

Shintani Wado Kai Karate Federation



Version 2.5
JULY 2024

SWKKF TOURNAMENT RULES AND REGULATIONS

SWKKF INTELLECTUAL PROPERTY

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DOCUMENT VERSION HISTORY

Date	Ver.	Explanation
Sep. 2014	1.0	Beginning of standardized version numbers – Senate meeting June 2014
Jul. 2016	2.0	Updates based on Senate requests, and implementation of the JTC User manual
Mar. 2018	2.1	Updates of grammatical irregularities
Dec. 2018	2.2	Updates based on senate requests and tournament committee discussion; clarification regarding legal/illegal target areas, prohibited conduct and disqualifications/warnings.
Jan. 2020	2.3	Inclusions to all section and clarification on disqualifications/warnings
Jun. 2022	2.4	<ol style="list-style-type: none"> 1. Section: Supporting Documentation; Updated (p. 6) 2. Section: Definitions; Added: Definition of Kaigi (p. 6) 3. Section: Judging of Kata; Added: Rule #8 – missed techniques (p. 10) 4. Section: Calling Kaigi during competition; Added: This section is newly added. (p. 11/13) 5. Section: Clarification of Legal Points; Added: Description of legal sweeping technique (p. 12) 6. Section: Clarification of Sweeps vs Take-Downs; Added: This section is newly added. (p. 12) 7. Section: Kumite for Green Belts and Below; Added: This section is newly added. (p. 12) 8. Section: Legal Techniques; Added: Shuto listed as a valid technique (p. 12) 9. Section: Prohibited Conduct; Added: Delaying the match due to passivity. Penalty is a warning (p. 13) 10. Section: Disqualifications & Warnings; Added: Rule #7 DQ take precedence (p. 13) 11. Section: Appendix B – Optional Tournament Events; Added: Appendix B has been added (p. 20) 12. Minor Edits <ol style="list-style-type: none"> a. There have been minor edits done throughout the document that do not change the meaning or intent of the rules. These updates are not explicitly outlined.
Jul. 2024	2.5	<ol style="list-style-type: none"> 1. Section: Definitions; Added definition for Passivity (p. 5) 2. Section “The Competitor”; A competitor may wear shoes in kata only (p. 6) 3. Section: Clarification of Legal Points; Grabbing the gi (p. 11) 4. Updates to Para-Karate links (p.5 & p. 18)

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MANDATE

The purpose of this booklet is to standardize the way tournaments are conducted in the Shintani Wado Kai Karate Federation (SWKKF). Throughout this booklet the **SHINTANI WADO KAI KARATE FEDERATION** will be referred to as the **SWKKF**.

SUPPORTING DOCUMENTATION

The following supporting documents are used as reference in the Tournament Rules and Regulation.

[SWKKF Para Karate](#)

Found on the [SWKKF Policies and Procedures](#) page:

- SWKKF Policy #3 – Dojo Etiquette Manual
- SWKKF Policy #6 – Judging/Training Certification Manual – Phase 1 and Phase 2
- SWKKF Policy #13 – SWKKF Approved Kata List
- Masters Cup

DEFINITIONS

ADJUDICATOR

The person who oversees the whole tournament and is available to make nonbiased decisions in the event of a discrepancy that cannot be resolved within the ring by the referees and judges. This person may also be called upon for advice. An adjudicator must be someone who has excellent knowledge of all the rules and regulations of competition within the SWKKF. The Adjudicator does **NOT** have to be the host Sensei; however, it should be clearly identified by the hosting Sensei who the Adjudicator is.

CENTRE REFEREE

The person who is responsible for the conduct of everything that goes on within a ring. This includes the professionalism of the judges, the competitors, the scorekeepers and timers. **ABOVE ALL ELSE SAFETY IS PARAMOUNT.**

CORNER JUDGE

The persons who are responsible to aid the Centre Referee as required ensuring the competition is carried out in a professional and safe manner.

KAIGI

A judges meeting called by the Centre Referee or requested by a Corner Judge.

