

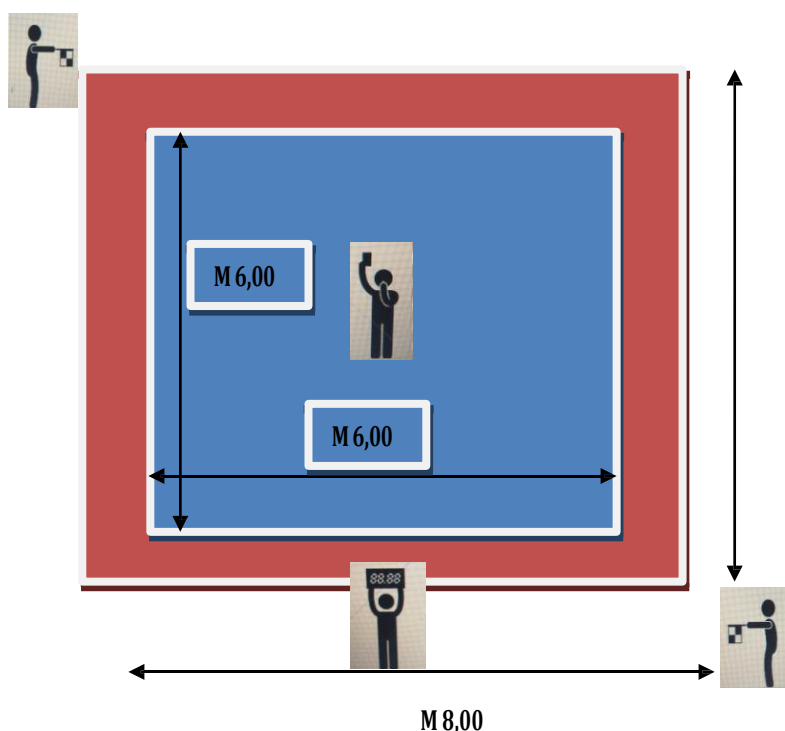
CONTACT KARATE COMPETITION RULES

JISSEN KUMITE

COMPETITION AREA

The competition area is made of interlocking mats with a minimum thickness of 3 cm.

The dimensions will be m. 8x8 with a 1 m. perimeter edge all around.



The perimeter edge determines the limit of the competition area, beyond which the athletes' actions are void and the match is stopped.

REFEREES AND THEIR POSITIONING

The referees and the competition staff in charge of the different roles in each competition area are:

CENTRAL REFEREE: He is the contact person for the other referees. He can move throughout the competition area. He may interact verbally with the athletes, and may start and stop the actions. It is the first guarantor of good performance of the match. He determines the final award of points, victory, warnings or penalties.

CHAIR JUDGE: Two referees seated at opposite corners of the tatami. They are equipped with a whistle and two flags, a white flag and a blue flag. They signal points or irregularities as described below.

TABLE JUDGE: He will be seated behind a table with a scorecard and a timer. He will record the points assigned and the penalties, as well as any significant actions not seen by the other referees; he will signal the end of the match and stop by whistling the end of the actions that require a maximum time to be carried out (clinch and wrestling).

REFEREE UNIFORM

White short-sleeved shirt, long black pants and dark tie. They will have bare feet to move on the tatami.

CATEGORIES

Competitors are divided into different categories according to gender, age and weight:

Age	Male	Female
Children A (up to 7)	kg -25 -30 -35 -40 +40	Kg -30 -35 +35
Children B (8-9)	kg -30 -35 -40 -45 +45	kg -35 -40 +40
Children C (10-11)	kg -35 -40 -45 -50 +50	kg -37 -42 +42
Juveniles (12-13)	kg -45 -50 -55 -60 +60	kg -42 -47 +47
Cadets (14-15)	kg -52 -57 -63 -70 +70	kg -47 -55 +55
Juniors (16-17)	kg -55 -61 -68 -75 +75	kg -50 -58 +58
Seniors (18-40)	kg -62 -68 -74 -80 +80	kg -55 -63 +63
Veterans A (41-50)	Open	Open
Veterans B (+51)	Open	Open

HOW TO SIGNAL, RECORD AND VALIDATE A SCORE

The CENTRAL REFEREE will wear two different colored wristbands (white and blue) to signal actions and scores of the different athletes.

