

**Enacted by the order of the Ministry of Sports of Russia  
from 15 June, 2015 No. 634**

**RULES OF SPORT "ALL-STYLE KARATE"**

In the territory of the Russian Federation official sports competitions by the form of sport "all-style karate" are held according to the following Rules.

**I. GENERAL PART**

**1. Subject of sports competition (general information)**

1.1. The all-style karate includes holding the next sports competitions:

- the duels which are carried out in the corresponding weight categories or in absolute category

- kata – individual, kata in groups, kata-bunkay.

1.2. Competitions are held in sports disciplines according to the Russian register of sports:

a) limited contact – (further – LC);

b) full contact – (further – FC);

c) full contact in means of protection – (further – MP).

1.3. Specifics of the subject of sports competitions in each group of sports disciplines is revealed in appropriate sections of these rules.

**2. Character and system of a sports competition.**

2.1. All-style karate competitions can have the following character:

a) personal - a sports competition in a type (types) of the program where definition of winners is provided in face-to-face duels, and also in pairs, groups;

b) team - a sports competition in a type (types) of the program with the participance in each of warring parties of three and more athletes whose results are summarized for the purpose of definition of the victorious team (the team's line-up is established by the provision of a sports competition).

2.2. Following the results of an all-style karate competition the team competition can be held, i.e. ranging of the teams is carried out (without delivery of medals) following the results of a performance of the athletes in all types of the program of competitions, including team competitions (if they are provided by the program of a sports competition). The order of leading of a team competition is defined by the provision of a sports competition.

2.3. The all-style karate competition can be held on the following system determined by the provision of a sports competition:

- a) circular;
- b) "Olympic" - a direct elimination;
- c) "Olympic" - with consolatory meetings before the second defeat;
- d) mixed;
- e) other system according to the provision on a sports competition.

### 3. Requirements to participants of a sports competition

3.1. The general principles of the admission of participants to sports competitions.

a) Sports competitions in duels are held only from 12 years.

b) Conditions of the admission of athletes to participation in a sports competition, their sports qualification and age, and also the list of the documents submitted on the commission on the admission of participants of a sports competition is defined by the provision (regulations) of a sports competition.

c) The athlete declared to participation must have a passport or another document proving the identity (for athletes up to 14 years - the birth certificate and (or) the reference from educational institution with the photo and the stamp), the classification book, the certificate of passing of the medical examination not earlier than 7 days prior to the competition and the health insurance. Athletes younger than 14 years also submit the written permission of parents (lawful trustees) for participation in a sports competition.

d) The application for participation in a sports competition is made out according to the sample that is established by Russian sports federation. The application is certified by the signature of the head of the sending organization, and also the representative of team certifying the corresponding qualification of participants. The medical admission of each participant has to be certified by the signature of a doctor and the stamp of a medical and sports clinic.

e) Terms of submission of applications are defined by the provision (regulations) of a sports competition.

f) The admission of athletes to participation in a sports competition is carried out by the commission on the admission of participants of a sports competition (credentials committee).

g) Team, whose representative did not arrive to the commission on the admission of participants of a sports competition before the end of its work, it is not allowed to participation in the competition. Force majeure circumstances are an exception.

h) In concrete competitions the athlete can take part only in one group of sports disciplines.

i) The athlete can be allowed to participation in a competition in the following age group if the age difference makes no more than a year, and this athlete has the corresponding sports qualification (the sports grade in all-style karate in the corresponding group of sports disciplines), and the written permission of the parent (the lawful trustee).

j) In group of sports disciplines full contact in MP all equipment of the athlete has to be provided for survey in the commission on the admission of participants of a sports competition, and also the senior judge of the platform before a duel.

### 3.2. The rights and duties of representatives of teams at a sports competition.

a) Each team at a sports competition has to have a representative whose name has to be stated in the application.

b) The representative of a team is an intermediary between athletes of this team and a judiciary board of a sports competition. The representative directs team and bears responsibility for behavior and discipline of athletes at competitions, in locations and food. The representative can combine duties of the coach of the team.

c) The representative of team is obliged:

- to know and observe these Rules, the provision (regulations) and the program of a sports competition;

- to submit the application for participation in a sports competition and other necessary documents to the Commission on the admission of participants of a sports competition in due time;

- to be present at the Commission on the admission of participants of a sports competition, the draw and meetings appointed by the main judiciary board;

- to inform athletes of the team on the decisions of a judiciary board;

- to provide timely appearance of athletes of the team for participation in a sports competition;

- to be in the place, specially allotted for representatives, before the end of participation in competitions of the athletes of his team and to leave it only with the permission of the chief judge of competitions;

- to be tactful and polite.

d) The representative of a team has the right:

- to be present during weighing and medical examination;
- to give offers and to participate in the discussion of questions at joint meetings of judges and representatives;
- to receive explanations from the main judiciary board of a sports competition;
- to give protests according to these rules;
- to receive protocols with results of a sports competition in the secretariat of a sports competition;
- to debar the athlete of team from a sports competition if the athlete is not able to continue competitions, having in writing informed on it the secretariat of a sports competition.

e) It is forbidden to the representative of team:

- to interfere with the work of judges and organizers of a sports competition;
- to instruct the athlete during his performance if he does not combine the trainer's duty.

f) The representative of a team cannot be a judge at the same sports competition.

g) The representative of a team can be discharged by the solution of the main judiciary board of a sports competition off the management of the team for the violation of these rules and non-performance of his duties.

3.3. The rights and the trainer second's duties at a sports competition.

a) The trainer second is obliged:

- to know and observe these rules and the provision (regulations) of a sports competition;
- to be dressed in a sports suit during the sports competition;
- to assist and give advice to the athlete, being only in the place established for the trainer second;
- to be present at meetings for the trainers appointed by the main judiciary board of a sports competition.
- to be tactful and polite.

b) The trainer second has the right:

- to be present at the draw, weighing and medical examination of the athlete;
- to stop a performance of the athlete, but not after the referee has opened the account;

- to give advice to the athlete during the performance and in breaks between rounds.

c) It is forbidden to the trainer second:

- to support the athlete by shouts for what the remark can be made to the trainer second or he can be removed from the platform;

- to start arguments with judges, to interfere with the work of judges and organizers;

- to refuse a duel when the referee reckons seconds of a knock-down or knockout.

d) The trainer second cannot be a judge at the same sports competition.

e) For the violation of these rules the trainer second can be discharged of fulfillment of duties by the solution of the main judiciary board of a sports competition.

## 4. Procedures

4.1. Commission on the admission of participants of a sports competition (credentials committee).

a) The date, the time, the place and the operating procedure of the commission on the admission of participants of a sports competition is defined by the provision (regulations) of a sports competition.

b) The chief judge or his deputy, the chief secretary, the doctor of the competition, and also members of the commission who are appointed by the organization holding the sports competition are a part of the commission on the admission of participants of a sports competition.

c) The commission on the admission of participants of a sports competition checks the applications and documents of athletes for compliance to requirements of the Rules and the provision (regulations) of a sports competition.

4.2. Draw of athletes or teams.

a) Draw is carried out for the definition of the sequence of performances in a sports competition of athletes and/or teams.

b) Draw is carried out by the Commission on the admission of participants in the presence of representatives of the teams participating in a sports competition.

c) Draw is carried out in each type of the program of a sports competition upon termination of work of the commission on the admission of participants of a sports competition with the rating (skill of athletes) taken into account.

The date, the time, the place and the way of carrying out of the draw are determined by the provision (regulations) of a sports competition.

d) In case when 2 and more athletes from one team act in one weight category, the draw is to be carried out so that they would not meet in the 1st round of the sports competitions if other is not stipulated by the Provision on a competition.

e) The serial number of the athlete chosen by the draw is entered in the protocol of results of the draw and is kept for him for all the time of a sports competition.

f) The protocol of the draw is signed by the chief judge and the chief secretary of a sports competition, then replacements and shifts are not allowed.

#### 4.3. Weighing and medical examination.

a) Weighing and medical examination of athletes can be carried out the day before or on the day of holding a sports competition that is established by the provision (regulations) of a sports competition.

b) It is allowed to use several scales for weighing, at the same time athletes of one weight category have to be weighed on the same scales.

c) For an hour prior to weighing athletes are given an opportunity of control weighing on scales on which official weighing will be carried out.

d) Weighing is carried out by the crew of sports judges appointed by the chief judge of a sports competition. Results of weighing are entered in the protocol.

e) During weighing and medical examination the athlete is obliged to show the document with the photo proving the identity.

f) The athlete who was late or absent during weighing, medical examination is not allowed to participation in a sports competition.

g) The athlete who had experience the procedure of weighing, medical examination, but did not participate in a sports competition is considered to lose in the competition.

#### 4.4. Stating a protest.

a) The protest can be stated in connection with violation of the rules by the representative of a team in written form within 10 minutes after the end of a performance of the athletes and prior to the following round of competitions.

b) The protest has to be short and be based on a point of these rules. The protest has to be limited only to problems of that team which states it. The representative of the team has the right to provide video records of disputed issues for viewing. The protest which is not corresponding to the present point of Rules or given with violation of time of its stating is declined.

c) Time of stating of a protest is registered by the chief secretary of a sports competition.

d) The protest is considered by the main panel of judges or a special appeal jury.

e) The protest is considered as quickly as possible. The consideration of a protest and decision-making takes no more than 5 minutes. Upon termination of this time the chief judge of a sports competition announces the decision made on a protest. In case of a divergence of opinions on a protest the decisive word belongs to the chief judge of a sports competition.

f) The decision upon a protest is final and is not subject to the appeal.

