

# TS Protective-Gear Karate Competition Regulations

## Chapter 1: Competition

### Section 1: Purpose and Principles of the Competition

#### Article 1 (Purpose)

The TS Protective-Gear Karate competition pursues the skill of elevating and integrating mind, technique, and body through the martial art of striking.

#### Article 2 (Spirit of Rei)

Cultivate the “spirit of rei (courtesy)” that protects the dignity of others and elevates one’s own dignity. Aim to avoid exchanges of pointless damage and to make better use of both sides’ techniques through offense and defense by means of effective strikes.

#### Article 3 (BudoManShip)

The will to realize the purposes set forth in the preceding article is called “BudoManShip,” which fuses Japan’s budo culture with diverse cultures and education.

#### Article 4 (Alignment with Olympism)

This competition conforms to the fundamental principles of the Olympic Charter (enacted in 2011) and aims to realize a peaceful society through sport.

### Section 2: Name, etc.

#### Article 5 (Name)

The official name of this competition shall be “TS Protective-Gear Karate Competition.”

#### Article 6 (IBMA\_KYOKUSHINKAI)

IBMA\_KYOKUSHINKAI is the abbreviation for the “International Budo Man Scholarship Association.”

#### Article 7 (Competition Format, Classes, etc.)

Weight divisions, classes, and other details shall be prescribed in a separate document.

### Section 3: Competitors

#### Article 8 (Eligibility Restrictions)

Persons falling under any of the following shall not be permitted to compete:

1. Injuries, long hair, nails, or other inappropriate appearance that may impede the progress of the competition.
2. Affliction with acute inflammatory or infectious diseases, etc.
3. Persons deemed unfit by a physician, or who do not follow a physician’s recommendations.

#### **Article 9 (Competitive Attitude and Disciplinary Measures)**

Competitors who do not give full effort, or who commit malicious acts such as intentional fouls, shall have their registration revoked and will not be permitted to register thereafter. An opportunity to explain shall be provided.

#### **Article 10 (Registration Requirements)**

Persons not registered as competitors with the IBMA\_KYOKUSHINKAI of each region shall not be permitted to participate.

#### **Article 11 (Punctuality)**

Competitors who are late for the competition start time or bout time shall be disqualified.

#### **Article 12 (Absence Without Notice)**

After completing participation procedures, competitors who do not participate without just cause shall not be permitted to participate in competitions hosted by IBMA\_KYOKUSHINKAI thereafter.

#### **Article 13 (Wearing Protective Gear)**

Wearing protective gear to protect the instep, shin, knee, torso, head, fists, etc. is mandatory. Types shall be as specified in a separate document.

### **Section 4: Bout Duration**

#### **Article 14 (Time Categories)**

The competition consists of a main bout and extra bouts (including re-extra bouts).

#### **Article 15 (Bout Time)**

The main bout is 2 minutes. Each extra bout is 2 minutes with a 30-second to 1-minute interval.

#### **Article 16 (Main Bout)**

If there is not a difference of 3 points or more in the main bout, an extra bout shall be held. From the extra bout onward, it is permissible to adopt a system in which the competitor with even 1 more point is the winner.

#### **Article 17 (Changes to the Number of Extra Bouts)**

The number of extra bouts may be changed depending on the intent and class. Time and number shall be notified to competitors before the competition.

#### **Article 18 (Exceptions to Time Changes)**

For tournaments targeting juniors and seniors, changes to time, etc., may be approved by the IBMA\_KYOKUSHINKAI Headquarters.

### **Section 5: Competition Area**

#### **Article 19 (Shape and Dimensions)**

The main space shall be a square with sides of 6–8 m, or a circle with a diameter of 6–8 m.

#### **Article 20 (Out-of-Bounds Space)**

An out-of-bounds space shall be provided with a width of at least 2 m. The main area and out-of-bounds shall be clearly distinguished by diagrams, etc. (the figure below is an example).

#### **Article 21 (Mats)**

Mats of sufficient thickness and hardness to prevent injury shall be used.

### **Article 22 (Scoreboards)**

Scoreboards shall be installed in two or more locations visible to competitors and spectators.

## **Section 6: Weigh-In**

### **Article 23 (Conducting Weigh-Ins)**

Participants in weight-class divisions shall be weighed on the day within the time designated by the Referees' Committee and obtain approval.

### **Article 24 (Grounds for Disqualification)**

Failure to weigh in or exceeding the prescribed weight constitutes disqualification.

### **Article 25 (Health Examination)**

Competitors shall be examined by a doctor prior to competition and prove they are in good health.