When the chair referees decide to assign a point or a penalty to an athlete, they will move the flag of the corresponding color, signaling in the same time the action by whistling to attract the attention of the central referee. In case the central referee considers the signal correct, he will validate it by moving the arm corresponding to the athlete having made the action (points or penalties) and the table referee will record it on the scorecard.

HOW TO SIGNAL SCORES

WAZAARI - it is signaled by bringing the flag, of the color corresponding to the athlete having made the point, 45 ° down and whistling at the same time, as long as the central referee signs he has seen. Without interrupting the action, the referee assigns the point with his arm, loudly declaring the type of point. At that point the table referee assigns it by recording it on the scorecard.

DOUBLE WAZAARI - it is signaled by bringing the flag, of the color corresponding to the athlete having made the point, parallel to the ground and whistling at the same time, as long as the central referee signs he has seen. Without interrupting the action, the referee assigns the point with his arm, loudly declaring the type of point. At that point the table referee assigns it by recording it on the scorecard.

IPPON - it is signaled by bringing the flag, of the color corresponding to the athlete having made the point, perpendicular to the ground, above the head and whistling at the same time, as long as the central referee signs he has seen. Without interrupting the action, the referee assigns the point with his arm, loudly declaring the type of point. At that point the table referee assigns it by recording it on the scorecard.

WARNINGS, PENALTIES AND DISQUALIFICATIONS

HANSOKU - it is an official warning. It is signaled by the chair referees rotating the corresponding flag and whistling. It is recorded in the scorecard and is taken into consideration for the scoring. The sum of 2 hansoku leads to the award of a wazari for the opponent.

HANSOKU is assigned in the following cases:

- In case of 2 voluntary Jogai
- Unsportsmanlike or disparaging behavior
- After a second recall in case of a clear intention not to follow up on concrete actions, or voluntarily turning away from the opponent

- After a first recall, for holding the opponent by the helmet or mitts
- Ignoring the referee stop
- Intentionally hitting prohibited targets or performing prohibited techniques

DISQUALIFICATION

An athlete may be subject to direct disqualification with attribution of the victory to the opponent in the following cases:

- Unsportsmanlike behavior, exaggerate protests and all those behaviors that bring disrepute to the spirit of budo and to the values of sport.
- Execution of prohibited technique that injury to the opponent.
- Enter the competition area not properly dressed (uniform or protection equipment).

ATTENTION: the chair referees are free to report any action that they deem to fall within the rules but the validation of the same is always up to the central referee that may, at his discretion, ignore the report if he disagree with it.

MATCH RULES

DRESS CODE AND PROTECTION EQUIPMENT

WHITE KARATEGI with blue or white waist belt and mitts of the same color as the belt.

The KARATEGI may only present any kanji of the style practiced and symbol of the team. They may not present any advertising writings or other.

Full-face helmet closed with plexiglass approved for contact karate competitions and bands with a maximum length of 3.00 m.

Chest protector up to Juniores categories (included).

Groin protector for men and breast protector for women.

Mouthguard.

Shin protector are mandatory according to the categories.

ALLOWED HITS AND TECHNIQUES

All punch atemi are allowed : crosses, hooks and uppercuts.

Legs atemi: maegeri, mawashigeri, uramawashigeri, ushirogeri, ushirouramawashigeri, yokogeri.

ALLOWED TARGETS - bust; arms; legs at all levels; head in the front and side for Junior categories- Seniores - Veterans while for all the others the targets are chudan and gedan with the exception of circular (mawashi or ushiromawashi) kick techniques, that must have a light contact.

PROHIBITED TARGETS: throat, neck, groin area, the whole back of the body, knees.

CLINCH: clinch and grapple phases are possible both in the active and in the defensive phase. The Clinch may last 5 seconds and can be followed by percussive techniques and projections.

GRABBELING AND PROJECTIONS - the allowed projections are: osotogari, ogoshi, sasaetsurikomiashi, haraigoshi, ouchigari, seoinage, kata guruma, kuchikitaoshi, morotegari, uranage.

TECHNIQUES NOT ALLOWED: all "smashes" aimed at crashing the opponent to the ground using one's own weight in addition. Uranage techniques are only allowed with back fall and not on the opponent's head / neck. It is not allowed to restrain the opponent by the helmet or mitts.

NE WAZA: finalizations and ground fight is reduced to a minimum in terms of time and strategy. The time of finalization on the ground is 5 seconds from when one of the 2 athletes touches the ground in a non-standing position. The phase of NE WAZA is admitted only from the Cadet category upwards.

