

Tournament Rules and Standards

Shorai Do Kempo Ryu

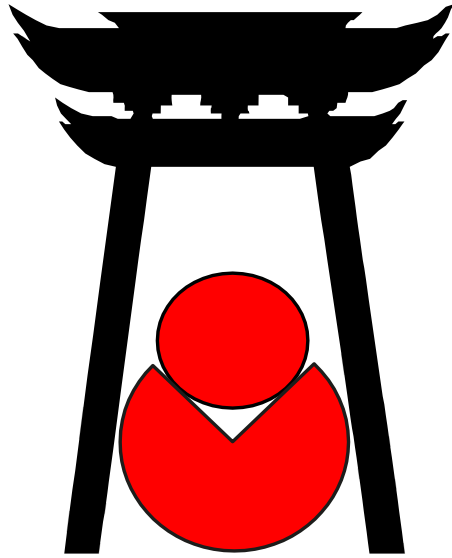


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Paragraph 1

Registration

Registration is possible only in electronic form, using the program provided by the organizer. The registration must be received at the latest by 12 midnight on the date stated in the announcement of the competition. It is not possible to register on the day of the contest.

Paragraph 2

Referees

The competition referee team is made up of one main competition referee (SHUSHIN) and 1-5 side referees (FUKUSHIN). Changes may be made in special categories such as open weight categories or team matches. The commands for the category "Kumite" and "Sumo Light" will mainly be given in Japanese.

Paragraph 3

Official Clothing

Contestants and their trainers and support teams must wear official clothing as defined below.

The referee commission can suspend any official or contestant from the championship who does not keep the following rules.

Explanation

1. Surely there are religious reasons for wearing certain things such as turbans or amulets. If someone wishes to wear such an article because of his or her religion, this must be made known to the Referee Commission before the tournament. The referee commission will examine each case individually.
2. If a contestant enters the competition area incorrectly clothed, he or she will not be disqualified immediately but will be given one minute's time to bring the clothing in order.

3.1 Referees

1. Each referee of the SDK must wear the official referee uniform during the tournaments.
2. External organizations will wear the clothing that is usual for them.
3. The official referee uniform of the SDK consists of:
 - A dark blazer, a black shirt with short or long sleeves.
 - An official necktie, simple dark trousers, black shoes for entry to the competition area.

3.2 Contestants

1. Contestants must wear a clean karate Gi or similar clean clothing according to their schools.
2. Contestants must have clean hair and the hair length may not obstruct the smooth flow of the match.
 - Hachimaki (Headbands) are only allowed in the color of the uniforms.
 - Inscriptions, symbols and such are not allowed.
 - In Kumite- competitions, metal hair barrettes and piercings are not allowed.
3. Contestants must have short fingernails and are not allowed to wear any metal objects or other objects that could injure the opponent.
4. The use of metal tooth braces must be sanctioned by the referee and the official medical doctor.
5. The contestant takes full responsibility for any kind of injury.
6. The following protective gear is mandatory:
 - Fist protectors (closed, fingers covered)
 - Cup (under the uniform)
7. The following protective gear is optional:
 - Tooth protection
 - Chest protection for women
 - Head protection without face shield

8. The following is forbidden:
 - Shin protectors
 - Elbow protectors
 - Forearm protectors
9. It is forbidden to wear glasses during a match with the exception of sport glasses. Soft contact lenses may be worn at your own risk.
10. The use of bandages, tapes etc. because of injuries must be sanctioned by the head referee according to the advice of the official doctor.
11. The head referee can approve other protective measures as needed after consulting the Referee Commission.