SCORE KEEPER(S)

The person(s) who are responsible for:

- Calling out competitors' names to enter the ring
- Calling out competitors' names for those who are on deck
- Recording and calculating scores in kata
- Tabulating scores, warnings, disqualifications in kumite
- Presenting results to the Centre Referee

TIME KEEPER(S)

The person(s) who are responsible for:

- Calling scores for kata
- Manning the timer for kumite
- Manning the visual point markers for kumite
- Calling "TIME" at the end of a kumite round

PASSIVITY

Passivity refers to situations where one or both Competitors do not attempt to exchange techniques over an extended period.

SELECTION OF CENTRE REFEREE AND CORNER JUDGES

The process of selection will be as follows (in order of selection process):

1. Selection of Centre Referee and Corner Judges whom have completed the appropriate Judging/Training Certification process as set forth by the SWKKF.
2. Selection by highest rank first.
3. Alternates may be identified within the same ring in case of fatigue or when deemed necessary.

Each ring shall consist of one Centre Referee and four Corner Judges.

In the event of a shortage of Senseis, brown belts may be substituted as Corner Judges. This is at the discretion of the Adjudicator. A maximum of two (2) brown belts can be Corner Judges in a ring at a time.

All jewelry (rings, necklaces, watches, earrings etc.) must be removed. Facial piercing must be removed if possible. If they cannot be removed, they must be taped over.

THE COMPETITOR

All Shintani Wado Kai members must wear a clean, traditional martial arts gi (uniform). The gi will be all white with the only acceptable markings being a patch on the left breast of the Wado Kai kanji (Japanese lettering). Sleeves and pant legs must be rolled down. Invited guests and new students may be allowed to wear other attire at the discretion of the tournament Adjudicator. If the competitor's gi becomes bloodied or torn in a manner that may affect the outcome of the match; he/she will be asked to replace it.

All jewelry (rings, necklaces, watches, earrings etc.) must be removed. For safety reasons all piercing must be removed if possible. If they cannot be removed, they must be protected by head gear or taped over.

Competitors must be wearing the mandatory safety equipment (as outlined on page 15) for kumite. In kata, a competitor may wear shoes.

No abrasive, rough, tattered, torn or loose equipment will be permitted. No protective equipment shall be allowed to contain any metal or hard plastic except appropriate chest and groin guards.

The Shintani Wado Kai Karate Federation is an inclusive organization and welcomes full participation of all individuals in our programs and activities, irrespective of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability. In line with other sport organizations/universities, SWKKF members will be eligible to compete which corresponds with either their sex assigned at birth or their gender identity.

THE COMPETITION AREA

The competition surface should be clean and free of obstructions. The area should be no less than 16 X 16 feet square in shape. **Recommended is 20 X 20 feet square.**

Judges chairs should be on the outside edge of each corner and on the outside edge of the front middle for the Centre Referee when calling kata.

The centre of the ring should be marked for starting kumite matches with a centre line. Each side of centre should be marked with a line to indicate where the competitors should begin. This should be no less than 2 feet off centre on each side (minimum 4 feet between).

