CONTACT KARATE HIGASHI KAI**

**SECTION: KATA FREESTYLE**





**KATA FREESTYLE**-are held among athletes of all styles of karate according to general evaluation criteria based on the flag system.

## **1. CHARACTER AND SYSTEM OF COMPETITIONS**

**1.1.** Kata competitions take the form of individual and team matches. Team competitions consist of competitions between teams of three athletes. Each team is exclusively male or female. Personal kata matches consist of individual performance of kata separately, in men's and women's divisions, taking into account the age of the participants and their belt gradation.

### **1.2. Children (boys and girls)**

**1.2.1.** Kata "TAIKE KYOKU SONO ICHI/SAN»

**1.2.2.** The same kata can be performed in the first and second round (5-7 years old).

**1.2.3.** Executioner(A-B), are not repeated in the first and second rounds 8-9 years, any kata, depending on the level of the participant, can be performed in further rounds.

### **1.3. Young men and women**

**1.3.1.** Kata under 11 years old "A-B" in the first and second round is not repeated.

**1.3.2.** Kata from 12 years "A-B-C" from the first to the third circle is not repeated. Any kata, depending on the level of the participant, can be performed in subsequent rounds.

### **1.4. Juniors (men and women)**

**1.4.1.** Any Kata, depending on the level of the participant, can be performed in subsequent rounds.

**1.4.2.** Kata "A-B-C" from the first to the third round is not repeated.

### **1.5. Adults and Veterans (men and women)**

**1.5.1.** Any kata, depending on the level of the participant, can be performed in subsequent rounds.

**1.5.2.** Kata "A-B-C" from the first to the third round is not repeated.

**1.6.** The competition is divided into 3 rounds. 16 participants are selected from the first round to participate in the second round. From the second round, 8 participants are selected to participate in the final round, from which the 1st, 2nd, 3rd and 4th places are determined.

**1.7.** If 32 or more participants are registered for the competition, they are divided into two groups. From each group in the first round, 8 participants are selected to participate in the second round.

**1.8.** If the number of participants registered for participation in the competition reaches from 8 to 16 participants, only one final round is held, but after that each participant will have to perform 2 different kata, if necessary, one additional kata.

## **2. AGE DISTRIBUTION OF PARTICIPANTS.**

**2.1** According to the age distribution, the participants of the competition are divided into:

Age is determined by the year of birth.

- **Children: 6-7, 8-9 years old;**
- **Boys: 10-11, 12-13 years old;**
- **Juniors: 14-15, 16-17 years old;**
- **Adults: 18 years and older.**
- **Veterans: 36 years +**



### 3. AGE CATEGORIES

- 3.1. Kata competitions are held separately for men and women.  
3.2. Age and classification groups are the same for men and women.

Personal among children				
Age group		Men	Women	Age group
<b>Children</b>	6-7; 8-9	<b>c. A.V.S.</b>	<b>c. A.V.S.</b>	6-7; 8-9;
<b>Young men</b>	10-11; 12-13			10-11; 12-13
<b>Juniors</b>	14-15; 16-17	9 +	9 +	14-17
<b>Adults</b>	18 and Art.	9 +	9 +	18 and Art.
<b>veterans</b>	36 +	9 +	9 +	36 +

### 4. GRADE DISTRIBUTION OF PARTICIPANTS

**AND–** (from 9 Kyu to 7 Kyu inclusive).

**B–** (from 6 Kyu to 4 Kyu inclusive).

**WITH–** (from 3 Kyu to 1 Kyu inclusive);

Adults and Veterans (from 3 Kyu to 3 Dan inclusive).

**Category "A" - Athletes with qualifications from "9 Kyu to 7 Kyu" inclusive.**

1. Taikyoku Sono Ichi;
2. Taikyoku Sono Ni;
3. Taikyoku Sono San;
4. Pinan Sono Ichi;
5. Pinan Sono Ni;
6. Tsuki No Kata;

**Category "B" - Athletes with qualifications from "6 Kyu to 4 Kyu" inclusive.**

1. Pinan Sono Ichi;
2. Pinan Sono Ni;
3. Pinan Sono San;
4. Pinan Sono Yeon;
5. Tsuki No Kata;
6. Geki Sai Dai;
7. Geki Sai Seo;

**Category "C" - Athletes with qualifications from "3 Kyu to 3 Dan" inclusive.**

1. Geki Sai Seo;
2. Saifa;
3. Yangtze;
4. I am burning;
5. Seipai;
6. Seienchin;
7. Kanku-give;
8. dry



## **5. ADMISSION OF ATHLETES TO COMPETITIONS**

- 4.1. The Mandate Commission checks the age group and gradation classification of athletes.
- 4.2. The team representative must register in writing the name of the kata to be performed by the competitor before the start of each round. The kata to be performed must be listed after the participant's name. After that, the chief tatami judge compares the level of the kata and the rank before the start of the competition.

