

# Seishin Karate Cup – Regulations 2026

## The Jury

1. Each fighting area has the following responsible persons:
  - a. Announcer
  - b. Timekeeper
  - c. Head judge
  - d. Main judge
  - e. Mirror judge<sup>1</sup>

<sup>1</sup>In the following, head judge, main judge and mirror judge are also referred to collectively as «judges»
2. The head judge, the main Judge and the mirror judge each have one vote in the decision on the result of a match.
3. The head judge is there to ensure the fairness of the match and the judgments on it.

## Duration of a match

1. Each fight lasts one round of two minutes. In the event of a draw, there will be an extension of one minute. At the end of the extra time, the judges must make a final decision. **Due to time constraints and depending on the number of competitors, a draw may be waived. In this case, all judges must make a decision. The decision to waive a draw in all or individual categories lies with the tournament organization and will be communicated at the start of the tournament.**
2. The bout begins when the head judge gives the signal to start and stops as soon as the head judge calls «Yame». The timing continues when the head judge signals the continuation of the fight with a hand signal.
3. The timekeeper should use a clearly audible gong or an acoustic signal to indicate that the time has expired. At the same time, a bean bag or similar object is thrown into the fighting area to signal the end of the fight. The fighters stop the fight exclusively at the signal of the main judge.
4. A technique executed at the same time as the end of the match is considered valid. An attack executed after the signal to stop the fight or the end of the fight will not be scored and may be penalized.
5. No technique scores points if one of the fighters is outside the fighting area.

## Criteria for the decision

### 1. Proceeding

The judges award points with the help of clicker clocks, which are clearly marked red and white. At the end of the match, the head judge calls the main and mirror judges to make a decision. At this point, the judges look at the floor so that they cannot see the others' decision and immediately point with the corresponding clicker to the fighter with the higher score. In the event of a draw, the clickers are held in front of the body with arms crossed and pointing downwards. The head judge announces either a win or a draw according to the judgment of the judges. A win can only be recognized if at least two of the judges have judged the same way. It is possible for the first judge to vote «red», the second judge to vote «white» and the third judge to vote for a draw. In this case, the head judge must declare a draw and announce an extra round.

### 2. Scoring

A fighter can win either by points or by decision.

- a. Two points (Ippon) are awarded for a controlled and valid kick to the head. The fight is stopped and the points are awarded. If a judge has not seen the technique, he/she must indicate this by crossing his/her hands in front of his/her eyes.

Two points can only be awarded if at least two judges agree that it was a valid, unblocked technique. If at least two judges do not agree, the two points cannot be awarded.
- b. One point is awarded for each controlled and valid kick to the body.
- c. One point is awarded for each controlled and valid punch to the body. A maximum of three punching techniques may be executed in succession. Afterwards, the fighter must take a break or perform a kick. If a fighter performs more than three punching techniques without a pause, the punching techniques after the third punch do not score points.
- d. Each technique for which a point can be awarded must be performed by the contestant with good form and balance. Points are awarded when a technique is performed on a permitted area of the body according to the following criteria:
  1. good form/technique
  2. consistent application (power and speed)
  3. good timing

4. correct distance – techniques must be executed as follows to score a point:

**Children/adolescents up to 14 years: no contact** is allowed; the distance to the target must not exceed one hand's width.

**Adolescents/Adults 14 years and above:** the technique must touch the opponent's body (**light contact**).

e. The fighter who has scored the most points by the end of the match will be declared the winner.

### 3. Superiority

- a. If it is obvious that one fighter is clearly superior to the other, the head judge may, after consulting the other two judges, stop the bout and award the victory to the superior fighter.
- b. If both fighters have scored the same number of points after the extra round, victory is awarded according to fighting spirit and technical ability. This decision is at the discretion of the three judges and is made jointly.

## Target area

1. Permitted targets for punches:

- a. Chest
- b. Abdomen
- c. Ribs

2. Permitted targets for kicks:

- a. Head
- b. Chest
- c. Abdomen
- d. Ribs
- e. Thighs

## Prohibited actions and techniques

The circumstances described below may lead to a disqualification. The decision of disqualification lies solely with the head judge of the match. The disqualified fighter can contact the head judge through his/her coach, who in turn will contact the competition judge. After consultation with the judges, the head judge will make a final decision as to whether or not the disqualification will be overturned. The decision of the competition judge is final.

1. The following techniques are prohibited and will be punished depending on the severity of the offense:
  - a. Attacks to the head, face, throat or neck with the open hand, fist or part of the arm
  - b. Kicks to the groin area
  - c. Head butts
  - d. Straight kicks to the head/face (Mae Geri Jodan, etc.)
  - e. Knee kicks and axe kicks
  - f. Kicks to the knee joint
  - g. Elbow strikes
  - h. Throwing and sweeping
  - i. Punching or kicking an opponent who is lying on the ground
  - j. Holding or grabbing an opponent's karate suit
  - k. All other techniques that are deemed illegal or unfair by the referee and do not serve the purpose of a fair fight
2. Any technique that hits a permitted target but clearly hurts the opponent or even knocks him/her unconscious is considered unjustified and will be penalized.
3. The following behavior is prohibited and will be punished according to its severity:
  - a. Defying the instructions of the head judge
  - b. Frequently leaving the fighting area
  - c. Deliberately wasting time
  - d. Rude behavior
  - e. Persistent bad or violent behavior
  - f. Hair pulling, biting, scratching, etc.
4. The coach of a fighter may not interrupt the smooth running of the match by word or deed. In the event that the coach violates this rule, the fighter will be penalized.
5. Participants who arrive late for the match or do not show up<sup>2</sup> may be automatically disqualified. In this case, the fighter will be disqualified from the entire tournament and may not participate any further.

