

European Shotokan Karate-Do Association

**Matters of importance for
coaches**

General

- Any contest organized under the auspices of ESKA is governed by the competition rules of ESKA.
- This purpose of this handout is only for information, as the competition rules of ESKA always prevail.
- Matters not prescribed in the competition rules, not relating to the judgment of a match, and requiring an immediate decision, shall be discussed by the Competition Committee who will take decision.
- **Basic principle:**
Coaches and competitors are expected to know, to understand and to accept the competition rules of ESKA.

News

- Each competitor should be prepared with his own red and white belt
- The competitors can participate in their age-categories and in the next age-categories (youth only in cadets kata category!)

News

- Team Kumite:
 - If a full team was registered for the championship
 - competitors became injured in the individual kumite event,
 - ➔ Seniors men team minimum 3 competitors, other team kumite events minimum 2 athletes
- !!The director of competition must be informed before the category will be announced!!.

Applications

- Latest on the 'Coach meeting', is allowed to enter maximum 4 additional entries, each of them with a penalty fee of **200 Euro** + the entry fee.
- An athlete inscribed in a contest can be replaced by another athlete (not yet inscribed in that contest) of the same country.

Modifications

- Only during the coach meeting it is possible to replace participating athletes
- The modifications must be indicated on the list of athletes the coach received.
- The list with the modifications, signed by the coach, must be handed over directly and only during this meeting to the director of competition.

Age divisions

- The age refers to the age the athlete has on the 1st day of the tournament.
 - Youth: 14 and 15 years
 - Cadets: 16 and 17 years
 - Juniors: 18, 19 and 20 years
 - Seniors: 21 years or older
 - Youth can participate in Cadet only in KATA
 - Cadets can participate in Juniors KATA and KUMITE
 - Juniors can participate in Seniors KATA and KUMITE

Drawing and Time schedule

- One copy of the draw, the numbers and the time schedule will be handed out after congress.
- The starting times on the schedule are (the best possible) estimations.
- Attention: During the Tournament the time schedule can be changed.
Be aware of any announcement on this matter.

Competition - Roll Call

- Director of competition will announce the contest and the number of the match area
- Concerned competitors have to present themselves asap (**within 1 minute**) at the match area and line up there.
- Competitors will be called by the announcer of the area.
- On hearing his/her name, competitor must clearly confirm 'Oss' and show the number.
- Competitors who not confirming at that time will be called a last time (= last call) by the director of competition. If the competitor does not present **within 30 seconds** he/she will be excluded from that contest.

Competition - Final bow

- At the **end** of all contest of the pool, all competitors who participated at that contest have to line up for the final bow.
- It is a part of RESPECT
- If this is not happen, there is the possibility of sanctions

Coach

- The coach shall at all times during the tournament wear an overgi (or tracksuit) with an identifying badge upon it.
- Position of coach during the match: Behind the starting position of his competitor(s).
- Coaching is only possible when a match is suspended by Referee's command "Yame" and till the moment the Referee resumes the match.

Kumite Competition

- **Fist protectors**

- In all kumite contests the contestants shall wear the ESKA approved fist protectors.

- **Bandages or supports**

- A competitor is not allowed to wear any bandages or supports (tape), except with the Tournament doctor's permission.
- Competitors, requiring bandages or supports, have to present themselves to the Tournament doctor **without** any bandage or support ½ hour **before** the contest starts in which they have to participate.
- After examination the doctor will decide whether a competitor is allowed to start with bandage or support (tape) or not.
- Written permission will be given by the Tournament doctor to the concerned athlete.
- This permission has to be shown to the referee at the roll call.

Encho sen

- **In a draw after two minutes, there will be an extension of one minute**
- **the first to score will be the winner.**
- **In the absence of a score Referees makes a decision.**

Team Kumite Match

- **Order of competing.**
 - The coach fill out the order of the competitors on the special forms. He will write in capital letters the correct competition number and the name of each competitor.
 - Hand over the form before the contest starts to the area table (Rekord keeper)
 - If a team is not complete the forfeited position is free, but will be clearly marked in the order on the written form.
 - A team which lines up in an other order than in form is written, will be disqualified!!
 - Each team match requires a new form.
 - The fighting order can be changed for each round but once notified, it cannot then be changed.
 - Use of a reserve constitutes a change in fighting order.