KATA – RING LAYOUT

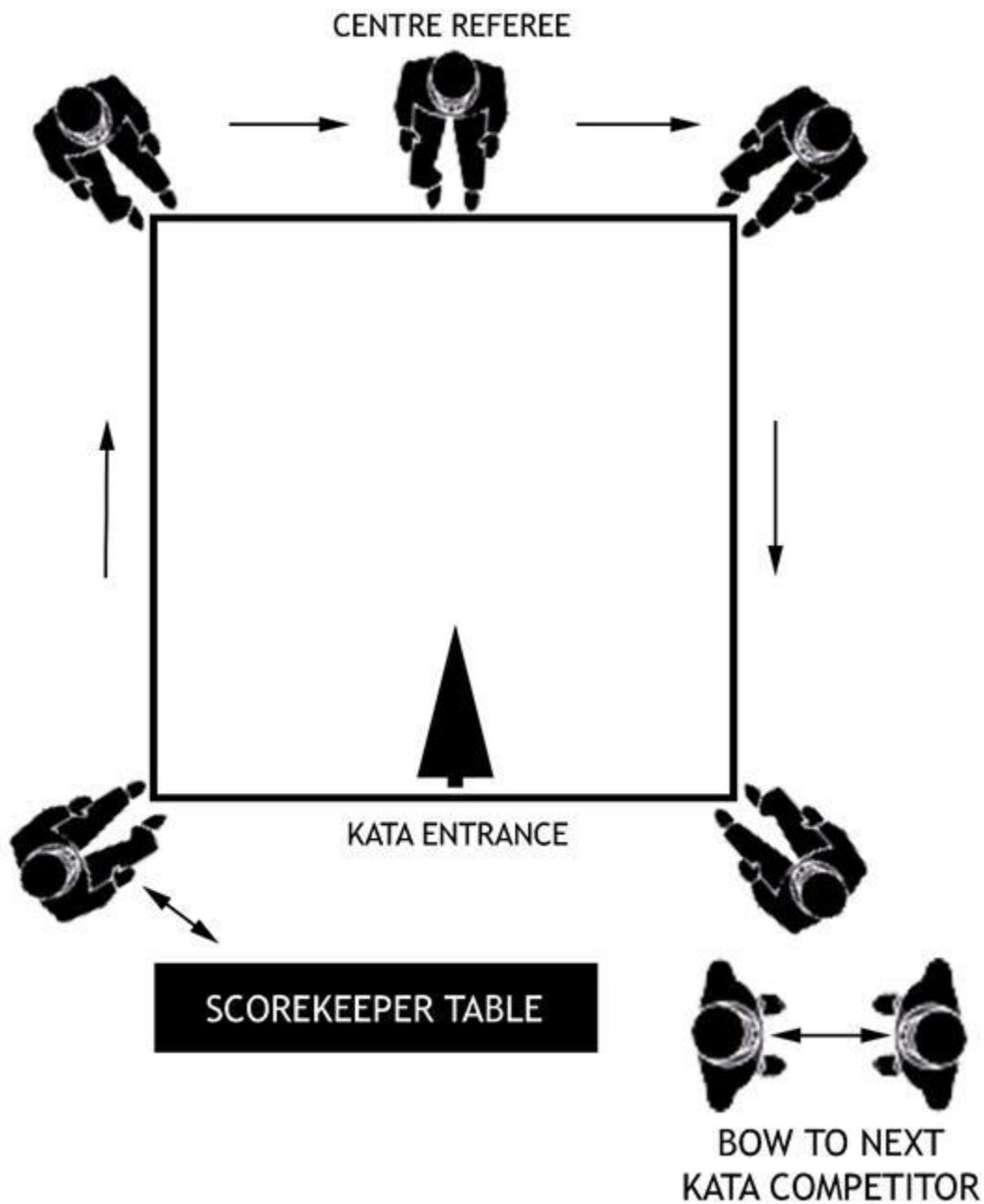


FIGURE: 1

KUMITE – RING LAYOUT

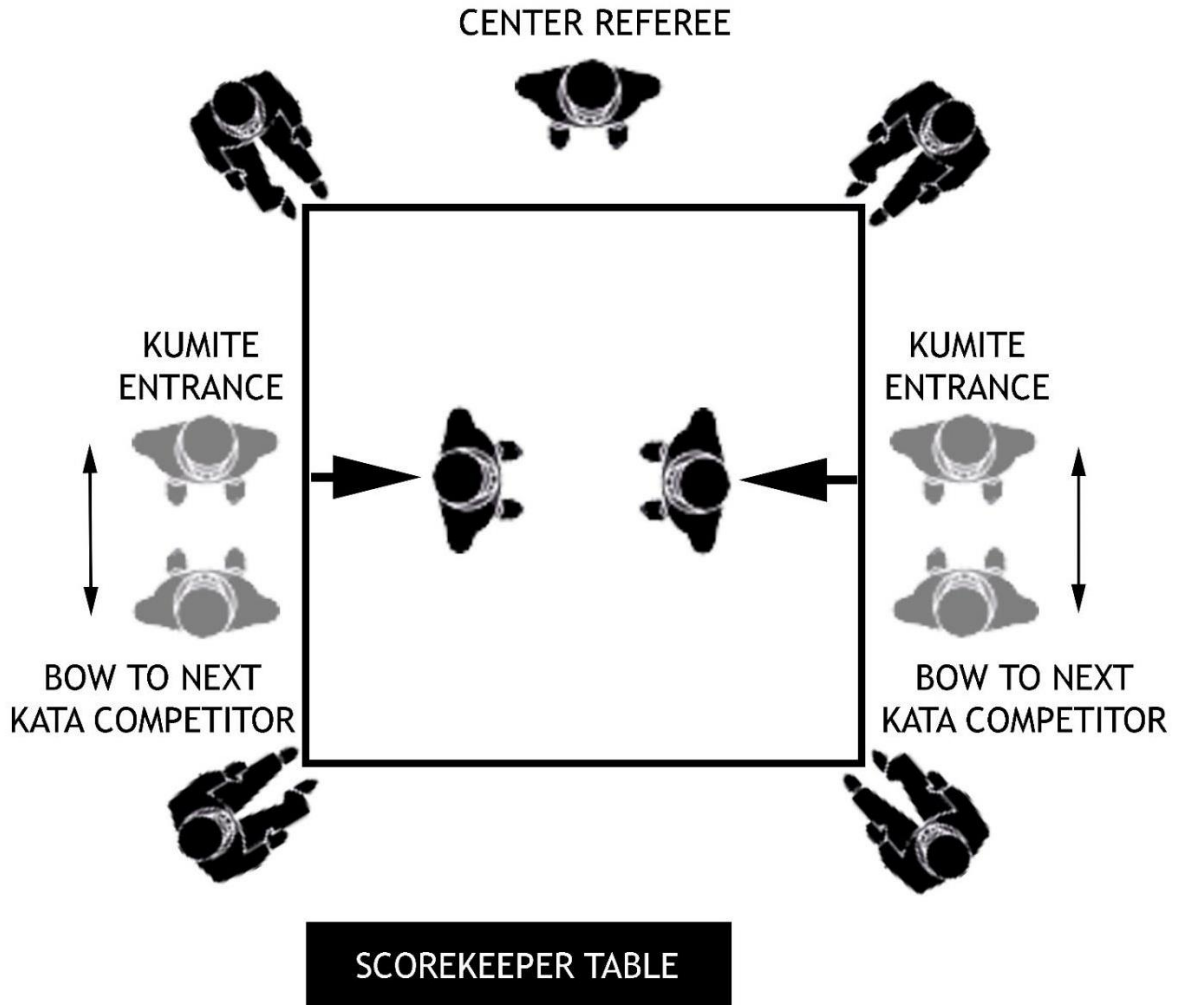


FIGURE: 2

KATA COMPETITION

SCORING A KATA

1. Each judge shall give one score. Possible points to consider are form, timing, focus, spirit and power.
2. The scorekeeper shall carefully record the scores dictated to him/her by the timekeeper.
3. After marking down scores, the highest and lowest marks are eliminated, using the sum of the remaining evaluations for the grading of the performance.
4. If five judges in a ring are not possible the number of judges may be reduced to three and all scores will be used.
5. No judge shall be of lesser rank than the individual performing the kata (unless approved by the tournament adjudicator). The only exception shall be in a situation where there is a Rokudan (or higher) competing, a Godan may judge the kata.

SAMPLE SCOREKEEPING RECORD

1. The marks of the officials on one kata are 7.0, 7.0, 7.5, 6.0, and 8.0.
2. The highest mark (8.0) and the lowest mark (6.0) are discarded.
3. The three intermediate marks of 7.0, 7.0 and 7.5 are added together to make the value of the kata 21.5.
4. When there are two or more identical high marks, only one will be discarded. The same applies for the low marks.
5. When a tie between 2 or more competitors occurs, the high and low marks discarded are added back in. If a tie still occurs, a kata shall be done and then a show of hands by the judges will decide.
NOTE: The Centre Referee should declare what kata the competitors will do to break the tie. Kyu belts would generally redo the same kata that they previously performed. A Pinan kata may be used in the black belt division.
6. A recommended range of scoring is as follows:

DIVISION	RANGE	AVERAGE
Kyu belts, Junior	6 – 7	6.5
Kyu belts, Adult	7 – 8	7.5
Black Belt	8 – 9	8.5

JUDGING OF KATA

Technical merit will examine the fundamental concepts of the kata, and execution will examine the effort and spirit of the competitor. One score per judge, shall be issued combining these efforts.