## **Section 7: Attire, Protective Gear, etc.**

### **Article 26 (Designated Protective Gear)**

Use designated items permitted by the organizer, such as headgear, body (body protector), shin (shin guard), and fist (gloves). Depending on the class, the body protector may be omitted.

### **Article 27 (Restatement of Grounds for Ineligibility)**

Injuries, long hair, nails, unpleasant appearance, infectious diseases, etc., render a competitor ineligible. The same applies to physician disqualification and failure to follow recommendations.

### **Article 28 (Malicious Acts)**

Malicious acts such as intentional fouls shall result in cancellation of registration (subject to Board approval) and an opportunity to explain shall be given. Tardiness results in disqualification.

### **Article 29 (Non-Approval of Registration)**

Persons whom IBMA\_KYOKUSHINKAI has, for just cause, refused to register shall be ineligible to compete.

### **Article 30 (Non-Performance After Registration)**

Unilateral repudiation after participation registration results in denial of competitor registration thereafter.

## **Section 8: Coaches**

### **Article 31 (Number)**

One second (coach) maximum.

### **Article 32 (Duties and Restrictions)**

- Do not engage in discourteous speech or conduct such as slander toward the opponent.
- Remain seated in the designated position and give only tactical instructions.
- If entering the competition area except in an emergency, the relevant competitor is disqualified.
- Before the competition, submit the name to the IBMA\_KYOKUSHINKAI Referees' Committee.

# **Chapter 2: Competition Officials**

## **Section 1: Referee and Judges**

**Article 33 (Placement)**

One Referee and two to five Judges shall be assigned.

**Article 34 (Roles)**

Judges judge effective strikes and fouls; the Referee announces techniques, fouls, and the result.

**Article 35 (Principles of Announcements)**

When it is judged that a technique has scored, immediately call “Yame” (Stop). Judges promptly indicate a Effective Strike with flags.

**Article 36 (Decision of *Waza-ari*)**

Upon notification by a majority of Judges, the Referee shall declare “Waza-ari” (technical point).

**Article 37 (Decision of Fouls)**

A foul declaration may be made at the Referee’s discretion. However, if a majority of the Judges in total object, the declaration may be rescinded after consultation among the officials.

**Article 38 (Authority to Suspend)**

In cases requiring it, such as stalemate, deliberation, or medical confirmation, the Referee may suspend by calling “Yame.”

**Article 39 (Attire Check)**

Before the competition, if there are abnormalities in attire, etc., caution shall be given and corrections made (leave the area temporarily as necessary).

**Article 40 (Limitation of Announcement Types)**

Announcements are limited to seven types: “Hajime (Begin), Yame (Stop), Muko (Invalid), Verbal Caution, Yellow, Red, Win.”

**Article 41 (Safety Considerations)**

If danger is perceived, immediately suspend and seek advice from the doctor, etc.

**Article 42 (*Waza-ari* Declaration Procedure)**

“Yame” → return to starting positions → declaration. If there is damage, seek instructions from the doctor on the spot.

**Article 43 (Card Notices)**

For fouls, notify “Yellow” or “Red” in accordance with the regulations. When a Judge cannot confirm, cross the flags in front of the chest to indicate “Unable to Confirm.”

**Article 44 (Principle of Tabulation)**

Clean hits, fouls, etc., are finalized by compiling Judges’ determinations and deciding by a majority of the total number of officials plus one vote from the Referee.

**Article 45 (Qualifications)**

Referees in IBMA\_KYOKUSHINKAI-sanctioned competitions shall hold IBMA\_KYOKUSHINKAI Referee qualifications (Grades 4 to 1). In case of negligence, demotion or cancellation may occur. Strive for fair judgments.

**Section 2: Referees’ Committee****Article 46 (Safeguarding the Regulations)**

Upon discovering unauthorized rule alterations, report to IBMA\_KYOKUSHINKAI (if there are

objective facts, it shall be regarded as substantive copyright infringement). Various issues shall be addressed through deliberation by the IBMA\_KYOKUSHINKAI Referees' Committee.

### **Section 3: Timekeeper and Scoreboard Staff**

#### **Article 47 (Timing)**

Start timing at “Hajime,” temporarily stop at “Yame.”

#### **Article 48 (Recording)**

Reflect “Waza-ari” points and additions due to “Yellow” on the score.