Team Kumite Match

- Number of competitors
 - The number of persons comprising a team shall be an odd number (the number will be stated in the Tournament Rules and on the Tournament Application Form).
 - A full team must be present at the championship.
 - In the first match of a team kumite contest a complete team must be present. All of them must compete in the first match
 - Exception: If, in the first match, a full team cannot present due to championship conditions or for any other reason, the competition committee must be informed before the category starts, the committee will make a decision.

Kata Individual Match

- Eliminations: to 4 competitors all over the complete category (not the pool!)
 - First round: to 16 competitors
 - Shitei Kata (Referees choice)
 - Heian Shodan
 - Heian Nidan
 - Heian Sandan
 - Heian Yondan
 - Heian Godan
 - Tekki Shodan

Judgement will be done by the Flag system

Kata Individual Match

- Second round: from 16 to 8 competitors (complete category).
 - Shitei Kata (Referees choice):
 - Bassai Dai
 - Kanku Dai
 - Jion
 - Empi

Judgement will be done by the Flag system

Kata Individual Match

- Third round: from 8 to 4 competitors (complete category)
 - Sentei Kata (Competitors choice):
 - Bassai Dai
 - Kanku Dai
 - Jion
 - Empi
 - Hangetsu

Judgement will be done by the **Point system**

Kata Individual Match

- Final: the last 4 competitors
 - Sentei Kata (Competitors choice)

- | | |
|----------------|-----------------|
| — Bassai Dai | — Jiin |
| — Kanku Dai | — Gankaku |
| — Jion | — Chinte |
| — Empi | — Unsu |
| — Hangetsu | — Sochin |
| — Bassai Sho | — Nijushiho |
| — Kanku Sho | — Meikyo |
| — Tekki Nidan | — Gojushiho Dai |
| — Tekki Sandan | — Gojushiho Sho |
| — Jitte | — Wankan |

The Kata in the Final must be different from the Kata performed in the third round.
Judgement will be done by the Point system

Kata Team Match

- Eliminations: eliminations to 4 teams
- Final: the last 4 teams
 - Sentei Kata (Competitors choice)

- | | |
|----------------|-----------------|
| — Bassai Dai | — Jiin |
| — Kanku Dai | — Gankaku |
| — Jion | — Chinte |
| — Empi | — Unsu |
| — Hangetsu | — Sochin |
| — Bassai Sho | — Nijushiho |
| — Kanku Sho | — Meikyo |
| — Tekki Nidan | — Gojushiho Dai |
| — Tekki Sandan | — Gojushiho Sho |
| — Jitte | — Wankan |

The Kata in the Final must be different from the Kata performed in the Eliminations.
Judgement will be done by the Point system

Protest against decision

- The contestants cannot personally protest against the Judges' decision.
- Only when a decision given by the Referee and the Corner Judges is thought to have obviously violated the Rules of the Match or the Rules of Judging, the responsible officer of the team involved may protest to the Arbitrator against the decision immediately after it was detected.

Protest against decision

- When he receives a protest against a decision from the manager of a team to which the contestant belongs, the Arbitrator himself shall review the complaint, may call for an explanation of the Referee and/or Corner Judges, and in case he finds the decision patently unreasonable, he may demand the panel of the Judges to revise its decision.
- **When a protest is made through the Arbitrator, the Referee shall, on behalf of the Corner Judges and himself, explain to the Arbitrator the circumstances and grounds on which his decision was made. If the Arbitrator demands a review of the decision, a revision or confirmation of the decision must be made on the basis of a full concurrence of the Referee and the Corner Judges.**

Behavior

- During the whole period of their contest the participating competitors remain in karategi (without shoes, tracksuit, ...)

Insurance

- Each country has to ensure that they have proper insurance for their athletes and representatives to participate at the event.
- **In case of transfer of an injured competitor to a hospital.**
 - Before the start of the Tournament the national delegation should designate someone of the delegation who has the duty, in case of urgency, to accompany an injured athlete to the hospital. This companion should carry the documents required by insurance or medical services.
 - Please ensure that this person can easily remain in contact with the delegation responsible and vice versa.

Injuries or accidents during the match

- **OCCURRENCE OF INJURY OR ACCIDENT**
 - In case of an injury of a contestant, the Referee shall at once halt the match, help the injured contestant and, at the same time, call the Tournament Doctor.
- **AUTHORITY ON INJURIES AND ACCIDENTS**
 - Only the Tournament Doctor can take decisions concerning all matters about injuries, accidents or physical condition of the contestants.