1. Give an unbiased mark based on your knowledge of kata. Look for a balanced combination of form, speed, power, proper sequence, fast turns, proper extension technique, and overall presentation. This also applies if judging a kata you are not familiar with.
2. Be attentive. Give 100% and judge for yourself.
3. Do not show indecisiveness in giving a mark.
4. Remember, each student, no matter what rank, is trying their best to perform in the way that they were taught the kata. Take this into consideration, but always keep in mind the proper way you have been taught. Give students the benefit of their knowledge. Remember your feelings when you perform and apply them to the competitor.
5. If you are the Centre Referee, give your fellow judges time to consider the kata performed and to reach a fair and equitable mark before calling: ENGLISH -> "**JUDGES....scores up**" or JAPANESE -> "**JUDGES.....Hantei**".
6. Maintain a serious attitude at ALL times when judging. Do not talk, laugh, or make remarks.
7. If a kata is incomplete, kyu belts can redo their kata. Black belts cannot.
8. Missed techniques, turns or sequences should be factored into the score.

CALLING KAIGI DURING COMPETITION

Judges may call kaigi during kata events; although kaigi is only to be called in rare circumstances to clarify a situation where fairness or safety for competitors is in question.

- Kaigi should not be used for training purposes.
- Kaigi should not be used to influence a judge's score.

Some valid reasons for calling a kaigi:

- Safety issues – ring interference, health concerns.
- Corner judges not following proper etiquette.

KUMITE COMPETITION

Kumite must be realistic and exhibit the true fighting spirit of the classical martial art, while developing the virtues of self-control and respect for others. A point is scored when a competitor delivers a controlled, focused blow to any of the permissible target areas. A scoring technique must be delivered with good form, balance, proper distancing, explosive motion, retraction, controlled force and concentration.

DURATION OF ROUNDS

Each match will consist of a single two-minute round, or until three points have been scored by either of the competitors. The time shall run continuous unless stopped specifically by the Centre Referee.

After two minutes, the competitor with the higher score wins and the match is over. In the event of a tie, one minute is added to the clock until there is a point. First point wins. If there is a tie after the additional minute, the match will continue with one-minute rounds until there is a winner.

The Centre Referee may use a rest break if warranted at his/her discretion to control the tempo of the fight. This should only be done between over-time rounds.

KUMITE POINT SCORING SYSTEM

One point (ippon) will be awarded when there is a consensus **of at least three judges or the Centre Referee and at least two Corner Judges**. The point will be awarded for crisp, clean striking techniques delivered with either the hand or foot to the scoring areas of the opponent.

Contact is not required to score a point as long as the intent of ability has been shown.

In junior divisions the points awarded should be more lenient to avoid injury. Generally, any strike that passes beyond the block of the opponent should be considered a point in junior competition. In all divisions and especially the Black Belt competition, controlled contact to the body is expected.

The first clear technique shown by either opponent and confirmed by at least three of the five judges shall be awarded as the point.

Flurries of techniques without conviction do not warrant a point.

Points are not to be awarded to a competitor if one or both of their feet are outside the boundaries of the ring. However, an out of bounds competitor may still be scored on as long as their competitor remains fully in the ring and the point is scored before the Centre Judge stops the exchange. Notwithstanding, the offending competitor may be called for an infraction of the rules.

Corner Judges may signal the Centre Referee that an opponent is outside the ring by pointing to the edge of the ring with their flag. The flag use is not competitor specific, the flag used will be the one to whichever one is on that side. However, they must still watch for any and all points that may be scored in the meantime.

CLARIFICATION OF LEGAL POINTS

1. A technique is delivered to the opponent's body to a legal area which is under control indicating intent and technique commitment.
2. A point will be awarded for accurate execution of a legal technique to a legal area.
3. Technique is not blocked and not out of range. Technique has spirit representative of the rank/age of the competitor.
4. Sweeps (See Figure 3; Item 4 for safety reference): A point can be scored as part of a continuous combination initiated with the sweep. The follow up technique must be:
 - a. while the opponent is unbalanced; or,
 - b. while the opponent is going to the ground; or,
 - c. immediately upon reaching the ground, provided the scoring technique is initiated before the opponent reaches the ground.
5. Techniques/excessive contact:
 - a. A technique to legal areas may make contact to your opponent as long as the contact is controlled and is not excessive.
 - b. Excessive contact is defined as any technique making contact to a legal area with the potential for injury.
6. Disqualification for contact:
 - a. Making contact to an illegal area.
 - b. When unintentional contact is made to an illegal or legal area causing real or potential injury with disregard for opponent's safety or well-being.
7. When Centre Referee calls "YAME" no points can be scored, and competitors must stop.
8. It is permitted to grab your opponent while immediately attempting a single scoring technique or to maintain your opponent's safety during a sweep.
 - a. Grabbing your opponent without attempting a scoring technique is prohibited.

