

TRUE /FALSE

- The karate-gi jacket sleeve must be no longer than the bend of the wrist.
 - Earrings are allowed if they are covered with tape.
 - Contestants must bow properly to each other at the start and end of the bout.
 - If two teams have the same number of victories and points, a deciding bout will be held.
 - Senior Male bouts are three minutes, and Women, Cadets, and Juniors, two minutes.
 - A fast combination of chudan geri and tsuki each of which score in their own right will be given Nihon.
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- Keikoku is a penalty in which Ippon (one point) is added to the opponent's score.
 - Category 1 Hansoku-Chui may be imposed directly, or following a warning, or a Keikoku.
 - If a contestant acts maliciously, Hansoku is the correct penalty.
 - There are five criteria to be met in determining a score.
 - If after Yame, two Judges do not signal and the other Judge signals Ippon for Ao the Referee can give Ippon to Aka.
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- At Hantei the Referee has a casting vote.
 - Warnings and penalties incurred in the bout proper will be carried forward into the Sai Shiai.
 - According to the "Ten Second Rule" the timekeeper will stop the clock when the competitor stands fully upright and the Referee raises his arm.
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- If two contestants injure each other at the same time and are unable to continue, the bout is awarded to the contestant who has amassed the most points.
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- In Junior competition any technique to the face, head or neck, which causes injury will be warned or penalised unless it is the recipient's own fault.
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- In Cadet and Junior competition Jodan kicks are allowed to make the lightest touch ("skin touch") provided there is no injury.
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- When a contestant is thrown safely and without injury the Referee should allow two to three seconds for the opponent to attempt a score.
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- The use of bandages is allowed if approved by the official doctor.
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- If the Referee and Judges cannot reach an agreement at the end of the bout, they must consult the Arbitrator.
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- When two Judges signal a score for the same competitor, the Referee may decline to stop the bout if he believes them to be mistaken.

- If three Judges signal a score for Aka the Referee must stop the bout even if he believes they are mistaken.

- When a competitor slips and falls and is immediately scored upon the opponent will be awarded Sanbon.

- Unbalancing the opponent and scoring with jodan tsuki is given Nihon.
- A well controlled elbow strike (empi-uchi/hijiate) which has all six scoring criteria is a valid technique.

- Awareness or Zanshin is the state of continued commitment, which endures after the technique has landed.

- Delivering combination hand techniques, the individual components of which both score in their own right should be given Nihon.

- Atoshi baraku means “30 seconds of bout time remaining”.
- If there is no decision after a Sai Shiai the Referee Committee will be consulted.
- Excessive contact after repeated failure to block is a consideration for Mubobi.
- A contestant may be penalised for exaggeration even if there is an actual injury.
- Over the shoulder throws such as seio nage, kata garuma etc., are permitted only if the contestant holds onto the opponent to permit a safe landing.

- In Category 2 a Keikoku cannot be given unless a Chukoku has been given first.
- When the Referee Panel has made a decision not in accordance with the Rules of Competition, the Arbitrator will immediately blow his whistle.

- In team matches there is no Encho-Sen.
- In Cadet competition only a very light touch to the face mask can be scored.
- Grabbing below the waist and throwing is only allowed if the thrower holds on to the opponent so that a safe landing can be made.

- A competitor who has a Category 2 Hansoku Chui and then exaggerates the effect of a slight contact will be given Hansoku.

- If after Yame two Judges signal Torimasen, and the other Judge Ippon for Ao, the Referee can give a score to Aka.

- A technique even if effective, delivered after an order to suspend or halt the bout shall not be scored and may result in a penalty being imposed on the offender.

- If there is an error in charting and the wrong contestants compete this cannot be changed afterwards.

- An effective technique delivered at the same time as the end of the bout is signalled by the buzzer is valid.
- Nihon is awarded for punches on the back.
- If a contestant is injured and it is considered to be their own fault (Mubobi), the Referee will decline to give a penalty to the opponent.
- If in a combination, the first technique merits an Ippon and the second merits a penalty, both shall be given.
- A competitor not wearing the WKF approved equipment will be given one minute to change for the approved type.
- The Arbitrator has the casting vote in cases of Shikkaku.
- When a contestant seizes the opponent and does not perform an immediate technique or throw within two to three seconds the Referee will call “Yame”.
- When there is a clear contravention of the rules the Arbitrator will halt the match and instruct the Referee to correct the problem.
- If two Judges signal Nihon for Aka and one Judge Ippon for Ao and the Referee wants to give Ippon for Ao he should indicate why Aka’s score is not acceptable and give the score to Ao.
- If a competitor is thrown and lands partly outside the match area, the Referee will immediately call “Yame”.
- Gum-shields (mouth guards) are obligatory for all Kumite contestants.
- After a throw the Referee will allow a maximum of two seconds for a score to be made.
- When the Referee awards a point for a technique which has caused injury the Arbitrator should signal for the match to be stopped.
- A contestant who exits the area (Jogai) with less than 10 seconds of bout time remaining will be given a minimum of Keikoku.
- When the bout has been halted and one Judge signals a score for Ao, one signals a score for Aka and the other signals Jogai for Aka, the Referee should give Torimasen.
- In Team matches if two contestants injure each other and cannot continue and the points score is equal the winner will be decided by Hantei.
- Techniques which land below the belt cannot score.