Paragraph 4 Terminology

Japanese word	Meaning/Explanation
AIUCHI	Simultaneous techniques for points. No contestant receives points.
AKA (SHIRO) NO KACHI	Red (white) wins.
ATOSHI BARAKU	A little more time. An acoustic signal is given by the timekeeper 30 seconds before the end of the match.
ATO-SHIBARAKU	30 seconds until the match ends
ENCHO-SEN	Overtime. The head referee opens the match again with the command SHOBU HAJIME.
FUJUBUN	not good enough
FUKUSHIN SHUGO	calling the side referees together
HANTEI	evaluation
IPPON	one point
NIHON	two points
JOGAI NAKAE	Call to the contestants to return to the match area.
JOWAI	to weak
KIKEN	Withdrawal
MA-AI	poor distance
MAKE	loser
MIENEI	nothing seen
MOTO NO ICHI	Call to the contestants to take their given positions
MUBOBI	danger for self
NUKITE IMASU	technique over
SAI SHIAI	new match
SHOBU HAJIME	After this command, the referee takes one step back.
SOREMADE	end of the match
TORIMASEN	no points, not acceptable
TSUZUKETE	Continue to fight. The continuation of the match is ordered when an unauthorized interruption by a contestant happens.
TSUZUKETE HAJIME	Continuation of the match
UKE IMASU	technique blocked
YAME	Stop, interruption or end of match
Penalties	
CHUKOKU	First category 1 or category 2 warning without penalty

MUBOBI	is an offense where a contestant attacks without regard to his or her own safety. If the offender has excessive contact and/or is injured through their own fault, the head referee will give a warning or a penalty for a category 2 offense. The opponent will not be penalized.
KEIKOKU	Warning with IPPON penalty The head referee shows a category 1 or 2 offense and gives IPPON (one point) for the opponent.
HANSOKU-CHUI	Warning with NIHON penalty The head referee shows a category 1 or 2 offense and gives the opponent NIHON (two points). Two Hansoku chui are regarded as one Hansoku.
HANSOKU	Disqualification. The head referee shows a category 1 or 2 offense and then calls a win for the opponent.
JOGAI	Leave the competition area. The referee points to the side to show that the contestant has left the competition area.
Jogai Chui	Leaving the competition area twice.
Jogai Hansoku	Leaving the competition area three times: Disqualification
SHIKKAKU	Disqualification ("Leave the competition area") He also calls out AKA (SHIRO) SHIKKAKU! Victory for the opponent.

Paragraph 5 Kumite/ Semi-contact

5.1 Match Time

The length of a match is 2 minutes. In the case of offenses or injuries, etc., the head referee will stop the clock.

In the qualifying rounds, each contestant has at least 2 matches. After the qualifying rounds, the finals will be determined as follows:

1. Number of wins
2. Number of wins and ties
3. Number of wins and losses
4. In a tie situation, the difference between the scored points, after that the number of strikes, will be used to determine the finals.

5.2 Scoring

Scoring will be given when the technique is executed according to the criteria within a strike zone. The attacks are limited to the following strike zones:

- Head
- Face
- Abdomen
- Chest
- Side

Criteria for a technique are:

- good form
- proper attitude
- strong execution
- Zanshin (attentiveness)
- good timing
- proper distance

The scoring follows the majority principle: the majority of the referees must approve the strike.

The following scoring is possible.

1. **Nihon** (2 points) will be given for:
 - Jodan foot techniques
 - Throwing or sweeping, followed by a technique eligible for scoring
2. **Ippon** (1 point) will be given for:
 - Chudan foot techniques
 - A combination of hand techniques, in which each would be individually eligible for scoring
 - Bringing the opponent off-balance and scoring
 - Chudan or Jodan fist bumps

An effective technique which is executed just as the end of the match has been signaled is valid. A technique which is executed after the call to interrupt or end the match (YAME) has been given, is not eligible for scoring and can result in a penalty for the attacker.

A technique which is proper and correct will not be scored if both contestants are outside of the match area. If one of the contestants executes a valid technique and is still within the match area, and the head referee has not called YAME, this technique will be scored.

If both contestants execute a valid technique at the same time, it will be considered invalid (AIUCHI).

The technique must be executed in a controlled way according to the strike zone which is being attacked and all scoring criteria must be fulfilled.