### **Section 4: Doctor**

#### **Article 49 (Duties)**

A physician versed in sports medicine is responsible for health management. In accordance with IBMA\_KYOKUSHINKAI instructions, conduct examinations and sit in the front row. Upon request, provide diagnostic reports and first aid, and when necessary may recommend stopping the match.

## **Chapter 3: Decisions**

### **Section 1: Decision of Win/Loss**

#### **Article 50 (End Conditions)**

The bout ends when there is a point difference of 7 points or more, or when the prescribed time is reached. An extra bout shall be held when the 7-point difference is not reached in the main bout.

### **Section 2: Extra Bouts**

#### **Article 51 (Extra Bout)**

The competitor with more points is the winner. If tied, hold a 2-minute extra bout. Rest is 30 seconds to 1 minute. If the extra bout is tied, hold a 2-minute re-extra bout.

#### **Article 52 (Golden Point)**

If the re-extra bout is tied, the first to score 1 point (by attack or the opponent's foul) wins. If the tie persists, re-extra bouts are repeated.

### **Section 3: Out of Bounds, Falls, and Yellow Cards**

#### **Article 53 (Out of Bounds)**

When one foot goes out of bounds, notify “Yellow” to the relevant competitor and declare “Out of Bounds.” Add +1 point to the opponent.

#### **Article 54 (Fall)**

Regardless of cause, if any part other than the soles touches the floor, no Yellow is issued but +1 point is added to the opponent. If, after caution following a fall, the competitor cannot stand within 3 seconds, the opponent receives +2 points; if under 3 seconds, the opponent receives +1 point.

## **Section 4: *Ippon* and *Waza-ari***

### **Article 55 (Effective Strike)**

1. The judgment of an effective strike shall be based on whether the striking technique delivered to the designated “hit point” fulfills the following five elements:(1) Accuracy,(2) Speed,(3) Impact, (4) Timing (opportunity),(5) Kiai (will/intent).
2. However, in competition, if the element of “accuracy” is fulfilled and at least two of the other elements are also satisfied, the strike may be recognized as an “effective strike.”
3. A technique that embodies the elements of an effective strike and is accompanied by *zanshin* (continued mental and physical readiness) shall be judged as *Waza-ari* (half point). Nevertheless, even without *zanshin*, it may still be judged as an effective strike.
4. Physical damage shall be included in the judgment of an “effective strike,” but if it is not recognized as *Waza-ari*, it shall not be considered beyond that level.
5. The types of effective strikes are defined as follows (see Article 58):
  - Jōdan-geri (kicking techniques to the jaw or temple area),
  - Jōdan-tsuki (punching techniques to the jaw or temple area),
  - Chūdan-geri (kicking techniques to the solar plexus or the areas around the left and right ribs),
  - Chūdan-tsuki (punching techniques to the solar plexus or the areas around the left and right ribs),
  - Gedan-mawashi (kicking techniques to the inside or outside of the thigh).
6. Effective strikes shall exclude “kuzushi-waza” (unbalancing techniques), “omote-waza” (feinting techniques), and other connecting techniques that do not, by themselves, fulfill the five elements of paragraph 1 of this Article to constitute a decisive effective strike.

### **Article 57 (*Ippon*)**

Situations judged as “Ippon” are as follows:

1. A splendid technique that the Referee judges would cause serious injury if there were no protective gear.
2. Inability to continue for approximately 5seconds or more, or when the Referee judges that continuation is dangerous.
3. When a point difference of 7 points or more arises (“Shobu-ari / Ippon”).

### **Article 58 (*Waza-ari* by Effective Strike)**

Types of “Waza-ari” by effective strike and their points (details in a separate document)

- Jodan kick (kicking to the jaw/temple region) = 3 points.
- Jodan tsuki (thrusting to the jaw/temple region) = 2 points.
- Chudan kick (kicking to the pit of the stomach or the areas around the left/right flanks) = 1 point.
- Chudan tsuki (thrusting to the pit of the stomach or the areas around the left/right flanks) = 2 points.
- Gedan mawashi (roundhouse kicks to the inner and outer thighs) = 1 point.
- Gedan tsuki (a thrust to the torso of a fallen opponent, or a controlled thrust—*sun dome*—to the head) = 2 points.

#### **Article 59 (Combinations / Consecutive Attacks)**

1. In the event that, through continuous attacks (consecutive strikes) consisting of punches and kicks, two or more punches equivalent to *Waza-ari* are successfully delivered, only the single most effective strike shall be recognized as *Waza-ari*.
2. Consecutive punches alone shall be permitted up to 4th strikes. However, feinting or decoy punches shall not be counted as a strike.
3. Any strike delivered after the declaration of “Yame” shall be rendered invalid or deemed a foul.

