

# International Karate Organisation, Kyokushin Kai (Matsushima)



## RULES FOR FULL CONTACT TOURNAMENTS

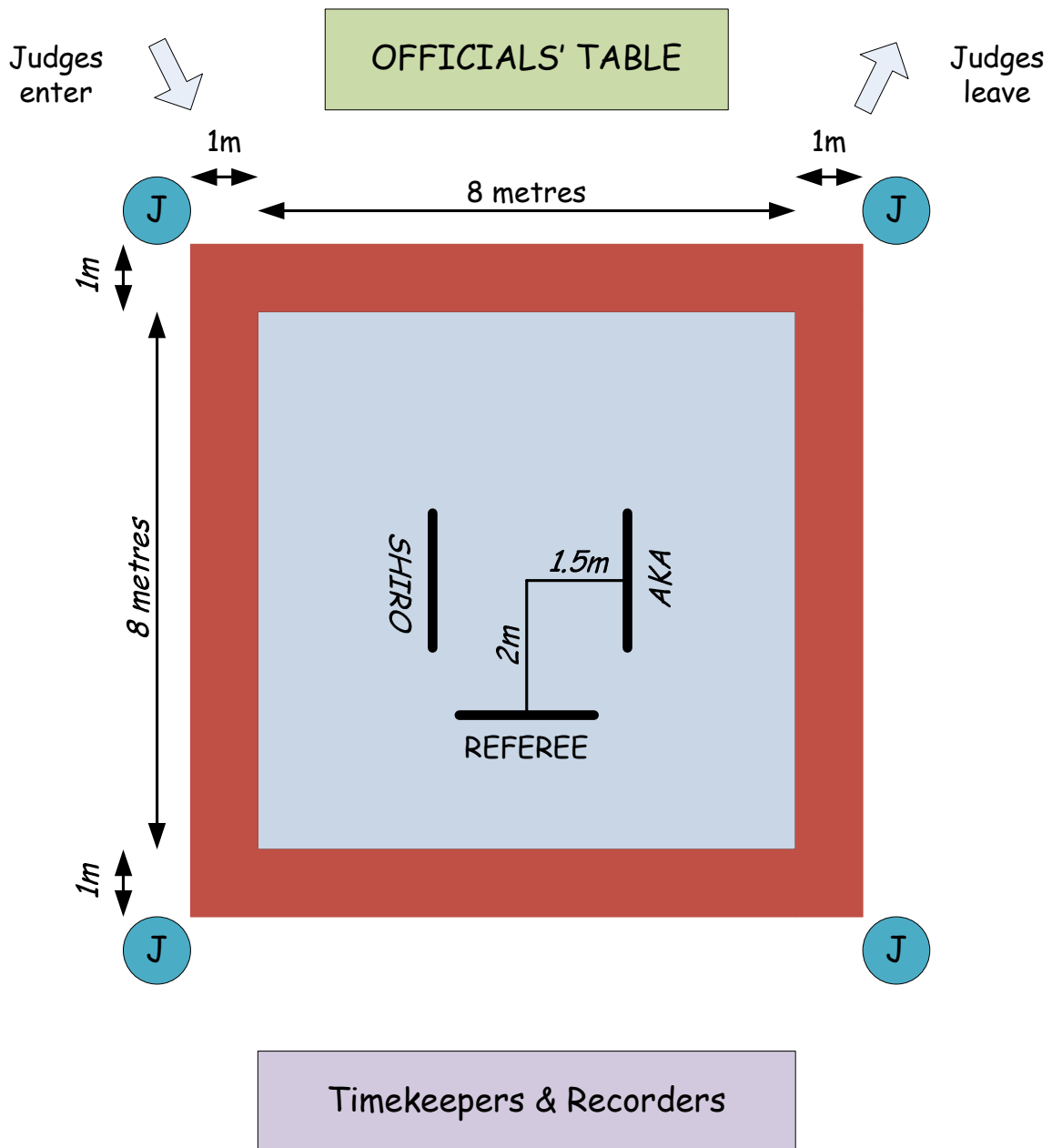
### Contents

1. Match Area: .....	2
2. Judging: .....	3
3. Duration of a Bout: .....	3
4. Extensions:.....	3
5. Result of a Bout: .....	3
6. Full Point Victory:.....	3
7. Half Point Score: .....	4
8. Victory by Decision ( <i>Hantei</i> ):.....	4
9. Fouls and Terminology:.....	5
10. Disqualification: .....	6
11. Penalties:.....	6
12. Procedure for starting a bout:.....	6
13. Procedure during a bout: .....	6
14. Procedure for ending a bout: .....	6
15. Declaration of Fouls: .....	7
16. Declaration of a Decision: .....	7
17. Strapping. ....	8
18. Competitor Safety. ....	8
19. Criteria for Decision:.....	8
20. Weight Categories: .....	9
21. <i>Tameshiwari</i> . ....	9
Appendix A – Examples of permitted techniques.....	11
Appendix B – Examples of prohibited techniques.....	13

# Karate/AKKA Knockdown Rules

## 1. Match Area:

The match area shall be 8 meters square and devoid of hazard.



Timekeepers & Recorders can be anywhere over the area, but they must be as near as possible and with good visibility

## **2. Judging:**

The panel of judges and the review panel shall have equal authority in judging the events, but the final decision rests with the review panel.

## **3. Duration of a Bout:**

1. *Kumite* bouts shall be either two or three minutes as decided by the tournament officials.
2. The tournament officials may decide that the elimination bouts be a shorter duration.
3. Competitors and officials shall be notified of the time allowed for elimination bouts, normal bouts and extensions before the commencement of the tournament.

## **4. Extensions:**

1. When a decision cannot be reached by a majority of the match officials, a draw is declared and an extension is granted.
2. One extension only is permitted except in the case of a final where two extensions are permitted.
3. The bout must continue immediately the decision to grant an extension is taken. There will be no rest period allowed.
4. The tournament officials may decide that the extension bouts be of a shorter duration than the original match.
5. At the end of the extension in a non-final match, and the second extension in a final match, the judges cannot declare the bout a draw and each judge must declare a win to one of the fighters.

## **5. Result of a Bout:**

The result of an individual bout shall be determined by a contestant scoring:

1. *Ippon* (full point);
2. Two *Waza Ari* (two half points make one *Ippon*);
3. By obtaining a *Kiken* (the opponent gives up or does not appear);
4. By *Shikkaku* (the opponent is disqualified);
