



ASHIHARA KARATE

COMPETITION RULES

POLAND 2026



1. SCORING

YUKO	WAZA ARI	IPPON
1 point	2 points	4 points

YUKO = 1 point
WAZA ARI = 2 points = 2 YUKO
IPPON = 4 points = 2 x WAZA ARI = 4 YUKO

IPPON:

- for performing any technique in an attackable zone that resulted in an inability to fight for more than 3 seconds
- when a competitor loses the will to fight for longer than 3 seconds.
- When a fighter informs the referee that he can no longer/does not want to fight, he will surrender.
- as the sum of two WAZA ARI, or the sum of four YUKO
- IPPON ends the fight immediately

WAZA ARI:

- for performing any technique in an attackable zone that resulted in an inability to fight for less than 3 seconds
- **Only In all categories under 18 years old:** for performing any (permitted) technique to the head (helmet), with the opponent's lack of effective defense, even if it did not result in inability to fight
- for performing a permitted technique or several techniques, with contact on the body or legs, without the opponent's defense, which caused an advantage (e.g. repeatedly leaving the mat, not exchanging blows during the fight, etc.)
- **for a takedown** (throw/sweep) by a legal technique and **finished with a non-contact seiken chudan tsuki** (mark) directly towards the prone opponent, no further than 10 cm from the front of the opponent's CHUDAN (chest protector). The throw (sweep) on the opponent must be performed in a controlled manner (control of the opponent) and without losing the attacker's balance.
- as the sum of two YUKOs.

YUKO

- When a competitor brings an opponent to the ground in a controlled manner, using legal throws or sweeps (e.g. JIKU ASHI GERI) but without proper marking.

If the attacking fighter falls with the opponent or loses balance during or immediately after the takedown/sweep, no points will be awarded.

2. PENALTIES

For each foul one penalties is given: CHUI ICHI.

The order of penalties is as follows:

- **CHUI ICHI**
- Chui ichi awasette **CHUI NI** - 1 point is added to the opponent's score.
- Chui ichi awasette **CHUI SAN** - 1 point is added to the opponent's score
- Chui ichi awasette **CHUI YON** = SHIKKAKU (Disqualification) - 1 point is added to the opponent's score.

When any action is considered as deliberate or malicious foul or when a foul has caused serious damage **double penalty** may be awarded immediately (e.g., Chui Ni if the fighter had nothing, or Chui San if the fighter already had Chui Ichi, e.t.c.). A direct double penalty must always be preceded by consultation with all referees - Fukushin Shugo.

SHIKKAKU (Disqualification) - 3 points are added to the opponent's score.

The following cases result in direct SHIKKAKU:

- Failure to follow the referee's orders during a fight.
- Being late for the fight
- Any action considered to be pure violence, serious wilful fouls or wilful bad attitude towards the competition.
- When a fighter vomits during the fight (after the HAJIME command and before HANTEI).
- In the case of CHUI YON.
- The awarding of direct SHIKKAKU must be made after consultation with the entire panel of judges (Fukushin Shugo)

3. COURSE OF FIGHT

- 1) The tatami judge (Shushin) may only award a point or warning if he has the support of at least 2 side judges(Fukushin).
- 2) If at least 3 side judges show the same verdict (point, warning), the tatami judge must award such a point or warning.
- 3) Any good technique performed in conjunction with the end signal will be considered valid and will be scored.
- 4) The point technique after the YAME command is not valid
- 5) If both competitors perform a scoring technique at the same time, neither receives any points.
- 6) If both fighters at the same time perform a prohibited technique, neither will receive a penalty. It is always necessary to establish who committed the first foul.
- 7) The fighter with the higher number of points at the end of the round wins the fight.
- 8) In the event of a draw and overtime, any previously issued warnings and points scored do not carry over to overtime (they are reset to zero).
- 9) If a competitor suffers an injury that is not the fault of the opponent, that competitor loses by disqualification – KIKEN. In such a fight, the winning competitor must have 1 point more than the opponent, e.g. if it was 0-0, the winner should be awarded 1 point, if he was losing on points, enough points should be added to ensure the victory of the competitor without Kiken.
- 10) KIKEN losing a fight does not mean disqualification from the tournament.
- 11) A fighter who is deemed by the tournament doctor to be unfit to continue (due to a foul committed on him) and thus wins the fight, is not allowed to fight again in the same tournament.

4. FIGHT EVALUATION CRITERIA

- IPPON
- WAZA ARI
- YUKO
- Damage (amount of damage)
- Clean Hits (number of punches/kicks that were not blocked)
- Number of attacks (more techniques)
- Fighting Spirit (attack first, move forward)

In case there is no IPPON, WAZA-ARI nor YUKO, and the bout is close

1. Damages shall be given the first priority in judging the winner.
2. In case of no damage seen in the both competitors, the first priority to judging shall be given to the number of clean hits.
3. In case the number of clean hits is the same, priority should be given to the number of techniques (punches and kicks, etc).
4. In case there is no difference in numbers of techniques between the two competitors, the one who shows more initiative (fighting spirit, moving forward, attacking first) will win the bout.
5. For the final extension, the referees must make a decision based on the dominance of either fighter.