## 5. Characteristic of the venue of a sports competition, equipment, stock

5.1. The following requirements are imposed to the platform (tatami) for holding a sports competition:

a) platform form - square, the size - 8x8 meters;

b) the safety zone around the platform has to be not less than 2 m;

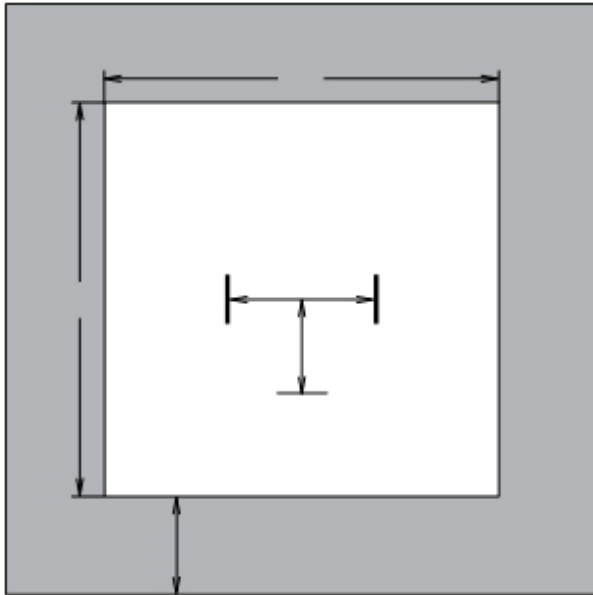
c) covering - a tatami of the established sample, 2,5 - 4 cm thick, the exact thickness is defined by regulations;

d) if the platform consists of several mats, then it is necessary to shift them densely and to fasten strongly, there should not be hollows and ledges in junctions;

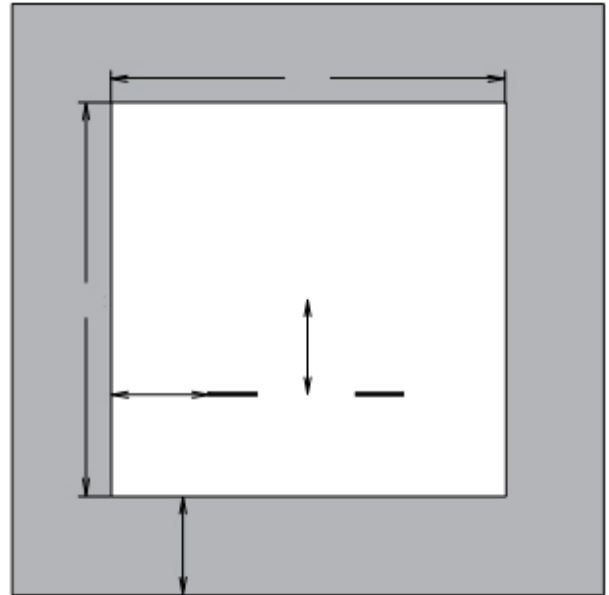
e) around the platform at the distance of 2 meters there should not be foreign objects, including chairs for accommodation of seconds; the audience has to be not closer than 3 meters from the platform;

f) the following marking is put for duels: starting lines of participants, 60 cm long, are located in the center of the platform at the distance of 3 m from each other; to the left of the referee the line has to be white, on the right - red; the position of the referee is designated by the line at distance of 2 m from the center of the platform (pic. 1).

g) for a kat the following marking is put: starting lines of participants, 60 cm long, are located opposite to the referee at the distance of 2 m from the center and 2 m from platform sidelines; to the left of the referee the line has to be white, on the right - red (pic. 2).



Pic. 1. The platform for duels



Pic. 2. The platform for a kat

5.2. In the venue of competitions there has to be the following equipment and stock:

- a) tables and chairs for panels of judges, heads of platforms, the secretariat, the doctor;
- b) electronic or panel board information displays with sets of plates of the established sample, on one on each platform;
- c) scales for weighing (with weight categories);
- d) sound signals (gongs), on one on each platform; the sound signal can be any system, but with a good timbre of sounding;
- e) stop watches on each platform (stop watches have to have devices for a stop and inclusion without dropping indications before the end of fight);
- f) microphones on one on each platform;
- g) white and red belts in necessary quantity;
- h) white and red tags in necessary quantity;
- i) sets of plates with grades of the established sample;
- j) necessary office equipment;
- k) writing materials;
- l) other necessary equipment and stock according to the decision of organizers of a sports competition.

5.3. The following requirements are imposed to the venue of a sports competition:



a) the coefficient of natural lighting of the hall has to be not less than 1:6, artificial lighting - not less than 100 lx. The platform has to be lit from above with lamps of the reflected or diffused light with a protective grid;

b) during competitions indoors temperature has to be from +15 to +25 degrees C, humidity of air not lower than 60%. Ventilation has to provide triple exchange of air in an hour;

c) during competitions in the open air temperature has to be about +15 to +25 degrees C. The ring has to be protected from direct sunlight.

## II. LIMITED CONTACT

### Chapter 1. Duels.

#### 1. Duel duration

1.1. The duel consists of one round, duration up to 5 min pure time.

1.2. In case of neutral result the additional round is announced if it is provided by the provision (regulations) of a sports competition.

1.3. Time in which there are direct actions of athletes which is stated by the referee is considered to be the duration of a duel and terminates on a final audio signal.

1.4. 30 seconds prior to the termination of a duel, the warning audio signal is given, and at the end of the main time the second sound signal is given.

1.5. The participant is obliged to come to the ring during the first minute of the duel. During a duel the athlete can receive medical care, but for no more than 5 minutes. Between duels rest is provided for not less than 2 minutes to the athlete.

1.6. Points 1.1 - 1.5 are concretized by regulations of Russian sports federation.

#### 2. Age groups and weight categories.

##### 2.1. Age groups:

a) young men and girls - 12-13 years;

b) young men and girls - 14-15 years;

c) juniors - 16-17 years, 18-20 years;

d) men, women - more than 20 years.

2.2. Duels are carried out in weight categories determined by Russian register of sports.

2.3. Competitions in absolute category (ippon) are held without any division into weight categories.

### 3. The allowed actions and their description.

3.1. During a duel athletes strike blows with hands, legs in a test zone, carry out throws, and also protective actions.

3.2. Blows are struck with:

- a) fist and edge of a palm;
- b) feet.

3.3. Test zones:

- a) head;
- b) neck;
- c) body higher than the line of the huckle bone;

3.4. Requirements to blows:

- a) the blow has to be controllable without injuring the rival;
- b) the blow at its designation has to be executed with the maximum force and speed;
- c) the look of attacking has to be directed towards striking a blow;
- d) the choice of a distance and time of the attack have to be optimum for drawing effective blow in a test zone;

3.5. The throw with an amplitude is carried out with the rival's insurance.

### 4. The forbidden actions and their description.

4.1. The forbidden actions:

- a) blows in the head, the neck, the back executed with excessive contact;
- b) blows with the head, knees, elbows;
- c) attacks to the groin and the joints;
- d) attacks with throat contact;
- e) any actions which led to a trauma or menacing to health of the rival;
- f) blows and designations of blows by fingers

g) throws on the head, throws with an amplitude without safeguarding, throws with falling on the rival with the whole body;

h) deliberate pushing out the rival out of borders of the platform;

i) captures of rival's fingers or toes;

l) neglecting self protection;

m) attacking actions after the end of the duel.

4.2. It is forbidden in equipment:

a) to roll up sleeves of a jacket and trousers;

b) to act in footwear, untidy (torn, dirty, crumpled) uniform;

c) for girls, juniors and women to act without protection on a breast in the types of the program stipulated by the Provision on a competition;

d) wearing rings, earrings, chains, hairpins, glasses and other foreign objects which can cause a trauma during a duel;

e) use of the additional not regulated protective and other stock.

4.3. Other forbidden actions:

a) evasion from maintaining a duel;

b) simulation of a trauma, disease;

c) exit from the platform without the permission of the referee, including with the purpose of receiving medical care;

d) non-obedience to the orders of the referee;

e) unethical behavior of the athlete;

f) unethical behavior of the representative, trainer, members of team of the participant of a duel in the zone of competitions.

5. Assessment of actions in duels, charge of positive points.

5.1. Two points are awarded for actions with respect for all criteria of point 3.4.

5.2. Additional criteria for assessment of 2 points (ippon) are:

a) a combination of the estimated blows;

c) a throw with the finishing blow;

d) an effective attack by a fist or foot which is carried out to "rate of the movement" (within 2 seconds) after the destabilization of the opponent;

e) a throw without falling if it is provided by the provision (regulations) of a sports competition.

f) when the attack is executed with accurate calculation of time for an advancing of action of the rival: began after the attack of the rival, and ended before completion of the attack of the rival who began the attack first;

g) the blow struck when the rival became defenseless.

5.3. One point (vazari) is awarded:

a) for actions which do not completely correspond to one of requirements of point 3.4.

b) receiving by the rival the second assessment "violation" for a duel (if it is regulated by the Provision);

c) obtaining the prevention by the rival for the second exit from a tatami (if it is regulated by the Provision);

5.4. Actions are not estimated if are executed:

a) at the same time by both athletes;

b) outside a tatami;

c) after the end of the duel.

## 6. Violations of the rules, sanctions for violations.

6.1. For violations of the rules the following sanctions are applied to athletes:

a) remark;

b) warning (with charge of a point to the rival if it is regulated by the Provision);

c) technical disqualification (on a duel) with award of a victory to the rival;

d) disqualification (on a competition) with award of a victory to the rival and cancellation of results of the disqualified on the competition.

6.2. The remark is announced for:

a) attempt to carry out or carrying out a forbidden action which does not endanger the rival's health;

b) neglecting self protection;

c) evasion from a duel;

d) stepping out of the tatami limits which are defined by the Provision on a competition;

e) non-obedience to the referee's orders;

f) absence on the tatami for more than 1 minute from the moment of the challenge of the athlete on a duel.

6.3. The warning is announced for:

- a) repeated violation which earlier caused the remark;
- b) carrying out the forbidden action creating potential danger to the health of the rival;
- c) stepping out of the tatami limits which are defined by the Provision of a competition;
- d) absence on the tatami for 1 minute from the moment of the challenge of the athlete on a duel.

6.4. Technical disqualification is announced in the following cases:

- a) repeated violation which earlier caused the prevention;
- b) causing a trauma to the rival that prevents him from continuing the duel;
- c) stepping out of the tatami limits which are defined by the Provision on a competition;
- d) absence on the tatami for 1 minute from the moment of the challenge of the athlete on a duel which is concretized by regulations.

