

# World Karate Guild

## Junior Kyokushin Kumite Rules



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# Competition Rules for Junior Karate Matches

## Using the Kyokushin Knockdown System

### Notes for Entry!

1. The following rules are for “semi-contact” Kyokushin Guild Junior matches.
2. These rules are for male or female competitors 10yrs to under 16yrs old.
3. Participants must have a minimum of 1yrs martial arts experience.
4. If members of other associations wish to compete, any grade will be allowed to participate, providing they sign a disclaimer stating they have practised a martial art for a minimum of 1yrs.
5. WKG/BKG members must be a minimum grade of 8<sup>th</sup> kyu unless they have previous experience in another art and their instructor has taken this into account on entering.
6. Competitors may be examined by a medical doctor prior to competing to ensure their physical condition is suitable. A doctor may use their discretion to withdraw a competitor at any time.
7. Organisers have the right to stop an individual from competing should they consider it disproportionately unsafe for the person to participate.
8. The British Karate Guild or its appointed officers or officials accept no responsibility for any accident or injury incurred during the tournament.

### General Rules on Safety

1. If required, the medical examination may take place the day before or on the day of the competition. In some cases, a doctor’s medical certificate obtained prior to the event may allowed.
2. The weight of the competitor may be taken for verification of a category the day before or on the day of the competition as stipulated prior to the event in the invitation. Should a competitor fail to make a specific category, it is the decision of the organisers as to whether the person may be included in another category or not.
3. Each contestant must wear a clean white gi with sleeves rolled down.
4. An opposing red or white belt or tag may be used to identify the fighters.
5. Fingernails and toenails must be cut short.
6. Long hair must be tied back with a soft band and no hard hairclips.
7. Standard white elasticated shin/instep pads are compulsory.
8. All male competitors are advised to wear a groin protector under their gi bottoms.
9. All competitors are required to wear a suitable chest protector.
10. All competitors are required to wear an “open faced” headguard.
11. All contestants are required to use suitable fist-mits as agreed with the organisers.
12. Gumshields are recommended and a custom guard is required should braces be worn.
13. The threshold for scoring to the legs and body are lower than for adults.
14. Only Light contact to the helmet is permitted with specified kicks, which can score a Wazari.

## **Match Area**

The fighting area will consist of 8/6 metres square, with a 1 metre safety perimeter.

The marking out and positioning of contestants, match referee, judges and arbitrators shall be as per normal karate match requirements (see diagram on page 8)

The contest area should consist of a minimum 20mm thick matting compliant with semi-contact fighting.

Officials team:

1\*main referee, 4\*corner judges & 1\*arbitrator.

Or 1\*main referee, 2 judges of which 1 is also the arbitrator.

At the end of each round, each official shall have 1 vote. A draw may be given unless otherwise directed.

In the 5-official team, the arbitrator has no vote, but has the duty of ensuring the match is contested according to the rules. In a 3-person team, the arbitrator will also be called upon to vote on the outcome.

Table: 1\*time official, 1\* organiser/registrar.

## **Categories**

Male/Female

These will be separated into ages: 10-11, 12-13, 14-15yrs.

Each age will be subject to division into weights at the discretion of the organisers.

## **Duration of the Match**

1. Each round should last 1.5-2 minutes unless another duration has previously been agreed.
2. If after the 1<sup>st</sup> round there is no majority decision a further round (Encho-sen) will be fought for a further 2 minutes.

## **Criteria for decision/score**

1. The winner shall be decided at any time by a contestant scoring an ippon to the body and legs or 2 wazari scores (No ippon is allowed to the head).
2. At the end of a round, if a contestant has a score of any kind and the opponent has none, they will be declared the winner.
3. Ippon is awarded if an opponent is disabled or affected by a legal technique lasting more than 5 seconds.
4. Wazari is awarded if an opponent is disabled or affected by a technique lasting less than 5 seconds.
5. Wazari's can be awarded if an opponent is swept and scored on with an immediate sharp punch that makes reasonable contact with the body.
6. An Ippon or Wazari can be awarded if the opponent refuses to continue the bout immediately when commanded.

7. A serious breach of the rules either by technique or behaviour will result in a competitor being disqualified.
8. A decision awarded by an official can be based on a combination of superior power, techniques, tactics and spirit.

### **Legal Techniques**

1. Punches with the closed fist to the body.
2. Round or direct elbow strikes to the body.
3. Blocking a strike with any part of the hand or arm.
4. Kicking to the opponents thighs with your shin/instep.
5. Kicking with any part of the leg to the body.
6. Only controlled Jodan mawashi-geri's, Jodan uchi-haisoku-geri's and Ushiro-kake-geri-jodan-chusoku's are allowed to the side of the head-guard.
7. Blocking your opponents' techniques with your leg/foot.
8. Un-sustained push to the opponent's body with one or both arms to create space for a follow-up technique.
9. Sweeping an opponent's legs away and following up with a scoring punch to the body of the prone opponent.