5. By *Hantei* (decision of the judges and/or referee).

## **6. Full Point Victory:**

1. Excluding the techniques listed as fouls, a full point victory is awarded for a thrust (*Tsuki*), kick (*Geri*) or elbow (*Hiji*) that vigorously downs an opponent for more than three seconds OR that results in the opponent's loss of will or ability to fight for more than three seconds or that causes the

opponent to lose balance for more than three seconds AND the competitor remains standing and is unable to resume the bout.

2. A contestant gaining two *Waza-Ari* (half points) shall be awarded a full point victory.

## 7. Half Point Score:

1. Excluding the techniques listed as fouls, a thrust (*Tsuki*), kick (*Geri*) or elbow (*Hiji*) that vigorously downs an opponent for less than three seconds; or results in the opponent's loss of will or ability to fight for less than three seconds; or that causes the opponent to lose balance for less than three seconds AND the competitor remains standing and resumes the bout.

**Commentary:** In relation to item 1 – If a competitor breaks off fighting because they have been hit and returns to the starting spot without the referee calling “*Yame*” the competitor may have a *Waza-Ari* awarded against him/her.

## 8. Victory by Decision (*Hantei*):

1. When no full-point victory has been declared victory is awarded by decision of the four corner judges and the referee as follows:
  - a. When three or more judges award the bout to the same competitor that competitor must be declared the winner.
  - b. The referee has a vote and must cast it. If there are two 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*”
  - c. No decision can be declared unless there are at least three of the five officials (referee & four judges) are in favour. A decision of the judges cannot be overturned unless there has been an error under the rules (*e.g.* 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 a *Waza-Ari* AND a *Genten* the judges MAY declare victory to that competitor. In this situation the *Genten* may be considered as -0.5 and the *Waza-Ari* as +0.75, thus leaving a score of +0.25.
4. If both competitors have scored a *Waza-Ari*, but one competitor has also had a penalty the judges shall declare victory to the competitor that does not have the penalty. Using the formula expressed in 3, the competitor with the *Waza-Ari* would have +0.75 whilst the competitor with the *Waza-Ari* and the *Genten* would only have +0.25
5. If a competitor executes a foul technique and the competitor fouled cannot continue the match the 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.

