

TOURNAMENT RULES & REGULATIONS

**TOURNAMENT RULES & REGULATIONS
FOR OFFICIALS**

THE JAPAN KARATE ASSOCIATION

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TOURNAMENT RULES & REGULATIONS

CHAPTER 1 GENERAL RULES

Item 1 - Goal and Objective

The goal of establishing these rules and regulations is to promote a fair and smooth course of occurrence of all events in any given tournament.

Item 2 - Applicants Concerned

1. These rules and regulations shall apply to the following JKA related events:
 - a) World Championships & the All Japan Championships hosted by The JKA Headquarters in Tokyo, Japan.
 - b) Regional Tournaments/Championships hosted by JKA Regional Headquarters.
 - c) District Tournaments/Championships hosted by JKA District Headquarters.
 - d) Local Tournaments hosted by JKA *Dojos*.
2. All tournaments shall abide by this present document.

Item 3 - Rules of Conduct for All Participants

All participants shall act in accordance to the highest standards of ability and of fair play in the spirit of *Karate Do* and strive to the utmost respect and dignity towards others participants.

Item 4 - Additional Information

If there arises a situation undefined by this present document, the decision shall be given by the Master Chief Judge.

CHAPTER 2 TOURNAMENT OPERATIONS

Item 5 - Preparation Set-up Prior to Event

1. Prior to holding a tournament, the Host Organization shall notify all concerned of its proposed plan for the upcoming tournament.
2. Also, it is necessary to provide the following support personnel:
 - a) Timekeepers
 - b) Scorekeepers
 - c) Directors of Operations
 - d) Official Doctor
 - e) Medical Attendants
3. As well, the following officials must be provided:
 - a) Arbitrators
 - b) Master Chief Judge
 - c) Head Judges and Judges

Item 6 - Arbitrators

1. One Arbitrator shall be stationed at a *Kumite* Event.
2. An Arbitrator is responsible for the following:
 - a) that the Head Judge and the Judges have appropriate qualifications for tournament
 - b) that the competitors have appropriate qualifications as well
 - c) that the rules and regulations are being followed
3. An Arbitrator is responsible to provide appropriate decisions to the Head Judge and the Judges, timekeepers and scorekeepers in the following situation: if the Head Coach has a question or protest.
4. An Arbitrator if necessary, can consult the Head Judge, Judges or support personnel involved.
5. The Arbitrator is selected and appointed to that position by the Master Chief Judge.

Item 7 - Master Chief Judge

1. The Master Chief Judge is responsible to maintain a fair and smooth course of occurrence of all events in a given tournament.
2. The Master Chief Judge is responsible to provide appropriate decisions in the following situations:
 - a) if there is an issue with the rules and regulations or if unfairness has been identified
 - b) if a judge is requesting advice or guidance
 - c) if there is a matter exceeding this present document
 - d) if there is an accident
3. If a situation has occurred, after consulting with the Judge Inspectors and the Judges, the Master Chief Judge will take action as per the following:
 - a) give special advise or instructions
 - b) banish from the tournament
 - c) disqualify a competitor from the tournament
4. After consultation with the Judges, the Master Chief Judge will decide the duration of disqualification and if it applies to further tournaments.
5. The Master Chief Judge is appointed by the Host Organization. If necessary, the Host Organization will also select an Assistant Chief Judge.
6. As a general rule, the JKA Chief Instructor is the person that is selected as the Master Chief Judge in the All Japan Championships as well as the World Championships.

Item 8 - Head Judge & Judges

1. The Head Judge and the Judges are responsible for a match or event and make decisions during a given match or event.
2. The Head Judge and the Judges exert control over the surroundings of the match or event as well.
3. The Head Judge and the Judges are solely responsible for the outcome of a match of event and cannot be challenges with the exception of the Arbitrator.
4. The Head Judge coordinates the match or event and gives the final decision regarding the outcome of the match or event.

5. The Judges, previously called Corner Judges assist the Head Judge by indicating their own decisions during the match or event.
6. The Head Judge and the Judges are selected amongst the pool of certified Judges and appointed to their positions by the Host Organization.

Item 9 - Competitors

1. If the competitors are qualified, the Host Organization cannot refuse their participation in a tournament.
2. As a general rule, the competitors are active members of the JKA or members of an affiliated organization approved by the JKA.

Item 10 - Head Coach

1. One Head Coach can be present for his competitor during a match or event.
2. A Head Coach must be registered with the Host Organization prior to the tournament.
3. If a Head Coach has question or protest regarding a match or event, it has to be addressed to the Arbitrator.
4. A Head Coach gives advise to the competitor from a designated area, during a match or event.
5. A Head Coach has to hold instructor's qualification.

Item 11 - Timekeepers

A timekeeper is responsible to keep time of a match or event, as well as notify the Head Judge of elapsed time during the match or event as per set procedure.

Item 12 - Scorekeepers

A scorekeeper is responsible for keeping a record of all scores during a match or event, as well as announcing or presenting those scores publicly. If necessary, the scorekeeper shall notify the Head Judge of these scores.

Item 13 - Directors of Operations

A director of operations is responsible for good communication between all competitors and officials to ensure smooth occurrence of the tournament.

Item 14 - Official Doctor

1. The Official Doctor is selected by the tournament officials.
2. The Official Doctor in conjunction with the Master Chief Judge, is responsible for all medical decisions that may occur during the course of an incident involving injury, whereas the candidate is to continue or withdraw from a match.

Item 15 - Medical Attendants

A medical attendant is responsible to treat and support an illness or injury that may occur during the course of a tournament, in order to maintain a safe environment for all participants.