## **5. OFFICIAL UNIFORM**

### **5.1. Participants**

- 5.1.1. Competitors must wear white unmarked karategi, with the Higashi KaiKan Karate Federation shinden on the left side of the chest.
- 5.1.2. The limit length of the jacket girded with an obi (belt) should cover the hips.
- 5.1.3. Jacket sleeves should cover at least  $\frac{1}{2}$  of the forearm, but should not be longer than the wrist.
- 5.1.4. Women are allowed to wear a plain white T-shirt under the jacket. Except for men.
- 5.1.5. The length of the trousers should cover at least  $\frac{2}{3}$  of the calf, but should not be longer than the ankles. Pants cannot be rolled up or buttoned in any way.
- 5.1.6. It is forbidden to remove the jacket during the performance of the kata, except for the Sanchin kata, which is performed without a jacket.
- 5.1.7. Participants who enter the competition site not dressed in accordance with the above Rules may be removed from the competition by the referee with the approval of the Chief Referee of the site. However, the contestant will not be removed immediately, but will have 1 minute to adjust their clothes, followed by a warning.

## **6. MANDATORY PROTECTIVE EQUIPMENT**

- 6.1. Without any protective equipment.
- 6.2. Any bandages or anything, need the approval of the Chief Judge of the competition.

## **7. JUDICIAL COLLEGE. EVALUATION CRITERIA**

- 7.1. Judges use blue and red flags to evaluate the performed Kata. The winner is determined by the participant who collected the most flags of the same color raised by the judges.
- 7.2. Rating «HIKIWAKI» - a tie, the judge can lift once, the second time the judges' decision is binding. In an additional duel, it is forbidden to repeat the execution by which it was received "HIKIWAKI".
- 7.3. **Judging in team competitions is carried out according to the above-mentioned points:**
  - 7.3.1. Synchronous execution of command execution without external replicas.
  - 7.3.2. In a team kata, all team members must start the kata facing the Referee tatami.
  - 7.3.3. Team members must demonstrate competence in all aspects of performing the kata simultaneously with synchronicity.
  - 7.3.4. The command to start and end the performance, stomping with the foot, slaps on the body, hands or karategi, unnecessary exhalations are examples of external cues

and are taken into account by the judges in the evaluation.

Section: Kata freestyle



## Higashi kai contact karate competition rules

### 8. JUDGES (SUSIN and FUKUSIN)

8.1. The level of referees when refereeing the tournament must have:

8.1.1. Level A – not lower than 2 Kyu;

8.1.2. Level B – not lower than 1 Dan;

8.1.3. Level C – not lower than 2 Dan;

8.2. Number of judges on the tournament mat: 7 judges:

8.2.1. **Susin**(Referee) – 1 person;

8.2.2. **Fukushin**(Corner judges) – 3 for children, 4 for adults;

8.2.3. Chief Referee of the site (Susin) - 1 person.

8.2.4. **(Judge informant)** –1 person

#### 8.3. Exit and placement of the judging team:

At the referee's command, the athletes of the category line up on the edge of the court opposite the tournament referee's table (from the left "**GRAY**", from the right "**AKA**"). Judges are located on the boundary in the center of the court from the jury table.

At the command of the Referee, the judges and participants turn and bow "Shomeni rei", "Atagai ni rei", then the Referee takes a step back, the judges turn to face the center at the same time as bow to "**SUSIN**", after that the referee makes a gesture with both hands to the side, inviting the judges to take their workplaces, taking the white and red flags. "**SUSIN**» takes a position on the edge of the court in the center in front of the jury table, waiting for the corner judges to take their jobs and, together with the Referee, the corner judges take their jobs on the chair.

8.4. The announcer calls two participants according to the protocol: the first surname is the red corner, the second surname is the blue corner of the member of the list and the next couple is preparing to leave.

8.5. At the Referee's signal, the athlete starts first from the red corner, who starts with a bow, the first bow is given to the referee, the second to the opponent, moves to the center, turning to face the Referee, moves to the mark. After stopping, the participant bows and clearly pronounces the name of the kata (the kata must match the name in the protocol), the Referee confirms the name of the kata, after a sustained pause, the participant begins the kata.

8.6. After completion, the participant bows and leaves the court independently, to the starting place with the Referee's bow.

8.7. After the last participant finishes, the Referee, having improved the readiness of the judges, gives one short and one long signal with a whistle, the judges simultaneously raise the flags of the chosen athlete, after counting the flags at the short signal of the Referee, the judges simultaneously lower the flags and the Referee confirms the sportsman chosen by the majority of flags as his flag.

After the announcement of the winner, the athletes bow and leave the court.

8.8. The announcer announces the winner and makes a note in the protocol.



## **9. DISQUALIFICATION AND GENERAL PROVISIONS**

- 9.1. Going outside the site is not punished.
- 9.2. For children, if he forgets the kata, he is not disqualified, but he is given the opportunity to repeat the kata one more time.
- 9.3. The athlete is disqualified if the belt is undone during the kata.
- 9.4. The athlete is disqualified if the referee deviates from the kick during the execution of the kata by the participant.
- 9.5. The participant is punished for not bowing at the call, before the start and at the end of the kata (Three obligatory bows must be made: at the beginning, in the middle, at the end).
- 9.6. The participant is disqualified if the announced kata does not match the kata specified in the protocol.

## **10. CRITERIA ASSESSMENTS "KATA"**

### **TECHNICAL PERFORMANCE**

- 10.1. **POSITIONS**- (width, knee, heel, back);
- 10.2. **TECHNIQUE** – (block/hit direction, level);
- 10.3. **INTERMEDIATE MOVEMENTS** – (pause, stop);
- 10.4. **COORDINATION/SYNCHRONICITY** – (balance, timely block/kick);
- 10.5. **FOCUSING KIME** – (attention, block/hit concentration);
- 10.6. **TECHNICAL DIFFICULTY** – (higher kata);
- 10.7. **CORRESPONDENCE OF THE FORM** – (to the style direction).