CLARIFICATION OF SWEEPS vs TAKE-DOWNS

- A sweep is motion with the foot, delivered at the foot or heel, to unbalance the opponent which may result in the opponent on the ground;
- A take-down (or throw) forces the opponent to the ground by manipulation of the opponent's upper body.

KUMITE FOR GREEN BELTS AND BELOW

- No sweeping techniques are allowed.

LEGAL / ILLEGAL TECHNIQUES AND TARGET AREAS

LEGAL TARGET AREAS
Non-contact
Face
Side of the head/neck
Throat
Contact
Torso of body including belt, sides and back but not the spine or 2 inches on either side of the spine

LEGAL TECHNIQUES
Tsuki
Shuto
Haito
Uraken
Ashi barai
Geri

ILLEGAL TARGET AREAS
Spine and 2 inches on each side
Below the belt and above the foot
Striking a non-contact target area (face, side of the head/neck, and throat)
Back of the head

ILLEGAL TECHNIQUES
Take downs
Elbows and knees
Blind techniques
Strikes below the belt
Flailing techniques
Techniques with lack of control

PROHIBITED CONDUCT

PROHIBITED CONDUCT	WARNING	DISQUALIFICATION
Contact to opponent's face, neck or throat		X
Excessive body contact to legal target area	X	X
Negligent or reckless attack	X	X
Contact below the belt and to above the foot	X	X
Using illegal techniques	X	X
Disrespect to officials or other competitors	X	X
Unsportsmanlike conduct	X	X
Putting oneself at risk / not properly protecting themselves	X	
Attacking illegal target areas without contact	X	
Continuing to fight after Yame	X	
Running out of bounds to avoid fighting	X	
Delaying the match due to passivity (not attempting to engage in combat)	X	

DISQUALIFICATION & WARNINGS

1. When prohibited conduct occurs the competitor will be assessed either a warning or a disqualification.
2. It is the responsibility of the Centre Referee and Corner Judges to decide if the prohibited conduct results in either a warning or a disqualification.
3. It is at the discretion of the Centre Referee to discuss with the other judges a possible disqualification of a competitor if they feel the conduct is with malicious intent or not in consideration of the opponent's safety or well-being.
4. A **WARNING** will be issued when called by **at least two judges** or the **Center Referee** and **at least one judge**.
5. If a competitor gets three flags for a point and two flags for a warning, a kaigi may be called to decide what the call should be.
6. A **DISQUALIFICATION** will be issued when there is a consensus of at least two judges or the Center Referee and at least one judge.
7. If there are two calls for DQ on a competitor, that competitor is disqualified, regardless of the combination of any other flags. (example: three calls for a point and two calls for a DQ for the same competitor)

CALLING KAIGI DURING COMPETITION

Judges may call kaigi during kumite events; although kaigi is only to be called in rare circumstances to clarify a situation where fairness or safety for competitors is in question.

- Kaigi should not be used for training purposes.
- Kaigi should not be used to influence a judge's decision.

Some valid reasons for calling a kaigi:

- Safety Issues – not calling warning for blatant infractions of the rules.

WARNINGS

1. **FIRST INFRACTION:** Competitor in violation shall be issued a verbal “OFFICIAL WARNING”; no point penalty will be incurred
2. **SECOND INFRACTION:** Competitor in violation shall have a single point taken away from their accumulated score. If this competitor does not have a point at this time, then the opponent shall receive a point in lieu.
3. **THIRD INFRACTION:** Competitor in violation shall be disqualified from the match.



THE INFRACTIONS DO NOT HAVE TO BE THE SAME TECHNIQUE.