Item 16 - Dress Code for Participants

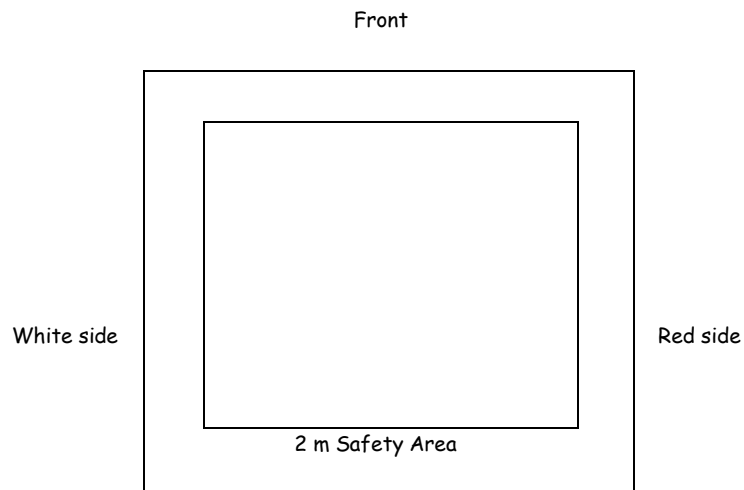
1. A competitor wears an all white karate uniform. In order to differentiate between opponents, one shall wear a thin red band of cloth around the waist.
2. A competitor wears an identifying number that is given prior to the tournament and that is sown on a designated location of the uniform.
3. A competitor wears protective gear as per specification.
4. A competitor wears nothing more than is mentioned in the prior statement unless specified by either the Head Judge or the Master Chief Judge.
5. A Head Coach must wear an armband on the left upper arm, with the word coach written in Japanese.
6. The Head Judges, the Judges and the Arbitrators must wear the JKA official dress wear that consists of a pair of light gray pants, a long-sleeve white shirt and a burgundy tie with the JKA logo on it. An official judge's badge is added and worn on the left breast pocket.

7. All other support staff is easily identified as such by wearing a similar dress wear.

Item 17 - Set-up of Courts

1. The court area is a square measuring 8 meters X 8 meters, marked off by a 4-5 centimeters wide line. The outer edges of this line measure 8 meters. If mats are used, the boundary may be marked by mats of a different color.
2. For a *Kumite* Match or Event, the starting positions of the competitors are on the center line, indicated by two parallel lines both 1 meter long, and that are 3 meters apart from each other. In general, when facing what is called the Front or *Shomen*, the right line is red and the left line is white.
3. For a Flag System *Kata* Match or Event, the starting lines of the competitors are 2 meters from the back line and 3 meters apart from each other. These lines are designed in the shape of a short inverted T; the horizontal line is 70 centimeters long and the vertical line is 35 centimeters long. As for a Point System *Kata* Match or Event, the inverted T starting lines are 2 meters back from the center of the court.
4. For safety reasons, a court shall not be raised for more than 1 meter above the ground level and there is a 2 meters wide safety area around the court.
5. The surface of the court should be flat and smooth. It may be made of wood, resin, urethane mats or *Tatami* mats.
6. To indicate the position of the Head Judge, a line is drawn 1.5 meters back from the center of the court.

Set-up & Dimensions of Courts



Item 18 - Events & Categories

1. The events are as follow:
 - a) *Kumite* Events - Individual and Team
 - b) *Kata* Events - Individual and Team
2. It is possible to hold different events as well.

CHAPTER 3 KUMITE EVENTS

Item 19 - Definition of Event

1. In a *Kumite* Event, two competitors enter the court and within the allotted time, perform various kinds of techniques freely against each other hoping to hold victory. There are two different kinds of scoring system:
 - a) 1 Point Match or *Ippon Shobu*: The competitor who has scored one full point or 2 half points first, within the allotted time, is declared the winner.
 - b) 3 Points Match or *Sanbon Shobu*: The competitor who has scored 2 full points first, within the allotted time, is declared the winner.
2. In a match or event, all techniques - punches, kicks, strikes, have to be done with control. The distance required to do the techniques should be close enough to be able to be effective. There should be no damage done to the opponent.

Item 20 - Definition of Team Event

1. A team consists of an odd number of competitors.
2. As a general rule, all team members have to be present at the first round of a match or event. The team that is seeded or placed in order to not face each other in the first round, have to be present at the second round of a match or event. Subsequently, if the team is missing a member or members, that missed person or persons must be placed last in the sequencing of competitors of that match.
3. Prior to the event, the order in which the competitors will perform must be reported. The winning team is determined by the number of individual performances that are won.
4. There are two kinds of team competition.

The first one is when an equal amount of competitors from each team face each other, determining a number of wins.

 - a) Match by Elimination: Each team member has one performing bout each. The individual results are then added up to

determine which team has won. If there is a draw, the highest score determines the win, as per the following:

1 point or *Ippon*, disqualification or *Hansoku*, absolute disqualification or *Shikkaku*, withdrawal by disqualification or *Kiken*, out of bounds or *Jogai Hansoku*, volunteer non defending or *Muboubi Hansoku*, 2 half points, decision by Judges.

- b) If there is still a draw, a match is held with a competitor chosen by each team, in order to determine the win. This is called a Decision Match by Team Choice or *Daihyosha Ketteisen*. This match continues until there is a winner. In this case, a team member that has performed before may compete, but no more than twice.

The second kind of team competition is when an equal amount of competitors from each team face each other, the winner of a match remains to fight each competitor of the opposing team in turn, until a loss. The competitor who loses a match is eliminated from this process.

- c) Round Robin Elimination Match: The winner of the first match stays in the court and keeps fighting until he loses. The loser steps out and the next team member steps in. When all members of the team have lost, the team itself loses.

5. No mixed team of males and females are allowed.

Item 21 - Definition & Criteria for Scoring Points

1. The areas of attacks are defined as follow:
 - a) head and neck area or *Jodan*
 - b) stomach, sides of the abdomen and back, in this case *Chudan*
2. Criteria for scoring points are as follow:
 - a) proper execution and power of the technique
 - b) proper distance and timing
 - c) correct posture and proper frame of mind
 - d) concentrated mind and spirit
 - e) execution to the proper target
3. If all the criteria mentioned above have been reached in the execution of either a punch, a kick or a strike, this constitute what is scored as 1 point or *Ippon*.

4. A 1 point or *Ippon* can be scored even if some of the above mentioned criteria are not reached, in the following situations:
 - a) successfully evading an attack while executing a effective counterattack or *Deai*
 - b) knocking the opponent off balance and executing an effective attack
 - c) a consecutive series of attacks that all reach their target
 - d) the opponent is without any defense
5. A technique that is well executed but does not qualify as a 1 point or *Ippon*, is defined as a half point or *Waza-Ari*.
6. 2 half points become 1 point or *Ippon*.
7. If both competitors move and execute a technique at the same time and with similar intensity, this is called *Aiuchi*. In this instance, the attacks cancel each other and no points are scored.

