



International Fight and Fitness Sports Federation

IFSF Open Karate Competition Rules (Special semi contact)

1. Weight Classes: Competitors are grouped into weight categories to ensure fair matches. Typical weight classes include lightweight, middleweight, and heavyweight divisions.

Page | 1

2. Scoring System:

- **Points:** Strikes to designated target areas (usually head, torso, and sides) score points. Techniques are assessed based on their effectiveness, control, and form.
- **Ippon:** A clean, decisive technique to a vital area (e.g., head or torso) awarded one full point.
- **Waza-ari:** A scoring technique with slightly less impact or accuracy, awarded half a point.
- **Yuko:** A minor point awarded for less decisive techniques.

3. Duration of Matches:

- **Individual Matches:** Typically last 3 minutes for adults, with variations for juniors and seniors. In the professional section, the competition rounds are held in unequal times.
- **Team Matches:** Duration may vary but commonly 5 minutes per bout.

4. Judging Criteria:



- **Effective Techniques:** Emphasis on clean, controlled strikes with proper form and impact.
- **Spirit and Attitude:** Demonstrating sportsmanship, respect for opponents, and adherence to karate etiquette (Rei).

5. Penalties:

- **Warnings:** Issued for minor infractions such as stepping out of bounds or excessive contact.
- **Warnings with Points Deduction:** For more serious offenses like excessive force or unsportsmanlike conduct.
- **Disqualification:** Given for severe violations or accumulated penalties.

6. Attire and Equipment:

- **Karate Gi:** Traditional white uniform, sometimes with federation-specific patches or markings.
- **Protective Gear:** Mandatory mouthguards, groin protectors (for males), and optional shin guards or chest protectors depending on competition rules.
- **No Jewelry:** Competitors must remove all jewelry and wear only approved equipment.

7. Refereeing and Officials:



- **Matches are officiated by a chief referee and assistant referees, responsible for scoring techniques, enforcing rules, and ensuring fair play.**

8. Kata Competition:

- **Kata:** Solo forms demonstrating sequences of karate techniques. Judged on accuracy, speed, power, and presentation.
- **Scoring:** Judges award points based on technical performance, fluency, and adherence to kata principles.

9. Medals and Awards:

- **Winners are awarded medals for first, second, and third place in each weight category and division.**

10. Anti-Doping Measures:

- **Competitions may adhere to anti-doping regulations, with random testing to ensure fair play and athlete safety.**

11. Appeals and Disputes:

- **Procedures for filing appeals and resolving disputes are outlined in competition rules, ensuring transparency and fairness.**

12. Respect for Tradition:



International Fight and Fitness Sports Federation

- **Emphasis on karate etiquette, including bowing (Rei) before and after matches, respecting opponents, and maintaining discipline throughout the competition.**