



„2013 GCO/WKU Karate Rules  
World President of Karate is Toni Dietl



# GCO WKU



GCO Official  
Rulebook  
2012

## 1. Kumite Shobu Nihon

### Article 1: Types of Match

The types of match shall be as follows:

#### 1) Individual Match:

The individual Match is decided by “Shobu Nihon”.

“Shobu Nihon”, two point match is a match where the participants try to score 2 full or 4 half points before their opponent within the time limit.

### Starting, suspending and ending of matches

#### Duration of a match

Adults Male: 2 minutes (effective time)

Adults Female: 2 minutes (effective time)

Kids/Juniors (male/female): 2 minutes (effective time)

Before the tournament the W.K.A. Executive Board can modify the duration of the matches.

#### Victory or defeat

Victory or defeat shall be awarded on the basis of 2 Ippon or 4 Wazari victory by decision, defeat due to a foul, disqualification or retirement.

#### Scoring Areas

The scoring areas shall be limited to the following: Head, Face, Neck, Abdomen, Chest, Side, Back (excluding shoulders)

## Equipment

All-protectors must be made of a soft material inside and covered with white blue or red cloth. Hard plastic is forbidden. Maximum thickness is 2cm.

Hand-Protectors

Foot Protectors

Shin-Protectors have to cover only the shin and not the knee or ankle

Gumshields: - must be worn by all competitors of all ages

Groin-Protectors: - Groin-protectors must be made of plastic or leather. Metallic material is not allowed.  
must be worn by all male competitors of all ages

Breast-Protectors: must be worn by all female competitors of all ages

### Can be worn:

Head Prtector with Plexiclass Face-Shild can beworn instead of a Gumshild

Body Protector

## Criteria for deciding Ippon and Waza-ari

An Ippon is awarded on the basis of the following requirements: When an exact and powerful technique, which is recognised as decisive, is delivered to the recognised scoring areas under the following conditions: Good form, good attitude, strong vigour, zanshin, proper timing, correct distancing.

Effective techniques delivered under the following conditions shall be considered as an Ippon:

- a) When an attack is delivered with perfect timing and the opponent started to move towards the attacker.
- b) When an attack is delivered immediately the opponent was unbalanced by the attacker.

A Waza-ari is awarded for a technique almost comparable to that needed to score Ippon. The refereeing panel must look for Ippon in the first instance and only award a Waza-ari in the second instance.

### **Criteria for decision (Hantei)**

In the absence of Ippon, or defeat due to disqualification (Hansoku) or retirement (Kiken), during the prescribed time of match, a decision (Hantei) is taken on the basis of the following considerations:

- Whether there have been Waza-ari.
- Whether there have been warnings.
- The number of escapes outside the match area.
- The comparative excellence in the fighting attitude.
- The ability and skill.
- The degree of the vigour and fighting spirit.
- The number of attacking moves.
- The comparative excellence in the strategy used.
- Fair play.

### **Prohibited acts and techniques**

The following acts and techniques are prohibited:

- 1) Uncontrolled attacks
- 2) Techniques which make excessive contact, having regard to the scoring area attacked.
- 3) Attacks to the upper and lower limbs.
- 4) Open hand techniques to the face, Empi Uchi, Hiza Geri and Atama Uchi.
- 5) Attacks to the groin.
- 6) Attacks to the hip joint, to the knee joints, the insteps and the shins.

- 7) Grabbing (unless immediately followed up by a technique), clinching or bodily contacting against the opponent unnecessarily.
- 8) Dangerous throws.
- 9) Time wasting.
- 10) Any unsporting behaviour such as verbal abuse, provocation or needless utterances.
- 11) Any behaviour likely to bring karate into disrepute (this includes Coaches, Managers and anybody connected with the Contestant).
- 12) Lack of regard for the contestant's own safety (Mubobi).
- 13) Any disrespectful and unnecessary actions are strictly forbidden.
- 14) Exaggerated actions and reactions (i.e. faking injury) are forbidden and will be penalised.

### **Penalties and disqualification**

When a contestant is about to, or has already committed a prohibited act, the Referee shall issue warning or announce a penalty. Warnings and penalties are the following:-

- a) Private warning: Atenai (without a penalty).
- b) Official warning: Chui.
- c) Disqualification: Hansoku.

## 2. The Terminology

Term meaning method of signalling

Shobu Nihon

Hajime – Start the match. The referee stands on the official line.

Yame – Temporary halt of match. The referee chops downwards with one hand. The timekeeper stops the clock.

Torimasen – Not acceptable as scoring as Hikiwake.

Atenai – Private warning. The referee raises one hand in a fist covered by the other hand at chest level and displays it to the offender.

Chui – Official warning. The referee points with the index finger to the feet of the offender at an angle of 45 degrees.

Hansoku – Foul/Disqualification. The referee points with the index finger to the face of the offender and announces a victory for the opponent.

Jogai – Exit from fighting area. The referee points the index finger at a 45 degree angle.

Mubobi – Warning for lack of regard for the Referee. Points one index finger in the air at a 60 degree angle.

Shikkaku – Disqualification from the the referee points tournament first with the index finger to the offenders face, then obliquely above and to the rear, outside the area.