6. If a competitor causes an injury to himself/herself and cannot continue (*e.g.*, trips and hurts the knee) the match is awarded to the other competitor.

## **9. Fouls and Terminology:**

1. Attacking the opponents face or head with any part of the arm (*Ganmen Kogeki*);
2. Groin kicks (*Kin Geri* or *Kinteki Oshi*);
3. Head thrusts (*Atama Tsuki* or *Zutsuki*)
4. Attacking the opponent whilst the opponent is on the floor. For the purposes of this clause an opponent is considered “on the floor” when three parts of his/her body are touching the floor.
5. Attacking the opponents back whilst it is turned towards his/her opponent. This does not extend to a technique commenced prior to the opponent executing a turning technique (*e.g.* back kick);
6. Holding, pushing or shoving with fist or open hand (*Shotei* or *Shotei Oshi*). It should be noted that this rule does prohibit a competitor from using open hand techniques, as long as they are used for strike purposes and not pushing or shoving.
7. Any technique the match officials regard as foul, unfair or not in the spirit of the tournament.
8. Grabbing the opponent’s clothing (*Tsukami*).
9. Direct attacks to the knee.
10. If a competitor contributes to his own injury by avoiding a legal technique, the technique shall not be deemed a foul (*e.g.* If a competitor blocks upward when being punched in the body and pushed it fist into his/her own face).
11. If a competitor is so over-excited or aggressive and becomes a danger to himself/herself or the opponent.
12. Feigning an injury or exaggerating the effects of an injury.
13. Taking a drink at any time whilst the match is in progress. For the purposes of this clause a match is deemed to be in progress from the time the competitor enters the competition area until the referee announces the winner of the match and indicates for the competitor to leave the competition area. This “in progress” time includes all extensions of the match.

### **The following should be kept in mind when an official considers awarding a score.**

1. An effective technique delivered at the same time as the end of the bout is signaled is considered to be valid. An attack, even if effective, delivered after *Yame* or stop, shall not be scored and may result in a penalty being imposed.

2. No technique will be scored if it is delivered when the two contestants are outside the competition area. However, if one of the contestants is outside the competition area and the opponent delivers an effective technique whilst still inside the competition area, and before the referee calls “*YAME*”, the technique will be scored.

### **10. Disqualification:**

1. A contestant who fails to obey the referee’s instruction/s during a bout;
2. A contestant who is late or who fails to appear for a bout.
3. A contestant who has received two *Genten*;
4. A contestant who has received *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.

### **11. Penalties:**

1. **Private Warning:** no penalty applies;
2. *Chui:* public warning to the competitor
3. *Genten:* This is a serious foul and is a minus half point.
4. *Shikkaku:* This is disqualification.

### **12. Procedure for starting a bout:**

The referee, judge and arbitrator shall take their prescribed positions following an exchange of bows. The referee announces “*Kamaete*” the fighters and the referee take up a fighting position and the referee announces “*Hajime*” the referee punches the air with the rear fist and the bout commences.

1. *Shomen ni rei:* – The contestant faces the official seats and bow.
2. *Shushin ni rei:* - The contestants face the referee and bow.
3. *Otagai ni rei:* - The contestants face each other and bow.
4. *Kamaete:* - The contestants assume their fighting positions.
5. *Hajime:* - Begin.

### **13. Procedure during a bout:**

1. *Yame:* stop immediately;
2. *Kamaete:* after stopping the fight, take up your fighting position;
3. *Zokko:* continue (go on, attack).

### **14. Procedure for ending a bout:**

1. *Yame:* stop immediately.

2. Both contestants face the official seats.
3. The referee calls for the decision of the judges.
4. After the decision has been announced (see Declaration of a Decision);
  - a. *Shomen ni rei*: – The contestant faces the official seats and bow;
  - b. *Shushin ni rei*: - The contestants face the referee and bow;
  - c. *Otagai ni rei*: The contestants face each other and bow;
  - d. The contestants shake hands and leave the fighting area.