5.2.1 Technique Criteria

1. For safety reasons, throws in which the opponent is thrown without being held, throws which are dangerous, and throws in which the pivotal point is above the hips are forbidden. These throws will result in a warning or penalty. Exceptions are conventional sweeping techniques, in which it is not necessary to hold the opponent during the sweep, such as ASHI BARAI, KO UCHI GARI, KANI WAZA. After a throw has been executed, the head referee will give the contestants two or three seconds to execute a technique which can be scored.
2. If a contestant slips, falls or loses balance by his or her own fault, and the opponent uses a technique which can be scored, the technique will be scored as if the contestant were standing upright.
3. A well-executed technique should show evidence of effectiveness.
4. Having a proper attitude means that during the execution of the technique used for scoring, the contestant is clearly concentrated and without bad intentions or a malicious attitude.
5. Strong execution refers to the strength and speed of the technique as well as the perceptible will to execute the technique successfully.
6. Zanshin is a criteria that is very important for the scoring. It describes the state of permanent vigilance (total concentration, observation of the opponent, and the awareness of the opponent's potential for a counter attack.) The contestant does not turn his or her face away during the technique and continues to look at the opponent even after the action is completed.
7. Good timing means executing a technique at a point in time when it promises to have the highest effect.
8. Accordingly, proper distance means that the technique is executed from the distance at which it is most effective.
9. The criteria distance is meant with regard to the point at which the completed technique reaches or almost touches its target. Fist bumps or kicks which end between touching the skin and 2 cm away from the face will be scored when the opponent does not try to block or avoid the attack. If the technique is executed at a moment when the opponent quickly moves away, the effectiveness of the technique is reduced and it will not be scored.
10. An invalid technique is invalid under all circumstances. A technique which does not show good form or is weakly executed will not be scored.
11. The signal for the end of the match, which is given by the head referee, shows the end of possible positive scoring in that round. The signal does not mean that no more penalties can be given. Penalties can be given by the referee commission until the contestants leave the mat after the match decision. After that, penalties can still be given by the highest referee commission.
12. True AIUCHI are rare. Not only do two techniques have to be executed simultaneously. Both must also be valid techniques which have scoring potential. They must also be well-executed. Two techniques can both land at the same time, but both are rarely, if ever, effective hits. The head referee may not call a situation AIUCHI in which only one of the simultaneous techniques really was a hit. This is not AIUCHI.

5.3 Beginning, Interrupting and Ending Matches

The main referee and the side referees shall take their determined places and after the contestants' bows the head referee calls "SHOBU HAJIME". This is the beginning of the competition.

1. The head referee interrupts the match with "YAME". If necessary, the head referee commands the contestants to go back to their original places (MOTO NO ICHI).
2. The head referee goes back to his or her original position and the side referees show their verdict. In the case of scoring, the head referee names the contestant (Aka, Shiro) and then gives the scoring. The head referee starts the competition again with the call "TSUZUKETE HAJIME".
3. A match has been decided when one contestant reaches the maximum of six points, has the most points at the end of the match, or when a decision against his or her opponent is called through . HANTEI, HANSOKU, SHIKKAKU or KIKEN. The head referee calls YAME and sends the contestants back to their original positions at the starting line. He or she returns to his or her own position. The winner is shown when the head referee raises their hand towards the side of the winner and calls "SHIRO/AKA NO KACHI" . The match is over.

4. When the match time has run out, the contestant with the highest number of points is declared to be the winner. The head referee raises his or her hand towards winner's side and calls "SHIRO/AKA NO KACHI" . The match is over.
5. If the match time runs out in a tie situation, or if no points have been awarded, the head referee calls "YAME" and returns to his or her original position. He or she announces HIKIWAKE. In a tie situation during the finals match, extra time of one minute will be given. (ENCHO SEN). All warnings and penalties from the ongoing match will be taken over. If there is no decision in the overtime, the contestants will continue to fight until one of them is awarded a positive valuation. This person will be declared the winner.
6. In the following situations, the head referee calls "YAME" and temporarily interrupts the match:
 - When one or both of the contestants leaves the match area.
 - When the head referee commands a contestant to adjust his or her Gi or protective gear.
 - When the head referee notices that a contestant is breaking or is about to break the rules.
 - When the head referee thinks that one or both contestants can no longer fight because of injuries, illnesses, or other reasons. According to the verdict of the doctor, the head referee decides whether the match can be continued.
 - When a contestant grabs his or her opponent without immediately executing an effective technique or throwing him or her within the next 2-3 seconds.
 - When one or both of the contestants falls or is thrown and no effective technique follows within 2-3 seconds.
 - When both contestants are not standing or start to wrestle after a fall or throw.
 - When scoring has been seen.
 - When the side referees give the same signal or scoring for the same contestant.
 - When the highest referee wishes this.

