

Kyokushin Challenge Rules

International Karate Organization Kyokushin Matsushima
Washington Kyokushin Karate Association

Rules pertain to all divisions except where noted.

Uniform:

Traditional Knockdown karate uniform is plain white karate gi with belt. Styles other than traditional Japanese and Kyokushin styles are welcome; competitors from other styles may wear the traditional uniform that represents their style. Tournament Director will accept or reject competitor attire considering appropriateness and safety for the event.

KNOCKDOWN

Competitor Safety:

Adults

1. Each competitor must wear a mouth guard and groin guard. Competitors will not be permitted to compete without these items.
2. Women may wear chest protection, must be soft style and not cover the abdomen.
3. Tournament medical staff may make a decision that a competitor cannot continue in a match or enter the next round, that decision is FINAL.
4. No competitor shall compete under these rules if they have tested positive for Hepatitis B, Hepatitis C, HIV or any other disease that may be transmitted to another person through saliva, sweat, touch or bodily contact.

Junior Divisions:

Competitors shall also wear shin & instep pads, gloves and headgear. Participants are expected to supply their own equipment.

No strapping (taping) will be allowed. Except for a cut knuckle that is bleeding.

Competitors will not be allowed to compete without the appropriate safety accessories. All decisions regarding legal/illegal equipment will be made by the Tournament Director/Board

Duration of Match:

1. Kumite matches shall be two 2 minutes
2. In case of a draw there will be one (1) extension of 1 minute, except in Finals where there may be a second extension if a decision cannot be reached.
3. Tournament officials may decide elimination matches be of a shortened duration.
4. Competitors and officials shall be notified if the time allowed for elimination match changes before the tournament begins.

Extensions:

1. When a decision cannot be reached by a majority of the match officials, a draw is declared and an extension granted.
2. One (1) extension permitted except in the case of the finals where two (2) extensions are permitted.
3. The match must continue immediately after the match is declared a draw.
4. At the end of the extension in a non-final match, and the second extension in a final match, the judges must declare a win to one of the fighters.

Full Point Victory (Ippon):

1. Excluding the techniques listed as fouls, a thrust (tsuki), kick (geri) or elbow (hiji) that downs an opponent for more than 3 seconds;

OR

2. Excluding the techniques listed a fouls, a thrust (tsuki), kick (geri) or elbow (hiji) that results in the opponents loss of will or ability to fight for more than 3 seconds;

OR

3. Gaining two (2) Waza-Ari (half points)

Half Point Scores (Waza-Ari):

1. Excluding the techniques listed as fouls, a thrust (tsuki), kick (geri) or elbow (hiji) that downs an opponent for less than 3 seconds;
- OR
2. Results in the opponent's loss of will or ability to fight for less than 3 seconds
- OR
3. Excluding techniques listed as fouls, a Waza-Ari may be awarded for a foot sweep followed up immediately by a **well focused** but non-contact downward punch (gedan tsuki). The gedan tsuki must contain all the correct elements that would normally apply to a standing technique.

Winning Bout:

The result of an individual match shall be determined by a contestant scoring:

1. Ippon (full point)
2. Two Waza-Ari (2 half points make Ippon)
3. By obtaining a Kiken (opponent gives up or does not appear)
4. By Shikkaku (opponent is disqualified)
5. By Hantei (decision of the judges and/or referee)

Victory by Decision (Hantei):

1. When no full point victory has been declared, victory is awarded by decision of the 4 corner judges and the referee as follows:
 1. When three or more judges award the bout to the same competitor, that competitor must be declared the winner
 2. The referee has a vote and must cast it. If there are 2 flags for red or white or a draw the referee must use his/her vote and declare for one of the fighters or call a draw. If the referee casts a vote for a draw he/she will declare "Shushin Hikiwaki"
 3. In all other situation with the judges flag signals the referee **MUST** declare a draw.
 4. No decision can be declared unless there are at least 3 of the 5 officials (referee and 4 judges) in favor. A decision of the judges cannot be overturned unless there has been an error under the rules (ie there was no score and red had a genten but the judges voted for white)
2. If there is no score and one competitor has had a genten awarded against him/her the judges **MUST** declare victory to the other competitor.
3. If a competitor has been awarded both waza-ari and genten the judges **MAY** declare victory to that competitor. If both have scored waza-ari, but one competitor has also had a penalty the judges shall declare victory to the competitor does not have the penalty.
4. If a competitor executes a foul technique and the competitor fouled cannot continue, the match judges must first decide on the appropriate penalty for the foul. Provided the competitor who fouled is not disqualified he/she will be awarded the match.

