

Kyokushin Challenge Rules

International Karate Organization Kyokushin Matsushima
Northwest Kyokushin

Rules pertain to all divisions except where noted.

Uniform:

Knockdown & Junior Divisions:

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.

Ring Style:

Traditional uniforms are preferred however there will be more leniency for non traditional attire. However appropriateness and safety will be considered.

Competitor Safety:

Adults

1. Each competitor must wear a mouth guard and groin guard. an will not be permitted to compete without these items.
2. *Ring Style also must wear gloves (provided) and head gear. Head gear shall not cover face.*
3. Women may wear chest protection, must be soft style and not cover the abdomen.
4. Tournament medical staff may make a decision that a competitor cannot continue in a match or enter the next round, that decision is FINAL.
5. 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.

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 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 only 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.

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)

Full Point Victory (Ippon):

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

OR

2. Excluding the techniques listed as 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:

1. Excluding the techniques listed as fouls, a thrust (tsuki), kick (geri) or elbow (hiji) that vigorously 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 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.

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 who 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
-allowed in Ring Style
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
-allowed for 5 seconds in Ring Style to execute throw or takedown
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. If competitor is so over-excited or aggressive and becomes a danger to himself/herself of the opponent.

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.

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;
4. Shikkaku: This is a disqualification.

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 officials 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.

KYOKUSHIN FULL CONTACT KARATE RULES

FOUL/ILLEGAL TECHNIQUES



Kicking a downed Opponent.



Elbow to the face



Punching the face



Holding/grabbing and attacking



Kicking the to the groin



Head butting



Turning back to opponent



Pushing with open hands



Pushing with head while attacking



Kick to the knee joint



Punching to the throat



Striking to the spine

GOOD/LEGAL TECHNIQUES



Axe kick to the Head or body



Spinning back kick to the body



Spinning back kick to the head



Elbow to the body



Front kick to the face or body



Inside thigh kick face or body



Outside thigh kick



Knee kick to Head or body



Hook punch to the body



Roundhouse kick to the body



Roundhouse kick to head



Roll kick to head or body



Side kick to Body or head

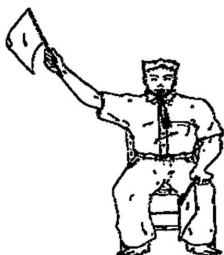


Leg sweep followed by a non contact strike

1. Any contestant who fails to obey the referee's instruction during the bout.
2. Contestants who are late or who fail to appear for a bout
3. Contestant/s who remain facing each other, or do not, or are not prepared for to engage in fighting for more than 30 seconds, will be regarded as lacking the will to fight and shall be disqualified.

KYOKUSHIN FULL CONTACT KARATE RULES

JUDGES FLAG SIGNALS



Full point: - Ippon victory
The judge raises the winners flag diagonally upward and blows the whistle.



Drawn Bout:
The judge crosses both flags in front and the whistle.



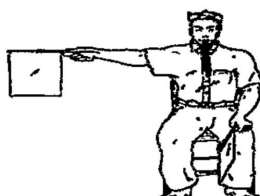
No score: The judge
Waves both flags the front and blows the whistle.



Foul or illegal technique:
The judge waves his flag up and down and blow the whistle.



Out of bounds: Contestant/s
has moved gone outside the fighting area. The judge touches the line and blows the whistle.



Half point: - Wazari.
The judge raises the contestants flag horizontally and blows the whistle.



Unobserved: Did not see.
The judge crosses the flags in front of the eyes to indicate unable to see.

PENALTY SYSTEM:

Private warning: - No penalty

Chui: - Public warning to the competitor

Genten: - Minus half a point

Shikkaku: - Disqualification

Note: 2 x chui = 1 genten 2 x genten = Shikkaku

FLAG COLOURS:

Each judge has two flags, red (Aka) and white, (shiro) which represents the two fighters.

The red fighter has a red sash tied to the belt.

The judge gives an opinion regarding the situation by raising the appropriate coloured flag.

EXTENSION:

When a decision cannot be reached by a majority decision of the match officials, a draw is declared and an extension is granted. One extension is permitted, except in the case of the final. In which two extensions will be permitted. At the end of the extension/s, the judges cannot declare the bout as a draw. Each judge must declare for a win to one of the fighters.

DISQUALIFICATION:

1. Any contestant who fails to obey the referee's instruction during the bout.
2. Contestants who are late or who fail to appear for a bout
3. Contestant/s who remain facing each other, or do not, or are not prepared for to engage in fighting for more than 30 seconds, will be regarded as lacking the will to fight and shall be disqualified.