5.4 Forbidden Behavior

Category 1:

- Techniques with excessive contact with reference to the target being attacked and contact to the throat.
- Attacks on arms, legs, groin, joints, or instep.
- Attack to the face with an open hand technique (Teisho/ Nukite).
- Dangerous or forbidden throws techniques.
- Attacks with the head, knees, or elbows.

Category 2:

- Pretending or exaggerating an injury
- Repeatedly leaving the match area (JOGAI)
- Self-endangering by weakening in behavior and thus allowing an injury by the opponent.
- Discontinuing or not using adequate measures of self-defense. (MUBOBI).
- Avoiding a fight by not giving the opponent the opportunity to score.
- Holding, wrestling, squeezing or grabbing without trying a throw or technique.
- Techniques which are naturally uncontrollable for the safety of the opponent
- Dangerous and uncontrolled attacks
- Speaking with or provoking the opponent
- Disregarding the commands of the head referee
- Foul behavior towards the referee commission or disregarding the etiquette

Explanation

1. The competition is an athletic comparison and therefore some of the most dangerous techniques are forbidden. In spite of this, each technique must be executed in a controlled way. Trained contestants can compensate relatively hard hits to the muscles, for example to the abdomen, but in fact the head, face, neck, groin, and joints are easily injured. Therefore, every technique which causes an injury must be penalized, unless the contestant has caused the injury to him- or herself. The contestants must execute every technique with control and good form. If they are unable to do this, they must be warned or penalized, regardless of the technique used.

Contact to the face

1. Non-injurious, light, controlled "touches" to the face and head are allowed (but not to the throat). If the referee regards a contact as too hard, but the contestant is not negatively affected by it, a warning can be given. (CHUKOKU) A second contact under the same conditions will be penalized with KEIKOKU and IPPON (one point) for the opponent. A third attack will result in HANSOKU-CHUI and NIHON (two points) for the injured opponent. A further attack results in disqualification through HANSOKU.
2. The head referee must continuously observe an injured contestant. A short wait before giving the verdict allows the development of certain symptoms such as nose bleeding. Through careful observation, the attempt of a contestant to make a light injury worse in order to win a tactical advantage will become visible. Such examples could be heavy snorting through an injured nose or rubbing the face hard to make it red.
3. Pre-existing injuries can also cause symptoms which greatly exaggerate the normal reaction to a contact. Head referees must pay attention to this when they consider penalties for seemingly excessive contact. The head referee must be informed when a contestant has been treated because of an injury.
4. Contestants who exaggerate a light contact by holding their faces, stumbling around, or falling down needlessly, to try to make the head referee penalize the opponent, must immediately be penalized or warned.

5. Pretending to be injured is a severe breach of the rules. The exaggeration of an already existing injury is less severe. SHIKKAKU will be given to a contestant who pretends to be injured, for example by breaking down and rolling around on the floor without the supporting diagnosis of a doctor. A warning or a penalty should be given for the exaggeration of an injury.
6. Contestants who receive Shikkaku for pretending to be injured will be expelled from the competition area. Contestants who pretend to be injured will be penalized with the most severe penalties, even up to expulsion for life by repeated offenses of this kind.
7. The throat is an especially sensitive and easily injured area. The slightest contact in this area will result in a penalty or warning, unless this contact was the fault of the person hit.
8. Throw techniques are divided into two categories: the established conventional leg sweep techniques Deashi barai, Ko Uchi Gari, Kani Waza, etc., where the opponent is swept or thrown off-balance without being held, and throws where the opponent must be touched or held during the execution. The pivotal point of the throw may not be above the height of the hip and the opponent must be held throughout the complete throw so that a safe landing can be made. Throws over the shoulder, such as Seio Nage, Kata Guruma, etc. are categorically forbidden. Also forbidden are throws where the thrower goes down to the floor first, such as Tomoe Nage, Sumi Gaeshi, etc. If an opponent suffers an injury as a result of a throw, the referees will decide whether a penalty shall follow.
9. Techniques with an open hand to the face are forbidden because they can endanger the vision of the opponent.
10. JOGAI refers to a situation where a contestant's foot or any other body part touches the ground outside of the match area. The exception is when a contestant is pushed or thrown out of the match area by his or her opponent.
11. A contestant who executes a valid technique but leaves the match area before the head referee calls Yame, will receive no scoring and no penalty.
12. A contestant who unnecessarily clings, or voluntarily leaves the match area without being influenced by the opponent and without giving the opponent an opportunity to score, must be warned or penalized by the head referee. If category 2 offenses have already occurred, a penalty will be given. If the penalized contestant has already caused one or more category 2 offenses, he or she will receive the next highest penalty in the scale for this offense. The referee must make sure that the evasion was not a reaction to thoughtless or dangerous behavior on the part of the opponent. In this case, the attacker should be warned or penalized.
13. MUBOBI is an offense where the contestant attacks without regard to his or her own safety. Some contestants work themselves into a long technique and are not able to block a counter. Such open attacks are called Mubobi and cannot be scored. As a theatrical gesture, some contestants turn away from their opponents immediately after a hit to demonstrate their dominance and to emphasize the hit. They let their cover fall and are not attentive to the opponent. They turn away with the aim of drawing the referee's attention to their technique. This is also a clear case of Mubobi. If the attacker has excessive contact and/or is injured by his or her own fault, the head referee will give a warning or a penalty for a category 2 offense and the opponent will not be penalized.
14. Any kind of impolite behavior by a member of an official delegation can lead to the disqualification of all the contestants in the delegation and to expulsion from the competition. Any impolite behavior by a trainer can lead to the disqualification of a contestant or a team.