### **Prohibited Techniques**

1. Attacks to the opponent's head, face, neck with the hand, fist or any part of the arm.
2. Kicks to the groin.
3. Head-butts or thrusts
4. Direct kicks to the knee joints
5. Grabbing any part of the opponent's body or clothing.
6. Any strikes to the spine.
7. Striking a "downed" opponent unless it is a scoring follow-up after a sweep.
8. Attacking from the floor.
9. Sustained pushing or suppressing of an opponent body or limbs.
10. Failing to obey the referee's instructions during the bout.
11. Any other techniques or practices that the referee deems improper or unfair.

### **Warnings**

1. Chui (an informal warning without any penalty)
2. Chui ichi first level of official warnings
3. Genten ichi a warning that should be taken into consideration when giving a decision.
4. Genten-Ni if no score by the opponent this is equivalent to a wazari scored against and can counter a score awarded to the same competitor.
5. Genten-San Hansoku-Disqualification or very serious breach, where a contestant is involved in other events a Shikaku can be given, disqualifying the contestant from all proceedings.
6. A contestant will be disqualified if they are not at the fighting area within a specified time, usually 1 minute. The bout will then automatically be awarded to the opponent.

If penalising a competitor for anything above a chui-ichi, then all officials must be involved in the decision.

### **Terminology used by Referee's at Karate Tournaments**

#### **Proceeding with the bout:**

1. Rei (Bow)
2. Shomen ni rei (bow to the officials)
3. Shushin ni rei (Bow to the referee)
4. Otagai ni rei (bow to each other)
5. Kamaete (assume your fighting stance)
6. Hajime (start the bout)

#### **During the bout:**

1. Yame (stop)
2. Kamaete (assume your fighting stance)
3. Zoko (continue)
4. Shiro nakai (white sash wearer enters the area)
5. Aka nakai (red sash wearer enters the area)
6. Atoshi baraku (30 seconds remaining)

#### **Fouls as previously described:**

- |                             |  |
|-----------------------------|--|
| 1. Chui                     | point to the feet.   |
| 2. Chui-ichi                | point to the waist.  |
| 3. Genten-ichi              | point to the chest.  |
| 4. Genten-ni                | point to the face.   |
| 5. Hansoku/Shikkaku         | point to the face and then off the tatami.                 |
| 6. Jogai (leaving the area) | 3 consecutive infringements will lead to a formal penalty. |

The referee will declare who has fouled, the infringement and the penalty. For instance: Aka, punching to the face, genten ichi.

#### **Declaration of scores:**

1. Ippon            Full-point and victory to the declared. Example: Shiro, shita-tsuki, Ippon.
2. Waza-ari        Half-point. Award given and bout continues to the end of the round.  
Example: Aka, gedan mawashi-geri, Wazari, Kamaete, Zoko.
3. 2<sup>nd</sup> score within a round. Example: Wazari or Ippon, Awasete (together) Ippon, Gachi.

**Decisions:**

1. No points scored: Fighters in fudo-dachi. Example: Aka no score, shiro no score, hantei onegashimasu. Any fouls will also be added after no score to either fighter.
2. Judges will indicate whether then consider the fight a draw or win to one side or the other.
3. The Referee will then call out the flags and sushin (himself) and declare the result based on the balance of the flags and his personal decision. Such as: shiro, ichi, ni. Aka, ichi, ni, sushin, Aka kachi (winner)
4. Hiki waki is awarded if there is not enough awards to either side.
5. A winner must have 3 of the 5 votes declared.
6. The winner will be declared visually, by the referee pointing and then raising his own arm on that side.