Item 22 - Criteria for Reaching an Outcome in a Match

1. If none of the two competitors reach the full score within the allotted time, each Judge indicate their decision as to the outcome of the match or event. The outcome of the match or event is determined by the decision of all the Judges together.
2. If both competitors get injured or for other reasons cannot continue the match, the Judges will indicate their decision as to the outcome of the match or event.
3. The following elements help to determine the outcome of a match:
 - a) if any points are scored
 - b) if there are warnings or *Hansoku Chui* that have been given
 - c) if there are out of bounds warnings or *Jogai Chui* that have been given
 - d) if there are volunteer non defending warnings or *Muboubi Chui* that have been given
 - e) if one competitor has dominated more in that match
 - f) skill and strength of the techniques displayed
 - g) fighting spirit and effort shown by a competitor; if there has been any caution or *Keikoku* given
 - h) proper frame of mind shown by a competitor
 - i) the amount of attacks performed by one competitor as compared to the other

4. The outcome of the match or event is ultimately decided by the Head Judge who must have taken notice of the decision of each Judge.
5. If the outcome of the match or event cannot be decided, a draw or *Hikiwake* is then declared.

Item 23 - Re-Match (Sai-Shiai) & Second Re-Match (Sai-Sai-Shiai)

1. If there is a draw, another match will be held. This re-match is called *Sai-Shiai*. If this re-match ends up in a draw, a second re-match called *Sai-Sai-Shiai* will be held. However, the Head Judge may order that this second re-match is a "sudden death" match meaning that the competitor that scores first is declared the winner.
2. After a second re-match the Judges must determine a winner.
3. In a World Championships as well as a National Championships, the final match of that event will have as many re-matches as needed in order to determine a winner.

Item 24 - Criteria Leading to Disqualification (Hansoku)

1. The following elements are forbidden:
 - a) excessive contact
 - b) whereas joints are involved
 - c) performing dangerous throws
 - d) wasting time by not attacking
 - e) using provocative language and attitude, or verbal taunting
 - f) continuing to attack after stop (*Yame*) or out of bounds (*Jogai*) is called
 - g) head butt attack
 - h) spear hand or *Nukite* attack to the eyes
 - i) purposely attacking the groin area
 - j) when being attacked, the reaction is overly exaggerated
2. If there has been any of the above that have been perpetrated, the following decisions will be made:
 - a) If an element has been identified but not severe as to cause injury or damage to a competitor, a caution or *Keikoku* is then given. This caution does not affect judging decision but if a second caution is given in the same match, this could result in

disqualification of the perpetrator and the other competitor is declared the winner.

- b) If an element has been identified as severe and there is obvious malicious intent or if a competitor is seriously injured or damaged, a disqualification or *Hansoku* is given to the perpetrator and the other competitor is declared the winner.
3. Any competitor who has received a disqualification or *Hansoku* twice during a tournament, is not allowed to continue to compete in Individual or Team *Kumite*. However, participation in *Kata* Events is possible. The competitor who has received a first disqualification or *Hansoku* is to be identified by the marking of a red tape.
4. When a *Hansoku* is announced by the Chief Referee, the scorekeeper will record this on a specific document that is submitted to the Master Chief Judge.

Item 25 - Out of Bounds (Jogai)

If a competitor touches the ground outside the borders of the court with any part of the body, a caution indicative of out of bounds or *Jogai Keikoku* is then announced. If this happens a second time, an out of bounds warning or *Jogai Chui* is given. If this happens a third time, a disqualification by out of bounds or *Jogai Hansoku* is given to the perpetrator and the other competitor is declared the winner.

Item 26 - Criteria for Volunteer Non Defending (Muboubi)

1. A caution for volunteer non defending called *Muboubi Keikoku*, a warning for volunteer non defending called *Muboubi Chui* and a disqualification for volunteer non defending called *Muboubi Hansoku* can be given in the following situations:
 - a) if it is obvious that a competitor does not provide any defensive effort and gets hit, then that competitor receives the appropriate level of volunteer non defending and the other competitor the appropriate level of reprimand or *Hansoku*
 - b) if it is identified that a competitor shows no fighting effort
2. Although not necessarily hit, a competitor can receive a non defending reprimand, either caution, warning or disqualification as the referee

may judge the present situation dangerous. In that case the other competitor is declared the winner.

Item 27 - Absolute Disqualification (Shikkaku)

1. An absolute disqualification or *Shikkaku* is given in the following situations and therefore the other competitor is declared the winner:
 - a) non compliance to the orders of the Head Judge
 - b) display of poor and unacceptable attitude and frame of mind and use of unacceptable verbal or body language as a *Karate* competitor
 - c) if it is deemed inappropriate for the match to continue
2. After absolute disqualification has been given to a competitor, that competitor cannot continue to participate in that tournament with the exception of Item 38 under number 2 a) and b).
3. The details of an absolute disqualification must be discussed by the involved Judges and given to the pertinent scorekeepers who enter these specified details on the appropriate form which is given to the Master Chief Judge.
4. If a team has perpetrated a serious offense, the whole team is given an absolute disqualification and the other team is declared the winner.

Item 28 - Withdrawal (Kiken)

1. If a competitor withdraws, the other competitor is declared the winner.
2. A competitor who voluntarily withdraws cannot compete in any other matches or events.

Item 29 - In the Case of an Injury

1. If a competitor is unable to continue a match due to injury, the Judges will decide if a withdrawal or *Kiken* is to be given. If that is the case, then the other competitor is declared the winner. If both competitors are injured and there are no disqualifications or *Hansoku* issued, then the match is stopped and a decision as to the outcome of the match will be called.

Item 30 - Required Officials

The following officials are required per court:

- a) 1 Arbitrator
- b) 1 Head Judge
- c) 4 Judges

Item 31 - Time of the Event

1. The allotted time for a match or event is 2, 3 or 5 minutes.
2. The Head Judge starts the match with a verbal cue that ends with the word: begin or *Hajime* at which the countdown is started. Countdown is interrupted when stop (*Yame*) or out of bounds (*Jogai*) is called. Countdown resumes when the verbal cue: resume or *Tsuzukete Hajime* is pronounced. If the allotted time for the match has elapsed, the timekeeper will announce this to the Head Judge and the match is thus finished.