#### **Article 62 (Exclusions)**

1. Pushing punches, as well as punches and kicks employed as feints or as techniques for breaking balance, shall be excluded from scoring. However, the use of such techniques shall be permitted.
2. Any striking techniques delivered after the declaration of “Yame” by the Referee shall be excluded from judgment.

#### **Article 63 (Simultaneous Strikes)**

Hits that land almost simultaneously shall, at the Referee’s discretion, be deemed “Mutual Hit—Invalid.” However, if supported by a majority of Judges, that determination shall be followed.

#### **Article 64 (Invalid When Both Fall)**

If the opponent is knocked down and the attacker also falls, that technique is invalid (in cases where a takedown technique is recognized).

#### **Article 65 (Cautions)**

When the Referee observes a foul, the Referee may independently issue a verbal caution or a caution.

### **Section 6: Special Provisions**

### **Article 66 (Judgment Priorities)**

Judgment of striking techniques shall follow judgments for small swords (bladed weapons) and place utmost emphasis on accuracy. For the junior division, kiai is also emphasized (a kiai of “Ei” with abdominal pressure is desirable).

### **Article 67 (Zanshin)**

“Zanshin present” shall be defined as maintaining a natural *kamae* stance in kumite, having a decisive tsuki (strike) completed, and being in a position from which an immediate attack is possible. If the distance from the opponent’s center exceeds approximately 1 to 2 meters, it shall be considered “no zanshin.” A “Kime tsuki” shall be performed as a controlled (non-contact) technique.

### **Article 68 (Definition of Hit Points)**

Upper/middle level = on the midline from the clavicle to the mammary line;

Middle = pit of the stomach and left/right flanks (above the belt to below the mammary line);

Lower = around the middle of the thigh from knee to hip bone.

### **Article 69 (Special Cases)**

1. In this competition, instantaneous grasping of the opponent’s wrist or control with the palm heel is permitted.
2. For out-of-bounds judgments, if part of the sole remains on the boundary line or is in the air above it, it is not out of bounds.
3. Attacks after “Yame” shall invariably be fouls.
4. When combinations (consecutive strikes) intersect, deem “Mutual Hit—Invalid” or follow the decision supported by a majority of Judges.

## **Chapter 4: Fouls**

### **Section 1: Verbal Cautions, Yellow Cards, etc.**

#### **Article 70 (Announcements)**

For foul acts, the Referee shall announce a verbal caution or Yellow. A verbal caution is limited to once for minor fouls other than falls and out-of-bounds.

#### **Article 71 (Out-of-Bounds Notice)**

Judges notify out-of-bounds fouls by whistle and flag. With majority agreement, the Referee announces Yellow, etc. Yellow is issued for accident prevention and adherence to principles.

#### **Article 72 (Red)**

In cases of intentional fouls or where there is a risk of major damage, Red (disqualification) may be announced immediately. Cautions by Yellow are limited to two times. From the third time onward, even minor fouls result in Red = disqualification.

### **Section 2: Yellow for Dangerous Acts**

#### **Article 73 (Dangerous Acts)**



1. If a competitor continues to commit fouls after receiving a Yellow card, a Red card shall be announced.
2. Details for juniors and seniors are prescribed separately.
3. Throat/neck/clavicle/groin/eyes; head-butting; biting; scratching; strikes from behind or to the back; knee-joint attacks; strikes within  $\pm 10$  cm of the kneecap; front/side/heel kicks to the thighs; holding/pressing the head; upper-level strikes from a neck grab; etc., are dangerous acts constituting fouls, and in malicious cases may result in announcement of a Red card and disqualification on a single occurrence.

### **Section 3: Yellows and Verbal Cautions for Non-Dangerous Acts**

#### **Article 74 (Other Fouls)**

1. Strange shouts; failure to follow instructions (e.g., attacking after “Yame”).
2. Having one foot completely outside the boundary line.
3. Exaggerated appeals (subject to verbal caution or Yellow card).
4. Pushing/forcing out within 1 m of the boundary is prohibited (others permitted conditionally).
5. Passive posture for 8 seconds or more; closing distance with the head lowered are subject to verbal caution or Yellow (situational judgment; when Yellow is issued, opponent +1 point)
6. “Failure to observe match etiquette prescribed by the tournament” is subject to one verbal caution (only once). Thereafter it is subject to a Yellow card.

