



Rules for Semi-Contact Kumite Tournaments

Duration of Matches

1:30 minutes for 8 & 9 Years and 10 & 11 Years

2:00 minutes for 12 & 13 Years and 14 & 15 Years

3:00 minutes for 16 & 17 Years and Adults

Rules

No kicks that target the face, all other rules for Semi-Contact tournaments the Independent Kyokushin Alliance Full-Contact tournament rules apply.

However, in addition to the full-contact rules, competitors **MUST** wear the following protective equipment.

Protective Equipment

- Each competitor **MUST** supply their own protective equipment that is correctly fitted.
- The protective equipment that must be worn by a competitor is:

Head Gear



Chest Protector
(reversible blue /red)



And:

- Mouth guard
- Shin & instep pads
- Groin guard - for males
- Breast guards - for females (optional)

MMA Gloves