Item 32 - Procedures & Operations

1. The Head Judge calls the competitors to line up. Then to bow to the Front or *Shomen Ni Rei* and to each other or *Otagai Ni Rei*.
2. Two competitors move to their respective designated positions and bow to each other.
3. At the end of the match or event, the Head Judge calls the competitors to line up, then will tell them to bow to each other and to the Front.
4. The Head Judge will call the match to stop, *Yame* or out of bounds, *Jogai* and interrupt the match, in the following situations:
 - a) if there is a 1 point or *Ippon* or a half point or *Waza-Ari*
 - b) if the competitors need to fix their uniform or if the Head Judge need to give them advice
 - c) if there are any elements that can lead to disqualification
 - d) an injury or accident
 - e) if the Arbitrator is indicating to interrupt the match or event

- f) at a Judge's indication and the Head Judge considers it necessary
 - g) if a match or the surroundings of a match is considered dangerous
 - h) if a competitor touches the grounds outside the borders of the court with any part of the body
 - i) when the allotted time for a match or event has elapsed
5. During the match or event if any of the above is identified, the Judges will signal the identified element by whistle and a corresponding flag gesture to the Head Judge.
 6. If necessary, the Head Judge will confer with the Judges to discuss an element and make appropriate recommendations or corrections. This takes place within the presence of the Arbitrator. If the Judges are not agreeing, then a decision is taken with a majority rule and the Head Judge will declare the final decision.
 7. The Head Judge then gives the command to resume the match or *Tsuzukete Hajime* and the match is thus pursued.
 8. A competitor may request to have the match interrupted by calling a time-out for the following situations that may not have been noticed by the Head Judge: accident, injury or sickness. However, the match is not interrupted until the Head Judge chooses to call the interruption.
 9. When it is time to decide the outcome of the match or event, the Head Judge will use either voice command or whistle command to indicate that it is decision time or *Hantei*. The Judges will then indicate their decision by using a flag or flags.
 10. After taking notice of the decision of each of the Judges, the Head Judge will announce the outcome of the match or event.
 11. The timekeeper is seated at a designated location and monitors with a stopwatch the elapsing time during a match and uses a bell to indicate to the Judges by ringing once that 30 seconds are remaining, as well as by ringing twice, that all allotted time has elapsed.
 12. The scorekeepers use the pertinent official forms to keep records of all scores and outcome of all matches or events, following the Head Judge's announcements.

Item 33 - Required Equipment

1. Whistles - one per official
2. Red and white flags - a pair for each Judge
3. A stopwatch
4. A bell
5. Official forms for scorekeepers including a copy for the Arbitrator
6. Red bands of cloth to differentiate the competitors - the dimensions of this red band of cloth worn around the waist should not hinder the match in any way

7. Guards for the hands
8. Chest protector for the women
9. A mouth guard

* for the equipment listed in # 7, 8, and 9 see specific protocols provided per tournament

CHAPTER 4 KATA EVENTS

Item 34 – Definition & Guidelines for Event

1. In a *Kata* Event, a *Kata* is performed in a court. The Judges make a decision in order to declare a winner. The following types of *Kata* Events or Matches are as follow:
 - a) Red and White Flag System: 2 competitors simultaneously perform the same *Kata* that is chosen by the Head Judge and a winner is declared.
 - b) Point System: 1 competitor at a time perform a *Kata* and each Judge gives points on the performance of that competitor. The points are added up for a total score and a winner is declared.
 - c) Team *Kata*: 3 competitors perform the same *Kata* and start by facing the Front or *Shomen*, at a starting position of their choice. The team is given a total score according to the Point System.
2. Each competitor or team chooses a *Kata* from the following list that has been approved by the Masters Committee or *Shihan-Kai*:
. *Heian Shodan* . *Heian Nidan* . *Heian Sandan* . *Heian Yondan*
. *Heian Godan* . *Tekki Shodan* . *Tekki Nidan* . *Tekki Sandan*
. *Bassai Dai* . *Kanku Dai* . *Jion* . *Enpi* . *Bassai Sho* . *Kanku Sho*
. *Jitte* . *Gankaku* . *Hangetsu* . *Nijushiho* . *Chinte* . *Unsu* . *Meikyo*
. *Gojushiho Sho* . *Gojushiho Dai* . *Wankan*
3. The types of *Kata* matches are as follow:
 - a) Matches by Designated Basic *Kata* or *Shitei Kata* - the Head Judge chooses at random one of the *Kata* from the following list and the winner is declared by Red and White Flag System:
. *Heian Nidan* . *Heian Sandan* . *Heian Yondan*
. *Heian Godan* . *Tekki Shodan*
 - b) Matches by Designated Intermediate *Kata* or *Sentei Kata* - the Head Judge chooses at random one of the *Kata* from the following list and the winner is declared by Red and White Flag System:
. *Bassai Dai* . *Kanku Dai* . *Jion* . *Enpi*

- c) Match by Designated Intermediate *Kata* or *Sentei Kata* in the Point System - the competitor chooses one *Kata* from the Designated Intermediate *Kata* list to perform and the winner is declared by point system.
- d) Match by Favorite *Kata* or *Tokui Kata* - The competitor chooses a *Kata* from the list as seen in the above #2 with exception of all the *Kata* in the Designated Basic *Kata* list, and the winner is declared by point system.

Item 35 - Required Officials

The following officials are required per court:

- a) 1 Head Judge
- b) 4 Judges for the Red and White Flag System events
&
6 or 4 Judges for the Point System events

Item 36 - Criteria for Judging

1. Criteria for judging a *Kata* Event are as follow:
 - a) proper sequence of movement
 - b) observing the 3 key elements of *Kata*: levels of strength, contraction and expansion of the body and change in the speed of the techniques
 - c) power and accuracy in performance of basic techniques
 - d) following the proper course of direction and accuracy in returning to the starting position or *Embusen*
 - e) overall performance and illustrating the essential characteristics of the chosen *Kata*
 - f) correct eye contact or *Chakugan*
 - g) fighting spirit and effort
 - h) proper use of stance and posture or *Kamae* and the ability to focus the mind or *Zanshin*
 - i) proper frame of mind
 - j) accuracy in transforming the body parts into "weapons" of attack and defense
 - k) accuracy in reaching the point of target
 - l) if there are any exaggerated movements

- m) intentional change to the set flow of the *Kata*
 - n) synchronization of performance in Team *Kata*
2. For Point System, 10 is the highest score. The Judges and the Head Judge decide and indicate their scores on their respective score boards. The highest and the lowest scores are dropped and the rest is added up, forming the total score.

