



Rules for Controlled-Contact Kumite Tournaments

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Competitors, Uniforms & Safety Equipment

- Uniform MUST be clean and tidy.
- Uniform must fit correctly so no adjust needs to be made whilst competing, i.e having to stop the match to roll up pant leg(s).
- One competitor will wear a red sash on rear of their belt and one will wear blue.
- Safety equipment must be in good condition and fit properly.
- Mouthguard, groin guard (for males), sparring mitts or MMA gloves (no bag mitts, as the gloves used must allow the competitor to make a correct fist), shin & instep pads MUST be worn. Breast guards, head gear etc may also be worn but must be checked by the Senior Official or Tournament Organiser.
- Competitors must have short fingernails & toenails, and not wear anything on their person to cause injury to their opponent, such as jewellery.

Officials

- Consist of 1 Referee and 4 seated Judges OR 1 Referee and 2 standing judges.
- Officials MUST wear the official Australian Kyokushin Alliance uniform consisting of a shirt, tie, trousers or slacks, black shoes and/or blazer. It must be clean and pressed.
- Officials must be neutral and impartial, and compose themselves in a respectful way.
- Officials must be totally focussed on the match at hand, and be ready to give a decision at any moment of the match.
- During the match Officials may only talk to each other - ONLY the Referee may speak to the competitors or coaches.

The Match

Duration

- Children - 2 minutes.
- Adults - 3 minutes.

Extension

- Children -2 minutes.
- Adults - 3 minutes.

Match Area

- The competition area will be a minimum of 6m², up to a maximum of 8m².
- The competition area will be flat and clear of any obstacles.

Starting

- The Referee will bring the competitors to their respective positions and announce: Shomen ni rei (bow to the front), Shushin ni rei (bow to the Referee), Otagani rei (bow to each other) – each of these commands will be followed by the competitors bowing and saying “OSU”!



- The Referee then says “Kamaete” (take up fighting positions), the competitors and Referee will then take up fighting positions (the competitors may KIAI at this point).
- The Referee then says “Hajime” (begin) and punches the air with a reverse punch signalling the start of the bout.

Stopping

- To stop or suspend the match the Referee will announce “YAME” accompanied by a descending knife hand between the competitors.

Restarting

- If the competitors have just moved outside the competition area, and that no penalty or score needs to be awarded, (after YAME) the Referee will shepherd the competitors just inside the competition area and announce Kamaete(take up fighting positions), the competitors and Referee then take up fighting positions. The Referee then says “Zokko” (continue) and punches the air with a reverse punch, and the bout continues.
- In the case a penalty or point needs to be awarded, (after YAME) the Referee will bring the competitors back to their starting positions, award the penalty or point, and announce Kamaete(take up fighting positions), the competitors and Referee then take up fighting positions. The Referee then says “Zokko” (continue) and punches the air with a reverse punch, and the bout continues.

Awarding the Match

- The Referee will bring the competitors back to their starting positions (facing away from the Referee). The Referee will then move to the rear of the match area and call for a decision – Hantai. The Judges will then make their decision.
- The Referee then raises their hand on the side of the winner. The winner is decided by a competitor scoring the most points, by their opponent failing to appear (Kiken), or their opponent getting disqualified (Shikkaku).
- If it's Red (Aka); The Referee shall raise their right hand and announce “AKA NO KACHI”,
- If it's Blue (Ao); The Referee shall raise their left hand and announce “AO NO KACHI”
- If it's a draw; The Referee will cross their arms downward and announce “Hikiwaki”. In the case of a draw, the Referee will announce an extension (Encho-sen). Only one extension is allowed, and shall be run like a new match. No points or fouls carry into an extension. At the end of an extension no Official may call a draw.
- In the case of 2 Judges awarding the match to Red, and 2 Judges awarding the match to Blue, the Referee gets the deciding vote. It should be noted that the Referee cannot call a draw, as every other Judge has picked a winner.



Scoring

Ippon (full point)

- To get this score the technique or combination, if delivered with power and follow through, would have knocked their opponent out.

Waza-ari (half point)

- To get this score the technique or combination, if delivered with power and follow through, would have knocked their opponent down or forced them to break off from fighting.

