

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 in matches *shiai-sha* both take *kamae* and attack each other.
 - 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 *tsubazeriai* or close-quarters contact is entered into, *shiai-sha* must actively perform a technique or 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 (about 3 seconds).
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. Wearing Masks
Shiai-sha: Wear a mask or shield.
Shinpan-in: Do not wear a mask. However, wearing a mask in the waiting area is at the discretion of the individual.

END