5.5 Penalties

Table 1 Penalties for leaving the mat

Penalty	Explanation
Warning	<ul style="list-style-type: none">• to be understood as a directive without counting as a penalty
JOGAI	<ul style="list-style-type: none">• After the first incident of leaving the mat, the contestant must receive a personal warning.
JOGAI CHUI	<ul style="list-style-type: none">• After the second incident of leaving the mat, the contestant must receive an official warning.
JOGAI HANSOKU	<ul style="list-style-type: none">• After the third incident of leaving the mat, the contestant will be disqualified.

Table 2 Penalties for self-endangerment

Penalty	Explanation
MUBOBI	<ul style="list-style-type: none">• is an offense where the contestant attacks without regard to his or her own safety. If the attacker has excessive contact and/or receives an injury due to his or her own fault, the head referee will give a warning or a penalty for a category 2 offense and the opponent will not be penalized.

Table 3 Penalties for forbidden techniques

Penalty	Explanation	Category
Warning	<ul style="list-style-type: none"> to be understood as a directive without counting as a penalty 	-
CHUKOKU	<ul style="list-style-type: none"> by small offenses or minor violations 	Warning
KEIKOKU	<ul style="list-style-type: none"> the opponent receives IPPON (one point) KEIKOKU is given for minor violations which occur after a warning has already been given during the same match, and for violations which are not serious enough to be penalized with HANSOKU-CHUI . 	1
HANSOKU-CHUI	<ul style="list-style-type: none"> the opponent receives NIHON (two points). HANSOKU-CHUI is usually given for violations which have already received KEIKOKU during the match . HANSOKU CHUI can also be directly given for serious violations which do not merit HANSOKU. 	1-2
HANSOKU	<ul style="list-style-type: none"> follows serious violations or after HANSOKU-CHUI has already been given. The contestant is disqualified. In a team contest, the match ends 6 : 0. The contestant who has been fouled receives 6 points and the score of the opponent is reduced to 0. 	2
SHIKKAKU	<ul style="list-style-type: none"> Disqualification from the complete tournament, the finals, or a match The highest referee commission must be consulted in order to decide on the penalty of SHIKKAKU. SHIKKAKU can be given if a contestant behaves in a malicious way or in a way that harms the prestige and the honor of the Budo, or by other actions which go against the rules or the spirit of the tournament. In a team contest, the match ends 6 : 0. The contestant who has been fouled receives 6 points and the score of the opponent is reduced to 0. 	2