6.5. Disqualification at a competition is announced for:

- a) unethical behavior of the athlete;
- b) unethical behavior of the representative, trainer, members of team of the participant of a duel in the zone of competitions.

6.6. The athlete's stepping out of the limits of a tatami is a spade out of the limiting line, and also a floor contact outside a tatami with any part of body during a duel.

The athlete is not punished for stepping out of the limits of a tatami if it resulted from actions of the rival (a throw, a push, blow).

If both athletes went beyond a tatami, the sanction for stepping out of the limits of a tatami is applied to the first one to cross the line.

6.7. Touch, contact, trauma.

a) Easy influence of a shock surface of the attacking rival on a surface of a test zone is considered to be a touch.

b) The action exceeding point a) in the parameters is considered to be a contact.

c) A trauma is a violation of integrity of tissue which does not allow the athlete to continue the competition. The medical judge (doctor) defines getting injured, removes the injured athlete from the competition. The athlete who put a trauma is disqualified until the end of the competition.

7. Definition of winners of a sports competition, action of sports judges

7.1. The flawless victory is awarded to the athlete who:

a) was the first to gain the required number of points according to the Provision on a competition.

b) gained the bigger number of points during a duel

c) at disqualification of the rival;

d) in case of absence of the rival on a duel.

7.2. In case of the equal account by the time of the termination of a duel, proceeding from the provision (regulations) of a sports competition:

a) the victory is awarded by the decision of judges;

b) the additional round is carried out;

c) the victory is defined according to the protocol of weighing (the victory is awarded to the lighter athlete).

7.3. Awarding a victory the decision of judges uses the following criteria on descending:

a) existence of grades "ippon";

b) existence of grades "vazari";

c) existence of preventions and punishments;

d) quantity of stepping out of the tatami limits;

e) the quantity of the attacking movements.

7.4. The referee stops a duel in the following cases:

a) if the athlete executed a stroke on a grade "ippon" or "vazari";

b) if the athlete fell into a state "out of a tatami";

c) if there was a dangerous situation;

d) if during a duel athletes are insufficiently active and do not make real attempts to proceed to any action;

e) if medical care is necessary for an athlete;

f) if the disorder in the athlete's suit is found;

g) if the athlete violated these rules and it is necessary to announce a remark or a warning;

h) on a signal of the side judge if the referee finds it possible at that moment;

i) at the request of the athlete if the referee finds it possible at that moment;

j) if decision of disqualification of an athlete is made;

k) at the request of the chief judge or arbitrator (of that duel).

## 8. Sports equipment of athletes, dress code of trainers and sports judges

8.1. Athletes act without footwear in white karategi, and also have to be girded. The following requirements are imposed to sportswear:

a) the jacket has to have length which covers the groin, but does not cover knees, sleeves of the jacket have to be longer than the elbow, but not close the hand; width of a sleeve has to provide on all length a gleam between a hand and fabric not less than 10 cm;

b) trouser legs has to be below the knee but not to close the anklebone; width of a trouser leg has to provide on all length a gleam between a leg and fabric not less than 10 cm;

c) the belt has to cover twice and fit a trunk tightly and be tied in front by the flat knot fastening both of its rounds; width of the belt has to make 4-5 cm; length of the ends of the tied belt has to be identical and make 20-30 cm; flaps of the jacket have to be 20-30 cm lower than the belt.

8.2. Athletes also have to use equipment of the established sample:

a) mouth guard for one jaw;

b) overlays for hands;

c) shin blades;

d) helmet;

e) a protector on a breast;

f) for male athletes - a protective cup on the groin;

g) for female athletes - a bra or the closed bathing suit, and also a white undershirt.

8.3. Trainers, representatives and sports judges during the sports competition have to be dressed as follows:

a) trainers - in a sports suit;

b) sports judges and representatives - in the form approved by the Russian sports federation.

## **Chapter 2. Kata (kata - godzyu-ryu, kata - wado-ryu, a kata - rengokay, kata - group)**

### 1. Age groups of competitions on a kat.

1.1. Sports competitions in kata are held in the following age groups:

- a) young men, girls 8-9 years old;
- b) young men, girls 10-11 years old;
- c) young men, girls up to 14 years old;
- d) young men, girls up to 16 years old;
- e) juniors up to 18 years old;
- f) men, women (18 years and more).

1.2. An athlete can act only in one age group.

1.3. Participation in a competition in a higher age group is stated in the provision (regulations) of a sports competition.

1.4. Rules provide 5 programs of kata according to the Russian register of sports.

## 2. Evaluation methods and criteria

2.1. At kata competitions three methods of assessment are applied (it is concretized by the Provision on a competition):

a) a comparison method - assessment of simultaneous performance by two athletes of the strokes announced by the referee (refereeing is carried out by means of red and white tags);

b) a method of points - assessment of the strokes declared by the participant (the winner is determined by bigger score, at the same time the highest and lowest estimates are rejected);

d) mixed - at different stages of a competition both methods a) and b) are applied.

2.2. The performance is estimated by the following criteria:

- a) sequence of elements;
- b) control of tension and relaxation of a body;
- c) concentration and control of force;
- d) control of speed and rhythm of movements;
- e) the sliding movements of legs;
- f) direction of the movement;
- g) correctness of the technology of execution of kata;
- h) coordination;
- i) stability and balance;



- j) compliance of breath to the technique;
- k) synchronism of actions in group performances.

2.3. Technical disqualification is announced in the following cases:

- a) stop and termination of performance of a complex of kata;
- b) if kata other than declared is carried out;
- c) the participant replaced a part of the declared complex of kata if it is provided by regulations;
- d) in other cases provided by the provision (regulations) of a sports competition.

### 3. Performance course, additional round

#### 3.1. Performance course.

a) In competitions with application of a method of comparison the referee with the help of the appropriate program determines and announces a form for execution by the casual choice from cards with names of kata complexes. Athletes at the word of a referee or a signal a whistle begin to carry out this form of complexes of kata.

b) In competitions with application of the method of points the athlete has to choose an initial position which will allow to execute this form of a complex of kata within the ring and to announce the name of the complex. After the referee repeats the name, the athlete begins demonstration without any orders and signals of the referee.

c) After performance of a complex of kata the athletes to back to the initial position and wait for the decision of judges.

d) In one of the following cases the referee can call judges on a meeting (if judges at a meeting did not come to a consensus, the referee passes the decision on the basis of the opinion of the majority):

- the athlete violated rules or made a mistake;
- the athlete was traumatized;
- there was a difficulty in grading;
- upon the demand of the judge;
- upon the demand of the chief judge.

e) If there was one of above-mentioned cases, the judge has to give a signal by means of a whistle.

f) The secretary enters the name of the kata, grades and the result in the protocol.

g) In competitions with application of the method of comparison the judges express the opinion by means of tags on the referee's whistle signal and do not lower tags until the second signal of the referee.

h) In competitions with application of the method of points the judges announce the grades on the referee's whistle signal and do not lower the grade signs until the second signal of the referee.

i) One of judges-secretaries has to announce the grades of judges, clockwise starting with the referee. Other judge-secretary has to enter results in the protocol and count the score.

j) Athletes can leave the ring only after the announcement of the result.

3.2. In case of neutral result in competitions with the application of the method of comparison the additional round is appointed, the referee has to choose another form of kata, at repeated neutral result the solution of the referee is decisive.

3.3. In case of equality of points of the athletes in competitions with the application of the method of points, the winner is defined:

a) by comparison of the lowest resultant scores. If the lowest resultant scores are equal, the highest resultant scores are compared.

b) by addition of earlier rejected lowest mark. If score remains equal, the winner is defined by addition of earlier rejected appreciation.

If the neutral result remains, then the additional round with performance of other complex of kata is appointed.

## **Chapter 3. Kata-bunkay.**

### 1. Age groups.

1.1. Sports competitions in kata-bunkay are held in the following age groups:

- a) boys, girls of 10-11 years old;
- b) young men, girls of 12-13 years old;
- c) young men, girls of 14-15 years old;
- d) juniors of 16-17 years old;
- e) men, women (18 years and more).

1.2. An athlete can act only in one age group.

1.3. The possibility of a performance of the athlete in a higher age group is considered in each case by the commission on the admission of participants to a

sports competition. The decision is made proceeding from sports qualification of the athlete.

## 2. Content of competitions

2.1. The competition in kata-bunkay is a demonstration of applied opportunities of karate.

Competitions take place in pairs. Couples can be male, female and mixed.

2.2. Character and system of competitions.

a) Competitions take place in three circles, in each circle the pair declares a new complex of kata.

b) In the first circle before the execution of the first kata-bunkay the first number in the pair, having turned facing the senior judge on the platform, shows the first technical element from the kata. After the demonstration of a technical element the first number turns facing the second. The second number from a position "hands are bent in elbows, palms clenched at the level of a chin" attacks the first number who stands in a position "foot on width of hips on one line, hands on seams" (an attack expectation rack) at first the right side (a hand or a leg) then the left side (a hand or a leg).

c) Further there is a change, the attacks are done on the right and left sides by the first number. After the demonstration of the first kata-bunkay of both the first and the second number the participants come back to an attack expectation rack, standing opposite to each other.

d) The first number turns facing the senior on the ring and shows the second technical element from the kata. The procedure of the execution of the second kata-bunkay of the first circle repeats as with the first.

e) Having finished the execution with the first and second number of the second bunkay of the first circle the first number turns facing the senior on the ring and shows the third technical element from the kata. The procedure of the execution of the third kata-bunkay of the first circle repeats as with the first and second.

f) After the demonstration of three kata-bunkay in the first circle from the declared kata the panel of judges estimates the score of the execution as in kata competitions.

g) After the first circle there are 16 pairs of participants with the highest scores who pass to the second circle. After the second circle there are 8 pairs of participants with the highest scores who pass to the third circle.

h) After the third circle the pair of champions and two pairs of prize-winners are defined.

### 3. Requirements to participants

3.1. Competitions take place without division into weight categories. The admission of athletes on a competition, draw of pairs of participants, sportswear are the same, as in kata competitions.

