Judging Regulations

Shidokan Karate (Categories No. 1-3)

① Match Duration

Main bout: 3 min → 1 min extension → decision (If a draw: weigh-in, lighter athlete wins)

Final: 3 min → 2 min extension → 2 min second extension → decision
(If a draw: weigh-in, lighter athlete wins)

② Referees

・A three-referee system: one chief referee (2 points) and two judges (1 point each).

・To win by decision, an athlete must earn at least 2 total referee points and lead the opponent by at least 1 point; that athlete is the winner.

③ Win / Loss & Decision

Direct-strike system (full-contact rules)

"Ippon win": Two waza-ari make one ippon

"Decision win": 2 or more referee points

"Foul warning": Two warnings = 1 point deduction (equal to a waza-ari)

"Point deduction": 2 deductions = loss by foul (equal to an ippon)

"Effective Techniques"

・Throws, chokes, and joint locks are allowed

・Grabbing allowed for 3 sec, ground techniques for 5 sec

"Foul Techniques"

・Hand strikes above the neck are prohibited

・Attacks to the groin are prohibited

④ Protective Gear

Bare hands and feet

*A foul cup (groin cup) must be worn.
*If an athlete competes without one and takes damage that makes continuing impossible, it is a forfeit and the opponent may be declared the winner.

Full Contact Karate (Categories No. 4-27)

① Match Duration

・General (Advanced)

Same as Shidokan Karate General

・General (Beginner-Intermediate), Masters, Women

Main bout: 2 min → 1 min extension → decision
(If a draw: weigh-in, lighter athlete wins)
Final: 2 min → 1 min extension → 1 min second extension → decision
(If a draw: weigh-in, lighter athlete wins)

② Referees

Same as Shidokan Karate rules

③ Win / Loss & Decision

Same as Shidokan Karate rules, but the following are prohibited

Throws, chokes, joint locks, ground techniques, knee kicks to the face (allowed only in the General Advanced division)

④ Protective Gear

・Advanced — Bare hands and feet

・General (Beginner-Intermediate), Masters — Shin pads and punching gloves required

・Women — Chest guard, shin pads, and fist supporters required

Judging Regulations

Glove Karate Division (Categories No. 28-30)

① Match Duration

Preliminary / Main bout (3 min → 1 min extension → decision)

(If a draw: weigh-in, lighter athlete wins)

Final (3 min → 2 min extension → 2 min second extension → decision)

(If a draw: weigh-in, lighter athlete wins)

② Referees

Same as Shidokan Karate rules

③ Win / Loss & Decision

"Ippon win": A knockdown of 3 sec or more, or loss of the will to fight

"Effective techniques": Hand strikes (straight, hook, uppercut, backhand)
Kicks to areas other than the back
Attacks from the clinch

"Foul techniques": Attacking a downed opponent
Elbow strikes above the shoulder line
Any kind of throwing technique

"Disqualification": Fouls receive warnings; 2 warnings = 1 point deduction (equal to a waza-ari)
2 deductions = disqualification. Notes for athletes, etc.

- Athletes must wear a mouthguard and foul cup
- Hand wraps are optional; a wrap check is done beforehand
- Match gloves are provided by the organizers
- Attire must be a karate gi or kenpo gi (kick pants, etc. not allowed)
- Glove handicap applies

3 kg to under 6 kg (2 oz): 10 oz vs 12 oz
6 kg to under 9 kg (4 oz): 10 oz vs 14 oz
9 kg and above (6 oz): 10 oz vs 16 oz

Judging Regulations

Sport Karate Division (Non-Contact Point System) - Categories No. 31-32, 56-72

① Match Duration

General　Main bout (2 min → 1 min extension): the first to score 1+ points wins

③ Win / Loss & Decision

"Ippon win": First to score 6 points

"Waza-ari": 3 points

・Upper-level kick, back kick

For example, a straight punch to the centerline of the face or an upper-level kick precisely controlled (sun-dome)

in such cases, etc.

"Effective": 2 points

・Punch combination techniques (consecutive strikes to different areas, e.g. head and stomach)

・Combination techniques of punches and kicks

For example, when a punch or kick to the mid-level centerline or flank lands, etc.

"Yuko (advantage)": 1 point

・A single punch or kick

・Or when an attack lands accurately but is shallower than an effective technique, etc.

③ Judging Criteria

・Correct posture

・Maintaining proper distance when attacking

・Powerful and fast techniques

・Spirit shown through the pulling hand and kiai

・Accurate attacks to the target with sharp focus, etc.