DISQUALIFICATION CATEGORIES

1. **ACCIDENTAL CONTACT WOULD BE LOSS FROM THE MATCH:** The competitor can continue in the kumite event and able to medal place.
2. **LACK OF CONTROL DQ IN KUMITE EVENT:** The competitor will be disqualified from continuing in any kumite event in that tournament with no medal placement.
3. **DELIBERATE LACK OF CONTROL DQ/UNSPORTSMAN CONDUCT:** The competitor will be disqualified from continuing in any Kumite Event in that tournament with no medal placement. Competitor can also be subject to disciplinary action from the SWKKF.

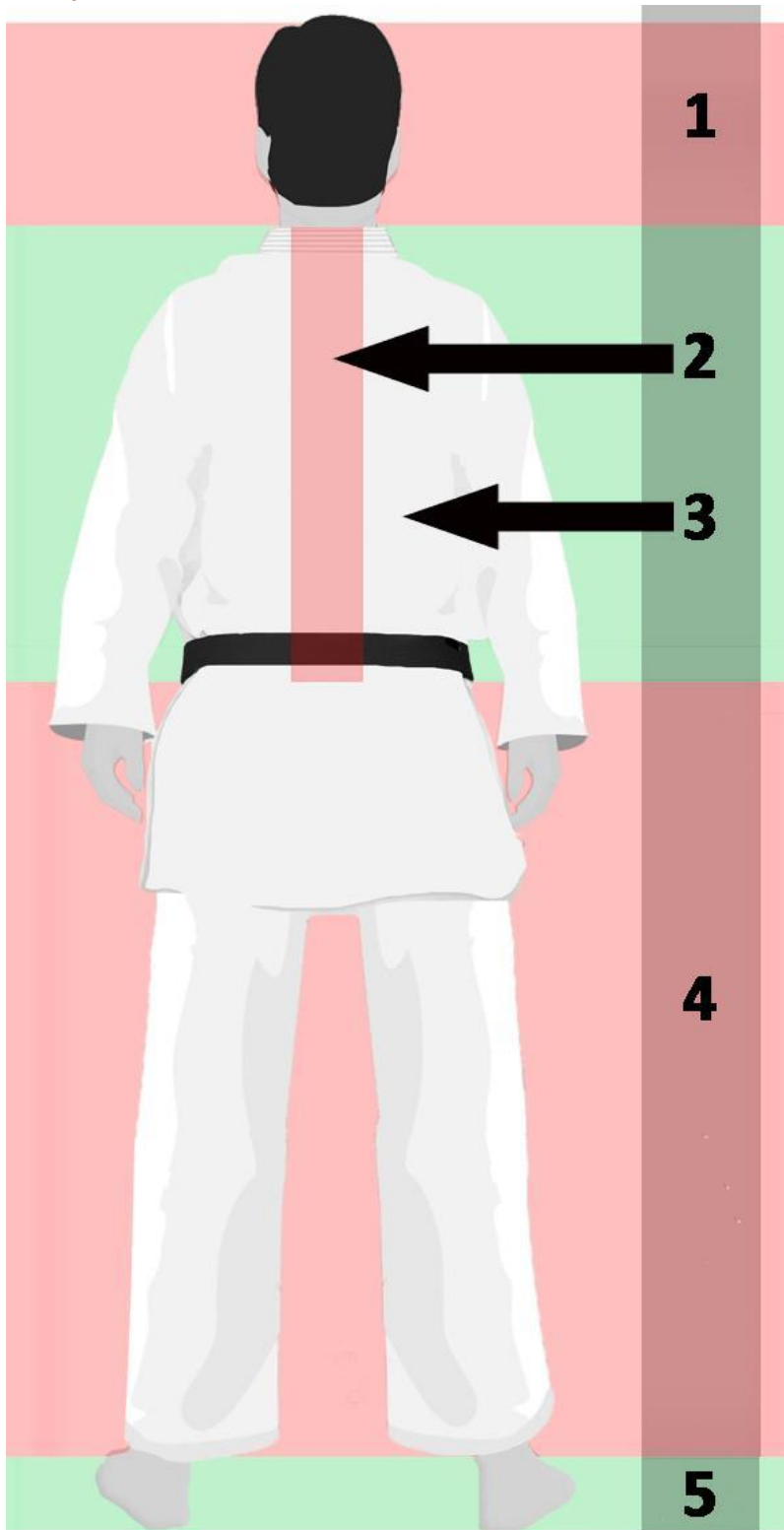
LEGAL/ILLEGAL STRIKING AREAS – FRONT VIEW



1. Although the front and side of the head, neck and throat are legal target areas, no contact is allowed. Contact to any of these areas is a disqualification. To score, the point must be thrown with conviction but also with control.
2. The torso is a legal target area with controlled minimal contact allowed.
3. Any technique below the belt is not allowed.
4. The only technique allowed below the belt is a **foot sweep**. A foot sweep must be a controlled scooping action at the heel, executed in such a manner that will not cause injury to the leg. The sweep must not take the opponent to the floor in an uncontrolled manner. No point is allowed for the sweep, only for the follow up technique.