#### 3.2. Features of medical examination:

a) Each 6 months the athlete undergoes medical examination according to the medical control record. 3 months after the medical examination the athlete has a profound medical examination with a neuropathologist, an ophthalmologist, an otolaryngologist, a therapist.

b) On the basis of the final data of the medical examination and survey of the doctor who supervises the athlete the doctor grants permission for participation in competitions, but not earlier, than five days prior to their beginning.

c) The results of the medical examination have to be brought in the classification book of the athlete.

3.3. Medical examination of judges is performed before the competition. During the medical examination their readiness to be a referee or the side judge is defined.

Medical requirements to judges are defined by regulations of Russian sports federation.

### 4. Panel of judges, evaluation criteria

4.1. The panel of judges on the ring from the 1st to the 3rd circle consists of:

- a) the judge informant (at a judicial table) - 1;
- b) the judge-secretary (for counting of points) - 1;
- c) the senior judge to the platform - the referee (in the center of a tatami) - 1;
- d) judges on the ring. (on tatami corners) - 4.

4.2. The assessment of the execution of kata-bunkay:

- a) first circle 5.0 - 7.0 average score: 6.0
- b) second circle 6.0 - 8.0 average score: 7.0
- c) third circle 7.0 - 9.0 average score: 8.0

4.3. During the execution of kata-bunkay the panel of judges estimates the execution, taking away points from the highest assessment by the following criteria:

- a) execution of kata-bunkay close to a kata technical element - from 0.1 to 0.5 points

- b) loss of balance or failure in the execution - from 0.1 to 1,0 points
- c) possibility of practical application of kata-bunkay - from 0.1 to 0,5 points
- d) speed of the attack and counterattack - from 0.1 to 0,5 points
- e) purity of technical actions - from 0.1 to 0,5 points
- f) accurate convincing designation when "finishing" the opponent - from 0.1 to 0,5 points
- g) balance preservation, clearness of racks before and after the execution - from 0.1 to 0,3 points
- h) emotionality of execution of kata-bunkay including the shout and the look - from 0.1 to 0,5 points
- i) vigor (force and power) of execution - from 0.1 to 0,3 points
- j) endurance, the preservation of the precision of the movement at fatigue - from 0.1 to 0,5 points

4.4. Couple is disqualified in the following cases:

- a) If during the execution of kata-bunkay the first or the second number was traumatized.
- b) If during the execution of kata-bunkay there was a pause for more than 3 seconds.
- c) If during the execution of kata-bunkay there was a failure and a stop.
- d) If the attack was made two times by one party with a hand or a leg.
- e) If kata-bunkay does not correspond to the declared one.

## **Chapter 4. Free combination (enbu).**

### 1. Age groups, duel time, main requirements

1.1. Sports competitions in free combination (enbu) are held in following age groups:

- a) young men, girls of 10-11 years old;
- b) young men, girls of 12-13 years old;
- c) young men, girls of 14-15 years old;
- d) juniors of 16-17 years old;
- e) men, women (18 years old and more).

1.2. The athlete can act only in one age group.

1.3. The possibility of a performance of the athlete in a higher age group is considered in each case by the commission on the admission of participants to a sports competition. The decision is made proceeding from sports qualification of the athlete.

1.4. A competition in free combination represent a speech of two athletes who within the ring show the attack and protection representing the prepared choreographic sequence of the established duration.

1.5. Time for demonstration makes 1 min. ( $\pm 5$  c). Time count starts from the moment when any of participants begins the movement, and comes to an end when both athletes come back to the position sitting on a floor. As soon as athletes acquire the specified position the timing stops.

1.6. The technique of the attacking party has to include:

- a) direct stroke by a hand;
- b) direct kic;
- c) circular kick;
- d) kick with a turn through the back.

Technology of blows by an open hand and the attacks by fingers to the eyes is forbidden.

*Note: 1. The attack has to be purposeful.*

*2. Violation of balance is allowed.*

*3. Captures and pins are allowed.*

1.7. Requirements to the protected party:

- a) the protected party has to avoid the attacks using blocks, evasion or shift;
- b) the direct strokes, blows by forearms, removing blows, blows by legs aiming at the face, area of the head, area of a stomach, area below stomach.
- c) the necessary requirement is the finishing blow.

*Note: 1. Removal from balance, captures and pins are allowed only for counter-attacks.*

*2. The contact is forbidden for both parties, except for blocking actions with a hand, a leg or at removal from balance of the rival.*

*3. For both parties alternations of attacking/protective actions are possible or only one party carries out attack or protection. An exception is the mixed type where only the man can attack.*

*4. A participant has to stay ready after the end of a combination and the beginning of performance of the following combination.*

5. *At the end of a performance one of the parties has to show the technique of the performance of the finishing blow (in the mixed type it is shown only by the woman);*

6. *It is authorized to perform technical operations in the form of the finishing blow once at the end of a performance.*

1.8. In addition to the demonstration of compulsory technical actions (item 1.6.) it is resolved to demonstrate any others that is stated in the provision (regulations) of a sports competition. During the performance no objects or stock are used.

## 2. Evaluation criteria, system of definition of the winner

2.1. In free combination the winner is determined by the sum of the gained points.

During a the preliminary competitions the judges determine the sum by the formula: main points minus penal points.

Formula of counting of points in the finals: the main points plus points for skill minus penal points.

2.2. The main points are defined by four factors:

a) Technique:

- vigor of execution;
- the sequence and evenness of performance of technical actions without any stops;
- balance (rack, position, coherence of movements).

b) A right choice of time and distance for effective application of the technique.

c) Emotionality of execution, concentration of the athlete.

d) Choreography:

- demonstration of the technique;
- realism;
- smoothness of movements.

2.3. Points for skill are defined by two factors:

a) Skill - quality of performance of technical actions.

b) Impression which the performer makes with his realistic and effective execution.

2.4. The following conditions are the basis for subtraction of penal points:

- a) missing a compulsory technical element (item 1.6.);
- b) non-compliance with the temporary standard in the big or smaller party;
- c) uncertainty, fluctuations or stop of a performance;
- d) lack of the finishing blow which is obligatory at the end of a performance;
- e) the attacking technique it is not at all directed to the opponent;
- f) there is no hitting the mark during the execution of the finishing blow;
- g) a mistake in protection (missing a block, etc.);
- h) contact (extent of contact is defined by kumite rules, all decisions concerning extent of contact are made by the doctor);
- i) application of an attack by fingers to the eyes;
- j) performance of inappropriate capture or pin by the defending party;
- k) the woman begins the attack instead of counterattack or the deceptive movement (feint);
- l) the man, but not the woman shows the finishing blow in the mixed category;
- m) the athlete forgot to bow to the referee or the partner at the beginning or at the end of a performance;
- n) one of the participants goes out of the ring and touches surface of the floor out of the ring with any part of the body;
- o) on finishing the free combinatiob at final bow participants are in the wrong position and/or are incorrectly turned (relative to the starting position).

2.5. Prior to the competitions the judges have to hold a meeting on the elaboration of common and consecutive approach to counting of points.

2.6. During the counting of points the following principles are used:

a) Main points (selection performances)

	Very bad	Bad	Poor	Below average	Middling	Above average	Good	Very good	Excellent
Performance technique	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2,0
Timeliness	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2,0
Emotionality	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2,0
Choreography	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2,0
Total amount	5,1	5,6-5,9	6,0-6,3	6,0-6,3	6,4-6,7	6,8-7,1	7,2-7,5	7,6-7,9	8,0



## b) Points for skill (finals)

	Very bad	Bad	Poor	Below average	Middling	Above average	Good	Very good	Excellent
Skill and impression	1,0	1,1	1,2	1,3-1,4	1,5	1,6-1,7	1,8	1,9	2,0

## c) Penal points

№	Type	Gradation	Penal points
1	Missing of compulsory technical elements		0,2 for each case
2	Non-compliance with time frames (in the big or smaller party)		0,2 for each 5 sec
3	A fluctuation/stop		0,2 for each case
4	Lack of the finishing blow		0,2 for each case
5	Attack / missing the mark		0,2 for each case
6	Protection / the finishing blow missing the mark		0,2 for each case
7	A protection mistake		0,2 for each case
8	The attack by fingers to the eyes		0,2 for each case
9	Protection / inappropriate capture/pin		0,2 for each case
10	Contact (slight or moderate)		0,2 for each case
11	The woman attacks		0,2 for each case
12	The man - the finishing blow against the woman		0,2 for each case
13	The finishing blow is executed several times		0,2 for each case
14	Lack of bow		0,2 for each case
15	Stepping out of the tatami		0,2 for each case
16	Wrong finishing position/direction	Position direction	0,2 for half of a step 0,2 for 30°

*Note: By each criterion penal points are summarized.*

2.7. Technical disqualification is applied in the following cases:

- a) during the performance the delay or the wrong movement lasts 5 seconds or more;
- b) the athlete talks during the performance;
- c) during the performance the athlete receives the hint or trainer's instructions from any attendee at competitions;
- d) the athlete ignores instructions of the judge.
- e) the behavior and manners of the participant are incorrect, go beyond the standard framework or are not combined with rules of conduct at competitions at the heart of it;
- f) the contact is applied.

*Note: 1. Extent of contact is regulated by rules of duels. All decisions concerning extent of contact are made by the doctor. If the fact of a strong contact is revealed the athlete who violated the rules is disqualified.*

*2. Simulation of a severe injury during the performance provokes disqualification.*

*3. For designation of disqualification the judge holds a zero card over the head.*

2.8. The place of a competition is equipped according to rules of duel realization, the arrangement of judges and the tatami is the same as in kata.

## **Chapter 5. Double-event.**

### 1. Content of a double-event

The double-event represents sports discipline in which athletes consistently compete at first in kata, then in duels.

Performances in kata and duels for a double-event are held separately from other types of the program.

The technique of performance of actions and movements in kata and duels has to be identical.

#### 2. Age groups, competitions organization and refereeing

2.1. Double-event (fukugo) sports competitions are held in the following age groups:

- a) young men, girls of 12-13 years old;
- b) young men, girls of 14-15 years old;
- c) juniors of 16-17 years old;
- d) men, women (18 years old and more).

Competitions in double-event are held without division into weight categories.