### **ATHLETIC PERFORMANCE**

- 10.8. **POWER**
- 10.9. **SPEED**
- 10.10. **BALANCE**
- 10.11. **RHYTHM**

## **11. VENUE OF COMPETITIONS**

- 11.1. The field for the competition must be a flat continuous surface that does not interfere with the sliding and rotational movements of the participant.

Higashi kai contact karate competition rules



UNIVERSAL FEDERATION KARATEHIGASHI KAIKAN



# **RULES COMPETITION WITH OF CONTACT KARATE HIGASHI KAI**

**STYLE: CONTACT KARATE HIGASHI KAI**

**SECTION: SELF-DEFENSE (self-defense)**

## Higashi kai contact karate competition rules



**SELF DEFENSE** –is one of the disciplines of contact karate Higashi kai. The essence of self-defense competitions is to identify athletes who have the best technique and control in self-defense, by evaluating the level of their mastery during the demonstration of performances.

### 1. Age and grade distribution of participants.

- 1.1. Self-defense competitions are held separately for men and women, as well as representatives of different age and weight categories.
- 1.2. If the number of athletes in the age categories is insufficient, the categories may be combined by the decision of the panel of judges.
- 1.3. According to the age distribution, the participants of the competition are divided into:

- **Children: 6-7, 8-9 years old;**
- **Boys: 10-11, 12-13 years old;**
- **Juniors: 14-15, 16-17 years old;**
- **Adults: 18 years and older;**
- **Veterans: 36 years +**

Age is determined by the year of birth.

### 2. SORTSMEN'S CLOTHES

- 2.1. An athlete may be admitted to self-defense competitions if he performs in a neat and clean uniform of his discipline, karategi, sambo jacket or camouflage uniform.
- 2.2. It is allowed to use the symbols of sports, military and law enforcement organizations on the uniform of the participant, if they do not create the possibility of injury to other athletes.
- 2.3. There should be no metal parts on the sportsman's clothes. The use of theatrical costumes is prohibited. Advertising of sponsors, companies, organizations is possible only with the special permission of the Chief Judge of the competition.
- 2.4. **Not allowed** to wear jewelry, watches, or other items during the competition.

### 3. JUDGES

- 3.1. Composition of the team of court judges: Chief Referee of the court, central Referee, self-defense corner judges, 4 or 3 corner judges, protocol secretary, informer).
- 3.2. The referee is on the edge of the court in the center in front of the jury table, and the side judges are at the corners of the court.
- 3.3. Referees and corner judges evaluate the participant's demonstration of self-defense by points, the protocol secretary notes the indicators and announces the participant's result.
- 3.4. When dangerous technical techniques are demonstrated, the referee is obliged to intervene immediately and prevent injuries to athletes.

### 4. DEMONSTRATION TIME OF SELF-DEFENSE TECHNIQUES

- 4.1. At competitions, the athlete must demonstrate technical self-defense actions for no more than 3 minutes.
- 4.2. If the athlete's performance exceeds 3 minutes, the performance is not stopped, but each judge must take this into account when evaluating the participants.





## **5. ATTACKING ACTIONS OF THE ASSISTANT**

5.1. An assistant at self-defense competitions can simulate the following attacking actions:

- blow with the hand (from the side, from above, straight from below, lying down);
- a kick (from below, from the side);
- a blow with a stick, nunchucks (from the side, from above, with a stick);
- stabbing (directly, from above, from below, from the side, lying down);
- disarming a person when trying to get a weapon (from a trouser pocket, an inner jacket pocket, etc.);
- disarming a person when threatened with a pistol, machine gun, rifle (from behind, front);
- release from grasping hands (clothing on the chest, torso without arms in front, torso with arms in front, torso without arms behind, torso with hands behind, neck in front, neck in back, neck in side, one arm with two hands, legs).

## **6. PROTECTIVE ACTIONS OF A SPORTSMAN**

- 6.1. Demonstrating the technique of self-defense, the athlete can perform (simulate the performance of) any blows, throws, painful and suffocating techniques, and transitions to convoys and simulate finishing. Technical actions must be performed in such a way as to demonstrate a convincing defense against the attack with control of the attacker after the end of the attack.
- 6.2. All self-defense techniques must be controlled, with insurance of a person imitating an attack, without harming the assistant's health. The degree of contact during blows and the degree of effort during grips, pain and strangulation techniques must be controlled even without contact.

## **7. PROCEDURE OF THE SPORTSMAN'S PERFORMANCE**

- 7.1. Before the start of the performance, two pairs are called, the first pair is the red corner, the second pair is the blue corner. The first couple bows straight before exiting, then bows to their rivals. When entering the position, the couple bows to the referee, the athlete who performs self-defense techniques introduces himself to the judges, stating his surname, first name, country (at international competitions), style, from the arsenal of which technical self-defense actions will be demonstrated, announcing the reception in turn.
- 7.2. Before the start of the performance, objects imitating weapons must be inspected by the referee. In the event that the Senior Judge deems such items unsafe, they must be replaced with others.
- 7.3. At competitions in age categories, the athlete demonstrates previously practiced technique with an assistant he chooses himself. At first, technical actions are demonstrated slowly, after that at real speed, actions are evaluated only at real speed.
- 7.4. At international competitions, the athlete demonstrates 5 technical actions (at regional competitions, 3), one of which must be defense against grabs (grabs), and another defense against attack using weapons or objects as weapons. If the athlete demonstrates less than 5 (or 3) technical actions of self-defense, the difference in technical actions will be counted as a defeat.