### **15. Declaration of Fouls:**

The referee shall announce the reason for the foul (*Tsukami, etc*) and then;

1. *Chui Ichi* (first warning): The referee points to the abdomen of the contestant and declares: *Aka (Shiro) Chui Ichi*.
2. *Chui Ni* (second warning): The referee points to the abdomen of the contestant and declares: *Aka (Shiro) Chui Ni*. The referee then points to the face of the contestant and declares *Genten Ichi* (minus half point).
3. The procedure for the third *Chui* is the same as for the first *Chui*.
4. *Chui Ni* (second warning for the second time): The referee points to the abdomen of the contestant and declares *Aka (Shiro) Chui Ni*, then points to the face of the contestant and declares *Genten Ni – Shikkaku*. The referee then immediately points to the outside of the fighting area and the contestant should leave the fighting area immediately.
5. Declaration of *Genten* without a prior *Chui* being awarded:
  1. *Genten Ichi* (first foul): The referee points to the face of the contestant and declares: *Aka (Shiro) Genten Ichi*.
  2. *Genten Ni* (second foul): The referee points to the face of the contestant and declares *Genten Ni – Shikkaku*. The referee then immediately points to the outside of the fighting area and the contestant should leave the fighting area immediately.
6. *Shikkaku* (disqualification): The referee points to the face of the contestant and declares – *Aka (Shiro) Shikkaku*, the referee then immediately points to the outside of the fighting area and the contestant should leave the fighting area immediately.

### **16. Declaration of a Decision:**

1. The referee stands in a position so that he/she can see all of the judges flags.
2. The referee then announces “*Hantei O Torimasu*” (I will take your decision), then calls *Hantei*. At this time the judges indicate their decision with their flags.
3. The referee will then count the flags, declare his/her vote and then announce the winner or declare a draw.

4. In the case of a drawn bout the referee shall declare *Hikiwaki* (draw) and indicate by crossing both arms down in front of the body. The extension bout must begin immediately following this decision.
5. The referee cannot override a majority decision of the judges. If a decision contravenes the rules (*e.g.*, there was no score and one contestant had a *Genten* and the judges voted for the competitor that received the *Genten*) the referee will call in the judges and inform them that they have contravened the rules and then call for the decision again.

### **17. Strapping.**

1. Strapping is allowed to be used by competitors.
2. Any official or competitor may object to over-strapping.
3. The final decision on over-strapping shall rest with the doctor and/or the Head Referee.
4. No contestant may strap over any part of the body that is used to strike or kick the opponent, except for a cut knuckle that is bleeding and in this case a crepe bandage may be put over the knuckle.

### **18. Competitor Safety.**

1. Each competitor must wear a mouth guard and a groin guard and will not be permitted to compete without these items.
2. The tournament doctor may make a decision that a competitor cannot continue in a bout or enter the next round and that decision is final.
3. A competitor who loses consciousness (as determined by the tournament doctor) for any reason during a tournament shall not be permitted to continue in that tournament or enter any other AKKA tournament for 14 days.
4. No bout will be permitted to commence without the doctor being present.
5. No competitor shall compete under these rules if they have tested positively for Hepatitis B, Hepatitis C, or H.I.V. OR if they have any disease that may be transmitted to another person through saliva, sweat, touch or bodily contact.

### **19. Criteria for Decision:**

When a bout goes full time the referee will call for a decision of the judges and each judge must vote.

The following criteria (not listed in any order of preference) **may** be used by a judge to assist in determining his/her vote.

1. Has there been a *Waza Ari*? (in normal circumstances a *Waza-Ari* should be considered sufficient advantage to award a win).
2. Has there been a *Genten*?
3. The ability and skill shown.



4. Comparative excellence in strategy.
5. Number of escapes from the fighting area (intentional or otherwise).
6. Fighting attitude.
7. Number of attacking moves.
8. Did one competitor just "survive"?
9. The number of effective impacting techniques.
10. General attitude and demeanor of each contestant.

## 20. Weight Categories:

Tournament organizing bodies have the right to include some or all of these weight categories in a particular tournament. They also have the right to include:

- Female Super Lightweight;
- Female Super Heavyweight;
- Male Super Heavyweight.

The weight limits for the above will be set by the organizing body.