2.2. In kata refereeing judges are guided by the rules of refereeing of kata competitions, in refereeing of duels - by rules of refereeing of competitions in duels of absolute category (ippon).

2.3. In double-event the winner is defined by the sum of the results of competitions in kata and in duels.

2.4. The athlete disqualified in kata is removed from the competition.

2.5. The place of a sports competition is equipped respectively for kata and for duels.

### III. FULL CONTACT

#### 1. Weight categories, age groups, duel duration

1.1. Duels are carried out in the weight categories determined by Russian register of sports.

1.2. The duel consists of one round lasting 2 minutes.

1.3. In case of neutral result the additional round duration appears:

a) in age groups up to 18 years old - 1 minute;

b) 18 years and more - 2 minutes.

1.4. Timing of a duel stops only by the solution of the referee.

#### 2. The allowed actions and their description

2.1. The following actions are allowed:

a) blows by legs in the head, the body, on legs: direct, side, from a turn;

b) blows by hands in the body, on legs: direct, side;

c) blows by elbows in the body - direct, side;

d) blows by knees in the body, the head, on legs - direct and side;

e) capture of karategi with one or two hands on the right or on the left, lasting no more than 2 seconds, on condition of performance of one action;

f) capture by one hand of the back part of the head for no more than 2 seconds with performance of no more than 1 action;

g) foot sweep with clear designation of finishing without contact.

h) throws: maki-komi-nage, ura-nage with clear designation of finishing without contact.

#### 3. The forbidden actions and their description

3.1. The following actions are forbidden:

a) captures: frontal capture of karategi from two sides (one on the right, the other on the left), with two hands of the head, capture of a helmet, capture of hair, capture of the opponent or his clothes lasting more than 2 seconds, performance of 2 or more actions in one capture.

b) the attacks in the spine, the groin or joints.

c) the attacks in the face with application of the techniques of the hand.

d) blows by hands: blows in the head, neck, groin, back, blows by the hand from a turn, and also any pushes with hands (one hand),

e) kicks: in the back, groin, direct strokes to the knee joint

f) direct strokes by legs from the waist down.

g) attacks with the head.

h) submission locks, capture of fingers and toes, strokes with the head, scratching, biting, blows to the lying opponent with contact.

#### 4. Assessment of actions, charge of positive points (scores)

##### 4.1. One point is added for:

a) accented kick in the head without knock-down.

b) knocking down of the opponent when carrying out a technical action (a tatami contact with three points of a body) with accurate designation of finishing without contact.

c) for attack without response for more than 15 seconds.

d) to the lighter athlete if the difference in weight is more than 10 kg.

e) violation by the opponent of rules of category "C".

##### 4.2. Two points are added for:

a) to the lighter athlete if the difference in weight is more than 20 kg.

b) violation by the opponent of rules of category "D".

##### 4.3. Three points are added for:

a) a knock-down (up to 5 sec.) after carrying out an allowed technique;

b) an allowed technique with clearly expressed efficiency (with temporary stop of functions of the athlete; with obvious withdrawal of the athlete from continuing the duel; with manifestation by a mimicry or gestures of effective action of the rival, etc.).

c) to the lighter rival if the difference in weight is more than 30 kg.

d) violation by the opponent of rules of category "E".

4.4. Six points are given for a flawless victory if when carrying out an allowed technique the opponent is in a knockout for more than 5 seconds and cannot continue the duel.

## 5. Violations of the rules, sanctions for violations.

### 5.1. Sanctions for violations of the rules:

#### a) Remark:

- capture for more 2 seconds;
- frontal capture of by two hands;
- pushes of the rival with hands;
- wrong captures, clinches, fight;
- an intended putting under the trajectory of a blow of the parts of a body forbidden for the attack.

#### b) Official remark:

- the evasion from fight depriving the rival of an opportunity to carry out a marked action;
- repeated violation leading to the remark (a);
- an easy, sliding, unintended forbidden blow by hands or legs which did not cause a trauma of the rival.

#### c) First warning:

- repeated violation leading to the official remark (b);
- delay with an exit of 1 to 2 minutes after a call on a tatami;
- the third stepping out of the tatami;
- the deliberate simulation of a trauma by the athlete established by the decision of the doctor.

#### d) Second warning:

- repeated violation of category C.
- if as the result of carrying out by the rival the unintentional forbidden action the athlete was traumatized, but according to the conclusion of the doctor can continue a duel and within 5 minutes returned on a tatami;
- neglecting protection or dangerous behavior provoking the rival to injuring or lack of adequate actions for self-defense;
- the 4th stepping out of the tatami.

#### e) Third warning:

- repeated violation of category D;
- if as the result of carrying out by the rival the deliberate forbidden action the athlete was traumatized, but according to the conclusion of the doctor can continue a duel and within 5 minutes returned on a tatami;
- talking to the rival, non-obedience to instructions;

- deliberate continuation of a duel after an order of the referee about a duel stop;
- the 5th stepping out of the tatami.

f) Disqualification for violation of the rules:

- repeated violation of category E.
- if as a result of carrying out by the rival the deliberate or unintentional forbidden action the athlete was traumatized, and according to the conclusion of the doctor cannot continue a duel;
- absence or delay on a tatami (over 2 minutes);
- incorrect behavior of the athlete, trainer, representative of team (insult words or gestures, obscene expressions, mocking at other participants and officials);
- the 6th stepping out of the tatami.

5.2. The repeated stepping out of the borders of the ring are considered to be a situation when two legs of the athlete or any other part of the body touch the floor outside the ring. An exception is the situation when the participant is physically pushed out or thrown by the rival out of borders of the ring.

The warning for stepping out of the tatami is considered separately and at counting of points is not summarized with other warnings. Three warnings for stepping out of the tatami make a warning of category C, four - D, five - E, six - disqualification.

## 6. Definition of winners of a sports competition, actions of sports judges

6.1. The athlete is considered to be the winner in a duel if:

- a) scored bigger quantity of points in the first round at the advantage of 2 or more points;
- b) was the first to score 6 points;
- c) as a result of carrying out by the athlete an allowed technique the rival is in a knock-down for more than 5 seconds and cannot continue a duel;
- d) the rival refused to continue the fight or is disqualified.

6.1.2. In the case when after an additional round the result is neutral again, then weighing is carried out. If the difference in weight is less than 2,5 kg, and in absolute weight categories less than 5 kg, one more final additional round is appointed according to point 1.3.

6.1.3. If it is impossible to define who is the winner according to points 6.1.1., 6.1.2. the winner is the athlete who has an advantage in activity.

6.2. Actions of the referee:

a) The referee of a duel calls participants to take initial positions and gives commands to participants for bow performance. Then he gives an order according to which participants stand in fighting racks, and then an order for the beginning of a duel.

b) To stop a duel (after time is out, to put the grades, or for announcement of a penalty), the referee gives an order for a duel stop along with the fast movement of a hand from top to down.

c) After the time of the duel is out and after the athletes take initial positions, referees (and judges) show who is the winner by gestures. Then the referee takes a step forward, declares and specifies the winner, raising a straight arm up - aside (the hand which is at the side of the winner is raised). After the announcement of the winner the referee of a duel releases the opponents from the ring after orders for bowing.

d) The referee has the right to stop a fight / to open the score after any action, for specification of the grades of side referees (points an outstretched arm at the judge and does a short whistle), can gather side referees for specification of grading.

6.3. The referee and 4 side referees have one voice each. Grades are put by a majority vote and are displayed on a special board.

6.4. After the first round the grades are not reset to zero.

## 7. Sports equipment of athletes

7.1. The athlete has to be dressed in clean white dogi and a belt. Nails on hands and legs of participants have to be cut short, wearing jewelry or other foreign objects is forbidden.

7.2. Athletes have to be equipped as follows:

a) a protective cup on the groin - for all males;

b) protection on a breast - for all females;

c) protectors on a shin and raising of foot - all categories of participants of competitions;

d) overlays for hands with open fingers (shingarda) - all categories of participants of competitions;

e) a helmet without visor - all categories of participants of competitions;

f) a mouth guard - all categories of participants of competitions.

## IV. FULL CONTACT IN MEANS OF PROTECTION

## Chapter 1. Duels.

### 1. Age groups, weight categories, duel duration

Age groups:

- a) young men, girls - 12-13 years old,
- b) young men and girls - 14-15 years old;
- c) juniors - 16-17 years old,
- d) juniors - 18-20 years old;
- e) men, women - more than 20 years old.

1.1. Duels are carried out in the weight categories determined by Russian register of sports.

1.2. The duel consists of one round:

- a) for athletes of 12-15 years - 2 minutes;
- b) for athletes of 16-17 years, men and women - 3 minutes.

1.3. In case of a neutral result one additional round can be announced:

- a) for athletes of 12-15 years - 1 minute;
- b) for athletes of 16-17 years, men and women - 2 minutes.

*Note: After each order to stop the watch is stopped and is turned on again after an order to begin.*

## 2. The allowed actions and their description

2.1. The zones allowed for the attack: head, case, hands, legs.

2.2. It is allowed:

a) To apply any resolved attacking and protective techniques to the areas allowed for the attack.

b) To strike blows with legs: in the head (except the nape), the neck (except the throat), in the body (except the spine), on the shoulders, forearms, on any side of the shin and hip.

c) To strike blows with knees: in the body, hands and legs, the head with capture and without it.

d) To strike blows with elbows to the head (except the nape and the neck), to the body (except the clavicles) in capture and without it.



e) To strike punches: in the head (except the nape), the neck (except the throat), in the body (except the spine), on the shoulders, forearms and legs in a rack and par terre position, in capture and without it.

f) To apply foot sweeps, tripping, grape-vines, scissors, with obligatory pursuit in par terre position for not less than 2 sec.

g) To use painful methods in par terre position on any joint of hands and legs (except fingers, wrists and feet).

h) To use suffocating methods with hands with use of karategi, both in a rack, and in par terre position.

i) To apply capture of the neck with only one hand, using a holding strap for karategi when performing the suffocation.