Item 37 - Criteria for Point Deduction & for Disqualification

1. Points are deducted as per the following situations:
 - a) the competitor makes a mistake, but continues to perform
 - b) the competitor pauses for no apparent reason but continues afterwards
 - c) the competitor makes breathing sounds while executing the *Kata*
 - d) the competitor is outside the 1 step allowance for coming back to the starting position (*Embusen*). This can represent 0.1 to 0.3 deduction in scoring.
2. The competitor is disqualified as per the following situations:
 - a) the competitor does not finish the *Kata*
 - b) the competitor does a different *Kata* from the one announced
 - c) the competitor uses profane verbal or body language
 - d) as a general rule, a competitor that has been disqualified in a *Kumite* match or event cannot compete in *Kata* Events as well.

Item 38 - Re-Match (Sai-Shiai)

1. If there is a draw in a Red and White Flag System match or event, the Head Judge will choose another *Kata* to be performed by the 2 competitors.
2. If there is a draw in a Point System match or event, the competitors will perform the same *Kata* again. If there is still a draw, the lowest score that was dropped is now added up for a total score. If there is still a draw, the highest score that was dropped is now added up as well for a total score. If finally there is still a draw, the competitors will perform a different *Kata*.

Item 39 – Procedures & Operations

1. For a Red and White Flag System match or event, each competitor moves to their respective starting positions and bow to each other. The Head Judge then chooses at random a *Kata* and announces the name of the *Kata* to the competitors who repeat the name of that *Kata*. Both competitors begin their performance at the Head Judge's command to start.
2. When their performances are finished, the 2 competitors will then bow to each other and then to the Front.
3. For Designated Basic *Kata* or *Shitei Kata*, the Head Judge chooses at random a *Kata* from the set of Designated Basic *Kata* cards then announces the name of that *Kata* to the 2 competitors who begin at the Head Judge's voice or whistle command to start.
4. For Point System, each competitor chooses their own starting positions, and announces the name of their chosen *Kata*. The Head Judge will repeat the name of that *Kata* and the competitor will then start their performance at their own timing.
5. For Designated Intermediate *Kata* or *Sentei Kata*, please follow the directions of the above #3 and #4 as per applied.
6. When the performance is finished, the competitor returns to the starting position and waits for the decision of all the Judges.
7. If necessary, the Head Judge will confer with the Judges to discuss and make appropriate recommendations as well as decisions arising from judges vote if there is a disagreement, as per the following:
 - a) improper behavior leading to disqualification (*Hansoku*) or making a mistake
 - b) injury or accident
 - c) questionable issue prior to scoring
 - d) at a Judge's indication and the Head Judge considers it necessary
8. If any of the above have been identified, the Judges will indicate it to the Head Judge by whistle command.
9. The scorekeepers use the pertinent official forms to keep records of all the names of the *Kata* chosen by each competitor.
10. For Red and White Flag System, when it is time to decide the outcome of the match or event, the Head Judge will use either voice command

- or whistle command to indicate that it is decision time or *Hantei*. The Judges will then indicate their decision by using a flag or flags.
11. For Point System, when it is time to decide the outcome of the match or event, the Head Judge will use whistle command to indicate that it is decision time or *Hantei*. The Judges will then raise their score boards or score cards with their choice of score.
 12. One of the scorekeepers reads in a loud and clear voice, each score, starting from the Head Judge and moving clockwise. The other scorekeepers write the announced scores on the appropriate official forms, make the necessary calculations for a total score.
 13. A scorekeeper will announce the final score and the Head Judge repeats this score. The Head Judge will then use whistle command to indicate to the Judges to lower their score boards or score cards.
 14. After the announcement of the final score or outcome of the match, the involved competitor steps out of the court.

Item 40 - Required Equipment

1. Whistles - one per official
2. Red and white flags - a pair for each Judge
3. Score boards or score cards - a set per Judge
4. Official forms for scorekeepers including a copy for the Arbitrator
5. *Kata* cards: a set of Designated Basic *Kata* and a set of Designated Intermediate *Kata* - a set of the appropriate ones for the Head Judge
6. Red bands of cloth to differentiate the competitors - the dimensions of this red band of cloth worn around the waist should not hinder the match in any way

CHAPTER 5 ADDITIONAL INFORMATION

Item 41 - Junior Tournaments

The rules and regulations that concern the junior tournaments are to be separately provided.

Item 42 - Revision of Document

The revision of this document is done by the Masters Committee also called *Shihan-Kai* with a majority of two thirds of the members present.

Additional Clause

Date of Revision: May 11 1996

Date of revision: August 14 2004

Last date of revision: May 29 2011

TOURNAMENT RULES & REGULATIONS FOR OFFICIALS

CHAPTER 1 GENERAL RULES

Item 1 - Goal and Objective

1. The goal of establishing these rules and regulations for officials is to promote standardized guidelines to ensure a fairness and smoothness flow in decision-making.
2. This document is to be used as a supplement to the Tournament Rules & Regulations document.

Item 2 - Guide for Use

All official tournaments sponsored by The Japan Karate Association are to follow these rules and regulations.

Item 3 - Rules of Conduct for Officials

1. All judging officials are to be neutral and fair.
2. All judging officials should make their decisions freely and based on the Tournament Rules & Regulations documents.
3. All judging officials are to behave in a dignified and professional manner.
4. All judging officials give their decisions promptly and accurately.
5. During a match or event, a judging official does not talk to any person other than the involved ones in that particular match or event.

Item 4 - Additional Information

If there arises a situation undefined by this present document, the decision shall be given by the Master Chief Judge.