Normal weight divisions are:

- |                     |  |
|---------------------|--|
| Male Lightweight:   | Up to and including 70 kilograms;              |
| Male Middleweight:  | More than 70 kg and up to and including 80 kg; |
| Male Heavyweight:   | More than 80 kg;                               |
| Male Open:          | no weight limit                                |
| Female Lightweight: | Up to and including 60 kg;                     |
| Female Heavyweight: | More than 60 kg.                               |

## 21. Tameshiwari.

If *Tameshiwari* is to be included in an event (this decision rests with the organizing body) the following will apply:

1. The materials to be used will be supplied by the tournament organizing body and will be checked by the Chief Referee. They must be 33 centimeters long, 21 centimeters wide and 24 millimeters thick.
2. Points are awarded on the number of boards broken. The winner of the *Tameshiwari* competition (the highest number of points) need not be the tournament winner.
3. Each contestant must break a minimum of 3 boards with:
  - a. *Seiken* (fist)
  - b. *Shuto* (knife hand)
  - c. *Hiji* (elbow)
  - d. *Sokuto* (knife foot)
4. A contestant may attempt to break the minimum number, or any number above the minimum, in the first attempt. If the contestant fails to break all the boards that contestant will be given a second chance at the minimum number of boards.

5. If a contestant fails to break the minimum the score is 0 (zero) for that break.
6. The support apparatus (blocks, stands, *etc*) will be supplied by the organizing body.
7. Contestants are not allowed to touch or move the boards or the supporting apparatus. This can only be done by one of the *Tameshiwari* officials.
8. Towels or other materials may be placed on the top of the boards, but this is subject to the permission of the *Tameshiwari* officials.
9. The time allowed for each break is two minutes and contestants will be warned 30 seconds before the expiration of the time limit. Overtime is considered a failure to break the boards.
10. In the event of a tie the lightest person shall be the winner. However, if the contestant's weights are within five kilograms of each other a further break is required using a technique chosen by the contestant. The number of boards required and the technique to be used must be given in writing to the official table by the contestant's representative.
11. In the case of a successful break the contestants sit down in *Seiza*.
12. In the case of an unsuccessful break the contestants remain standing.
13. Any contestant refusing to break will be disqualified from the tournament.
14. *Tameshiwari* commands:

**Start the tameshiwari:**

*Shomen ni rei* – The same as the opening of a bout

*Mawatte rei* – Turn around and bow with *osu*

*Ichi, ni tsuite* – Ready

*Hajime* – Begin

**Declaration of Results:**

*Kansui* – All the board have been broken.

The *Tameshiwari* official raises his arm 45 degrees, announces the competitors number or name and indicates the number of boards broken and states *Kansui*.

*Shippai* – The breaking test has failed.

The *Tameshiwari* official crosses his arms in front and waves from side to side (same as *Torimassen*), announces the competitors number or name and *Shippai*.

## Appendix A – Examples of permitted techniques

### Legal techniques

- Hits to the body (punch, elbow, kick, knee)
- Kick and knee kick to the legs (inside and outside) and to the head
- Knockdown technique followed by a finishing punch

The following examples illustrate some common legal techniques



fore-fist middle thrust  
*seiken chudan tsuki*



outside low kick  
*soto gedan mawashi geri*



side kick  
*yoko geri*



lower thrust  
*shita tsuki*



inside low kick  
*uchi gedan mawashi geri*



back kick  
*ushiro geri*



Elbow strike  
*hiji ate*



middle roundhouse kick  
*chudan mawashi geri*



spinning back kick  
*ushiro mawashi geri*



front kick  
*mae geri*



roundhouse kick  
*mawashi geri*



knee kick  
*hiza geri*



roll kick  
*do mawashi geri*



leg sweep followed by a strike  
*ashi barai – seiken tsuki*



axe kick  
*oroshi geri*

## Appendix B – Examples of prohibited techniques

### Illegal techniques

- Punch to the face
- Strike to the groin area or to the knee
- Hitting the opponent while he is on the floor

The following sample pictures show common illegal techniques



kick to knee  
*kansetsu geri*



strike to neck  
*kubi uchi*



grabbing and attacking  
*kakekomi*



elbow to face  
*ganmen hiji ate*



pushing w/ head & attacking  
*atama oshi*



groin kick  
*kin geri*



strike to face  
*ganmen tsuki*



head butting  
*atama ate*



kicking head from behind  
*jodan geri oroshi*



attacking a downed  
opponent



pushing with open hands  
*shotei oshi*



striking the spine from behind  
*uchi oroshi*