*If both athletes land accurately at the same time, it is a mutual strike and 1 point is awarded to each.

④ Referees

Same as Shidokan Karate rules

⑤ Fouls and Disqualification

・Direct-strike attacks

・Grabbing

・Failing to follow the referee's instructions

・Acts against the bushido spirit, such as insulting or provoking the opponent

・Two fouls = 1 point deduction; one deduction = loss by foul

⑥ Notes for Athletes, etc.

・Wear a karate gi

・Keep finger- and toenails short

・Headgear, shin pads, and fist supporters required

・Foul cup required

・Women must wear a chest guard (soft type) (optional for elementary age and younger)

Note: No metal objects or anything else that could endanger the opponent may be worn

Judging Regulations

Kata Division (General & Youth) - Mixed - Categories No. 33-34, 73-74

① Match Duration: Top-scoring athletes selected in a preliminary-and-final format

② Performance Item: Free

However, the preliminary and final must use different kata

③ Judging: Scored by three judges (100 points each, 300 points maximum)

Because slight differences exist between styles, judging is based on the three elements of kata

with an overall assessment including impression

Reference: The three elements of kata

1. Strength variation (strong / soft)
2. Body expansion and contraction (large / small)
3. Tempo of techniques (fast / slow)
4. Focus
5. Kiai (spirit)

Samurai Rules (Categories No. 35-37)

Round 1 **Karate**

Round 2 **Kickboxing**

Round 3 **Mixed Martial Arts**

Match Duration: 2 min per round, 1 min rest

- Round 1 Karate: Same as Shidokan Karate refereeing rules
- Round 2 Kickboxing: Same as Glove Karate refereeing rules
- Round 3 Mixed Martial Arts

1. Wear 5 oz open-finger gloves
2. All joint locks are allowed (shoulder, elbow, wrist, knee, ankle)
3. Sleeper chokes and guillotine chokes are allowed
4. Fouls: Strikes to the head on the ground, biting, ear-pulling, eye-gouging, finger-poking, hooking, hair-pulling, frontal chokes, skin-pinching, etc.
5. If a stalemate continues on the ground, the bout resumes standing at the chief referee's discretion
6. Win/Loss: Standing knockdown, tap-out, verbal "give up," or referee stoppage

Judging Criteria

- A 10-point-must deduction system per round

The winner is decided by the total score over three rounds

- Two warnings incur a penalty of minus 1 point

Two penalties result in disqualification

Judging Regulations

Full Contact Karate - Youth (Categories No. 38-55)

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① Match Duration

・**Boys & Girls** Main bout & Final: 1 min 30 sec → 1 min extension → decision

(must-decision system)

② Judging Criteria (single decisive bout)

Direct-strike system (full-contact rules)

・Effective: A precise upper-level kick lands, regardless of damage.

When continuous attacks force the opponent entirely on the defensive.

・Waza-ari: A technique lands with enough damage to break the opponent's balance.

When three effective techniques are earned.

・Ippon: A technique lands and knocks the opponent down.

When the chief referee judges the opponent has lost the will to fight.

When two waza-ari are earned.

・A three-referee system: one chief referee (2 points) and two judges (1 point each).

・To win by decision, an athlete must earn at least 2 total referee points and lead the opponent by at least 1
point; that athlete is the winner.

・Two foul warnings = 1 deduction (equal to a waza-ari); three warnings = 2 deductions (equal to an ippon),
resulting in loss by foul.

③ Main Fouls

・Grabbing, hooking, throwing ・Hand strikes above the neck ・Knee kicks to the face

・Attacks to the groin ・Attacking a downed opponent ・Attacks from behind ・Pushing with the hands

④ Protective Gear & Strict Requirements

・**Junior high students** Head guard, shin pads, and punching gloves required

*Boys: A foul cup (groin cup) must be worn

*Girls: A chest guard (soft type) and under guard must be worn

・**Elementary age and younger** Head guard, shin pads, and fist supporters required

*Boys: A foul cup (groin cup) must be worn

*Girls: A chest guard (soft type) and under guard are optional

*If an athlete competes without a foul cup and takes damage that makes continuing impossible,
it is a forfeit and the opponent may be declared the winner.

***Junior high students and above may not use fist supporters, open-finger gloves, etc.**

*Mouthguards are allowed

Note: In the event of injury during a match, please handle it through your group's sports insurance, etc.