Explanation

1. Category 1 und Category 2 penalties cannot be cross added.
2. A penalty for a violation can be given immediately. Once a penalty has been given, a higher penalty must be given for each further violation in the same category. For example, it is not possible to give a warning for excessive contact and later give another warning for the same offense.
3. Warnings (CHUKOKU) will be given after clear but minor violations when, in the opinion of the referee, the possibility for the contestant to win has not been impaired by the foul of the opponent.
4. KEIKOKU can be directly given, without a previous warning. KEIKOKU is normally given if the contestant's chance to win is slightly impaired through the foul of the opponent.
5. HANSOKU-CHUI can be given directly or after a KEIKOKU or warning. HANSOKU-CHUI is given if in the opinion of the referee the contestant's chances to win have been seriously impaired.
6. HANSOKU is given for cumulative penalties. It can also be given directly for serious violations. HANSOKU is given if in the opinion of the referee the contestant's chance to win has been reduced to zero by the opponent's foul.
7. The highest referee commission will report on each contestant who has injured his or her opponent and thus received HANSOKU and additionally, according to the judgment of the head referee, behaved thoughtlessly, dangerously, or maliciously, or did not respect the rules of the competition. The highest referee commission will decide whether the contestant will be expelled from the competition and/or excluded from future competitions.
8. SHIKKAKU can be given directly without any warnings. The contestant must not have violated any rules him- or herself. It is enough if the trainer or the other members of the delegation who are not taking part in the match behave in a way which is detrimental to the prestige or honor of the Budo. If the referee believes that a contestant has acted maliciously, whether or not his or her opponent has been injured, the proper penalty is SHIKKAKU and not HANSOKU.
9. SHIKKAKU must be publicly announced.

5.6 Injuries and Accidents

KIKEN or capitulation is the decision that is made when one or both contestants:

- cannot continue the match
- leave the match
- or are taken from the match by the head referee.

The reasons for the capitulation can also be injuries which were not caused by the opponent.

1. If two contestants injure each other or are suffering from earlier injuries, and are declared by the tournament doctor to be unable to fight, the contestant with the most points will be declared the winner. In the event of a tie, a decision (HANTEI) will determine the results of the contest. In team contests, the head referee will call a tie (HIKIWAKE) and if the situation results in a decision match (ENCHO SEN) a decision will be made by HANTEI.
2. An injured contestant who has been declared unfit to fight by a doctor may not further participate in the competition.
3. An injured contestant, who won a match through the disqualification of his or her opponent because of the injury, may not further participate in the competition without the permission of a doctor. If the contestant is injured again, he or she can win a second time due to the disqualification of the opponent. After this, the contestant will immediately be excluded from further Kumite- competitions during the tournament.
4. If a contestant is injured, the head referee breaks off the match and calls the doctor. Only the doctor is allowed to diagnose and treat injuries..
5. A contestant who is injured during a match and needs the treatment of a doctor will receive 3 minutes for the treatment. If the treatment is not finished within this time, the head referee will decide whether the contestant is to be declared unfit to fight or whether he or she shall be given an extension of the treatment time.

6. Each contestant who falls, is thrown, or is struck down and does not stand up again within ten seconds, will be considered unfit to fight, and automatically taken out of the tournament. In the case that a contestant falls, is thrown, or struck down and does not stand upright again after ten seconds, the head referee will give the timekeeper a signal to start the ten second countdown and at the same time the doctor must be called.

Explanation:

1. A contestant can win a match through the disqualification of the opponent due to accumulated penalties for smaller violations. The contestant must not have an especially serious injury. A second win for the same reason, however, results in the exclusion of the contestant from the tournament, even though he or she may be physically able to participate.
2. The head referee shall only call the doctor if the contestant is injured and needs medical attention.
3. In the case of HANSOKU, KIKEN, or SHIKKAKU, the referee commission decides the winner through Hantei.
4. If a contestant receives KIKEN in a team match, the match ends with 0:6. The contestant who received KIKEN will be given 0 points and the opponent's points will be raised to 6.

Paragraph 6 Kata-Scoring

The referee commission consists of a minimum of three and a maximum of five referees.

6.1 Scoring: 3 Referees/ 4 Referees

The school marking system will be used, with the increments 0.2 /0.5/ 0.7 .Thus 1.0 points; 1.2 /1.5/ 1.7 / 2.0/ 2.2 points continuing until 6.0. The lowest number wins.

6.2 Scoring 5 Referees

The same as with 3 referees with the exception that the best and the worst scores will be excluded from the evaluation.