- 7.5. Before the demonstration of the technique, it is forbidden to show signs of attack.
- 7.6. The athlete demonstrates 5 (3) technical actions.
- 1.elements of applied acrobatics on a hard surface: falls, flips, rolls, connected in a combination. Acrobatics is evaluated by judges as a separate technical action of self-defense.
  - 2 and 3. technical actions of self-defense against an attack without a weapon;
  - 4.technical actions from exemption and coverage;
  - 5.technical actions of self-defense against an attack with weapons and objects that are used as weapons.
- 7.7. When performing the first technical action, the athlete must demonstrate the ability to fall without injury, which is a necessary element of real self-defense. For an unsatisfactory level of performance of acrobatic exercises, the athlete's technical action is not counted, and in order to prevent injuries, he may be removed from the competition by the decision of the panel of judges.
- 7.8. The assistant must perform (controlling and marking) attacking actions accurately, clearly, at a speed of approximately 50% of the maximum attack speed in real conditions, observing safety measures for both himself and his partner. Clearly slowed actions of the assistant and significant errors in the execution of attacking actions, the judges may not count this technical action.
- 7.9. IT IS FORBIDDEN carry out technical actions that may lead to injury or failure of the reception. For such actions, the athlete may be punished under 2 categories of the theory "ATHENAI IONI».
- 7.10. In the event of an error made by the assistant or intentional actions which make it difficult to demonstrate the technique of self-defense, the athlete may have given a retry with another equivalent task.

## **8. ASSESSMENTS**

- 8.1. Evaluation is carried out: according to points from 7 to 10 points, 8.5 average rating ; 5 or 3 judges who can be on the edge of the tatami mat or at the judges' table.
- 8.2. Evaluation of each technical action of self-defense is carried out immediately after the execution of each technical action, only with real speed.
- 8.3. At the command of the senior referee with self-defense, one short and one long whistle signal, all judges throw out the points at the same time, returning first to the secretary, then after a short signal to the fans and after a short signal, they drop the points.
- 8.4. If the athlete received "HANSOK» for any category during the performance, the athlete will be disqualified.
- 8.5. The winner is determined by the most points.
- 8.6. **Admission is not counted:**
- each technical action that was not demonstrated (stop);
  - technical actions aimed at causing excessive damage;
  - technical actions that do not stop a dangerous strike (or control);
  - unsatisfactory performance of special acrobatic elements (flips, falling techniques, rolls).



**9. EVALUATION CRITERIA OF TECHNICAL ACTIONS WITH "SELF-DEFENSE":**

- 9.1. **PRACTICALITY**– "0.5" (availability when repeating);
- 9.2. **EFFICIENCY**– "0.5" / "0" (lack of protection from hand or knife/torch.);
- 9.3. **LEGALITY**– "0" (exceeding the limits of necessary defense);
- 9.4. **CONTROL OF THE ATTACKER**– "0.5" (lack of control in case of seizure/suffocation pain)
- 9.5. **BALANCE**– "0.3" / "0.5" (weak/significant loss of balance);
- 9.6. **MERGER**- "0.3" / "0.5" (weak pause, lethargy/significant stop);
- 9.7. **OBSERVANCE OF SAFETY MEASURES**- "0.5" / "disqualification" (accidental mistake/ "DE" intentional harm);
- 9.8. **SPORTSMAN BEHAVIOR** - "disqualification".

**9.9. PRACTICALITY.**

The technique of self-defense should be such that it should be used not only by an athlete with a high level of training, but also by an ordinary person. It is not allowed to perform complex acrobatic elements. In the case of the use of impractical complex acrobatic movements in self-defense, the referee must make a remark or a warning.

**9.10. EFFICIENCY.**

The technique of self-defense should prevent the participant from injury when performing the reception. If the self-defense technique does not allow you to prevent damage with sufficient confidence (the blade of the knife passes through the projection of the body, or the projection of the flight of the bullet passes through the body of the person being defended, or does not stop the blow with protection, which in the real development of events is life-threatening or human health), the reception is not counted for the athlete.

**9.11. LEGALITY.**

The technique of self-defense should be within the limits defined by the legislation of Ukraine for real situations. Technical actions of self-defense, which can lead to death or causing bodily harm, can be demonstrated only when protecting against a group of persons or against an armed person. For exceeding the limits of the necessary defense when detaining a person who simulated an attack, the athlete will not be counted.

**9.12. CONTROL OF THE ATTACKER.**

Demonstration of self-defense techniques must always end in a position in which the person who carried out the attack cannot move on his own (convoy position, pain control; weapon knocked out or removed). If a person is able to repeat the attack after the attack has been stopped, each judge must take this into account when determining the winner on points or a draw.



9.13. **BALANCE.**

During the demonstration of tricks, the athlete must maintain a stable position without losing balance. For a loss of balance, every judge must take this into account when determining a winner on points or a tie.

9.14. **MERGER.**

Technical actions of protection (actual implementation) must be carried out without pauses and stops until the situation is brought under control. When performing a self-defense technique with pauses, each judge must take this into account when determining the winner on points or a draw.

