

COMPETITION RULES
for
Contact Kumite - Jissen Kumite



ARTICLE 1. COMPETITION AREA

The competition area must be matted and devoid of hazard. The area shall be a matted square of suitable size, 7x7 meters minimum or larger. Mats should be non-slip where they contact the floor proper, but have a low coefficient of friction on the upper surface.

ARTICLE 2. OFFICIAL ATTIRE

All officials, contestants and coaches must wear the official uniform as prescribed.

Referee, Judges and Officials - Referees and Judges must wear the official uniform designated by the Tournament Director. This uniform must be worn at and during all tournaments.

The official uniform for Referees and judges shall be as follows:

- A white shirt with long or short sleeves.
- The official tie worn without tie pin.
- Plain light gray trousers without cuffs.
- Un-patterned dark blue or black socks.
- Black shoes for use on the match area.
- A whistle attached to a white chord.
- Referees and Judges may wear a clip or elastic to secure long hair.
- Jewelry of any kind is not allowed, including watches, wedding rings and stud earrings.
- Exception – Head referee will not wear socks/shoes while on the matted area.

The official uniform for competitors shall be as follows:

- All contestants must wear a white unmarked Karate gi without stripes or piping.
- The Karate Gi jacket, when tightened around the waist with the belt, must be of minimum length that covers the hips, but no longer than three quarters of thigh. The Gi jacket must be of kimono style (left side over right), not V-neck style.
- Gi sleeves may not be rolled either on the outside or inside of the sleeve. The sleeves of the Gi jacket must come, in principle, at least halfway down the forearm. The maximum length of the Gi jacket sleeves must be no longer than the bend of the wrist.
- The Gi trousers must be long enough to cover at least two thirds of the shin. The maximum length of the Gi trousers must not exceed below the anklebone. Gi trousers may not be rolled up either on the outside or inside of the leg.
- All contestants must wear a belt. The belts must be near 5 centimeters wide and of a length sufficient to allow 15 centimeters free on each side of the knot ends after it has been properly tied around the waist, but not to hang lower than the knee.
- Uniforms may not bear unreasonably sized trademark or name of a product or manufacturer, and may not bear the name of a club or organization. Only the original manufacturer's labels may be displayed on the gi and in the normally accepted locations.

- An identifying number issued by the organizing committee may be worn on the back, sleeve or breast area of the gi jacket.
- Female competitor may wear a plain white T-shirt or white sports bra beneath the Karate Gi jacket.
- Contestants must keep their hair clean and cut to a length that does not obstruct competition performance or present a safety hazard to competitors.
- Long hair may be secured by an elastic band. Hair slides (“scrunchies”), metal hair grips (“barrettes”), Ribbons or other hair decorations and Hachimaki (head band) of any kind shall not be allowed.
- Contestants must have short finger and toenails and must not wear jewelry or other object(s) that might injure their opponents.
- The use of orthodontic appliances or braces must be approved by the Referee Council and the Official Doctor. The contestant accepts full responsibility for any injury.
- Jewelry, hats, caps and sweatbands shall not be allowed.
- If a contestant comes into the match area inappropriately dressed, they shall be given one minute to remedy matters.
- Standard glasses are forbidden in Kumite divisions. Only plastic safety glasses manufactured specifically for sport use are allowed for all athletes.

ARTICLE 3. POSITION OF OFFICIALS/COACHES IN COMPETITION AREA

- **Referee**-The Referee (Shushin) may move around the entire tatami, including the safety area where judges are seated.
- **Judges**- Each judge (Fukushin) will be seated at the corners on the mat in the safety area. Each judge will be equipped with appropriate equipment for the conduct of that match.
- **Coaches**- Coaches will be seated outside the safety area, on their respective sides at the side of the tatami towards the official table. The Coach may be assigned a specific place by the Referee Committee in conjunction with the Tournament Organizing Officials. This area shall be close to the competition area and the Coach allowed a free and uninterrupted access to contestants between bouts.

ARTICLE 4. EQUIPMENT

Mandatory Equipment

- Headgear, all ages (face shield under 18 required)
- Mouth piece
- Cloth Ippon hand protector
- Cloth Shin & In-step protector
- Males – groin cup

Optional Equipment

- Face shield for 18+ (connected to headgear)
- Youth 12-years-old & younger – chest protector
- Females – chest guard

Prohibited Equipment

- MMA, Bag, boxing gloves, or gloves with bar
- Headgear with face cage

ARTICLE 5. TARGET AREAS IN CONTACT KUMITE

The scoring areas shall be limited to the following:

- Hand techniques – Body only
- Kicking techniques - Body and legs, head kicks must be delivered accurately and with control.