The possible finalizations are joint levers to arms and legs that do not allow their twisting but only extension.

Suffocation by arms (Mata leon "rear naked choke") and legs (sankakujime) and with the support of parts of the Karategi are only allowed for Seniors and Veterans categories.

DURATION OF A MATCH

Duration of matches depends on the different categories:

- Children A M/F 1 min 30 sec, with possible 1 minute extension after 1 minute break time, in case of a tie.
- Children B M/F 2 min, with possible 1 minute extension after 1 minute break time, in case of a tie.
- Juveniles M/F 2 min, with possible 1 minute extension after 1 minute break time, in case of a tie.
- Cadets M 2 min 30 sec, with possible 1 minute extension after 1 minute break time, in case of a tie.
- Cadets F 2 min, with possible 1 minute extension after 1 minute break time, in case of a tie.
- Juniores M 3 min, with possible 1 minute extension after 1 minute break time, in case of a tie.
- Juniores F 2 min, with possible 1 minute extension after 1 minute break time, in case of a tie.
- Seniores M 3 min, with possible 2 minutes extension after 1 minute break time, in case of a tie.
- Seniores F 2 min, with possible 1 minute extension after 1,30 minute break time, in case of a tie.
- Veterani M/F 2 min, with possible 1 minute extension after 1 minute break time, in case of a tie.

SCORES ASSIGNMENT AND VICTORY

The match continues uninterrupted until the central referee stops it.

The points are signaled by the chair referees, endorsed by the central referee and assigned accordingly.

A well performed projection on the floor determines a WAZAARI.

The blocking of an atemi with consequent projection and control is worth a DOUBLE WAZARI.

The control of the opponent held with his back on the floor for 3 seconds is worth 1wazaari.

UP TO JUNIORES: each time the referees signal a point, the central referee stops the match and assigns the point. Actions that award a WAZAARI: mawashigerichudan, tsuki to the face, combination of 3 techniques jodan and chudan.

SENIORES/VETERANS :each shot that has obvious effect awards a wazaari. Each action and combination of more techniques bringing continuous effective shots if carried out for 3 seconds, award a DOUBLE WAZAARI.

After 5 seconds of attacks without active defense from the opponent, the referee stops the match and assigns an IPPON to the active athlete.

IPPON AND VICTORY

Victory is awarded in the following cases:

- Technical KO with the impossibility of continuing the match.
- After falling to the floor with obvious difficulty in recovering within 5 seconds.
- Inability to defend against continued actions of atemi for 5 seconds.
- Surrender by submission.
- Interruption for manifest inferiority by the referee.
- Higher scoring than the opponent at the end of the match.

KYOKUSHIN KUMITE

Full Contact: these competition rules are conceived to progressively structure the match into full contact, that is a point of "arrival". It is intended to accompany the practitioner at the beginning of his experience and at an age from beginner, in a progressive way, to be able to gradually face, physically and mentally this type of proof.

As a matter of fact, in the first categories the rules foreseen a light contact, then a semi-contact and later a full contact with some limitations. Only for some categories a complete full contact is permitted.

EFKO International Competition Rules: these competition rules, mostly as far as Senior categories are concerned, is in line with EFKO international rules, which is the body that currently collects the largest number of federal adhesions in the panorama of kyokushin karate.

GENERAL INTRODUCTORY LINES

- Kyokushin kumite provides for kumite with punches and kicks. Punches are allowed only chudan and kicks are allowed at all levels.
- Wrestling: not allowed, neither standing nor on the ground.
- Clinch: allowed for "a split second", and must be followed by a technique or sweep (it is not allowed to block the action of the fight).
- Sweeps: only classic Ashi Barai allowed.
- Pushing: it is provided with one hand, for the duration of a split second, and must be followed by a punch or kick (it is not allowed to block the action of the fight).
- Contact: it is foreseen progressively, according to the experience gained, from light contact to full contact.

COMPETITION AREA

Tatami m. 8x8 or ring.

DURATION

1 round for eliminatory phase.

2 rounds for finals.

The organization of the competition reserves the right to change the duration of the Kumite, in advance and with notice to participants, based on contingent organizational needs.

REFEREE DECISION AND SCORING

Ippon: in case of an ippon the match ends before the time is up.

Wazaari: in case of a wazaari at the end of the foreseen rounds, the athlete having scored it is declared the winner.

Two wazaari equal an ippon.

Decision: in case of a tie at the end of the foreseen rounds (minimum two), the referees express their decision, by raising the flags.