Fouls:

1. Touching the opponents face or head, even lightly, with any part of the arm
2. Groin kicks
3. Head Buts
4. Attacking the opponent while the opponent is on the floor (except for Half Point score)
5. Attacking the opponent's back while it is turned towards his/her opponent. This does not extend to a technique commenced prior to the opponent executing a turning technique. (ie back kick)
6. Holding, Pushing or Shoving with fist or open hand
7. Any technique that the referee may regard as foul or unfair or not in the spirit of the tournament
8. Grabbing the opponents gi or clothing
9. Direct attacks to the knee
10. If a competitor contributes to his own injury by avoiding a legal technique and that technique then hits the competitor in a prohibited place, the technique shall not be deemed a foul (ie avoids gedan mawashi by shifting legs back then gets hit in groin)
11. Stepping outside the area frequently
12. If competitor is so over-excited or aggressive and becomes a danger to himself/herself of the opponent

Penalties:

1. Private warning: no penalty applies;
2. Chui: public warning to competitor;
3. Genten: This is a serious foul and is a minus half point; A genten can only be overridden by scoring a waza-ari; 2 Chui = Genten
4. Shikkaku: This is a disqualification; 2 Genten = Shikkaku

Disqualification:

1. A contestant who fails to obey the referee's instruction/s during a match
2. A contestant who is late or who fails to appear for a match
3. A contestant who received 2 Genten
4. A contestant who has received a Shikkaku
5. A contestant who remains facing his/her opponent, and does not or is not prepared to engage in fighting for more than 30 seconds will be regarded as lacking the will to fight and will be disqualified. Both may be disqualified under this clause.

Procedures for Starting a Match:

1. Shomen ni rei - Contestant face the official table and bow;
2. Sushin ni rei – Contestant face the referee and bow;
3. Otagai ni rei – Contestant face each other and bow;
4. Kamaeta – Contestant assume fighting positions;
5. Hajime – Begin

During Match:

1. Yame – Stop immediately;
2. Kamaeta – after stopping the fight, take up your fighting positions;
3. Zokko (Hajime) – continue

Procedure for Ending a Match:

1. Yame – Stop immediately;
2. Both contestants face official table;
3. Referee calls for decision of judges
4. After decision has been announced
 1. Shomen ni rei - Contestant face the official table and bow;
 2. Sushin ni rei – Contestant face the referee and bow;
 3. Otagai ni rei – Contestant face each other and bow;
 4. Contestant shake hands and leave fighting surface.

Kumite Divisions:

Divisions subject to change and/or be combined based on number of entrants:

<u>Juniors</u>	<u>Adult Men</u>	<u>Women</u>	<u>Senior Men</u>
5-7 yo	Under 160#	Under 125#	Open
7-9 yo	160-180#	125-145#	<u>Senior Women</u>
10-13 yo	180-210#	Over 145#	Open
13-15 yo	210+		
15-17 yo			

KATA RULES AND PROTOCOL

Kata competition will be a top 4 format

There will be two rounds per division

The second round will be the 4 competitors with the top scores from the first round

CRITERIA FOR DECISION:

1. The Kata must be performed with competence and must demonstrate a clear understanding and knowledge of the techniques and principals of the Kata.
3. Good timing, rhythm, speed, balance, and focus of power (kime).
4. Co-ordination
- 5: Presentation (includes etiquette, appearance and general attitude).
6. Interpretation and dramatic impact.
7. Correctness of form.
8. Correct balance.
9. Correct and proper use of breathing.
- 10 Proper tension in the abdomen (hara)
11. The performance should also be evaluated with a view to discerning other points such as the difficulty of the kata.

SCORE CARD SYSTEM & POINTS ALLOCATION:

The winner and places will be decided by the score, in the case of tie, their shall be another round in which each contestant will perform a kata.

1. Each judge shall display his/her score by means of a score card
- 2 The score keeper adds the score for each contestant
3. At the end of the prescribed rounds the contestant with the highest scores in the order shall be declared the winner.
4. In the event of a tie there will be a sudden death play off.

PERFORMING THE KATA:

1. The constantant follows the prescribed manner to get to the spot marked for the start of the of the Kata.
6. The contestants, shall commence tha kata when the Chief Judge announces 'Hajime''
8. After completion of the Kata and the contestant waits on the marked spot for the score to be awarded.
9. After the score has been awarded the contestant bows to the judge and while still facing the judges, returns the way he/she entered. At the edge of the competition area he/she turns bows again and leaves the area.

ORGANISATION OF KATA COMPETITION

Kata competition takes the form of Individual matches. The Individual Kata match consists of individual performance in separate novice and advanced divisions.

JUDGES:

1. The Chief Kata Judge will sit at the perimeter of the competition area facing the contestant(s). The other two judges will sit on the left and right sides, two metres from the centreline of the area, and towards the contestant's entry point.
2. Five Judges may be used when sufficient personnel are available.
3. If five Judges are being used the Chief Judge will sit in the centre position facing the contestant(s) and the other four will be seated at the corners of the competition area.
4. Each Judge will have scorecards.
5. If the Kata does not conform to the rules, or there is some other irregularity, the chief Judge may call the other Judges in order to reach a verdict.
11. The competitor, who receives the majority of votes will be declared the winner by the announcer.
12. The top four competitors in preliminary round advance to final round for placement.
12. The competitors will bow to each other, then to the judging panel, and leave the area.
13. Should a competitor fail to turn up when called or withdraws (Kiken) the decision will be awarded automatically to the opponent without the need to perform the previously notified kata.

EXPLANATION:

Kata is not a dance or theatrical performance. It must adhere to the traditional values and principles. It must be realistic in fighting terms and display concentration, power, and potential impact in its techniques. It must demonstrate strength, power,

and speed — as well as grace, rhythm, and balance.