CHAPTER 2 PROCEDURES FOR JUDGING

Item 5 - Voice Commands for the Head Judge

1. The following commands are to be used by the Head Judge:
 - a) 1 Point or 3 Points Match begin - *Shobu Ippon* or *Shobu Sanbon Hajime* for a *Kumite* match or event
 - b) Ready, begin for a *Kata* match or event - *Yoi Hajime*
 - c) Stop - *Yame*
 - d) Return to your starting position - *Moto No Ichi*
 - e) Resume, for a *Kumite* match or event - *Tsukukete Hajime*
 - f) 30 seconds time remaining - *Ato Shibaraku*
 - g) Half point - *Waza-Ari*
 - h) 1 point - *Ippon*
 - i) Together making 1 point - *Awasete Ippon*
 - j) No points - *Torimasen*
 - k) Faster attack - *Hayai*
 - l) Simultaneous attacks - *Aiuchi*
 - m) Distance not sufficient - *Maai*
 - n) Blocked attack - *Ukete-Masu*
 - o) Off target attack - *Nukete-Masu*
 - p) Weak attack - *Yowai*
 - q) Caution - *Keikoku*
 - r) Warning - *Chui*
 - s) To disqualify - *Hansoku*
 - t) Non defending - *Muboubi*
 - u) Out of bounds - *Jogai*
 - v) Decision time - *Hantei*
 - w) Red (or white) is the winner - *Aka* (or *Shiro*) *No Kachi*
 - x) Draw - *Hikiwake*
 - y) Re-match - *Sai-Shiai*
 - z) Second re-match - *Sai-Sai-Shiai*
 - aa) Call to confer - *Shugo*
 - bb) Withdrawal of competitor - *Kiken*
 - cc) Absolute disqualification - *Shikkaku*

2. For the following verbal commands, the Head Judge clearly announces to which competitor, either the red or the white one, the command is addressed to:
 - a) Winner - *Kachi*
 - b) 1 point - *Ippon*
 - c) Half point - *Waza-Ari*
 - d) Caution - *Keikoku*
 - e) Warning - *Chui*
 - f) To disqualify - *Hansoku*
 - g) Out of bounds - *Jogai*
 - h) Non defending - *Muboubi*
 - i) Withdrawal of competitor - *Kiken*
 - j) Disqualification - *Shikkaku*

3. When 1 point (*Ippon*) or half point (*Waza-Ari*) is scored, the Head Judge clearly announces the target area and the kind of attack that was done effectively.
 - a) head and neck area - *Jodan*
 - b) stomach, sides of the abdomen and back - *Chudan*
 - c) punch - *Tsuki*
 - d) kick - *Keri*
 - e) strike - *Uchi*

4. If a competitor scores with consecutive techniques called *Renzoku Waza*, the Head Judge announces the target area and the kind of attack as well as announces either a half point by consecutive techniques or *Renzoku Waza Waza-Ari*, or a 1 point by consecutive techniques or *Renzoku Waza Ippon* given.

Item 6 Whistle Commands

_____ indicates the length of whistling

1. The following are the whistle commands used by the Head Judge:
 - a) _____ start - *Hajime*
 - b) _____ stop - *Yame*
 - c) _____ call to confer - *Shugo*
 - d) _____ decision time - *Hantei*
 - e) _____ lower flags or score boards

2. The following are the whistle commands used by the Arbitrator:
 - a) _____ stop the match
3. The following are the whistle commands used by the Judges:
 - a) _____ 1 point or *Ippon* has been scored
 - b) _____ half point or *Waza-Ari* has been scored
 - c) _____ attention call to Head Judge

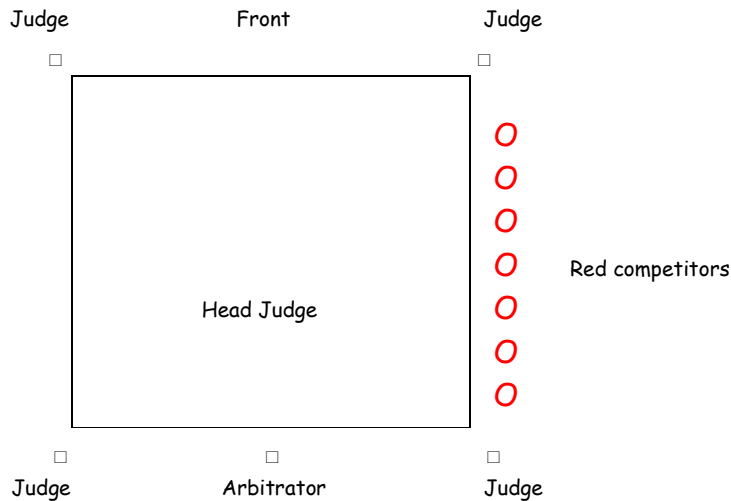
Item 7 - Hand & Flag Signals for Court Officials

The Judges use specific gestures when expressing their judgments and decisions. See Appendix 6 for illustrated table.

CHAPTER 3 TO JUDGE KUMITE

Item 8 - Location of Court Officials

1. The Head Judge during a match or event is positioned as seen below and moves according to the competitors.
2. The Judges hold a whistle in their mouth and a red and white flag in each hand. They are positioned as seen below.



Note: For a Red and White Flag System, please see above diagram. The red competitors are situated at the right side of the Head Judge while the white competitors area at the left side.

For the Head Judge and the Judges, please follow the arrows to see where the competitors are positioned after initial bowing and when the match or event is over, to see them come back to their original positions for the final bowing.

The Arbitrator sits facing the Front or *Shomen*, for observation of the match or event.

Item 9 - Criteria for Decisions

The Head Judge decides the outcome of the match following the indications of all the Judges. Please see the table below for all possible decisions in a Red and White Flag System both for *Kumite* or *Kata* Events.

	Decisions by the Judges				Decisions by the Head Judge
1	O	O	O	O	White is the winner
2	O	O	O	○	White is the winner
3	O	O	O	X	White is the winner
4	O	O	X	○	White is the winner / Draw
5	○	○	○	○	Red is the winner
6	○	○	○	O	Red is the winner
7	○	○	○	X	Red is the winner
8	○	○	X	O	Red is the winner / Draw
9	X	X	X	X	Draw
10	O	X	X	○	Draw
11	O	X	X	X	Draw
12	X	X	X	○	Draw
13	O	O	○	○	Draw / Red is the winner / White is the winner
14	O	O	X	X	White is the winner / Draw
15	X	X	○	○	Red is the winner / Draw