5. ALLOWED TECHNIQUES

1. All hand techniques performed on chudan and gedan zones.
2. All leg techniques performed on gedan, chudan and jodan zone. **Exception:** in all categories up to 18 years of age, Hiza geri jodan combined with a grip (grab for: Gi , neck, sleeve), holding, or immediately after holding, the so-called " stretching" is prohibited.
3. Foot techniques performed on jodan zones (also circular foot techniques, performed from a turn ushiro-mawashi or in a jump tobi-geri and so-called "transferred techniques")
4. One-handed grabbing/holding is allowed for a maximum of 3 seconds.
5. The MAWASHI UKE grip and two-handed holding are only allowed on one side of the opponent's body (e.g. left sleeve and left leg), for a maximum of 3 seconds.
6. Holding the neck is allowed using only one hand, and only one punch/kick may be performed during such holding.
7. Only one kick to the jodan zone can be performed while holding/grabbing.
8. While holding, it is allowed to bring the opponent to the ground in a controlled manner.
9. Throws allowed in Ashihara Karate: MAKI KOMI NAGE, URA NAGE, HIKI TAOSHI, sweep (Ashi barai, Jikuashi geri etc.)

6. PROHIBITED

Forbidden techniques

1. All hand techniques for the jodan zone.
2. Only in all categories up to 18 years of age: Hiza geri jodan combined with a grip (grab for: Gi , neck, sleeve), holding, or immediately after holding, the so-called " stretching"
3. Attack on the groin, spine, joints (wrist, elbow), knees, standing on the foot.
4. High throws. min. throws through the hip (tai otoshi)
5. Hitting or pushing with the head.
6. Holding with both hands on two sides (head, neck, body, arms, legs, it is forbidden to hold one leg and arm on the opposite side: left leg and right hand)
7. Holding the leg with both hands
8. Pushing, shoving the opponent.
9. Grabbing or holding an opponent without performing any action (punches, kicks, throws) and without showing any intention of carrying out the technique.
10. Grabbing wrists, forearms.
11. Pushing, pushing the opponent with the body.
12. Attacking an opponent who is lying on the tatami.

13. Touching the face/helmet or neck area of an opponent's trachea when throwing is prohibited (exception: the neck).
14. Attack on joints to immobilize or leverage the joint
15. Any other techniques that are deemed inappropriate in the opinion of the head judge.

Prohibited behavior (unethical, lack of fair play)

1. Simulating or exaggerating an injury.
2. Behaving in a way that exposes the opponent to injury or failing to follow the rule of covering oneself or "keeping one's guard".
3. Avoiding combat.
4. Leaving the mat repeatedly (JOGAI) to avoid fighting.
5. Pretending to attack while actually running away from the opponent KAKENIGE (e.g. falling onto the mat multiple times)
6. Discussing with an opponent during a fight, insulting him.
7. Arguing with the referee, not responding to the referee's commands.
8. Any action that may be considered as bad attitudes towards the competition.
9. Attacks after the YAME command.
10. Any other actions that the referees may regard as fouls.

7. ORGANIZATION OF COMPETITIONS

7.1 Categories

Age category allocation is determined by year of birth. Exception: competitors who are 18 years of age or older on the day of the tournament must compete in the senior category.

7.2 Rules for fighting

The fights are held in a knockout system. In the case of three competitors in a category, the fights will be played in a round robin system. If there are fewer than three competitors in a category, the category may be combined with another category.

7.3 Course and time of the fight

U10 (8-9 years old), **U12** (10-11 years old):

1.5 min regular round > 1.5 min extra time > weight (weight difference of more than 3 kg decides)
> second 1.5 minute overtime after which a verdict must be made. There is no weighting difference in the semi-finals and finals.

U14 (12-13 years old), **U16** (14-15 years old), **U18** (16-17 years old and those who are under 18 on the day of the competition):

2 min regular round > 2 min extra time > weight (the result is decided by a weight difference of more than 3 kg) > second 2-minute overtime after which a verdict must be reached. There is no weighting difference in the semi-finals and finals.

Seniors

3 min regular round > 2 min extra time > weight (the result is decided by a weight difference of more than 5 kg) > second 2-minute overtime after which a verdict must be reached. There is no weighting difference in the semi-finals and finals.

7.4 Mandatory protective equipment by category

Category	Mandatory personal protective equipment	Protectors recommended optional
U10 (8-9 years) U12 (10-11 years)	Chest protector (hogo), helmet with face protection (bars/plastic), soft protectors (white) on fists and legs, groin protection - worn under pants	- soft knee pads, - girls-suspensorium
U14 (12-13 years old)	Chest protector (hogo), helmet with face protection (bars/plastic), soft White shin protection with instep with full foot protection, men groin protection - worn under pants	- soft knee pads, - girls-suspensorium - women - breast protector - separate foam cups and elastic shirt - mouth guard
U16 (14-15 years old) U18 (16 - 17 years old)	Helmet with face protection (bars/plastic), soft protectors (white) on fists and legs, men groin protection worn under pants, women's breast protector, foam cups, clearly separated, worn under the shirt.	- soft knee pads, - girls-suspensorium - mouth guard
Seniors	Men groin protection - worn under pants. Women soft White shin protection with instep with full foot protection, breast protector, foam cups, clearly separated, worn under the shirt.	- girls-suspensorium - mouth guard

7.5 Additional information:

1. It is permissible to stop the fight (e.g. doctor's check) and resume it after a break (after several fights). The fight resumes with the time remaining before the stoppage.
2. In special cases, the Main Referee may order an additional round or a re-voting of the verdict by the panel of referees.
3. A competitor who does not show up ready to fight (wearing a full set of personal protectors) within 1 minute of the announcer's announcement will be disqualified by the referee's - KIKEN.
4. Uncivilized and offensive behavior by a competitor (as well as his seconds, coaches and accompanying persons) towards any persons present in the hall during the competition may result in the so-called awarding of penalty points to the competitor or full disqualification, i.e. complete removal from the list of tournament participants.
5. Persons supporting a fighter cannot support in referee uniforms.
6. A protest can only be filed against non-compliance with the rules, organizational mistakes or formal errors. The protest must be filed before the start of the next round/fight in this category. There are no protests against the doctor's decision. The protest is submitted to the Main Referee in writing.



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