PENALTIES

They follow this progression:

Chui Ichi - first simple warning

Chui Ni - official warning (kentenichi). In case of a tie, it brings to a defeat.

Chui San - serious official warning (kentenni). A wazaari is awarded to the opponent.

Chui Yon - Disqualification.

In the event that the referee deems the persistence of an incorrect behavior, the referee continues to assign warnings increasingly.

On the other hand, in the event that the referee deems the incorrect behavior not to persist in terms of gravity and intentionality, despite having already assigned a Chui, he can stop the match and make a simple verbal warning.

Example: if Aka has suffered a Chui for excessive clinch, and shortly after exits the competition area (jogai), if the referee considers it a not serious behavior, he can simply warn Aka with the words: "Be careful not to exit the competition area", without increasing the scale of penalties.

COMPETITION RULES

The refereeing panel is made of:

- 1 Central referee
- 2 chair judges (they also may be 4, but it is not necessary)
- 1 table judge

Scores and penalties are declared by the central referee. The chair judges signal scores and penalties.

Judgment (of victory or defeat): expressed by the chair judges raising the White (Shiro) or Red flag (Aka). In the event of a tie, the central referee expresses his judgment, bringing the decision in favor of Aka or Shiro. In case of difficulty in judgment, the referees can discuss together to define the judgment.

Allowed techniques with increasing contact, according to age.

Please note: these are not the Kumite categories, but only an indication of the techniques allowed based on age.

- Up to 9, light contact: all chudan punches; all gedan and chudan controlled kicks; jodan controlled kicks (only mawashi geri, uchi mawashi, ura mawashi). Hiza geri forbidden.
- From 10 to 13, semi contact: all chudan punches; all gedan and chudan controlled kicks; jodan controlled kicks (only mawashi geri, uchi mawashi, ura mawashi). Hiza geri forbidden.
- From 14 to 18, partial full contact with protections: all chudan punches; all gedan and chudan controlled kicks; jodan controlled kicks (only mawashi geri, uchi mawashi, ura mawashi). Hiza geri forbidden.
- From 18 to 40, partial full contact with protections, Class C (10°-9° Kyu): all chudan punches; all gedan and chudan kicks; jodan only direct or circular kicks (mawashi geri, uchi mawashi, ura mawashi). Hiza geri forbidden.
- From 18 to 40, intermediate full contact without protections, Class B (8°-3° Kyu): all chudan punches; all gedan and chudan kicks; jodan all kind of kicks or hiza geri. Hiza geri in clinch forbidden.
- From 18 to 40, complete full contact without protections, Class A (° Kyu - Dan): all chudan punches; all gedan and chudan kicks; jodan all kind of kicks or hiza geri. Hiza geri in clinch allowed for a split second.
- Over 40, intermediate full contact without protections, Class V (open): all chudan punches; all gedan and chudan kicks; jodan all kind of kicks. Hiza geri forbidden.

Forbidden Techniques

- Punches to the face, to the neck and to clavicles.
- Attack to groin.
- Whatever attack to joints (ex. Mawashi geri to a knee).
- Whatever attack to the spine.
- Whatever attack to an opponent on the floor.
- Having a behavior contrary to the referee's instructions.
- Avoiding fight.
- Unsportsmanlike behavior.

CATEGORIES - WEIGHT - AGE - BELTS

Age	Male	Female
Children A (up to 7)	kg -25 -30 -35 -40 +40	Kg -30 -35 +35
Children B (8-9)	kg -30 -35 -40 -45 +45	kg -35 -40 +40
Children C (10-11)	kg -35 -40 -45 -50 +50	kg -37 -42 +42
Juveniles (12-13)	kg -45 -50 -55 -60 +60	kg -42 -47 +47
Cadets (14-15)	kg -52 -57 -63 -70 +70	kg -47 -55 +55
Juniors (16-17)	kg -55 -61 -68 -75 +75	kg -50 -58 +58
Seniors (18-40)	kg -62 -68 -74 -80 +80	kg -55 -63 +63
Veterans A (41-50)	Open	Open
Veterans B (+51)	Open	Open

Weight tolerance Children-Juniores (dressed with kimono): 0,5 kg.

Weight tolerance Seniores: 0,1 kg.

Categories may be merged in case of few participants or organizational needs.

