

European Shotokan Karate-Do Association

**Matters of importance for
coaches**

General

- 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. Link:
https://www.eska-karate.org/sites/default/files/ESKA_CompitionRules%20dec2023_Ver4.0.pdf

NEW

- First time Age Category Veterans Kata (only Kata)
 - Age +40
 - They are able to start also in Seniors Kata and/or Kumite

General

It is important

one person from each participating nation should be present at the coach meeting who has authorization to check the list of registrations and make changes.

The list must be checked and signed.

The accreditations are also handed over at the meeting.

It is tedious with my many tasks of handing things to the nations after the meeting or the following day.

Reminder

- Please take care that your competitor don't wear any metallic or other objects in any contests (also kata!)
 - No earrings or other ear jewellery,
 - no rings, studs or anything similar on the face
- The contestants shall wear a clean, white and unfigured karate-gi
 - Advertisings must be covered with cotton fabric (also on the trousers!)
 - **No taping** to cover publicity or advertising.

Reminder

- Each competitor should prepare with his own red and white belt
- 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!!.

Cadet ladies team kumite

- Only 3 teams
 - Elemination: Round Robin
 - Final: 1. and 2. of the Elemination will take part in the final

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
 - Veterans: over 40 years
 - Youth can participate in Cadet only in KATA
 - Cadets can participate in Juniors KATA and KUMITE an in **Seniors KATA TEAM**
 - Juniors can participate in Seniors KATA and KUMITE
 - Veterans can participate in Seniors KATA and KUMITE
 - Junior kata team 14 up to 20
 - Seniors kata team 16 and over

Registration

- Registration via Sportdata.org
- Additional entries after deadline:
Latest on the 'Coach meeting', is allowed to enter maximum 4 new additional entries, each of them with a penalty fee of **200** Euro + the entry fee.
- An inscribed athlete in a category can be replaced by another athlete of the same country, but she/he must be still registered for this event (without of costs).

Registration

- Only during the coach meeting (Thursday before championship) 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.

Drawing and Time schedule

- One copy of the draw, the numbers and the time schedule will be handed out after congress (at Friday morning).
- 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 happened, 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.

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 (Record 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 another 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.

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: In case of injuries ... a team of 3 can start with 2, a team of 5 can start with min. 3.

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.

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.

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, also 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.
- Women can wear also a white T-shirt under the 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 have to wear 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 please 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!



N-OK!

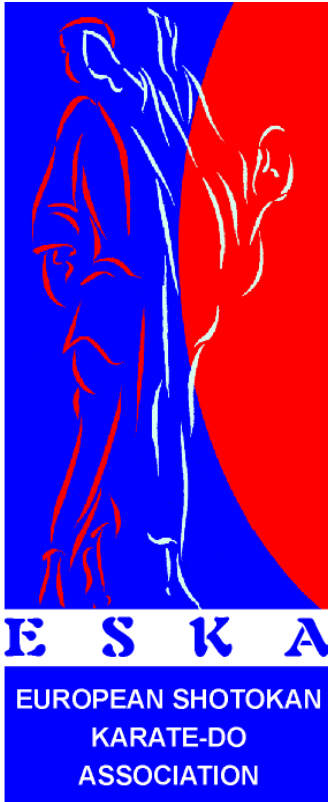


N-OK !

Hand
made

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





Any questions or
comments?

Thank you for your attention