Illegal Contact Areas and Techniques:

- Hand techniques – Head, throat/neck, spine, or below the waist
- Kicking techniques – Targeting to front of the face, throat, spine, groin, and knee.
- Illegal techniques- grabbing, elbows, knees, open hand strikes, jumping kicks, or throws.

ARTICLE 6. CRITERIA FOR SCORING

Contact to the body or target area alone does not necessarily constitute a point. Two wazari or one ippon will result in no kachi. Shushin will call for hantei in two instances; one the score is zero-zero and second the score is one wazari to zero. First time hantei is called the shushin will not show his call until after counting the fukushin flags. If three flags aka and one flag shiro and score no matter of scores aka will be declared the winner. If two flags aka and two flags shiro, the shushin will then show his vote.

A score is awarded when a technique is performed to a scoring area and according to the following criteria:

Wazari – Half Point

- Opponent's technique creates a disruption in action, less than 5-seconds.
- Any unprotected head kick where the competitor made no karate effort to block the kick. A kick that passes through a block or the block fails may be considered for score based on the scoring potential of the kick.

Ippon – Full Point

- Technique that grounds a competitor for 5-seconds or longer; however, if the competitor is standing prior to 5-seconds the point awarded will be a wazari. A

kick that sweeps or causes an athlete to stumble may not be consider a score based on the disruption or reaction it causes to the opponent.

ARTICLE 7. PENALTIES

- Hansoku – Prohibited actions and behaviors. Contact and non-contact penalties. Illegal contact fouls; hands to the face/head. There are four levels of Hansoku. Two warnings result in a wazari to the opponent. Four penalties result in no kachi to the opponent.
 - Chui Ichi
 - Chui Ni (wazari to opponent)
 - Hansoku Chui
 - Hansoku (no kachi to opponent)
- Jogai – Out of bounds, based on the judge’s opinion of avoiding combat or intentionally going out of bounds. If competitors are actively engaged the head referee can reset the match without penalty.
 - Jogai Ichi
 - Jogai Ni
 - Jogai Chui
 - Jogai hansoku
- Mubobi – Failure to protect oneself or dangerous/blind techniques. Three levels of mubobi.
 - Mubobi
 - Mubobi Chui
 - Mubobi Hansoku

ARTICLE 8: CONTACT KUMITE MATCH

Winning a Match

To win the match the following criteria is considered in this order:

- Earning a score of ippon during the allotted time.
- If an ippon is not reached during the allotted time of the match, the referee calls for HANTEI (judges decision). The judges vote plus the referee’s silent vote/judgment will determine the winner or if there is a tie (HIKIWAKE).
- If HANTEI determines there is a tie (HIKIWAKE), the athletes will conduct a new match (SAI SHIAI), where no points, penalties, or memory of previous penalties will be considered in the new match.

Contact Kumite is a sparring match where the goal is to score a full point (IPPON) or two half points (WAZARI) to equal a full point to win the match.

The winner of SAI SHIAI is the athlete who earns an ippon, or if no ippon is reached during the allotted time of the match, the referee calls for HANTEI. At this point, the judges must pick a winner (NO HIKIWAKE).

Duration of bout

- Youth divisions are 1:30 minutes run time. No winner at end of time the match will go to Sai Shiai.
- Adult divisions are 2-minutes run time. No winner at end of time the match will go to Sai Shiai.
- Atoshibaraku announcement shall be when there are 30 seconds left in the allotted time.
- Duration of Sai Shiai match will be 1-minute for all divisions.

ARTICLE 9: INJURIES

- An injured contestant who has been declared unfit to fight by the tournament doctor cannot fight again in competition.
- An injured contestant who wins a bout through disqualification due to injury is not allowed to fight again in the competition without permission from the doctor. If they are injured, they may win a second bout by disqualification but are then immediately withdrawn from further Kumite competition in that tournament.
- A contestant who wins two matches in a single division thru disqualification will not be allowed to continue.

ARTICLE 10: 5-SECOND RULE

Any competitor who falls or knocked down and does not fully regain his/her feet within 5-seconds is considered unfit to continue fighting and shall be automatically withdrawn from all Kumite events in that tournament.