6.3 Scoring Criteria

The Kata must be executed with competence and show a clear understanding of the traditional principles involved. In the evaluation of the execution, the referees must be attentive to the following:

1. A realistic demonstration of the meaning of the Kata.
2. Good timing, rhythm, speed, balance and use of strength
3. Proper, appropriate breathing as a help to KIME.
4. Correct centering of attention (CHAKUGAN) and concentration.
5. Correct positioning (DACHI) with the right body tension
6. Correct form (KIHON) of the demonstrated style.
7. The execution shall also be evaluated with a view towards other criteria such as the degree of difficulty of the Kata shown.
8. A contestant who stops during the execution Kata will lose points, with the exception of children under 14 years old, who are allowed to repeat the Kata.

Explanation:

Kata is neither a dance nor a theater performance. It must show conformation to a real fight and demonstrate concentration, strength und strike potential in its technique. As well as strength, power, and speed, it must demonstrate grace, rhythm and balance.

Paragraph 7 Te no Ken

In this category, techniques from the Kata and/or the self-defense program of the school or club are shown. Three attacks with partners are demonstrated:

1. Fist attack
2. Attack with a weapon
3. Foot attack

The order is variable.

7.1 Scoring

The complete impression as well as

1. a flowing sequence
 2. Good timing, rhythm, speed, balance and the use of strength
 3. Proper centering of attention and concentration
 4. Monitoring of the attacker
- will be evaluated.

A contestant who stops during the demonstration will lose points as a penalty.

Article 8 Sumo Light

8.1. Scoring

The goal is to bring the opponent to the floor with a body part, except the feet, or to push him off the mat surface.

All throws, moves, or techniques in which the opponent is lifted are permitted.

Beating, kicking or lever techniques as well as head pull, or neck rotary lever are prohibited.

As well as pulling or pushing on the nose or ears.

8.1 Combat time:

The length of a match is 2 minutes. In the case of violations, injuries, etc., the clock will be stopped by the head referee. The K.O. system is used. The loser is out of the competition. The win can be determined by flag, or hand evaluation.

If no winners can be determined in the regular fight time, the fight is extended by 1 minute.

If there is still no winner, the lighter participant will be declared the winner.

It will be in K.O. System fought. The loser is eliminated.

8.2 Evaluation

A rating is given if the technology leads to success according to the criteria.

The rating is based on the majority principle, most of the KR must recognize the hit.

For safety reasons, throws in which the opponent is thrown without being held, those that are dangerous, or those in which the pivot point of the throw is above the waist, are prohibited.

These throws result in a warning or a penalty. Exceptions are conventional sweeping techniques, which do not require the opponent to be held while sweeping, e.g. ASHI BARAI, KO UCHI GARI.

If a fighter slips, falls or loses his balance due to his own fault, this is counted as a point for the opponent.

The exception is when a body part touches the floor to perform a technique and this action leads to success.

Paragraph 9 Official Protest

1. The highest referee commission is in charge of dealing with complaints and protests.
2. No contestant can direct a complaint about a referee decision to the referee team.
3. If referee actions are clearly in violation of the rules, only the official representative may make a complaint.
4. The complaint or protest must be made immediately after the end of the category in which the action took place. It must be made by the official representative.
5. The sum of 50,- € will be paid as a deposit.

Explanation:

1. The protest or official complaint must contain the name of the contestant, the names of the referee team members, and an exact and detailed description of the situation and the reason for the complaint. General claims about common standards will not be accepted as a legitimate protest. The burden of proof is on the complainant.
2. The highest referee commission will review the protest and the supporting evidence that has been included in the complaint.
3. If the highest referee commission considers the protest to be justified, suitable consequences will follow. Additionally, measures will be taken to avoid such mistakes in future competitions. The security deposit will be returned to the complainant.
4. If the highest referee commission considers the protest to be unjustified, the complaint will be rejected and the money from the deposit will be donated to a charitable organization.
5. Following matches or rounds will not be postponed or start later, even if an official protest is being prepared. It is the responsibility of the referees to make sure that the competition takes place according to the rules.
6. In the case of an administrative mistake during a running match, the official representative may point out the mistake directly to the referee.