9.15. **OBSERVANCE OF SAFETY MEASURES.**

The athlete must take safety measures to prevent injury to himself and the assistant.

Technique of attack or defense must be controlled. Failure to comply with these requirements when striking may result in bodily injury, should only be simulated. For the deliberate use of technical actions with the aim of harming one of the pair, the participant is disqualified. In case of unintentional but safe and controlled rejection of the reception, the participant will be removed - "**0.5**" points.

10. **ERROR IN TECHNICAL ACTIONS.** The error can be weak, random, or significant.

- **A weak error**- a slight delay in the correct execution of a reception or action, which does not violate its overall integrity. Slow execution of the technique (weak: speed, grip, or any action), partial loss of balance,
  - **Random error**: safe deviation from the correct execution of the reception or actions that significantly complicate its implementation, significant errors due to: stance, distance, slow execution of a technical action with loss of balance, incoherence of actions.
  - **A significant mistake**: execution of a technical action with errors that distort their essence, the sequence of its execution (lack of clarity and confidence in actions). Incorrect choice of stance, grip, violation of fusion of execution of a technical action, confusion when performing self-defense. Insufficient control of the attacking arm, leg or weapon. Lack of control in the convoy position or in the position when the assistant is in a supine position. Performance of technical actions with stops, loss of balance, which led to a fall.
- 10.1. If the error follows one after the other, or when the defense is not performed or they are not performed according to the principles outlined above, the reception is not counted.

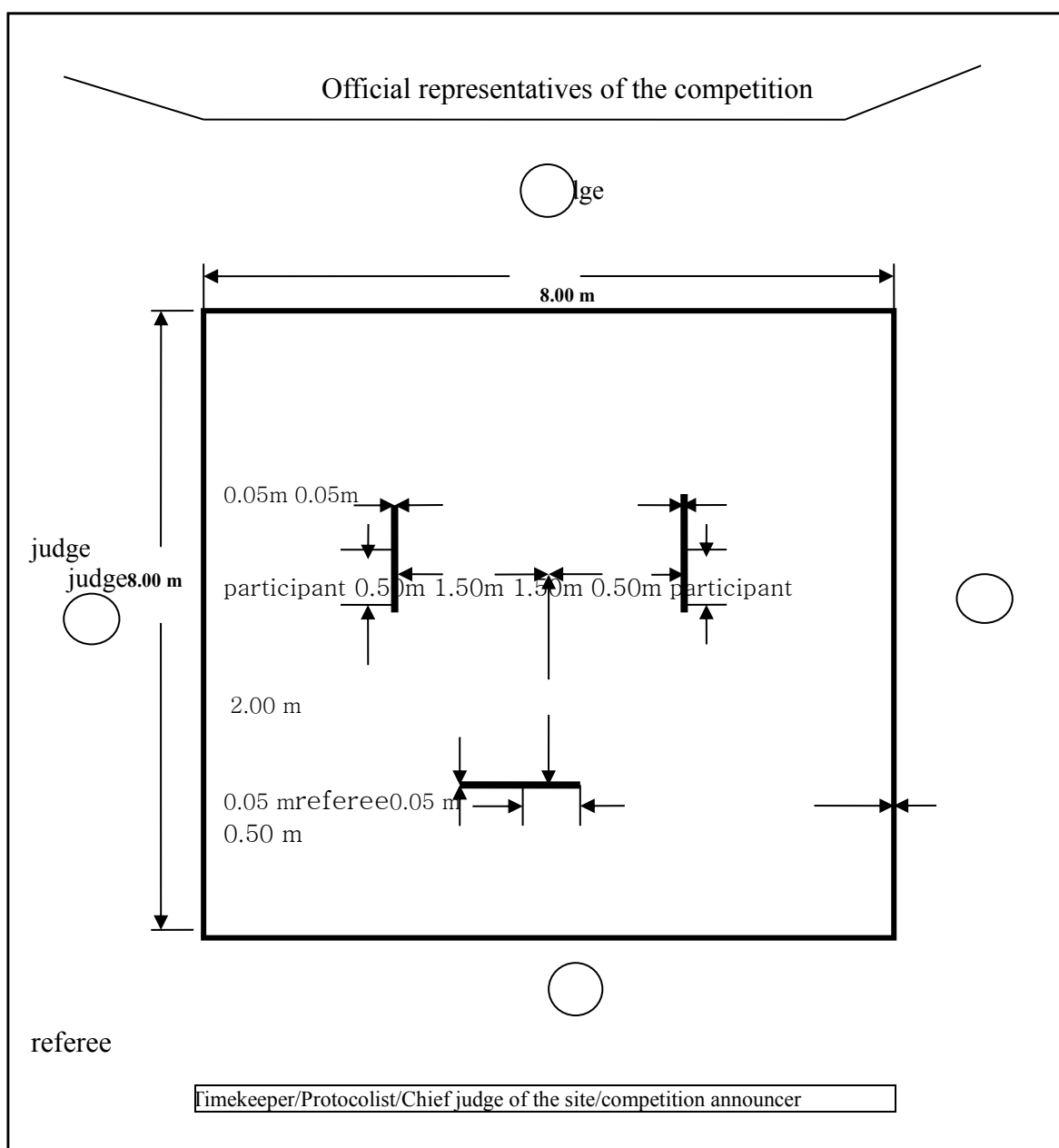
**11. Venue for self-defense competitions**

- Self-defense competition (**SELF DEFENSE**) should be held on a tatami mat. In exceptional cases, by decision of the Chief Referee, the competition may be held on a hard surface.