Symbols: ○ Red is the winner
 O White is the winner
 X Draw

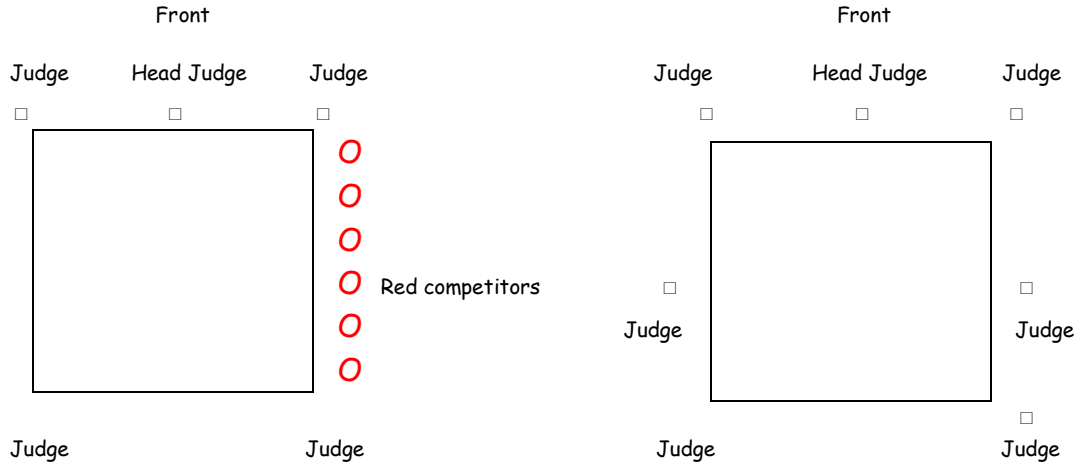
CHAPTER 4 TO JUDGE KATA

Item 10 - Location of Court Officials

Please see the diagrams below for the location of the Head Judge and the Judges as part of a Red and White Flag System as seen on the left hand side and a Point system as seen on the right hand side.

For the Head Judge and the Judges, please follow the arrows to see where they are positioned after initial bowing and after the match or event is over, to see them come back to their original positions for the final bowing.

The Arbitrator sits facing the Front or *Shomen*, for observation of the match of event.



Item 11 - Criteria for Decisions

Points are awarded according to the following elements as seen below:

1	Frame of mind, spirit and eye contact
2	Perfection overall
3	Levels of strength
4	Contraction and expansion of the body
5	Change in the speed of the techniques
6	Line of performance or <i>Embusen</i>
7	Smoothness of feet movements
8	Understanding of the meaning of techniques
9	Illustrating the essential characteristics of the chosen <i>Kata</i>
10	Overall smoothness of movements

Elements as Part of *Kata* Sequence

1	Did not return to the starting point
2	Mistake is made, but immediately corrected and <i>Kata</i> is resumed
3	Movement is missed, but <i>Kata</i> is continued
4	Major mistake is made and several movements are missed
5	Stopped in the middle of the performance
6	Being interrupted by the Head Judge

Fundamental Criteria for Decisions

1	Posture
2	Balance
3	Stances <ul style="list-style-type: none"> a) Width and length b) Adherence of the feet to the floor c) Position of the hips d) Rotation of the hips
4	Basics or <i>Kihon</i> <ul style="list-style-type: none"> a) Transforming the body parts into "weapons" b) Strength and focus of techniques c) Aiming for the proper target d) Proper course of techniques

CHAPTER 5 ADDITIONAL INFORMATION

Item 12 - Junior Tournaments

The rules and regulations that concern the junior tournaments are to be separately provided.

Item 13 - Revision of Document

The revision of this document is done by the Masters Committee also called *Shihan-Kai* with a majority of two thirds of the members present.

Additional Clause

Date of Revision: May 11 1996

Date of revision: August 14 2004

Last date of revision: May 29 2011

SPECIFIC GUIDELINES FOR 1 POINT BASIC FIGHTING OR *KIHON-IPPON KUMITE*

TO START A MATCH OR EVENT

1. When called, the 2 selected competitors move forward to their designated starting positions and bow to each other.
2. The Head Judge starts the match with the vocal command: begin or *Hajime*.
Note: Red side always starts first. Then, the attacks alternate between each side.

ATTACKING TECHNIQUES

1. Punch to the face or *Jodan Oi-Zuki* - aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or *Chudan Oi-Zuki* - aiming for the solar plexus.
3. Front kick to the stomach or *Chudan Mae-Geri* - using the back leg, aiming for the solar plexus.
Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.
4. There must be appropriate distance to attack. The attacking competitor steps the leg back and forms a downward block or *Gedan-Barai*. Each attack must be clearly announced before execution.
Note: For the execution of front kick or *Mae-Geri*, both arms are extended and kept on each side of the body.
5. After the completion or an attack and defense sequence, both competitors simultaneously return to the natural position or *Shizentai*. The attacking competitor takes a step back to return to the natural

position while the defending competitor takes a step forward to do the same.

Note: If the distance between the competitors is not appropriate, the Head Judge or the Judges will tell the competitors to adjust their distance appropriately.

DEFENSIVE TECHNIQUES

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas as mentioned above, can be used but only a single counterattack is allowed.

ADDITIONAL POINTS

1. An attack or defense technique can only be used one time.
2. There is to be one sudden vocal release of energy or *Kiai* per attack and per counterattack.

OUTCOME OF A MATCH OR EVENT

1. The outcome of the match or event is decided by the Head Judge and 4 Judges.
2. If there is a draw, the same attacks are done with the left side initiating the attacks. Following this, a decision to declare a winner must be reached.

PROHIBITED ELEMENTS

Pertinent to Attack

1. Faking a movement in order to have the opponent move, and then attack that opponent.
2. Lunging the body towards the opponent or taking more than one basic step forward to attack.
3. From the natural position or *Shizentai*, the attack must follow a straight line forward and not follow the opponent who may have moved prior to completion of the attack.

- Attention: The foot of the attacking competitor that has stepped forward, should end up positioned between the opponent's legs. Fundamental basic technique must be applied during execution.
4. Face level and stomach level attacks that are executed with forceful motions such as pressing the arm downward while the opponent is executing a blocking technique.
 5. Withdrawing too quickly the hand that is executing an attack.

Pertinent to Defense

1. Contact or hitting the attacking competitor other than the blocking technique that should be executed.
Attention: There is no contact to the other competitor except to execute the blocking technique.
2. Any combination techniques; sweeping the attacking competitor - *Ashi-Barai*; any projection techniques or holds involving the joints.
3. During the execution of a blocking technique to the stomach, to be blocking at the other competitor's elbow.
Attention: Proper blocking is done at the wrist of the attacking competitor.
4. During the execution of a blocking technique to the face, any forceful motions that may cause a loss of balance of the attacking competitor.
5. During the execution of a blocking technique to the stomach, to be using any forceful downward motions.
6. Withdrawing too quickly the hand that is executing a counterattack.