- A competitor who is hit through their own fault and exaggerates the effect should receive a warning or penalty for Mubobi or exaggeration but not both.
- Sai Shiai is used only for Individual matches.
- When the Referee gives a competitor a Category 2 warning or penalty for Mubobi the opponent will receive a lighter Category 1 penalty than usual.
- In all divisions an athlete may elect to wear shatter-proof athletic safety goggles of an approved design
- Soft cloth shin pads which do not cover the instep of the foot are allowed in all divisions.
- In all divisions competitors may elect to use a soft foam head protector.
- In Youth divisions (ages 11 and younger) if a contestant is wearing headgear a technique that touches the headgear can score.
- At the National Championships, and at any United States Team Trials competitions, only the USANKF patch or emblem may be worn.
- Mats are required for all USANKF competitions.
- .Contestants and their coaches must wear the official uniform as defined in the rules of competition.
- Groin Guards are mandatory in all male USA-NKF divisions.
- In all USA-NKF divisions, the result of a bout is determined by a contestant obtaining a clear lead of Eight Points.
- Jodan kicks “skin touch” is permitted for all ages and can score.

Multiple choices:

- Which criterion does not belong in this group _____
a) Feigning or exaggerating injury b) Jogai c) Dangerous throws d) Mubobi

- Aka hits Ao in the back with chudan tsuki and immediately turns away with his fist in the air. The correct decision is ____
a) Ippon b) Torimasen c) Nihon and a warning for Mubobi d) Nihon

- A competitor with a previous Category 2 Chukoku is avoiding combat and there are less than ten seconds to go. The Referee should stop the match and penalise the competitor with ____
a) Hansoku Chui b) Chukoku c) Keikoku d) Hansoku

- Which of the following is not a Category 1 offence ____
a) Techniques which make excessive contact b) Attacks to the arms or legs c) Grabbing below the waist and attempting to throw d) Simulated attacks with head, knees, or elbows.

- Keikoku is normally imposed where the contestant's potential for winning is ____ by the opponent's foul
a) Slightly diminished b) Not diminished c) Slightly improved d) Seriously reduced

- When a contestant is injured the Referee shall at once halt the bout and ____
a) Start the ten second clock b) Wait till the ten seconds are up and then call the Doctor
c) Call the doctor d) Go and look at the injury

- When a competitor is injured during a bout in progress and requires medical treatment the referee will allow ____ in which to receive it.
a) The Doctor will decide b) Three minutes c) As much time as is required

d) The Match Area Controller will decide

- Ao crosses the Jogai line just as Aka scores (Aka remains within the match area). The correct decision should be ____

a) Category 2 offence against Ao b) The appropriate Category 2 penalty or warning for Ao and a score given to Aka c) Torimasen d) A score for Aka

- The Referee and Judges shall take up their prescribed positions and following an exchange of bows between the contestants; the Referee will announce ____ and the bout will commence

a) Tsuzukete Hajime b) Encho-Sen c) Shobu Hajime d) Sanbon Shobu Hajime

- Ao Slips and falls on the tatami. Aka quickly scores with chudan tsuki. The decision should be ____

a) Ippon to Aka b) Torimasen c) Sanbon to Aka d) Category 2 warning or penalty to both

- When the bout is halted the referee may not give a decision against two judges unless he has the ____

a) Majority b) Casting vote c) Positive support of the other judge d) Clearly seen that the judges are mistaken

- The maximum length of the karate-gi trousers is ____

a) Covering two-thirds of the shin b) Not reaching below the ankle bone c) Four centimetres above the ankle bone d) Not specified

- When a contestant slips, falls, or loses balance as a result of their own action and is scored upon by the opponent the score will be ____

a) Sanbon b) Category 2 warning or penalty c) Given as if the contestant had been standing upright d) Torimasen.

- Hantei is called by the Referee when ____

a) When the points score is equal at the end of a Sai Shiai b) In Individual Matches when two contestants injure each other and are unable to continue and the points scores are

equal c) Both a and b d) At the end of an inconclusive Encho Sen

- In Senior bouts a Jodan punch or kick that comes somewhere between ____ from the face, head or neck may be said to have the correct distance.

a) Skin touch and 2-5 centimetres b) Skin touch and 2-3 centimetres c) Skin touch and 5 centimetres d) A reasonable distance

- A contestant who grabs their opponent below the waist and throws them will be given ____

a) Category 2 Chukoku b) Category 2 warning or penalty c) Category 1 warning or penalty d) Sanbon

- In which of below divisions all hand techniques to the face, head, and neck must have absolute control are defined as ____.

a) age 13 and younger b) age 14-17 (beginner, novice, intermediate)

c) age 14-17 (advanced) d) All the above

- Jogai will not be imposed if:

A) The contestant is pushed or thrown B) accidentally stepped out

c) Stepped out during a clinch d) all the above

- What are the Scoring Criteria (6).

- At Hantei what are the Criteria for Decision (3).

- What are the Category 1 Offences (4).

- What are the Category 2 Offences (8).