# APPLICATIONS

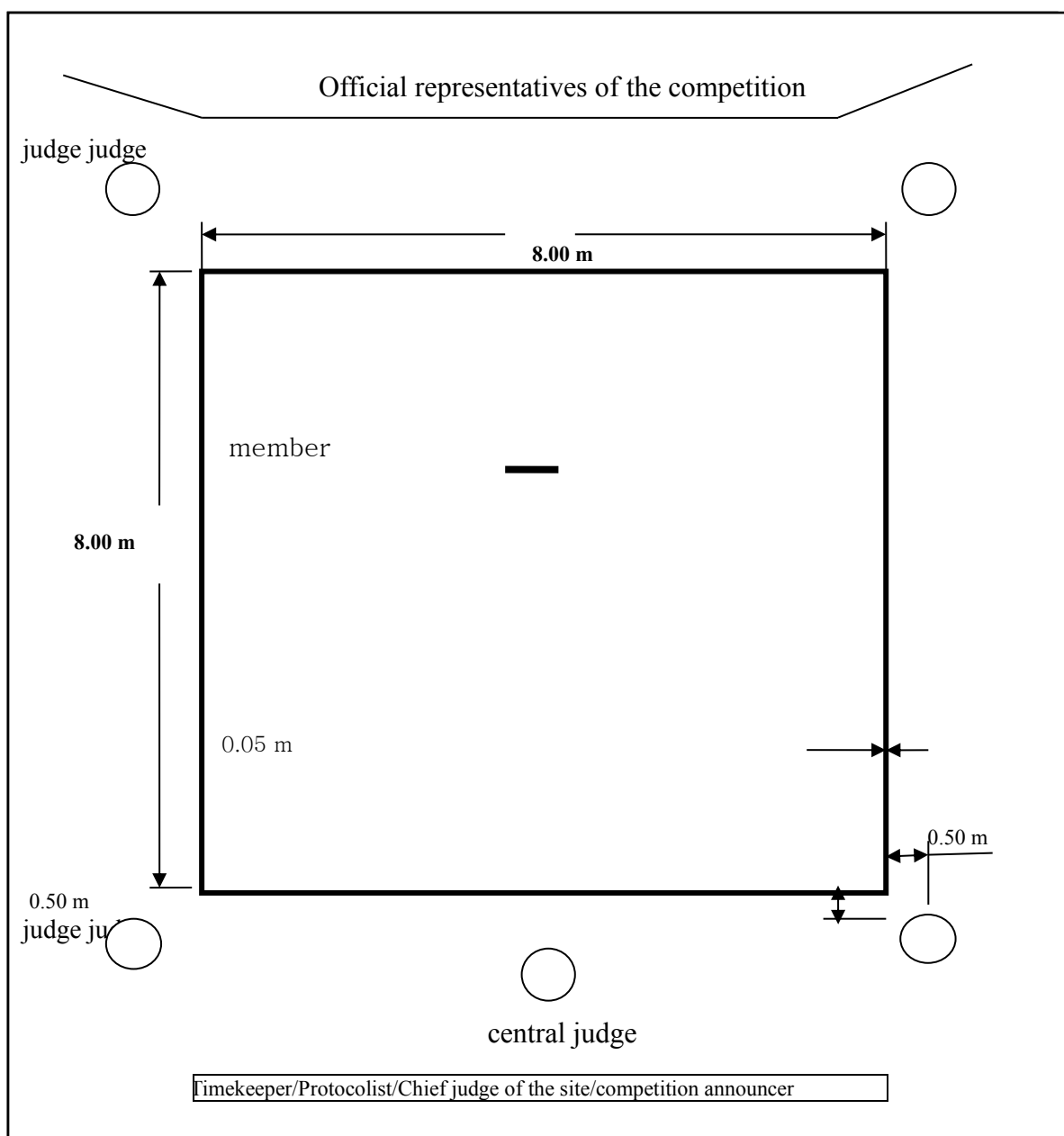
## VENUE OF COMPETITIONS (sections FULL, LIGHT, SAMMY)





## VENUE OF COMPETITIONS

(KATA sections, SELF DEFENSE)





## WORLD KARATE FEDERATION HIGASHI KAIKAN

### PRELIMINARY ELECTRONIC APPLICATION (xcl)

**Instructions:** the electronic application is sent to the organizers of the competition no later than 10 days before the start of the competition to the e-mail address [steblovskiyhigashi@gmail.com](mailto:steblovskiyhigashi@gmail.com) This application is a necessary document for the WKFHKK competition system in Ukraine.