*Note: when carrying out a suffocation with the forearm of the right hand (when the opponent lies on the back) that the left hand should surely be between the neck of the athlete and the ring, and the right one take the karategi on the left hand and vice versa.*

j) To strike blows with legs, hands and knees to the parts of the body allowed for the attack in capture in a rack (within 5 seconds) and in par terre position (within 10 seconds).

k) To apply throws over the hip, the back, and also with capture with one hand for the head (at the same time the 2nd hand should take the rival's hand) with the subsequent pursuit in par terre position for not less than 2 seconds.

### 3. The forbidden actions and their description.

#### 3.1. It is forbidden:

a) To strike blows with hands in the throat, blows and their imitation in the spine, the nape, the groin;

b) To strike direct strokes with legs in the throat, any blows by legs in the spine, in the groin and to joints in the manner that could break them;

c) To hold the rival in capture over 5 seconds when carrying out a throw, striking blows by hands and legs, carrying out suffocating technique in a rack;

d) To hold the rival in capture over a 10 seconds when carrying out submission locks or suffocating techniques in par terre position;

e) to carry out submission locks in a rack, to use "the elbow lever" for a throw, to carry out twisting on hands and feet, submission locks on the spine and the neck, throws with landing on the head (purposely), and also twisting of the neck;

f) to strike blows in joints in the manner that could break them;

- g) to use the protective equipment which is not specified in point 7.2;
- h) to make capture of the head with two hands;
- i) to make capture of a helmet or mask of a helmet;
- j) to carry out "scissors" technique on the head which is resolved only at the international sports competitions;
- k) to carry out throws with capture of the head with 2 hands or one hand, without holding the opponent's hand with the 2nd hand;
- l) to strike uncontrollable blows, blows with fingers and joints of fingers, an open glove, to attack blow on an elbow joint of the taken hand, to scratch, bite, talk, to treat the rival, judges, the audience, etc disrespectfully.
- m) to strike blows with legs in par terre position to the rival in sports competitions in age groups up to 18 years.

#### 4. Assessment of actions, charge of positive points.

##### 4.1. Three points are awarded for:

- a) the action which led to a knock-down (including technical);
- b) the rival's throw with a separation of both legs from the ring (legs are higher than the waist);
- c) the kick in a jump which resulted in obvious painful effect or falling of the opponent;
- d) clear "scissors" technique on the body;
- e) blow (designation) by a leg or a knee in the head in par terre position. In competitions up to 18 years it is forbidden to strike blows by legs on the lying opponent;

*Note: after the imitation of a kick in the head in par terre position the referee must stop the fight and return the rivals in a readiness position. The blow is counted even in case of passive defense (the athlete pressed hands to the head for protection).*

- f) a series of 3 and more blows in par terre position without response (the opponent does not try to protect).

##### 4.2. Two points are awarded for:

- a) kick on the head with an obvious painful effect, but not leading to a knock-down;
- b) clear "scissors" technique on legs;
- c) a warning received by the opponent;

d) a throw with a separation of both legs from the ring with the subsequent pin for not less than 2 seconds (legs are lower than the waist);

e) the action which led to falling of the opponent when the athlete kept balance and remained in a rack;

f) the 2nd stepping out of the ring limits by the rival.

g) kick with a turn by the part of the body allowed for the attack, keeping balance at the same time;

*Note: falling is considered to be contact with the ring with 3 points with obligatory transfer of body weight on them.*

4.3. One point is awarded for:

a) blow by a hand to the area allowed for the attack;

b) kick on the supporting leg and on the body;

c) a remark received by the opponent;

d) blow by a knee and an elbow to the area allowed for the attack;

e) the 1st stepping out of the ring limits by the rival;

f) foot sweeps, tripping, grape-vines, takedowns with covering and subsequent pin for not less than 2 seconds;

g) protective actions (against throws) with covering and subsequent pin for not less than 2 seconds.

*Note: If the throw out of borders of the ring is made the athlete gets points for the throw and for the rival's stepping out of the ring (the athlete has to remain within the ring limits). Other actions are also estimated by addition of scores. For example: the athlete made kick in the rival's head that led to a knock-down, the athlete gets 2 points for the kick and 3 points for the knock-down, i.e. 5 points (record 2+3 is made in the protocol)*

4.4. Points are not awarded for:

a) a throw and any actions outside the ring;

b) mutual falling;

c) falling of the opponent without influence of his rival (stumbled, etc.);

d) the operation performed after the time of the fight (the gong, an order to stop or prior to the beginning of the fight and the order to start);

e) kick on the raised leg (protective action);

f) a mutual stepping out of the ring limits, or for stepping out of the ring of one athlete who is holding the rival in capture;

g) for simultaneous or following one another equivalent blows struck by athletes in sequence;

h) any blow that is not accented;

i) takedown, roll-up actions.

## 5. Violations of the rules, sanctions for violations.

### 5.1. List of violations:

- a) the participant is late with an exit to the ring for more than 1 minute after the repeated invitation;
- b) the participant asks a timeout when he is at a great disadvantage;
- c) the trainer or the second shouts, gives advice preventing work of the referee;
- d) incorrect behavior of the trainer, athlete or second during a duel, disagreement with the decision of judges;
- e) the athlete ignores orders of the referee;
- f) the athlete consciously breaks equipment;
- g) the athlete strikes or designates blows, inclines the head to the average level and below without making at the same time the estimated actions;
- h) the athlete strikes or designates blows in the forbidden zones;
- i) the athlete conducts a fight passively for more than 8 seconds.

### 5.2. Personal violations:

- a) the athlete attacks the rival before the order to begin or after the order to stop;
- b) the athlete uses the forbidden methods of attack;
- c) the athlete consciously violates the rules;
- d) the athlete talks during a duel, altercates with the referee and the rival.

5.3. For violations of the rules the following sanctions are applied to the athlete:

- a) if the athlete gets a remark 1 point is given to the rival;
- b) if the athlete gets a warning 2 points are given to the rival;

*Note: If a warning for violation of the rules is announced to the athlete, then he begins a duel in a sitting position facing the rival at the distance of 2 meters (toes are stretched out, sits on heels, hands on hips).*

c) disqualification - for intended commission of violations and for offensive behavior of the athlete, trainer, second or members of the team in relation to the rival or his team before during and after the duel, and also the same actions in relation to the judiciary board or organizers of a sports competition; for systematic violation of the rules, i.e. getting 3 and more penal points.

*Note: The athlete who gathered 3 and more penal points is disqualified in the corresponding duel and the victory is given to the rival.*

## 6. Definition of winners of a sports competition, actions of referees

### 6.1. The referee stops a duel if:

- a) a submission lock or a suffocating technique is carried out on a participant;
- b) a participant violates the rules;
- c) one or both participants stepped out of the ring limits;
- d) a participant was traumatized;
- e) participants are in an incoherent fight for more than 5 seconds in a rack and for more than 10 seconds in par terre position or both athletes do not carry out any estimated actions in capture in a rack or par terre position for more than 3 seconds;
- f) one or both participants are passive for more than 8 seconds;
- g) an athlete kicked the rival in the head in par terre position;
- h) an athlete carried out a series of 3 and more blows without response in par terre position (the opponent does not try to protect himself);
- i) in case of a knock-down;
- j) in case of a knockout;
- k) duel time has run out.

### 6.2. The senior judge has to stop a duel if:

- a) he or other judges noticed danger in a fight;
- b) a participant gained more than 4 penal points.

The duel can be also stopped for objective reasons (lighting, the arena, disorders in the stands etc.).

### 6.3. Pre-schedule victory is awarded:

- a) in view of clear advantage of one of the parties according to the decision of the senior judge;
- b) if during the fight the athlete used 3 techniques estimated at 3 points each.
- c) if the opponent got a second knock-down in the head.
- d) if the opponent got a knockout;
- e) if the athlete cannot continue fight because of a forbidden trick used against him;

f) if the opponent stepped out of the ring limits 3 times;

g) if the opponent is disqualified.

h) if the opponent refused to continue the duel (submission lock or suffocating technique is carried out).

*Note: In competitions up to 18 years when carrying out a submission lock on an elbow joint it is enough to complete a correct tipping movement of a hand on a corner more than 90 degrees to consider it a submission lock even if the participant did not refuse to continue a duel by voice or pat.*

i) if the opponent got more than 4 penal points.

j) at refusal of the trainer (second) of the opponent to continue the duel (the towel is thrown out).

k) if the opponent is discarded by the doctor because of a trauma that was received without using the forbidden actions.

*Note:*

*- existence of a trauma, its severity and the possibility to continue the fight are defined by the doctor of competitions.*

*- release from duels can be given only by the chief judge or his deputy on the basis of the conclusion of the doctor.*

*- the athlete on whose fault the injury is committed because of carrying out a forbidden trick and in case when the rival cannot continue fight is disqualified for this duel and he considered to lose in this fight (but he continues taking part in the competitions according to the grid of fights), and a flawless victory is awarded to his rival.*

*- if the athlete was traumatized not because of the rival and cannot continue the fight he loses in the fight. Flawless victory is awarded to his rival.*

*- if both athletes were traumatized at the same time and cannot continue the duel (are guilty mutually), then the winner is the participant who has more points.*

6.4. Definition of the winner and loser:

a) the result of the fight is defined by the grades of side referees, but the final decision is made by the senior judge, he demonstrates it by raising of the same color disk as the side referees;

b) in case when the senior judge does not agree with the solution of judges, he can call them up to the table of the main judiciary board for specification of the results, and only after that he lifts a color disk having specified the winner;

c) if the result of a fight is neutral after all rounds, then the senior judge declares the winner proceeding from:

- who carried out the action which led to a knock-down;

- who has less remarks and warnings;
- who has more 3 points grades;
- who weighs less, according to official weighing.

#### 6.5. Definition of the place of the participant:

a) in competitions to an elimination after the first defeat the places are distributed by the order of the elimination. At circular system the winner is the athlete who had more victories;

b) if all indicators coincide then both athletes take the highest place. In this case the subsequent place is not awarded.

### 7. Sports equipment of athletes, dress code of trainers and referees

7.1. Trainers, representatives and referees during the sports competition have to be dressed as follows:

- a) trainers and representatives - a sports suit;
- b) referees - in the form approved by Russian sports federation on all-style karate.