REGARDING CRITERIA LEADING TO DISQUALIFICATION

1. When a prohibited element has been identified, the Head Judge and the Judges will confer and indicate their decision regarding the degree of severity and give the appropriate reprimand, either a caution or *Keikoku*, a warning or *Chui*, a disqualification or *Hansoku*, and pronounce absolute disqualification or *Shikkaku*.
2. Please refer to the section Criteria Leading to Disqualification (HANSOKU) as part of the Tournament Rules & Regulations document for additional information.

SPECIFIC GUIDELINES FOR SEMI-FREE FIGHTING OR *JIYU-IPPON KUMITE*

TO START A MATCH OR EVENT

1. When called, the 2 selected competitors move forward to their designated starting positions and bow to each other.
2. The Head Judge starts the match with the vocal command: begin or *Hajime*. As both competitors step forward in their ready to fight positions or *Kamae*, the red side always starts first. After each attack, block and counterattack sequence is completed, the competitors pause in ready to fight positions or *Kamae* at a proper distance or *Maai*, then return to their starting points, still in ready to fight positions or *Kamae*. The 2 competitors then wait for the Head Judge's command to resume fighting, either the red side or the white side initiating.
3. The competitors may choose their ready to fight positions or *Kamae*. However it is recommended that in a Junior Tournament the competitors hold their arms in front of their body.
4. After all attacks are executed from both sides, the competitors return to their designated starting positions and wait for decision of the Judges.
5. Both competitors must wear guards for the hands as per the Tournament Rules & Regulations document.

ATTACKING TECHNIQUES

1. Punch to the face or *Jodan Oi-Zuki* - aiming for either just below the nose and in this particular situation, as well for the lower part of the chin.
2. Punch to the stomach or *Chudan Oi-Zuki* - aiming for the solar plexus.
3. Front kick to the stomach or *Chudan Mae-Geri* - using the back leg, aiming for the solar plexus.

Note: The above techniques are done with the right hand and the right foot. If there is a draw, the above techniques are repeated but with the left hand and the left foot.

4. There must be appropriate distance to attack and each attack must be clearly announced before execution.

Note: If the distance between the competitors is not appropriate, the Head Judge or the Judges will tell the competitors to adjust their distance appropriately.

DEFENSIVE TECHNIQUES

1. Any kind of blocking techniques and body shifting can be used.
2. Any kind of counterattack to the target areas as mentioned above, can be used but only a single counterattack is allowed.

ADDITIONAL POINTS

1. An attack or defense technique can only be used one time.
2. There is to be one sudden vocal release of energy or *Kiai* per attack and per counterattack.
3. When there is proper distance or *Maai* to attack, the competitor must initiate that attack. It has been seen that proper distance or *Maai* has been reached and no attack is initiated. This must not be done.
4. The defending competitor must not back away creating a longer distance from the attacking competitor.
5. Faking a movement or *Kensei* is not allowed.

PROHIBITED ELEMENTS

Pertinent to Attack

1. Distance is too short, and lunging the body towards the opponent.
2. Withdrawing too quickly the hand that is executing an attack.
3. Contact or hitting the opponent.
4. Blocking or shifting the body during the counterattack.
5. Grabbing or holding the opponent.

Pertinent to Defense

1. Stepping out of the court for 3 times. A caution or *Keikoku* is given for the first time, a warning or *Chui* is given for the second time and a disqualification or *Hansoku* is given for the third time.
2. Blocking and counterattacking at the same time.

Note: Please refer to the section Criteria leading to Disqualification (HANSOKU) as part of the Tournament Rules & Regulations document for additional information.

SPECIFIC GUIDELINES FOR JUDGING
1 POINT BASIC FIGHTING OR *KIHON-IPPON KUMITE*
AND
SEMI-FREE FIGHTING OR *Jiyu-Ippon Kumite*

FRAME OF MIND OF COMPETITORS

1. Proper manners
2. Fighting spirit and effort
3. Eye contact
4. Poise and readiness

DISTANCE OR *MAAI*

1. Proper distance and angle of the techniques towards the target area.
2. Proper timing when blocking and if the attacks are properly blocked at the wrist and ankle of the opponent as well as the attack being properly diverted and the body moved from the line of attack.
3. If the blocking technique is practical and body shifting is done according to the opponent.
4. Proper choice of counterattack from the defending position and according to distance and the rapidity of execution of this element.
5. Motionless of supporting leg when initiating a blocking or attacking sequence.

FOCUS OF POWER

1. Degree of use of the body to generate this focus of power.
2. Hip rotation and feet movement are smooth and proper direction of body and techniques.
3. Proper stance and posture and the degree of transforming the body parts into "weapons" of attack and defense.
4. Proper sudden vocal release of energy or *Kiai*, spirit and power as a unit.

SPECIFIC GUIDELINES FOR FREE FIGHTING
OR
JIYU KUMITE

1. These tournaments follow the Tournament Rules & Regulations document.
2. For the age group of 11 to 12 years old, the best 8 will do free fighting or *Jiyu Kumite* and must wear a mouth guard, guards for the hands and a body protector as well.

Time Period of a Match:

11-12 years old age group: *1 minute 30 seconds

*from the best 8 to finalists, 2 minutes

13-15 years old age group: *from the first round to finals, 2 minutes

* if the first match results in a draw, then a "sudden death" or first one to score rematch, is done.
(the Chief Referee has to indicate that a "sudden death" rematch is to be done)

SPECIFIC GUIDELINES FOR *KATA* TOURNAMENTS

This applies to children and youths up to 18 years old:

1. The Red and White Flag System will be used up to the best 8 competitors, using this Designated Basic *Kata* list or *Shitei Kata*:
Heian Shodan . Heian Nidan . Heian Sandan . Heian Yondan
Heian Godan . Tekki Shodan
2. The Point System will be used for the best 8 competitors, using the following *Kata* as choices:
Bassai Dai . Kanku Dai . Jion . Enpi . Jitte . Hangetsu . Gankaku
3. For all pertinent items, please refer to the Tournament Rules & Regulations document.

When initiating the bouts to determine the finalists, the average score will be 7.0

In the occurrence of a tie, the lowest score is factored in.

If a tie occurs again, the highest score as well as the lowest score are factored in.

If there is still a tie occurring, a rematch or *Sai-Shiai* is done, the competitors will perform the same *Kata*, following the same outline as mentioned above.

If the outcome is still a tie, repeat the rematch or *Sai-Shiai*, the competitors this time will perform a different *Kata*.