#### **Application**

**1-International WKFHKK Karate tournament among juniors. young men, young men, juniors, youth, adults and veterans /all sections/  
from October 28 to October 30, 2016, Odessa**

<b>Name of the region:</b>	<b>Odessa</b>
<b>City:</b>	<b>Odessa</b>
<b>Senior coach:</b>	<b>Steblovsky O.V.</b>
<b>ATTENTION:</b> in the cell that corresponds to the competition section for the corresponding athlete, you must enter a "+" (plus) sign	

No	Name	Name	Year	discharg	FST	Coach sports	sex	weight	seven	light	full	selfie	execut	
1	Makarsky	Myrosl.	2009	A N D			Ch	37.6			+	+	+	+
2	Kolokhatyrskyi	Vladys	2005	A N D			Ch	37.1			+	+	+	+
3	Mikhaletskyi	Novel	2005	A N D			Ch	50.0			+	+	+	+
4														



# WORLD KARATE FEDERATION HIGASHI KAIKAN



## NAMED APPLICATION

### Іменна заявка

на участь: ☒

«Відкритому Кубку Одеської області з кікбоксингу WPKA» серед дітей, юнаків та дорослих  
м.Одеса 28.05 по 29.05.2016 року с/к «Динамо» зал боротьби  
Ред.команди: Одеської обласної федерації «Хігасі-кай карате»

№	Прізвище ім'я по батькові	Вік	Дата народження	Вага (кг)	Пол	Спортивне звання	Регіон, область	Назва організації	Вид програми					ІНБ тренера	Догод. лікарі
									Склад	Склад	Датум	Склад	Датум		
1	Михайлюк Роман Алексійович	10	20.07.2005	36,8	ч	I	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
2	Колотирський Владислав Юрійович	11	06.01.2005	40,9	ч	I	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
3	Заболотний Григорій Олександрович	6	07.09.2009	22,8	ч	III	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
4	Калитин Григорій Романович	7	25.08.2008	24,3	ч	II	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
5	Калишук Олег Романович	12	18.07.2003	35,6	ч	б/р	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
6	Езубин Лука Мамукаїдович	11	15.09.2004	51,5	ч	III	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
7	Демчук Артем Алексійович	7	21.09.2008	26,2	ч	б/р	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
8	Арнаутов Микита Андрійович	8	30.08.2007	26,5	ч	III	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
9	Харченко Глеб Данилович	7	23.08.2008	21,7	ч	б/р	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
10	Велічко Сергій Сергійович	7	16.02.2009	23,5	ч	б/р	Одеська	Хігасі-Кай	+	+	+	+		Стебловський О.В.	
11	Ільченко Михайло Костянтинівич	6	03.10.2009	—	ч	б/р	Одеська	Хігасі-Кай	+					Стебловський О.В.	

Перелічені в списку особи пройшли належне тренування і до змагань підготовлені.

Пройшли медичний огляд та допущені до змагань

Президент

Стебловський О.В.

Врач

Інспектор

Прізвище ім'я

25 травня 2016 р.



**WORLD KARATE FEDERATION HIGASHI KAIKAN  
WORLD HIGASI KAIKAN KARATE FEDERATION**

**FIGHTER'S CARD / QUESTIONNAIRE-CARD**

Participant \_\_\_\_\_

Competitor of \_\_\_\_\_

\_\_\_\_\_ Section

1. \_\_\_\_\_ 2. \_\_\_\_\_  
Family name /Surname Name

3. \_\_\_\_\_  
Date of Birth

**Weigh/  
Weight**

4. \_\_\_\_\_  
Country / Country

5. \_\_\_\_\_  
Cite / City

6. \_\_\_\_\_  
Club

7. \_\_\_\_\_  
Titles held / Sports achievements

8. \_\_\_\_\_  
Coach (full name)

9. \_\_\_\_\_

Sportsman signature

10. \_\_\_\_\_  
Physician

Drawing number/  
Lottery number

## WORLD KARATE FEDERATION HIGASHI KAIKAN



### JUDICIAL NOTE

SEMI-KONTAKT LOUKIK / SEMI-KONTAKT LOUKIK



### Judge's note from contact karate Higashi kai

No. \_\_\_\_\_ Semi /Light contact low kick/ Full contact kumite

Weight \_\_\_\_\_ Age \_\_\_\_\_

(Red) Surname of the athlete								Surname of the athlete (Blue)								
glasses							Resol ution	round	Resolu tion	glasses						
								1								
								2								
1 K/h	Ch	K	Ch	Kh	Yap	D				1 K/h	Ch	K	Ch	Kh	Yap	D
2K	Ch	K	Ch	Kh	Yap	D				2K	Ch	K	Ch	Kh	Yap	D
3 K	Ch	K	Ch	Kh	Yap	D				3 K	Ch	K	Ch	Kh	Yap	D
							That's all:									

Ch- (Chukoku) REMARKS

K- (Keikoku) 1 WARNING Won by: \_\_\_\_\_

Ch- (HANSOKU HEAR) 2 WARNING Judge: \_\_\_\_\_

X - (HANSOKU) DEFEAT Signature \_\_\_\_\_

YAP is a CLEAR ADVANTAGE

D -DISQUALIFICATION

- 1 K according to "ATHENAI IONI" exceeding the contact.  
 2 K according to "MUBOBA" not complying with measures of own safety.  
 3 K on "DYOGAI" go beyond the tatami.