7.2. Athletes act without footwear in black, blue or white karategi and also must use the following equipment:

- a) a jock-strap (is put on under trousers);
- b) gloves of 8 ounces with open fingers or boxing gloves, which is defined by the provision (regulations) of a sports competition;
- c) a vest on the body (red or blue color depending on the color of the corner);
- d) a helmet on the head with a plastic (not blind) or steel mask or without a mask, which is defined by the provision (regulations) of a sports competition;
- e) overlays for shins and feet;
- f) overlays for forearms, for a knee and elbow - at will;
- g) mouth guard - protection for teeth.

7.3. All equipment of the athlete has to be provided for survey in credentials committee before the competitions and to the senior judge at the presence of participants before a duel.

### 8. Additional stock for competitions

8.1. The following stock is used for holding a sports competition:

- a) 6 sets of color disks. In each set there are 3 disks - 1 red, 1 blue, 1 red-and-blue;
- b) two whistles;
- c) two stop watches;
- d) three microphones connected to the sound-amplifying equipment;
- e) a gong;
- f) a video camera.

## **Chapter 2. Kata.**

### 1. Age groups, types of kata.

1.1. Sports competitions on kata are held in the following age groups:

- a) young men, girls of 10-11 years old;
- b) young men, girls of 12-13 years old;
- c) young men, girls of 14 - 15 years old;
- d) juniors of 16 - 17 years old;
- e) men, women (18 years and more).

1.2. An athlete can act only in one age group.

1.3. The possibility of a performance of the athlete in a higher age group is considered in each case by the commission on the admission of participants to a sports competition. The decision is made proceeding from sports qualification of the athlete.

1.4. Types of kata:

- a) solo performance - without object, with an object;
- b) pair performance - without object, with an object;
- c) free group performance
- d) group performance - women's self-defense - 1x1, 2x2;
- e) group performance - one against two - without object, with an object;
- f) group performance - performance of techniques with the use of legs.

1.5. The duration of a group performance (subparagraphs "c", "d", "e") is up to 3 minutes. The performance can be comic, but cannot be vulgar and rough. The technique shown after the time limit is not estimated. It is allowed to use objects



and stock. Use of a soundtrack is defined by the provision (regulations) of a sports competition, proceeding from technical capabilities of the venue of competitions.

1.6. Duration of group demonstration of special technique with the use of legs is up to 3 minutes. The purpose of the program is to demonstrate special technique with the use of legs. 2-4 athletes who have to show in total at most 16 techniques of blows by two legs or special techniques with the use of legs can participate in a performance. The technique shown after time limits or exceeding the technical maximum is not estimated. The athlete cannot repeat the same technique twice. However, another athlete can carry out a technique that was already shown. Use of stock is allowed (except objects). Use of a soundtrack is defined by the provision (regulations) of a sports competition, proceeding from technical capabilities of the venue of competitions.

## 2. Exit to a carpet, leaving from a carpet. Initial position, final position, music.

2.1. After the announcement of the surname the athlete has to go to the carpet immediately and greet with a bow on the ring (facing the center of the ring), then the participant comes to the middle of the ring and greets the audience, the senior judge and side referees with a bow. The athlete can start performing the complex only after the order of the senior judge.

2.2. Upon the termination of the complex the athlete has to take the final position and bow, turn facing the senior judge. If the pair performance comes to an end with falling on the ground or throwing an object to the ground, then at first it is necessary to rise, lift the object, to take the final position and having bowed, to turn facing the senior judge.

2.3. After the announcement of the final result of the performance, the participant bows to the senior judge, the audience and judges. Before leaving the ring the participant bows in the ring (facing the center of the ring), and then leaves it.

2.4. The participant can also not expect final score and leave the ring and expect the score next to the ring or in places specially stipulated by the provision on competitions.

2.5. The athlete has to take initial and final positions in the same point of the carpet and in one direction. If there are other initial and final positions, then it is necessary to warn the senior judge in advance.

2.6. Group performances can be followed by an audio track, other sections of competitions are carried out without music.

2.7. If the athlete could not participate in competitions after a repeated call of the athlete to the carpet by the senior judge or the judge-informant in time, non-appearance is stated. The time between each call is 1 minute.

### 3. Criteria of scoring solo performances

3.1. The highest mark is 10 points; the following criteria are used while adding and lowering the score:

- a) technical standard - 6 points.
- b) speed-force-endurance - 3 points.
- c) appearance-going out to the ring - 1 point.

3.2. For compliance of elements to the technical standard 6 points are charged:

Compliance to standards of school (accuracy, completeness, directions)	2 points	6 points
Balance, steady and correct positions	2 points	
Pauses and rhythm of movements	2 points	
Speed	1 point	3 points
Force	1 point	
Endurance	1 point	
Emotional spirit	0,3 points	1 point
Ability to express the style accurately	0,3 points	
Appearance (dress code, hairstyle, etc.), greetings at an entrance (exit) to/from the ring	0,4 points	

3.3. Decrease in grades for mistakes in the form accuracy, completeness and correctness of the directions:

a) for small discrepancy of elements to the technical standard of rules, and also in positions of hands (including position of fingers) 0,1 points are removed; for a repeated mistake 0,2 points are removed. If the mistake is repeated 3 and more times - 0,3 points are removed;

b) for small discrepancy of rules in technology of possession of an object 0,1 points are removed; for a repeated mistake - 0,2 points. If the mistake is repeated 3 and more times - 0,3 points;

c) in case of a rough discrepancy of above-mentioned rules: positions of hands, positions, the technique of the step and technology of possession of an object 0,2 points, a repeated mistake - 0,4 points, third and more repetition of gross violation - 1 point is removed;

d) a deviation from the right direction of the movement - 0,5 points.

e) a contact of the floor with the object, hands or legs (except the cases provided by the form) - 0,5 points;

3.4. Decrease in grades for mistakes in balance and positions:

a) for each small discrepancy of rules in positions, the technique of a step, 0,1 points are removed;

b) staggering, leaping - 0,3 points;

c) a contact with a hand - 0,5 points;

d) a support on a floor (except for the cases provided by the form) - 1,0 point;

e) falling on the floor (except for the cases provided by the form) - disqualification;

f) deformation of the object - 0,3 - 0,5 points.

3.5. Decrease in grades for mistakes in pauses and the rhythm:

a) "stops" - 0,1 points;

b) "forgetfulness" - 0,3 - 0,5 points;

d) clothes or the object influence the movement - 0,1 - 0,4 points;

e) violation of the rhythm and unreasonable pauses before a difficult element - 0,3 - 0,5 points;

3.6. For compliance of elements to indicators of speed-force-endurance 3 points are charged: (for speed - 1 point, for force - 1 point, for endurance-1 point).

3.7. Decrease in grades for mistakes in speed-force-endurance:

a) technical operations are performed with a high speed of the movement and are clear and coordinated - grades do not decrease. If there is a slight discrepancy - 0,1-0,3 points is observed. In case of a rough discrepancy - 0,4 - 0,7 points;

b) application of force is not clear enough - 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points;

c) small falling of endurance when performing the techniques - 0,1-0,3 points. In case of a rough discrepancy - 0,4 - 0,7 points;

3.8. For compliance of elements to indicators appearance-going out to the ring 1 point is charged consisting of the following categories:

a) for ability to accurately express an emotional spirit (the look, turns of the head, shout, etc.) 0,3 points are charged;

b) for complexity degree, ability to express the style accurately, to show safety of performance of difficult elements (jumps, breakfalls, self-safeguarding, etc.) 0,3 points are charged;

c) for compliance of appearance (dress code, hairstyle, etc.) and greetings at an entrance (exit) to/from the ring according to the rules 0,4 points are charged.

#### 4. Criteria of scoring pair performances

4.1. The highest mark makes 10 points, during the charging and decrease in grades the following criteria are used:

- 1) The technical standard - 6 points.
- 2) speed-force-endurance - 3 points.
- 3) appearance-going out to the ring - 1 point.

4.2. For compliance of elements to the technical standard 6,0 points are charged:

Compliance to standards of school (accuracy, completeness, directions)	2 points	6 points
Correct captures; falling; conformity (correctness and timeliness) of attacks/counterattacks	2 points	
Team interaction; correct rhythm	2 points	
Speed	1 point	3 points
Force	1 point	
Endurance	1 point	
Emotional spirit	0,3 points	1 point
Ability to express the style accurately	0,3 points	
Appearance (dress code, hairstyle, etc.), greetings at an entrance (exit) to/from the ring	0,4 points	

4.3. Decrease in grades for mistakes in the form accuracy, completeness and correctness of the directions:

a) for a small discrepancy of elements to the technical standard of rules, and also in positions of hands (including position of fingers) 0,1 points are removed; for a repeated mistake 0,2 points are removed. If the mistake is repeated 3 and more times - 0,3 points are removed;

b) for a small discrepancy of rules in technology of possession of an object 0,1 points are removed; for a repeated mistake - 0,2 points. If the mistake is repeated 3 and more times - 0,3 points;

c) in case of a rough discrepancy of above-mentioned rules: positions of hands, positions, the technique of the step and technology of possession of an object 0,2 points, a repeated mistake - 0,4 points, third and more repetition of gross violation - 1 point is removed;

d) a contact of the object with the floor (except the cases provided by the form) - 0,5 points;

e) a deviation from the right direction of the movement - 0,5 points.

4.4. Decrease in grades for mistakes in captures, falling and conformity of the attacks and counterattacks:

a) for each small discrepancy of rules in technology of carrying out captures or techniques acts - 0,1 point, for repeated - 0,2 points. If the mistake is repeated 3 and more times - 0,3 points;

b) for inconsistency of the technology of falling and methods of breakfalls - 0,3-0,5 points;

c) for mistakes in acrobatic techniques (somersaults, handspring backward, roundoff, lift-over, etc.) or shortage of the corresponding elements in a performance - 0,3-0,5 points;

d) for inconsistency of the technology of the attacks and counterattacks - 0,3-0,7 points.

