



PLEASE TAKE NOTE:

It is important to understand that NMA/ISKA Traditional Super League is sanctioned by ISKA International and is in no means in existence to compete against other traditional styles. It is merely a tournament platform for all Traditional Martial Artists to compete and exhibit their skills against each other. Rules have been adapted to create a balance between Purist and Sport Combat. It is up to the competitor to adapt to the rules and win, rather than the NMA adapt the rules to style or individual preference. NMA executive members ALL come from a Traditional background and to this day still incorporate Traditional Customs and values within their Dojo regardless of how modernised it has evolved to be.

The following is a baseline edition of NMA traditional rules which will be updated and added to in future.

Traditional Kumite Rules

Contestants

1. Each contestant shall wear a traditional Karate Gi (White or Black)
2. In the case of women, a plain white or black T-Shirt is allowed beneath the Gi top
3. Contestants are not permitted to wear any type of jewellery that can cause injury to their opponent or themselves.
4. A red or blue lint will be worn during bouts to identify the contestant
5. Gum guards and approved mitts are compulsory

Coaches

1. Only coaches with coaching tags will be allowed on the floor during bouts
2. Coaches are to be seated on the allocated chairs provided
3. No coaching of contestants during bouts, only when Yame (stop) is called.

Individual Matches

As per NMA-ISKA South Africa`s divisions

Team Events

As per NMA-ISKA South Africa

Duration of Kumite Bout

Kumite match time shall normally be 2 minutes. The chief referees on the day of the event will determine the time depending on age and number of competitors per division.

The bout starts with Hajime and ends with Yame. The time keeper will indicate with a call when 30 seconds is remaining.

Conduct of Kumite Bout

1. When contestant is called to fight, the contestant will first take up position outside the ring and bow to each other, then step into the fighting area onto the fighter's mark position.
2. The referee calls Shobu hajime to start the match
3. The referee will stop the bout by calling Yame (stop) when a scoring technique is seen. When Yame (stop) is called, the fighters will stop and return to their positions and wait for the score to be awarded.
4. The referee will restart the bout by calling Tsuzukete Hajime (Fighters ready, start)
5. When a fighter has scored the required number of points during a bout the referee will stop the match and declare the fighter with most points as the winner by raising his hand on the side of the winner and saying Shiro (Blue) or Aka (Red) No Kachi (winner)
6. When the time for the bout has run out the referee will call Yame (stop) and fighters will return to their positions. The referee will award the fight to the fighter with the most number of points.
7. Should both fighters have equal number of points, Hike Wake will be called
8. Encho Sen (time extension) will be called and restart the match for another minute, when the first point is scored, then the fighter with the highest score will be declared the winner.
9. Should no points be scored within this minute OR end with equal number of points again, the referee will call Yame to stop the fight. The winner will then be determined by way of **SUDDEN VICTORY**. The fighter who first scores with a Grade Level Quality attack shall be determined the winner. The match will continue until an outright winner is declared.
10. When faced with the following, the referee calls Yame (stop) and stops the fight temporarily, and fighters return to their positions on the floor
 - a. When both or either of the fighters are outside the fighting area
 - b. When the judges show a scoring point
 - c. When the referee notices that the contestant has, or appears to, contravene the rules
 - d. When a judge signals a warning
 - e. When one or both fighters cannot continue with the bout owing to injury, illness or other causes. Calling for the tournament doctors opinion.
 - f. When a coach behaves in a manner to disturb the judges and referee
11. When the fight is over and winner declared, the fighters will bow to each other and leave the floor

Criteria for draw decision making

1. If at the end of the bout, the two fighters have equal or no score, the winning decision will be given by Hantei (referee and judges call)
2. If at the end of the bout both fighters have equal score, then an extension of time will be given of one minute Encho Sen (extension of time). The first fighter to score will be declared the winner. If after Encho Sen (extension of time) there is no score, then the decision will be by Hantei (Referee and judge's decision)

Hantei is a ruling by the referee and judges based on the following:

1. The fighter who exhibited the best: fighting spirit, attitude, posture and techniques
2. Penalties, warnings, jogai`s (ring exits) etc. will also be taken into account for Encho Sen (extension of time)
3. Fighter who scored the most ippons (two points) during the bout

Kumite scoring

The result of the fight will be determined by either scoring of most points, withdrawal or Referee and judge`s decision. Points are awarded Wara Ari (One point) or Ippon (Two points)

Victory / defeat

Victory or defeat shall be awarded on the basis of:

The fighter with the most points scored, by a combination of Wazari (one point) or ippons (two points) totalling (**Eight points**). Victory can also be obtained by the decision of the referee and judges. Victory can also be obtained by Hansoku, Shikkaku or Kiken imposed against a fighter.

Ippon (two points) is awarded on the basis of the following

1. Jodan (head) kicks, or technically difficult kick or technique
2. Jumping kick with both feet off the floor
3. Scoring to the back of the opponent
4. Sweeping followed by a scoring technique
5. An effective throw followed by a scoring technique
6. Delivering a combination of strikes/Kicks (minimum two) where the individual Technique scores on the opposite fighter without the fighter being able to defend against the combination.
7. Scoring at the precise moment the opponent attacks.

