

Provisional *Shiai* and *Shinpan* Rules in Place Until the COVID-19 Pandemic is Brought Under Control.

All Japan Kendo Federation *Shiai* and *Shinpan* Committee

**【Outline】**

1. Adhere to stipulated guidelines to mitigate the spread of infection when running tournaments.
2. Prevent illegitimate *tsubazeriai*, intentional time wasting, and approaching in a defensive posture.
  - It is said that until now approximately half of match time is spent with *shiai-sha* locked in the *tsubazeriai* position. This needs to be rectified so that *shiai-sha* focus on assailing each other from the appropriate distance for engagement (*tachiai-no-maai*).
  - Attaining victory is an important element in kendo matches. Notwithstanding, the way in which the *shiai* is fought needs to be revised so that an attitude of competing head-on against the opponent is cultivated in *shiai-sha* rather than skirting around the rules.
  - As the attitude and mindset of *shiai-sha* has a significant effect on *tsubazeriai*, the situation is difficult to judge by the rules alone. *Shiai-sha* and *shinpan-in* must share a common understanding and work together to foster a good match setting.

**【Main Points for Both *Shinpan* and *Shiai-sha* to Understand】**

1. Actions such as intentional time wasting or approaching the opponent in a defensive posture (avoiding competing) shall be deemed *hansoku* in accordance with Article 1 of the Regulations.
2. If close-quarters contact is entered into during an attack, defense or strike, the *shiai-sha* must proactively perform *hiki-waza* or techniques from *taiatari* (vocalization allowed) as soon as contact is made. Furthermore, if contact results in *tsubazeriai* but no technique is forthcoming, *shiai-sha* should take the initiative and separate quickly. *Shiai-sha* need not wait for the *shinpan-in* to call “*Wakare*” or “*Yame*” but should endeavor to separate of their own volition.
3. The time taken to move out of *tsubazeriai* should be approximately one breath.
4. Techniques should not be attempted when moving out of *tsubazeriai*. If a technique is executed at such a time, it shall not be judged as a valid strike (*yuko-datotsu*). A *shiai-sha* may be penalized (*hansoku*) if, in the course of separating, they follow the other and attempt a technique, or gives the impression that they are moving back but then attacks. Furthermore, in the course of separating *shiai-sha* must not hit, bind or push the opponent’s *shinai*, nor should they reverse cross their *shinai* (*gyaku-kosa*). (*Shinpan-in* will make a judgment based on the circumstances and causes following *gogi*.)
5. When separating, both *shiai-sha* should move back far enough so that their *kensen* are not touching.
6. Do not open or lower the *kensen* when separating.
7. *Shiai-sha* should not retreat out of sync when moving away from *tsubazeriai*. Furthermore, *shiai-sha* should not separate in small steps. They should push off utilizing the power generated from correct *tsubazeriai* with both *tsuba* pressed together and retreat in one movement.
8. Using Masks and Shields  
Masks should be worn correctly to cover both the mouth and nose.  
Shields that cover the mouth are mandatory, but those covering the eyes are optional.

END