



European Shotokan Karate-Do Association

Handout : **Matters of importance for coaches**

GENERAL

Any contest organised 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.

participation at the contest

Applications

After the closing date of inscription of competitors, but at the latest on the 'Coach meeting' before the championship, a country/member is allowed to enter maximum 4 additional entries, each of them with a penalty fee of **200** Euro.

An athlete inscribed in a contest can be replaced by another athlete (not yet inscribed in that contest) of the same country.

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 individual kata competitions

Cadets can participate in Juniors competitions and in Seniors KATA competitions.

Juniors can participate in Seniors competitions.

Nationality

In the Championship, only citizens of a nation can represent that particular nation to participate in the Championship.

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.

COACH MEETING

A coach meeting is organised on Thursday (see agenda)

Competition numbers

The competition numbers and the list of his athletes with their number will be handed over to the coach on the end of the meeting.

Each competitor must wear his number at each contest he/she participates in. (see further on).

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

A lost competition number can be replaced for the price of 5 Euros.

Modifications

Only during the coach meeting it is possible to replace participating athletes (see first page under 'Participation at the contest').

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 – TIME SCHEDULE

One copy of the draw and of the time schedule of the contests will be handed out to the representative/coach of each country (after congress). The starting times mentioned on the schedule are (the best possible) estimations.

Attention: During the Tournament the time schedule can be changed as well as the match area (shiajo). Be aware of any announcement on this matter.

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).

COMPETITION

Roll Call.

- The director of competition or his representative will announce the contest which will start followed by the number of the match area (e.g. "senior men individual kumite on shiajo 3").
- All concerned competitors have to present themselves as soon as possible (**within 1 minute**) at the announced match area.
- All competitors for that contest will be called by the announcer of that area.
- On hearing his/her name, the competitor must clearly confirm ('Oss') his/her presence.
- Competitors who are not confirming at that time their presence will be called a last time (= last call) by the director of competition or his representative. If the competitor does not present **within 30 seconds** he/she will be excluded from that contest.

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.

Final bow.

At the end of a contest, all competitors that participated at that contest have to line up for the final bow.

Behavior.

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

KUMITE COMPETITION

Encho sen

In the event of 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 a decision must be made.

Fist protectors

In all Kumite Contests (youth, cadets, juniors, seniors, ladies, men, individual or team) 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.

Position of coach

- Behind the starting position of his competitor(s).
- Coaching (any communication to the competitor) is only allowed when a match is suspended by the Referee's command "Yame" and till the moment the Referee resumes the match.

TEAM KUMITE MATCH

Order of competing.

- The coach will fill out the order of the competitors for team competition on the special forms. He will write in capital letters the correct competition number and the name of each competitor.
- He will hand over the form before the contest starts to the director of competition (at the competition table).
- If a team is not complete the forfeited position is free, but will be clearly marked in the order on the written form.
- Each team match requires a new form.
- A team which lines up and competes in an order other than that presented in written form before the match, will be disqualified.
- 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.

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 (a team of 3 has to present 3 competitors, a team of 5 has to present 5 competitors). All of them must compete in the first match unless permission is given by the competition committee.
 - Exception: If, in the first match, a full team cannot present due to championship conditions or for any other reason, the competition committee will make a decision.
- In a team match, except for the first match, a participating team will be allowed to participate only when it comprises more than half the prescribed number of members.

Contestants

Karate-gi

The contestants shall wear a clean, white and unfigured karate-gi. **Taping**, to cover publicity or advertising, **is not allowed**. (pay attention on the pictures at the end of the document)

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.

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.

Hachimaki (head band) will not be allowed.

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.

Hair slides are prohibited, as are metal hair grips.

Contestants must have short fingernails and must not wear metallic or other objects.

Soft contact lenses can be worn at the contestant's 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, for identification purposes, fasten a red belt around his waist. The contestants don't have to take off their own belt.

Coaches.

The coach shall at all times during the tournament wear an overgi (or tracksuit) with an identifying badge upon it.

PROTEST AGAINST DECISION

METHODS OF 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 (ordinarily, the manager) may protest to the Arbitrator against the decision immediately after it was detected.

HANDLING OF 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.

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.

The treatment of the injury may not significantly delay the match.

AUTHORITY ON INJURIES AND ACCIDENTS

Only the Tournament Doctor can take decisions concerning all matters about injuries, accidents or physical condition of the contestants.

DECISION ON INJURY OR ACCIDENT

In case a contestant is deemed unable to continue with 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 the winner.

If the injury is not ascribable to his opponent he shall be declared the loser.

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.

DECISION ON QUITTING 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 the loser.

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 loser.

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.

THE RULES OF A KATA MATCH

1. Individual match :

- Eliminations : to 4 competitors.

. First round : to 16 competitors.

Shitei Kata : Heian Shodan

Heian Nidan

Heian Sandan

Heian Yondan

Heian Godan

Tekki Shodan.

Judgment will be done by the Flag system.

. Second round : from 16 to 8 competitors.

Shitei Kata : Bassai Dai

Kanku Dai

Jion

Empi

Judgment will be done by the Flag system.

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- . Third round : from 8 to 4 competitors.

Sentei Kata : Bassai Dai
Kanku Dai
Jion
Empi
Hangetsu

Judgment will be done by the Point system.

- Final : the last 4 competitors.

Sentei Kata : 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.

2. Team match :

- Eliminations : eliminations to 4 teams.

- Final : the last 4 teams.

Sentei Kata : 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.

(Komt uit de presentatie Congress 2008v2)

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)





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