<sup>2</sup> The fighter is called out a maximum of three times, with a pause of 30 seconds between each call-out and one minute after the last call-out.

## Penalties

**Chui** An official warning, which will result in a penalty of one to two points as described below.

**Genten** One Genten corresponds to two Chuis. A fighter is penalized with a Genten warning for serious or repeated violations of the rules, and the opponent is automatically awarded two points (Ippon).

The normal order of warnings is as follows:

- Chukoku** = First contact/offense: verbal warning
- Chui ichi** = second contact/violation: 1st penalty (**Waza-ari –1 point**)
- Chui ni, Genten ichi** = third contact/offense: 2nd penalty (**Ippon – 2 points**)
- Chui san** = fourth contact/offense: 3rd penalty (**Ippon – 2 points**)
- Chui yon, Genten ni** = fifth contact/offense: disqualification (**Shikkaku**)

A disqualification cannot be declared invalid by the fouled opponent giving up. In such a case, the fouled participant automatically withdraws from further participation in the tournament and the defaulting participant is disqualified.

Warnings and penalties are issued at the discretion of the judges. A serious offense can lead directly to a Genten penalty or even disqualification if the judges deem it appropriate.

Warnings given during the first round will be carried into the extra round and must be taken into consideration by the judges when awarding the win after the extra round in the event of a draw. The timekeepers are responsible for writing down the warnings given. In this way, they assist the judges in counting the warnings.

### Examples of reasons for a warning:

1. Any deliberate attack to the opponent's head, face, throat or neck with the open hand, fist or part of the arm that puts the opponent at a serious disadvantage or worse (competitor is unable to continue the bout) is automatically disqualified (shikkaku).
2. Any deliberate attack to the opponent's head, face, throat or neck with the open hand, fist or part of the arm that clearly hurts the opponent deserves a penalty (Genten).
3. Any accidental touch to the opponent's head, face, neck or throat with the open hand, fist or part of the arm that seriously disadvantages the opponent or worse will receive a warning (Chui).
4. Any accidental touch to the opponent's head, face, neck or throat with the open hand, fist or part of the arm that clearly hurts the opponent will receive a private warning (chukoku).

### Jogai

Jogai is the unauthorized leaving of the fighting area during the fight. An exception is when the fighter is actually driven out of the fighting area by his/her opponent. Repeated stepping out of the fighting area in order to avoid the opponent's attacks or to interrupt the flow of the fight will be penalized at the discretion of the judges in accordance with the above procedure for warnings and penalties.

### Comments

1. *«seriously disadvantaged or worse»*  
The attacked fighter is seriously injured, which puts him at a serious disadvantage, or is unable to continue the fight. For example, a technique that would result in an ippon in a full contact tournament will result in automatic disqualification in a semi-contact tournament.
2. *«clearly hurts»*  
The attacked fighter is injured, but not seriously disadvantaged. For example, a technique is performed here that would result in a Waza-ari in a full contact tournament.
3. If a fighter is unable to finish a fight due to an injury caused by a prohibited technique, the offender is disqualified and the injured fighter wins the fight. Attention: The disqualification is pronounced for the entire tournament and also applies in the double elimination system. It is not possible to re-enter the competition via the loser bracket.
4. If a fighter is unable to continue the bout due to his/her injury caused by a prohibited technique and his/her opponent is disqualified, the tournament doctor must find the injured person fit to continue fighting in the following rounds. In such a case, the referee will allow the injured person an appropriate recovery period.
5. A fighter can only be declared fit or unfit to fight by the medical staff present at the competition.

## **Competition judge**

The competition judge has the following tasks:

1. He/she ensures that the fighting areas are fully equipped and staffed.
2. He/she assigns the judges to the competition areas.
3. He/she has the final authority in case of ambiguities or differences of opinion due to technical issues or disputed results of a match. The judge will only deal with a problem if he/she is asked to do so by an official coach of a competitor. Coaches must be appointed before the start of the tournament. In such cases, the competition judge will consult with the coaches and judges involved in the dispute.

The competition judge may not act as a judge in any competition unless there are not enough judges available. The judge may not pass judgment on a disputed bout in which he/she acted as judge. In this case, the most senior judge who is not involved in the bout in question must make a judgment.

## **Mandatory protective gear**

- Hand protectors/gloves (no boxing or bag gloves)
- Shin and instep protectors (instep of foot must be covered)
- Chest protection for female competitors (from breast growth)
- Groin protection for male competitors

## **Recommended protective gear**

Mouthguard

## **Helmet**

The tournament organization does not recommend the wearing of helmets and does not provide helmets.

The wearing of helmets in both no-contact and semi-contact is not considered necessary by the tournament organization, as the clicker system requires controlled fighting. If a competitor absolutely wishes to wear a helmet, he/she may do so.

## **Glasses, jewelry, earrings, piercings, etc.**

People who wear glasses are advised not to wear them due to the considerable risk of injury. It is possible to wear contact lenses or sports glasses. If a competitor does not want to/is not able to fight without regular glasses, the tournament organization declines any responsibility and all jewelry is prohibited. Earrings or piercings that cannot be removed must be taped.

## **Disclaimer**

The tournament organization declines all responsibility for damage to life and limb. Insurance is the responsibility of the participants.