FIGURE: 3

LEGAL/ILLEGAL STRIKING AREAS – BACK VIEW



1. Back of the head is an illegal technique.
2. Two inches on either side of the spine is an illegal target area.
3. Target area to the sides/part of the back are allowed with control.
4. Any technique below the belt is not allowed.
5. The only technique allowed below the belt is a **foot sweep**. A foot sweep must be a controlled scooping action at the heel, executed in such a manner that will not cause injury to the leg. The sweep must not take the opponent to the floor in an uncontrolled manner. No point is allowed for the sweep, only for the follow up technique.

FIGURE: 4

APPENDIX A - KUMITE SAFETY EQUIPMENT

MANDATORY EQUIPMENT

- Mouth guard
- Hand pads
- Sports glasses (For those who require prescription glasses, sport prescription glasses, goggles. Sport glasses must meet standards for impact protection.)

RECOMMENDED EQUIPMENT

- Groin guards
- Foot pads
- Chest guards
- Shin and forearm guards
- Properly padded prosthetic device/support brace(s)

ADDITIONAL ACCEPTABLE EQUIPMENT

- Head gear

QUICK REFERENCE

TYPE OF EQUIPMENT	REQUIRED
MOUTH GUARD	MANDATORY
HAND PADS (see FIGURE 5 – page 16)	MANDATORY
GROIN GUARD	RECOMMENDED
FOOT PADS NOTE: Foot pads must be a boot style which covers the toes and has a soft vinyl covering or of similar construction as gloves with shin and foot guards contiguous that cover toes. No rubber or hard plastic guards can be worn. (see FIGURE 6 – page 16)	RECOMMENDED
PRESCRIPTION GLASSES (WHEN REQUIRED FOR KUMITE)	NOT ALLOWED
SPORTS GLASSES (WHEN REQUIRED FOR KUMITE) NOTE: This is for competitors who choose to wear prescription glasses. Sport glasses must meet ASTM standard for impact protection.	MANDATORY
CHEST GUARD	RECOMMENDED
HEAD GEAR	OPTIONAL
SHIN GUARD (see FIGURE 7 – page 17)	RECOMMENDED
FOREARM GUARD	RECOMMENDED
PROPERLY PADDED PROSTHETIC DEVICE *	MANDATORY
PROPERLY PADDED SUPPORT BRACES *	MANDATORY
<i>* These items only apply to competitor with special needs</i>	

APPROVED HAND PADS

Hand pads must have a soft vinyl covering that envelops the knuckles and fit so that the fist is properly formed with the thumb tucked in. Heavy bag hand pads (i.e. MMA gloves) are not to be worn. This is a photo of approved hand pads (or similar to):



APPROVED SHIN / FOOT PADS

Shin / foot pads must be a boot style which covers whole foot, including the toes and has a soft vinyl covering or of similar construction as gloves. No rubber or hard plastic guards can be worn. This is a photo of approved foot pads (or similar to):



Three grooves

APPENDIX B – OPTIONAL TOURNAMENT EVENTS

The following additional events can be run at any individual tournament. These events have their own committee that builds out the rules and format. Instead of adding these directly to the Tournament Rules and Regulations documentation, you can find further information on them via the Shintani website.

BUNKAI STRATEGIES EVENT

- [Masters Cup Reference Guide](#)
- Note: The term “Masters Cup” is reserved for the National Tournament only. If a regional tournament runs a bunkai based event, please name it something different.

PARA-KARATE EVENT

- [SWKKF Para-Karate Manual](#)

APPROVAL FOR DISTRIBUTION AND USE WITHIN THE SWKKF

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Tournament Committee Chair - SWKKF

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Committee Members