Injuries or accidents during the match

- Contestant is unable to continue the match owing to an injury or any other physical reasons on the basis of the advice of the Tournament Doctor, the Referee shall terminate the match and suspend the injured from the match.
- If the injury is ascribable to his opponent he shall be declared as winner.
- If the injury is not ascribable to his opponent he shall be declared as matchloser.
- A contestant, who wins a match through disqualification of the opponent for causing injury, cannot fight again in the competition without permission from the Tournament Doctor.
- For the contestant's own safety: if a contestant wins **two matches through Hansoku** of his opponents, due to injuries caused by uncontrolled techniques, then the contestant will not be allowed to continue in the Tournament.

Injuries or accidents during the match

- When a contestant, who suffers a minor injury not serious enough to disable him, refuses to continue with the match or requests for permission to quit the match, he shall be declared as matchloser.
- In case an injury or injuries sustained during a kumite match for reasons not ascribable to one contestant disabled a contestant or in case both contestants are injured at the same time for reasons for which both are responsible, the contestant who quits the match shall be declared the matchloser.
- **In case both contestants quit and the reasons causing the injuries are not ascribable to either of the contestants, the match shall be declared a draw.**

Other matters

- Each contestant must keep his/her hair clean and cut to such a length that does not obstruct the smooth conduct of the match.
- Should the Referee consider any contestant's hair too long and/or unclean, he may, with the Chief Judge's approval, disbar the contestant from the match.
- Hachimaki (head band) will not be allowed.
- Hair slides are prohibited, as are metal hair grips.
- Contestants must have short fingernails and don't wear metallic or other objects.
- Soft contact lenses can be worn at own risk.
- The wearing of unauthorised clothing or equipment is forbidden.
- In the case of women, a plain white t-shirt may be worn beneath the karate jacket.
- Women may wear the authorized additional protective equipment approved by the Technical Committee.
- Each competitor must wear an identification number on the back.
- In Kumite Match and in Kata Flag System, one of the contestants shall fasten a red belt around his waist. The contestants don't have to take off their own belt.

OPENING CEREMONY - PODIUM

- **OPENING CEREMONY**

- All competitors will line up per country barefooted, either in national tracksuit or in karate-gi, but all in the same outfit.

- **PODIUM**

- The finalists will line up barefooted, in karate-gi (without any publicity).

Karate-gi

- The contestants shall wear a clean, white and unfigured karate-gi.
- **No taping** to cover publicity or advertising.
- The jacket, when tightened around the waist with the belt, must be of an overall length that it covers the hips.
- The sleeves of the jacket must come at least half the way down the forearm and may not be rolled up externally. **The sleeves may not cover the wrist.**
- The trousers must be long enough to cover at least two-thirds of the shin. **They may not cover the ankle.**
- The belt must be of an overall length that leaves approx. 15 centimeters of extra length on both ends after it has been properly tied around the waist. It should also be around 5 centimeters in width.
- A national badge may be worn. The maximum size of the badge is 10 cm by 10 cm. The position of the badge on the karate-gi is on the left breast.

Competition number

- Competitors have to wear their competition number on the back – on the base of the kimono – under the belt.
- Just before entering the match area, competitors will show their competition number by turning their back to the Record keeper and announcer.
- The Record keeper and announcer will check the number to be sure that the correct competitor will compete.

Technical specifications of the mitts

- Filling material: 2 components poly-urethane foam
- Surface: white Lycra
- Weight: max. 70g each
- Density: max. 0,25 kg/dm³
- Thickness: between 25 and 35 mm
- Width: max. 110 mm
- No publicity allowed, except on the wrist-bandage
- This shape has to be respected (see pictures)







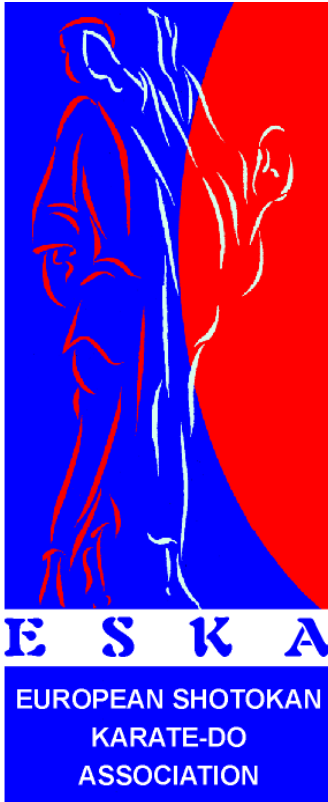


N-OK !

adidas

**The number is to place on the base
of the kimono – under the belt**





Any questions or
comments?

Thank you for your attention