Scoring techniques

- To score techniques must have correct form, correct timing, correct distance, correct application and focus.
- All circular and descending kicks to the head must pass in front of the face. The attacker's posture needs to be straight, and the kick should be as close as required so that if the attacker leaned into it, the kick would hit the head.
- All snapping kicks to the head need to stop just short of the head. At the apex of the kick, the kicking leg needs to remain bent, so if the kick is fully extended, it would hit the head.
- Punches and strikes to the head need to stop just short of the head. The arm must remain bent, so if the punch or strike is fully extended it would hit the head.
- Hooking a kick or punch (to turn the opponent) using the edge of your hand –not cupping or grabbing the limb.
- Sweeps followed by a non-contact punch to the head of the fallen opponent.
- All legal techniques to the body and legs MUST make contact.
- All effective attacks thrown between "Hajime" and "Yame" are valid.
- A competitor needs to be inside the competition area to score. If a competitor finds themselves outside the scoring area, whilst their opponent is inside the competition area, they should be aware that their opponent can still score, provided the Referee has not called "Yame".
- When both competitors score at the same time, they cancel each other out.

Scoring Areas

- Head - non contact only
- Abdomen (excluding the back) - touch contact only
- Thighs (inside & outside) - touch contact only

"No Score" Decision

When a bout is scored evenly but a decision MUST be made, such in the case of an extension, the following need to be considered:

- Number of fouls
- Comparative skills/ability shown
- Variety of techniques
- Strategy – Who controlled the match?
- Number of attacks



Fouls

Contact Fouls

- Any contact to the head, face or neck.
- Excessive contact to the body or thighs.
- (Excessive contact is when the attacking technique causes the body part which it strikes to buckle, or results in injury)

Foul Techniques

- Techniques with the open hand or partially open hand that targets the head, face or neck.
- Techniques with the elbow or arm that targets the head, face or neck.
- Techniques that target the groin, joints or instep.
- Techniques that target the arms (except blocks).
- Techniques that target the back.
- Leaping forward while executing jump kicks.
- Grabbing or holding.
- Pushing or shoving.
- Having no regard for the scoring criteria.
- Uncontrolled techniques.
- Charging.
- Not offering a defence.

Poor Sportsmanship Fouls

- Failing to obey the Referee.
- Feigning injury to gain an advantage.
- Time wasting or deliberately repeatedly exiting the competition area.
- Attacking after "Yame"
- Attempting or executing a foul technique.
- Becoming over excited or losing their temper, becoming a danger to their opponent.
- Refusing to compete.
- Foul language and spitting.
- Poor sportsmanship or other acts that violate the spirit of the tournament.

Important notes

- 3 contact fouls = immediate disqualification.
- Competitors can only be disqualified for contact fouls or poor sportsmanship fouls.
- All other infringements will only give points to their opponent.



Penalties

- Private warning – No penalty.
- Chui – Waza-ari awarded to their opponent.
- Genten (equals 2 x Chui) – Ippon awarded to their opponent.
- Shikkaku (equals 2 x Genten) – Disqualified.

Notes:

- Anytime a competitor breaks the rules they will be warned or fouled.
- The Referee cannot award a Chui, Genten or Shikkaku against a competitor without having the majority of the Officials in agreement.
- The Referee will clearly award all penalties and points.
- The Referee may give a private warning, Chui, Genten or Shikkaku for the first second or third offence. The severity of the infringement must be directly reflected by the penalty. Example: The Officials may disqualify a competitor for their first offence if they knock an opponent down (or out) with a technique.

Injuries and Accidents

- If a competitor suffers a minor injury, not sufficient enough for their opponent to be disqualified, but refuses to continue, their opponent will be declared the winner.
- If a competitor gets injured through no fault of their opponent, and the injured competitor cannot continue, their opponent will be declared the winner.
- If both competitors cannot continue due to injury, and neither competitor is at fault, the match may be suspended. After which, if neither can continue both shall be eliminated. If one cannot continue, their opponent will be declared the winner.
- If both competitors cannot continue due to injury and one competitor is at fault, the opponent will be declared the winner. It should be noted that if the injury is serious, although they have won the match, they will not be allowed to continue in the tournament.
- If a competitor wins a match by disqualification, due to head contact, they cannot continue in the tournament.