### **Section 4: Disqualification by Red Card**

#### **Article 75 (Grounds for Disqualification)**

Abusive language/ungentlemanly conduct; malicious/dangerous failure to follow instructions; striking actions against an opponent with both hands or both knees on the floor (excluding decisive thrust); repetition of fouls; third and subsequent occurrences after receiving two Yellows/cautions; inability to improve etiquette, etc.

### **Section 5: Disqualification**

#### **Article 76 (Effect)**

Upon Red notice or a disqualification announcement, the competition ends and the opponent is declared the winner. Failure to observe exit etiquette is subject to measures such as revocation of qualification and suspension from competition. In severe cases, permanent disqualification may apply.

### **Section 6: Special Provisions**

#### **Article 77 (Interruption of Combinations)**

If a combination continues for approximately 3 seconds or more, the Referee shall invariably announce “Yame.” Failure to comply constitutes a foul.

# Chapter 5: Conduct of Competitors and Officials

## Section 1: Conduct of Competitors

### Article 78 (Entrance to Start)

Red competitor: from the left corner; Blue competitor: from the right corner. Standing bow → advance to the outer area → standing bow → proceed to the main area. At the center, stand upright at an interval of approximately two meters.

At the Referee's commands: "Bow to each other" → "Kamaete (take stance)" → "Hajime (begin)."

### Article 79 (End to Exit)

After the end, declaration is made at the starting position → handshake → face each other at the starting position → step back with the right foot and stand-bow → about-face → exit. Perform the prescribed stand-bow on both entrance and exit.

## Section 2: Conduct of Officials

### Article 80 (Entrance/Exit)

Officials enter before the competitors, line up facing front, stand-bow, then proceed to designated positions. At the start, both officials and competitors perform a stand-bow. At exit, line up and stand-bow, then exit from the red corner. Details are prescribed separately.

## Section 3: Announcements and Conduct by Referee and Judges

### Article 81 (Start/End Procedure)

Start: Bow → Ready → Begin. At the end signal: "Yame" → return to starting positions → tabulation → declaration.

### Article 82 (Confirmation of Announcements)

Upon receiving Judges' whistle/flag (for *Waza-ari*, out-of-bounds, etc.), always stop once and confirm majority before declaring verbally or by card.

### Article 83 (*Waza-ari* Procedure)

"Yame" → return to center → declaration → return to starting positions → "Continue."

### Article 84 (Fouls and *Ippon*)

As a rule, for fouls and *Ippon*: "Yame" → safety confirmation → declaration.

### Article 85 (Positioning)

While changing position so as not to turn one's back to the front seats, officiate from angles that allow easy viewing.

## Section 4: Etiquette for Declaring the Result by Officials

### Article 86 (Result Declaration)

End buzzer → "Yame" → to starting positions. Raise the color flag of the winner's side to 90 degrees and declare "Red (Blue) wins." Details of conduct are prescribed separately.

## Chapter 6: Other Special Provisions

### Article 87 (Rules Without Body Protector)

Only for those with abundant competitive experience and recognized by the Tournament Executive Committee, special rules without a body protector may be set.

### Article 88 (Compliance and No-Objection Pledge)

Competitors, affiliated organizations, and related parties shall comply with these Regulations and pledge to raise no objections to the competition.

### Article 89 (Revisions)

These Regulations may be revised when deemed necessary to realize the principles and purposes.

### Article 90 (Attribution of Philosophy and Prohibitions)

These Regulations are based on testing methods grounded in the budo philosophy of Akira Masuda. Use that diverges from the philosophy, unauthorized use of the name or similar names, and unauthorized changes are prohibited.

### Notes (Revision History / Excerpts)

- Enacted: May 22, 2019 (Reiwa 1)
- Partially revised: November 6, 2019 (Articles 28 / addition of Article 32-17 / Article 36-17)
- Amended/edited: 2021/9/3; Chapter 1, Section 1 revised 2021/10/6; Chapter 4, Section 2, Item 2 changed 2021/10/26
- Added Chapter 3, Section 4, Item 8 (inner/outer thigh): 2022/8; wording added to Chapter 4, Section 3, Item 7: 2022/8/28
- Partially revised: 2023/7/4; partially revised: 2023/9/2; name revised: 2023/12/17
- Notation revised: 2024/2/18; category names changed: 2024/3/3
- Competition principles/name changed; Chapter 3, Section 4, Item 1; Items 13 & 14; Section 6, Items 1 & 3 changed: 2024/8/7
- Partially revised: 2024/9/11; partially amended: 2025/9/8
- Partially amended: 2025/9/22