**Closing the bout**

1. Shomen-ni rei
2. Shushin-ni rei
3. Atagon-ni rei
4. Shake hands (Akushu o suru)

**Tameshiwari procedure**

1. Shomen-ni rei
2. Mawatte-rei
3. Kamaete
4. Hajime (30 seconds allowance)

**Declaring the results**

1. Kansui            Successful, all boards broken.
2. Shippai         Unsuccessful, not all boards broken.

**Changing of officials**

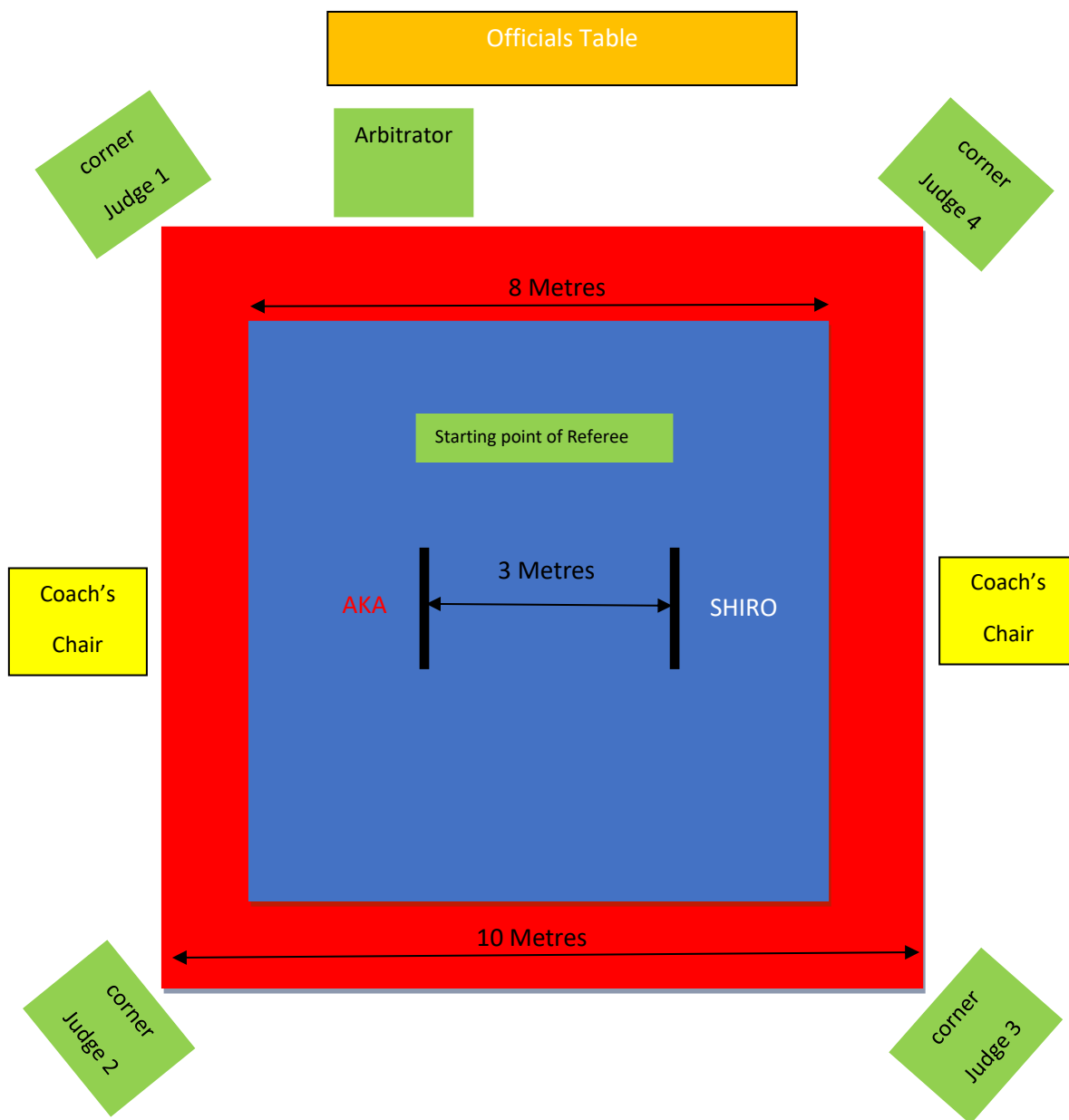
1. Fukushin Shugo    Calling the judges together.
2. Maware migi        Turn to the right.

Officials then move to the right side of the mat to face the new team.

1. Shimpan-ni rei
2. Hidari maware

Leave the area at the designated point bowing to the area on exit.

## A Typical Fighting Area for Full-Contact Kyokushin



The officials table will consist of a minimum of 2 people ie: Timer & Registrar

Coaches must always remain seated whilst the bout is in progress.

The Referee may sometimes be on the opposite side to the table. If this is the case, then the colours of the fighter will change sides so that AKA is on the right.

The configuration of officials will change should a 3-person team be used.

Timing of bouts is subject to change and the fighter/coaches will be informed prior to the bout should this be the case.

Officials not involved in a rotation must be on-hand should a conflict of interest occur with an existing bout and their services are required.



## Additional Protection Required for Kyokushin Rules Junior Kumite



Open-faced headguard



Fingerless Sparring Mits



Approved Body/Chest Protector

*These examples are guides!*