Belt conversion table Kyu Kyokushin-IKU

10^o-9^o kyu orange

- 1st category - up to orange IKU

8^o-7^o kyu blue

6^o-5^o kyu yellow

4^o-3^o kyu green

- 2nd category - green-blue IKU

2^o-1^o kyu brown

Dan

- 3rd category - brown-black IKU

Note: these are not the categories of Kumite, but only an indication of the techniques allowed based on age.

CATEGORIES UP TO 9 - LIGHT CONTACT

Light Contact: all techniques must be brought to targets with precision. The gesture must be technical, that means it must not involve the use of brute forces.

Objectives: the central referee will supervise the application of these two objectives namely technique and precision.

Safety of young athletes: this must be the referee's main concern.

Protection equipment

- Helmet with face cover
- Chest protector
- Finger-free mitts
- Sock shin protector
- Groin protector (for male categories)
- Mouthguard

Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, are allowed. Ura mawashi geri is allowed only if brought back after contact, it means it may not overstep the target. In case it does, the referee shall impose a punishment.

Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan, whatever direct attack (mae geri, hiza geri...)
- Jodan, circular kicks (mawashi geri) that overstep the target
- Whatever tobi technique
- Jodan hiza geri

Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 1.30 min. each
- 1 min. break time
- in a final, in the event of a tie after the two rounds and following a referee decision, it is possible to proceed with an enchoson, or an extra round, at the end of which the referees must necessarily decide the winner.

Criteria for scoring and judgment

The safety of the young athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- allowed jodan kicks (mawashi geri)
- a combination of techniques that forces the opponent into a defensive cover, without being able to respond to shots for a time exceeding 1 min. (example: if aka's offensive action is so effective as to forcing shiro only to motionless defense, so no more strike exchange occurs, but domination of aka, the fight is interrupted, to preserve the safety of shiro and aka is awarded a waza-ari)

Ippon is assigned in case of:

- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

CATEGORIES FROM 10 TO 13 - SEMI-CONTACT (SAME LIMITATIONS)

Semi-contact: all techniques must be brought to the targets with precision, and in proportion to the age and to psycho-physical development, with an appropriate strength, such as to make them perceived as effective by the opponent. The gesture however must be predominantly (but not exclusively) technical. The use of brute force alone is not allowed. The central referee has the task of supervising this.

Objectives: the central referee will supervise the application of these two objectives of kumite, namely technique and effectiveness.

The safety of the young athletes must be the referee's main concern.

Protection equipment

- Helmet with face cover
- Chest protector
- Finger-free mitts
- Sock shin protector
- Groin protector (for male categories)
- Mouthguard

Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, are allowed. Ura mawashi geri is allowed only if brought back after contact, it means it may not overstep the target. In case it does, the referee shall impose a punishment.

Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan, whatever direct attack (mae geri, hiza geri...)
- Jodan, circular kicks (mawashi geri) that overstep the target
- Whatever tobi technique
- Jodan hiza geri

Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 1 min. break time
- in a final, in the event of a tie after the two rounds and following a referee decision, it is possible to proceed with enchosen, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

Criteria for scoring and judgment

The safety of the young athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- allowed jodan kicks (mawashi geri)
- a combination of techniques that forces the opponent into a defensive cover, without being able to respond to shots for a time exceeding 1 min. (example: if aka's offensive action is so effective as to forcing shiro only to motionless defense, so no more strike exchange occurs, but domination of aka, the fight is interrupted, to preserve the safety of shiro and aka is awarded a waza-ari)

Ippon is assigned in case of:

- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

CATEGORIES FROM 14 TO 18 - PARTIAL FULL CONTACT (WITH PROTECTIONS, JODAN ONLY CIRCULAR, CONTROLLED GERI)

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

Protection equipment

- Helmet with side opening
- Finger-free mitts
- Sock shin protector
- Groin protector (for men)
- Jockstrap (for women)
- Breast protector
- Mouthguard

Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed. These techniques, even if carried with power,

must be carried out bringing them back after the contact with the target, it means they may not overstep the target. In case they do, the referee shall impose a punishment.

Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan, whatever direct attack (mae geri, hiza geri...)
- Jodan, circular kicks (mawashi geri) that overstep the target
- Whatever tobi technique
- Jodan hiza geri

Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 1 min. break time
- in a final, in the event of a tie after the two rounds and following a referee decision, it is possible to proceed with enchoson, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

Criteria for scoring and judgment

The safety of the young athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

CATEGORIES FROM 18 TO 40 MUKYU 10th-9th KYU WHITE AND ORANGE BELTS (CLASS C) - PARTIAL FULL CONTACT (WITH PROTECTIONS, JODAN ONLY CIRCULAR GERI)

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

Protection equipment

- Finger-free mitts
- Sock shin protector
- Groin protector (for men)
- Jockstrap (for women)
- Breast protector
- Mouthguard

Allowed techniques

- Chudan tsuki
- Gedan and chudan geri

- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed

Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan hiza geri

Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 30 sec. break time
- in a final, in the event of a tie after the two rounds and following a referee decision, it is possible to proceed with enchoson, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

Criteria for scoring and judgment

The safety of athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

CATEGORIES FROM 18 TO 40 FROM 8th TO 3rd KYU, BLUE, YELLOW, GREEN BELTS (CLASS B) - INTERMEDIATE FULL CONTACT (NO PUNCHES AND SHIN PROTECTORS, JODAN HIZAGERI ALLOWED WITHOUT CLINCHING)

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

Protection equipment

- Groin protector (for men)
- Jockstrap (for women)
- Breast protector
- Mouthguard

Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed. Hiza geri allowed without clinching.

Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan hiza geri in clinch (to say, blocking the opponent's head)

Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 30 sec. break time
- in the event of a tie after the two rounds (in any case, not only for finals) and following a referee decision, it is possible to proceed with enchosen, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

Criteria for scoring and judgment

The safety of athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

CATEGORIES FROM 18 TO 40 FROM 2nd KUY TO DAN, BROWN-BLACK BELTS (CLASS A) - COMPLETE FULL CONTACT (NO PUNCHES AND SHIN PROTECTORS, JODAN HIZAGERI ALLOWED WITH ONE HAND)

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

Protection equipment

- Groin protector (for men)
- Breast protector
- Mouthguard

Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed. Hiza geri allowed with one hand clinch. The hand shall let go the head just before hitting, so when the kick is delivered, the head must no longer be trapped.

Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan hiza geri in complete clinch, or blocking the opponent's head while kicking

Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 30 sec. break time

- in the event of a tie after the two rounds (in any case, not only for finals) and following a referee decision, it is possible to proceed with enchosen, or a 2 min. extra round, at the end of which the referees must necessarily decide the winner.

Criteria for scoring and judgment

The safety of athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

CATEGORIES VETERANS +40 ALL BELTS (CLASS V) - PARTIAL FULL CONTACT (NO PUNCHES AND SHIN PROTECTORS, JODAN HIZA GERI ALLOWED WITHOUT CLINCH)

Full-contact: all techniques are carried out effectively, on the targets allowed by the competition rules. Guard and shots must be taken in a technical way, following the right trajectories and arrive on the intended target (the central referee has the task of supervising).

Objectives: the central referee will supervise the application of these two objectives that is, the extent of the full contact, framed in a technical binary. Safety of athletes.

Protection equipment

- Groin protector (for men)
- Jockstrap (for women)
- Breast protector
- Mouthguard

Allowed techniques

- Chudan tsuki
- Gedan and chudan geri
- Jodan: only mawashi geri, uchi mawashi geri, ura mawashi geri, ushiro ura mawashi geri are allowed

Forbidden techniques (in addition to those already indicated in the general lines)

- Jodan hiza geri

Duration of Kumite

Each match in a single category, from eliminatory to final, foreseen:

- 2 rounds 2 min. each
- 1 min. break time
- The last round is an enchosen (no tie allowed)

Criteria for scoring and judgment

The safety of athletes must be the referee's main concern.

He can assign the following scores: wazaari (half point) or ippon (full point).

Wazaari is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for less than 3 "(three seconds). The referee intervenes immediately putting himself between the competitors and the count begins.

Ippon is assigned in case of:

- a technique or a combination that forces the opponent not to be able to stay on guard for more than 3 "(three seconds)
- two wazaari
- opponent's surrender
- evident superiority, decided by the central referee (if the referee decides in this sense)

NOTES ON SCORING AND JUDGMENT

- In the event of a tie, the central referee, possibly in consultation with the other referees, will make his decision preferring the athlete who has shown more initiative, technique and endurance.
- A possible Chui (formal warning) will only minimally influence the decision in favor of a contender.
- Also sweeps are minimally influent.
- The most important criteria is the effectiveness of the hits and the continuous offensive action. If for example, a fight ends in a tie, but Aka has attacked more than Shiro, the referee must award the victory to Aka. No defensive attitude may be rewarded.