## WORLD KARATE FEDERATION HIGASHI KAIKAN

### Odesa Oblast Open Cup from contact karate Higashi kai among children, young people and adults

Odesa, May 28/29, 2016

#### FREESTYLE KATA COMPETITIONS

#### FREESTYLE KATA Group \_\_\_\_\_

Chief referee of the site (section) (1) \_\_\_\_\_

judge (2) \_\_\_\_\_ judge (3) \_\_\_\_\_

judge (4) \_\_\_\_\_ judge (5) \_\_\_\_\_

#### KATA 6-7 years old (children) **5 people** - 25kg

No	Surname	Name	Organization	coach	0	Surname	Name	Organization	coach
Name:						Name:			
1	Vasilyev	Dmytro	Higashi-kai	Steblovsky	-	Voytenko	Igor	bushido	Ivanov
Name:						Name:			
2	Sidorov	Dmytro	Higashi-kai	Steblovsky	-	Kovalev	Igor	bushido	Ivanov
Name:						Name:			
3	Mirza	Vasyl			-	Pb. No. 1		Vasilyev	Dmytro
Name:						Name:			
4	Pb. No. 2				F	Pb. No. 3			
Name:						Name:			
5	Avenue No. 2				3	Avenue No. 3			

**Chief judge of the competition** \_\_\_\_\_ / \_\_\_\_\_ /  
(signature) (surname)

**Chief Secretary** \_\_\_\_\_ / \_\_\_\_\_ /  
(signature) (surname)

## **WORLD KARATE FEDERATION HIGASHI KAIKAN**



### **PROTOCOLS OF KUMITE COMPETITIONS (pyramid method)**

Найменування змагань: \_\_\_\_\_ місце проведення: \_\_\_\_\_

дата проведення: \_\_\_\_\_ 200\_\_р. Вид змагань: \_\_\_\_\_

Вікова група: \_\_\_\_\_ Категорія: \_\_\_\_\_

Журні	Організація	Фамілія, ім'я, по батькові	Бала
ГРУПА А			
1			
17			
9			
25			
5			
21			
13			
29			
3			
19			
11			
27			
7			
23			
15			
31			
ГРУПА Б			
2			
18			
10			
26			
6			
22			
14			
30			
4			
20			
12			
28			
8			
24			
16			
32			
ДОДАТКОВІ ТУСТРИ ЗА 3 МІСТО			
ГРУПА А			
ГРУПА Б			

Місто	Прізвище, ім'я, по батькові	Організація
1		
2		
3		

Головний секретар змагань: \_\_\_\_\_ / \_\_\_\_\_ /

Головний суддя змагань: \_\_\_\_\_ / \_\_\_\_\_ /

(підпис) (прізвище) (підпис) (прізвище)



## WORLD KARATE FEDERATION HIGASHI KAIKAN

**Odesa Oblast Open Cup**  
**from contactkarate Higashi kaiaamong children, young people and adults**

**Odesa, May 28/29, 2016**

### PROTOCOLS OF KUMITE COMPETITIONS (sample table)

**Semi-contact 6-7 years old (boys) 5 people**

- 25kg

No	Surname	Name	FST	coach	m	Surname	Name	FST	coach
1	Vasilyev	Dmytro			-	Voytenko	Igor		
2	Mirza	Vasyl			-	Kostin	Mykhailo		
3	Zorin	Boris			-	Pb. No. 1			
4	Pb. No. 2				F	Pb. No. 3			
5	Avenue No. 3				3	Avenue No. 4			

Semi-contact 6-7 years old (boys) **7 people**

- 25kg

No	Surname	Name	FST	coach	m	Surname	Name	FST	coach
6	Vasilyev	Dmytro			-	Voytenko	Igor		
7	Mirza	Vasyl			-	Kostin	Mykhailo		
8	Zorin	Boris			-	Voloshin	Lord		
9	Borodin	Vasyl			-	Pb. No. 6			
10	Pb. No. 7				-	Pb. No. 8			
11	Pb. No. 9				F	Pb. No. 10			
12	Avenue No. 9				3	Avenue No. 10			

Semi-contact 6-7 years old (boys) **11 people**

- 25kg

No	Surname	Name	FST	coach	m	Surname	Name	FST	coach
13	Vasilyev	Dmytro			-	Voytenko	Igor		
14	Mirza	Vasyl			-	Kostin	Mykhailo		
15	Zorin	Boris			-	Voloshin	Lord		
16	Poppy	In power			-	Armored	Stas		
17	Drovin	Oleksan.			-	Sortov	Vasyl		
18	Borodin	Vasyl			-	Pb. No. 13	Voytenko		
19	Pb. No. 14	Mirza			-	Pb. No. 15	Voloshin		
20	Pb. No. 16	Poppy			-	Pb. No. 17	Drovin		
21	Pb. No. 18	Voytenko			-	Pb. No. 19	Mirza		
22	Pb. No. 20	Drovin			F	Pb. No. 21	Mirza		
23	Avenue No. 20	Poppy			3	Avenue No. 21	Voytenko		

Chief judge of the competition \_\_\_\_\_ / \_\_\_\_\_ /  
(signature) (surname)

Chief Secretary \_\_\_\_\_ / \_\_\_\_\_ /  
(signature) (surname)

**USED BOOKS**



1. Popovych A.V. Rules of contact karate competitions. - Kyiv, 1994
2. Orel P.O. Rules of WKO Kickboxing competitions in Ukraine. - Kyiv 1999
3. Kusii V.M. Competition rules (Jundokan Federation of Ukraine). – Odesa 2001
4. "SYSTEM OF TRAINING IN KYOKUSINKAI KARATE-DO" A.I. Tanyushkin V.P. Fomina, O.V. Ignatova. School Kyokushinkai Style, Organization, Norms, Rules, Terms. 1 Issue.
5. World Karate Federation COMPETITION RULES VKF translation., 2003
6. Shapovalov B.B., Dvoretzkyi E.G. National Federation of NGOs "Ukrainian Union of Kickboxing". Kickboxing Rules (WPKA version). - Kyiv, 2006