



# Rules for Full-Contact Kumite Tournaments

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## Competitors, Uniforms & Safety Equipment

- Uniform MUST be clean and tidy.
- Uniform must fit correctly so no adjustment 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.
- The following safety equipment is COMPULSORY and MUST be worn.
  - Adults: mouthguard, groin guard (for males), soft type breast guards (for females).
  - 16 to 17 years: In addition to Adult's safety equipment - MMA gloves (no bag mitts, as the gloves used must allow the competitor to make a correct fist), shin & instep pads and head gear MUST be worn.
- Competitors must have short fingernails & toenails, and not wear anything on their person to cause injury to their opponent, such as jewellery.
- Must not be under the influence of alcohol or any illicit substance.
- Must have no communicable diseases, infections or conditions.
- Strapping is allowed, but cannot cover any striking surface, except for a thin bandage or band aid over a cut knuckle. All strapping must be inspected by the organiser or Chief Official.

## Officials

- Consist of 1 Referee and 4 seated Judges OR 1 Referee and 2 standing judges.
- Officials MUST wear the official uniform of their respective organisation consisting of a shirt, tie, trousers or slacks, black shoes and/or blazer. It must be clean and pressed.
- Officials must be impartial and conduct 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

- All matches and extensions are 3 minutes.

## Match Area

- The competition area will be a minimum of 6m<sup>2</sup>, up to a maximum of 8m<sup>2</sup>.
- The competition area will be flat and clear of any obstacles.
- The competition area will be covered in approved safety mats designed with the fighting arts in mind, such as tatami or jigsaw mats.

## Starting the match

- 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 where 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 Torimasu, then announces HANTEI! The Judges will then make their decision.
- The Referee counts the flags and then raises their hand on the side of the winner.
- 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 (no majority decision could be reached); The Referee will cross their arms downward and announce “Hikiwaki”. In the case of a draw, the Referee will announce an extension (Encho-sen), and it will commence immediately. 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.
- A decision cannot be overturned unless the officials made an error in coming to their decision. Example: forgetting to take into account a Genten (minus half point).
- The winner is decided by a competitor scoring: an Ippon, the most points, majority Judges' decision (3 judges or 2 judges and the referee), the opponent giving up (Maitte), the opponent failing to appear (Kiken), or the opponent getting disqualified (Shikkaku).

## Ending the Match

- 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 competitors then shake each other's hands and leave the competition area from their respective sides.



## Scoring

### Ippon (full point) instant victory

To get this score:

- Any LEGAL technique or combination has knocked their opponent out or down for more than 3 seconds, or forced them to break off from fighting for more than 3 seconds.
- Their opponent gives up (Maitte).
- Their opponent fails to appear (Kiken).
- Their opponent gets disqualified (Shikkaku).

### Waza-ari (half point)

To get this score:

- Any LEGAL technique or combination has knocked their opponent down or forced them to break off from fighting for less than 3 seconds.
- A sweep followed up by a non-contact punch to the face that is not partially blocked. Please note that a sweep alone does not score.
- A competitor breaks off from fighting without the referee signalling “Yame”.
- Two Waza-ari in the same round equal Ippon and instant victory.

## Penalties

- Private warning – No penalty.
- Chui (Ichi) – Official warning. 2 Chui (Ni) equal 1 Genten.
- Genten (Ichi) – Minus half point. Can only be overridden by scoring a Waza-ari. A competitor who has a Genten (Ichi) awarded against them MUST lose if no other score is made. 2 Genten (Ni) equal disqualification.
- Shikkaku (2 Genten) – Disqualified. An Ippon is awarded to their opponent.

Note: When a competitor has both a Waza-ari and a Genten, their score is 0.25.

## Legal techniques

- All kicks to the head.
- All kicks and hand strikes to the body (from the shoulder to the waist) – excluding the back.
- All kicks and punches to the upper arms – excluding the elbows.
- All kicks to the thighs.
- 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.

## Scoring techniques

- To score techniques must have a VISIBLE EFFECT on their opponent.
- 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”.

### “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
- Dominance
- Number of escapes from the competition area

Note: Simply going forward is not a criteria for a victory decision.

### Illegal Techniques and Behaviour

- Techniques where any part of the hand or arm that touches the head, face or neck.
- Techniques that target the groin, knees or instep (minimum penalty-Genten)
- Techniques that target the lower arms elbows to fingertips (except blocks).
- Techniques that target the back.
- Grabbing or holding.
- Pushing or shoving, this includes pushing with the fist or foot.
- Having no regard for the scoring criteria.
- Uncontrolled techniques. For example wild swing punches getting too close to the head.
- Head butts.
- Attacking a downed opponent (except for the sweep punch combination previously mentioned).
- Charging.
- Not offering a defence.

### Poor Sportsmanship Fouls

- Failing to obey the Referee, this may result in instant disqualification.
- Feigning or exaggerating an injury to gain an advantage.
- Taking a drink whilst the match is in progress (includes the gap between the extension).
- Time wasting or deliberately repeatedly exiting the competition area.
- Attacking after “Yame”
- Attempting or executing an illegal technique.
- Becoming over excited or losing their temper, becoming a danger to their opponent.
- Refusing to compete. Both competitors can be disqualified for not engaging.



- Foul language and spitting, this includes the competitor's coach/instructor.
- Poor sportsmanship or other acts that violate the spirit of the tournament, this includes the competitor's coach/instructor.
- Coaches and Instructors that abuse officials and their students' opponents.

### Creating a foul

- Ducking into a body punch resulting in being punched in the face.
- Turning away from a thigh kick resulting in being kicked in the groin.
- Turning the back towards an opponent resulting in being hit in the back.
- In ALL cases the attack must have been aimed at a legal target area and must have commenced PRIOR to the re-action that "created" the foul.
- In all cases the competitor that creates the foul, will be fouled.

#### 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 (and reasons for).
- When awarding a Chui, the referee points at the offender's abdomen.
- When awarding a Genten the referee points to the offender's face.
- When awarding a Shikkaku the referee points at the offender's face and then their side of the competition area, this is telling the offender to leave the competition area.
- 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 an ILLEGAL 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.



## Medic/ Tournament Doctor

- No one may over rule the Medic if they deem a competitor unfit to compete.
- If the Medic says a competitor is fit to continue, (provided that it is not a disqualifiable offence) but the competitor refuses, the opponent will be deemed the winner.
- Any Competitors that have been knocked out 4 weeks prior cannot compete in any IKA full-contact event.
- No match will commence without the Medic being present.
- Competitors will only receive medical attention of first aid type only.