4.5. Decrease in grades for mistakes in pair interaction and the rhythm:

a) to the athletes who showed dynamism, bright contents, virtuosity and good pair interaction grades are not decreased. In case of a slight discrepancy - 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points.

b) "stops" - 0,1 points:

c) "forgetfulness" - 0,3 - 0,5 points;

d) clothes or the object influence the movement - 0,3 - 0,5 points;

e) violation of the rhythm and unreasonable pauses before a difficult element - 0,3 - 0,5 points;

4.6. For compliance of elements to the indicators of speed-force-endurance 3 points are charged: (for speed - 1 point, for force - 1 point, for endurance - 1 point).

4.7. Decrease in grades for mistakes in speed-force-endurance:

a) technical operations are performed with a high speed of the movement and are clear and coordinated - grades are not decreased. In case of a discrepancy - 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points;

b) application of force is not clear enough - 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points;

c) small falling of endurance when performing the technique - 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points;

4.8. For compliance of elements to the indicators of appearance-going out to the ring 1 point is charged consisting of the following categories:

a) for ability to accurately express an emotional spirit (the look, turns by the head, shout, etc.) 0,3 points are charged;

b) for complexity degree, ability to express the style accurately, to show safety of performance (jumps, breakfalls, self-safeguarding, etc.) 0,3 points are charged;

c) for compliance of appearance (dress code, hairstyle, etc.) and greetings at an entrance (exit) to/from the ring according to the rules 0,4 points are charged.

## 5. Criteria of scoring group performances

5.1. The highest mark makes 10 points, during the charging and decrease of the scores the following criteria are used:

- 1) The technical standard - 6 points.
- 2) Speed-force-endurance - 3 points.
- 3) appearance-going out to the ring - 1 point.

5.2. For compliance of elements to the technical standard 6,0 points are charged:

Logicity in structure; continuity of performances (hitch, pause, etc.);	2 points	6 points
Correct captures; falling; conformity (correctness and timeliness) of attacks/counterattacks	2 points	
Team interaction; correct rhythm	2 points	
Speed	1 point	3 points
Force	1 point	

Endurance	1 point	
Emotional spirit	0,3 points	1 point
Ability to express the style accurately	0,3 points	
Appearance (dress code, hairstyle, etc.), greetings at an entrance (exit) to/from the ring	0,4 points	

5.3. Decrease in grades for mistakes in logic and structure, continuity of performances:

a) for small discrepancy of composition to the real technique and logical use of technical actions 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points.

b) for each small discrepancy of elements to the technical standard of the rules, and also in positions of hands (including position of fingers) 0,1 points are removed; for a repeated mistake 0,2 points are removed. If the mistake is repeated 3 and more times 0,3 points are removed;

c) for each small discrepancy of the rules in the technique of managing the object 0,1 points are removed; for a repeated mistake - 0,2 points. If the mistake is repeated 3 and more times - 0,3 points;

d) in case of a gross violation of discrepancy to the above-mentioned rules: position of hands, positions, the technique of the step and the technique of managing the object 0,2 points are removed, in case of a repeated mistake - 0,4 points, in case of the third and more repetition of the gross violation - 1 point.

e) inconsistency of actions: hitches, pauses, obvious hints and reminders - 0,5 points.

f) a contact of the object with the floor (except the cases provided by the form) - 0,5 points;

5.4. Decrease in grades for mistakes in captures, falling and conformity of the attacks and counterattacks:

a) for each small discrepancy of rules in technology of carrying out captures or techniques acts - 0,1 point, for repeated - 0,2 points. If the mistake is repeated 3 and more times - 0,3 points;

b) for inconsistency of the technology of falling and methods of breakfalls - 0,3-0,5 points;

c) for mistakes in acrobatic techniques (somersaults, handspring backward, roundoff, lift-over, etc.) too many acrobatic techniques for entertainment or shortage of the corresponding elements in a performance - 0,3-0,5 points;

d) for inconsistency of the technology of the attacks and counterattacks - 0,3-0,7 points.

5.5. Decrease in grades for mistakes in group interaction and the rhythm:

a) to the athletes who showed dynamism, bright contents, virtuosity and good group interaction grades are not decreased. In case of a slight discrepancy - 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points.

b) "stops" - 0,1 points:

c) "forgetfulness" - 0,3 - 0,5 points;

d) clothes or the object influence the movement - 0,3 - 0,5 points;

e) violation of the rhythm and unreasonable pauses before a difficult element - 0,3 - 0,5 points;

5.6. For compliance of elements to the indicators of speed-force-endurance 3 points are charged: (for speed - 1 point, for force - 1 point, for endurance - 1 point).

5.7. Decrease in grades for mistakes in speed-force-endurance:

a) technical operations are performed with a high speed of the movement and are clear and coordinated - grades are not decreased. In case of a discrepancy - 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points;

b) application of force is not clear enough - 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points;

c) small falling of endurance when performing the technique - 0,1-0,3 points are removed. In case of a rough discrepancy - 0,4 - 0,7 points;

5.8. For compliance of elements to the indicators of appearance-going out to the ring 1 point is charged consisting of the following categories:

a) for ability to accurately express an emotional spirit (the look, turns by the head, shout, etc.) 0,3 points are charged;

b) for complexity degree, ability to express the style accurately, to show safety of performance (jumps, breakfalls, self-safeguarding, etc.) 0,3 points are charged;

c) for compliance of appearance (dress code, hairstyle, etc.) and greetings at an entrance (exit) to/from the ring according to the rules 0,4 points are charged.

## 6. Criteria of scoring group performances - performance of techniques by legs

6.1. Athletes carry out at most 16 technical elements which are estimated on three categories (1-3) each:



a) the technique was executed without "lock" by legs, not with a full grasp, not correctly and not logically - 1 point.

b) the technique is executed with defects: the lock by legs was early unclenched, wrong "calling" on the technique - 2 points.

c) the technique is executed correctly. The correct preparatory technique is carried out and the corresponding techniques with "lock" by legs and falling are applied - 3 points.

## 6.2. Artistry.

a) for the ability to show the techniques safely with the use of methods of breakfalls and self-safeguarding 3 points are charged;

b) for the ability to express an emotional spirit accurately (a look, turns by the head, shout, etc.) 3 points are charged;

c) for the degree of complexity and visual perception, the ability to express the style accurately, to show the technique of a school 0,3 points are charged.

6.3. For compliance of the elements to the indicators of appearance-going out to the ring:

a) for compliance of dress code, hairstyle, etc. according to the rules 3 points are charged;

b) appearance and greetings at an entrance (exit) to/from the ring - 1 point is charged;

c) for the ability to express an emotional spirit accurately (a look, turns by the head, shout, etc.) 3 points are charged;

6.4. Use of a soundtrack on condition of sufficient technical equipment of the venue of competitions is allowed. The protests connected with the quality of reproduction or the impossibility to use a soundtrack are not taken cognizance of.

6.5. A group must consist of 2-4 athletes, performance of mixed groups is allowed.

## 7. The method of calculation of the result of a performance.

7.1. During the calculation of the score of an athlete the highest and lowest grades are rejected, and an average grade is brought out of 3 grades.

7.2. If the performance is estimated by 3 side referees the highest and lowest grades are not rejected, and an average grade is brought out of all 3 grades.

7.3. The divergence in the grades of side referees should not make more than 1 point. At a difference of more than 1 point a judge can be removed from refereeing the competitions.

## 8. Repeated actions.

8.1. If the athlete forgot the movement, and the pause led to full loss of the rhythm, the senior judge can stop the performance, having granted to the athlete the right to act repeatedly at once or the last in group with loss of 1 point, in competitions among children and young men the penal point is not removed.

8.2. If the athlete decided to act repeatedly at once, he adopts the position "at attention" facing the judicial table in the middle of the ring, bows and asks the right to repeat the form by raising a hand.

8.3. If the performance of the athlete was prevented by a defect of the carpet, then after the completion of a performance he does not leave the carpet and shows the place of defect to the senior judge by gesture.

8.4. In the case when according to the senior judge the reason is objective and the defect affected the quality of the performance the athlete can perform again without loss of a point.

8.5. If the athlete was traumatized and cannot continue the performance, the senior judge has the right to make an order about the termination of the performance.

8.6. If as a result of health care the participant is able to continue the performance, he comes to the carpet the last in the subgroup: if he is already the last, then he performs the first in subgroup in this type of the program the next day. According to an order of repeated actions he loses 1 point.

8.7. If the athlete who was traumatized cannot continue the performance in the terms stated above, he is discarded from competitions.

## 9. Definition of winners

### 9.1. Definition of winners in solo performances.

The athlete who received the highest grade is considered to win the first place in the corresponding type of the program; the second place is taken by the athlete who received the second-large grade, etc. If finals are held, then the first place in this type is awarded to the athlete who gathered the largest sum of points in preliminary competitions and in the final, the second place is taken by the athlete with the second-large sum, etc.

### 9.2. Definition of winners in group performances.

The group that received the highest grade wins the first place, the one that received the second-large grade - the second place, etc.

### 9.3. Definition of winners in team competitions.

Definition of winner teams is made according to the provision (regulations) of a sports competition.

## 10. Definition of winners in case of equality of grades

10.1. In case of equality of grades in the finals of solo performances, the one who received the highest mark in preliminary competitions (in case when they were held) or that who has an absolute difference between the average mark which is put by all judges estimating technical actions, and the average mark which is put without the highest and lowest grades will be the lowest is considered to be the first. If in this case the equality of grades remains, then the arithmetic mean value of the rejected grades is compared. That whose value is higher is considered to be the winner. In case if the equality remains even then, the smallest rejected grades are compared. That whose smallest rejected grade is higher takes the 1 place.

10.2. In case of equality of grades in pair and group performances the winner is defined according to the provision (regulations) of a sports competition.

## 11. Additional equipment and stock

11.1. Objects are made of metal or other strong materials, imitating sports weapon.

If the object does not conform to the established requirements, then the athlete is not allowed to perform in the competition.

11.2. If during the competitions it is found out that the athlete used an object that does not conform to the requirements, the result of the athlete is cancelled.

11.3. Breakage or loss (falling) of an object during a performance except the cases which are not provided by the form implies disqualification.