Waza-Ari (one point) is awarded on the basis of the following

1. Technique that scores on an opponent`s target points
2. Sweeping without scoring
3. Throwing in an unbalanced fashion
4. Strikes to the head
5. Strikes to the Chest and stomach
6. Kicks to the stomach or sides

Target Points

Attack targets shall be limited to the following parts of the body:

1. Head / face (Front, back and side)
2. Neck (back and side)
3. Chest (Upper and lower chest, side, ribcage but not on the shoulders or hips)
4. Abdomen (Even under the belt, up to the Beckon Bone, but not the groin)
5. The back (upper and lower, but not on the shoulder blades and bum)

Kumite Scoring Criteria

1. A technique delivered to a target point where the opponent did not block, or could not block, is considered valid
2. A technique delivered at the same time that the end of the bout is signalled is considered valid
3. An attack, even if effective, delivered after an order (Yame) to stop the bout shall not be scored and may result in a penalty being imposed on the offender
4. No technique, even if technically correct, will be scored if it is delivered when both fighters are outside the competition area
5. If one of the fighters delivers an effective technique while still in the competition area and his opponent outside the competition area and before Yame (stop) is called the technique will be scored.
6. A sweeping technique does not require the fighter to fall to the floor to merit Ippon (two points), it is sufficient if the fighter is merely unbalanced as a technique is delivered, any sweep unbalancing a fighter without a follow-up technique is considered at least a Warari (one point).
7. Referees must not stop the bout during a sweep or when the fighter falls, even if the fighter slips and falls by himself, as reasonable time must be given for a score to take place.
8. An effective controlled throw is allowed and should be considered as an Ippon

Prohibited Techniques and Attacks

1. Direct attacked to the body joints (hip, elbow, knee, ankle, instep)
2. Attack to face with Nukite (spear hand)
3. Attack to groin
4. Attack to the throat
5. Attack to upper legs and bum
6. Techniques which make excessive contact, having regard to the scoring area attached
7. Feigning an injury in order to gain advantage
8. Any unsportsmanlike, discourteous behaviour (such as calling names, provocation and unjustifiable utterances)
9. Swearing, foul language or losing one's temper (Against opponent/Referee/Judge/official)

Foul and Disqualification

1. When a fighter is about to commit a prohibited act, or has done so, the referee shall give him a warning or announce a foul. In case the fighter after having been previously warned, repeats prohibited acts, the referee may announce his defeat / disqualification on account of a foul
2. When a fighter commits any of the following act, the referee shall announce the defeat (foul) of the offending fighter
 - a. In a case where the fighter fails to obey the orders of the referee
 - b. In a case where a fighter becomes over excited or over violent to such an extent the fighter is considered unfit to fight any further
 - c. In a case where the act of the fighter is considered malicious, or wilfully violating the rules
 - d. Other acts which are deemed as violating the rules of the match (Coach/Parent interference)

3. By the verdict of the Chief referee, following consultation with the referees and judges, the fighter can be disqualified and be prohibited from competing for the remainder of the fights.

Penalties

The following scale of penalties shall be given:

Atenai Yoni: (First warning) Warning only – imposed for a first time offence of a minor infraction

Keikoku: (Second warning) Penalty in which **Waza-Ari** (one point) is added to the opponents score. Keikoku is imposed for minor infractions for which a warning has previously been given in hat bout, or for infractions not sufficiently serious to merit Hansoku-Chui

Hansoku-Chui: (third warning) Penalty in which **Ippon** (two points) is added to the opponents score. Hansoku-Chui is usually for infractions for which a Keikoku has previously been given in that bout.

Hansoku: (Fourth warning) Penalty in which **Sanbon** (six points) is added to the opponents score. This is imposed following a very serious infraction. Hansoku is also invoked when a number of Hansoku-Chuis and Keikokus raised the opponents score to Sanbon

Shikaku: Disqualification from the tournament. This when a fighter/Coach commits an act which harms the prestige and honour of **NMA-ISKA SOUTH AFRICA** or when the actions of the fighter/coach is considered to violate the rules of the tournament

Injuries or Accidents during a fight

Kiken (forfeiture) Decision given where a fighter is unable to continue, abandon the bout, or are withdrawn on the order of the referee or doctor/medic. Abandonment may include injury not ascribable to the opponent's actions. When a fighter is injured, the referee shall at once the fight and call the doctor/medic who is authorised to diagnose and treat the injury.

1. An injured fighter who is declared unfit to fight by the tournament doctor / medic cannot fight again for the rest of the tournament
2. Any fighter who fall, is thrown, or knocked down, and does not fully remain on their feet within 10 seconds, is considered unfit to continue fighting and will be automatically withdrawn for the rest of the tournament
3. When a fighter suffers a minor injury not serious enough to disenable them to continue fighting, refuses to continue or requests to be withdrawn shall be declared the loser
4. An injured fighter who wins a bout through disqualification due to injury is not allowed to fight again without the permission from the tournament doctor / medic

Contact Rule

Fighters 13 years and under

1. No touch to the face
2. Controlled contact to the body
3. Maximum scored distance 10cm

Fighters 14 to 17

1. Slight controlled contact to the face

2. Controlled contact to the body
3. Maximum score distance 5cm

Senior fighter

1. Controlled contact to face
2. Controlled contact to the body
3. Maximum score distance 5cm