

Tournament Divisions and information

Kata/Forms Divisions:

Description

Age 6 years and under	All grades	Kata U6	
7-9 years incl.	Novice	Kata U9 Nov	Female or Male
7-9 years incl.	Intermediate	Kata U9 Int	Female or Male
7-9 years incl.	Advanced/Elite	Kata U9 Ad/EI	Female or Male
10-12 years incl	Novice	Kata U12 Nov	Female or Male
10-12 years incl	Intermediate	Kata U12 Int	Female or Male
10-12 years incl.	Advanced/Elite	Kata U12 Ad/EI	Female or Male
13-15 years incl.	Novice	Kata U15 Nov	Female or Male
13-15 years incl.	Intermediate	Kata U15 Int	Female or Male
13-15 years	Advanced	Kata U15 Ad	Female or Male
13-15 years	Elite	Kata U15 EI	Female or Male
16 - Adult	Novice	Kata Nov	
16 - Adult	Intermediate	Kata Nov	
16 - Adult	Advanced	Kata Ad	
16 - Adult	Elite	Kata EI	

The adult division may be sub-divided to cater for age, dependant on grade.

Kata/Forms guidelines:

The competition will be conducted as a one-on-one double elimination event, meaning the competitors will perform at least twice.

Competitors, if able, will alternate Kata/Form, from their respective style, commensurate with their current grade, in each round.

Note: Novices should not be performing long and intricate kata/form. Should this arise, the judges will consult with the coach and either disqualify or get the competitor to perform another kata/form.

Judging will take into consideration the following:

Completion of kata/form without hesitation or fault;

Sharpness and accuracy of techniques;

Stability and posture of stances;

Tempo and fluidity of all movement;

Overall presentation and attitude;

That the competitor 'involves' themselves in the performance of the kata;

That the competitor stays within the competitive area.

Kata/forms will be performed head to head, red side and white side, the decision is determined by a panel of 3 Judges, including one main Judge. Should a draw occur, competitors will be asked to perform a different kata/form as a tie-breaker.

Nb: there are to be no weapons used, no music or any other equipment or assistance utilised throughout the duration of the Kata/Forms event.

Kumite/Sparring Section:

All kumite divisions will be contact and will utilise **compulsory** protective equipment, a breakdown of which is included.

Kumite rules will be based upon Kyokushin Full Contact rules, with modifications for Junior divisions, a breakdown is included.

Time

The duration of bouts will be:

ALL Divisions – 2 minute round, 1 min extensions (Only 1 extension, except in the final, no more than 2)

Except -

Adult Open divisions - 2 minutes, 2 minute extensions. (Only 1 extension except in the final, no more than 2)

Bout format

There will be a Centre Referee controlling the fight, four seated judges, with one at each corner. The Referee will bow the competitors onto mat. The Fighters bow to front (Shomen ni rei); bow to referee (Shushin ni rei); bow to each other (Otago ni rei); Fighting stance (Kamaete); Begin (Hajime). If the bout is to be stopped for any reason, the command Stop (Yame) will be given and restarted with Zokko.

Controlled hard contact fighting with sportsmanlike attitude and respect is expected.

Any unsafe techniques and/or deliberate fouls will be dealt with severely, possibly leading to disqualification.

At the end of bout, the Fighters turn to **face away from** the Centre Referee to await the decision. All five officials must make their decision at end of bout, indicated by using their flags; the Centre Referee will then announce the decision. The Referee follows the same procedure bowing out but with the shaking hands for the competitors.

Competitors

All clothing must be clean and in good condition, with a regard to personal hygiene.

There must be no jewellery of any kind worn.

Any strapping to injuries must be presented to the Tournament Marshalls prior to commencement for signing off (there is to be no strapping on areas that contact the opponent i.e. knuckles). There should be no strapping for the first round.

Competitors will follow the directions of the Officials at all times and exhibit courteous, sportsmanlike conduct, see **CODE OF CONDUCT**.

Mandatory Protective equipment requirements:

Competitors must provide their own personal protective equipment (mouthguards, breast protectors, groin guards, mitts, shin/instep pads),

Head guards and chest guards will be supplied.

All mitts and shin/instep pads will be of the soft cotton variety and not vinyl or leather.

All breast protectors must be of the approved soft cup variety only, no hard plastic types.

- Head guard - All competitors under 18 years of age.
- Mouth guard - All competitors.
- Chest guard - All competitors 13 years of age and under.
- Breast protectors - All female competitors over 13 years of age optional but preferred. Soft type only allowed, no hard or moulded type.
- Groin guards - All male competitors, optional for female competitors.
- Hand mitts - All competitors under 18 yrs of age, Novice Adults, 40 yrs of age and over.
- Shin/instep guards - All competitors under 18 yrs of age, Novice Adults, 40 yrs of age and over.

Nb – the Adult (18-39yrs) Intermediate, Advanced and Elite Divisions will not be using padding.

All competitors will be checked by the Marshalls to ensure their equipment complies with the above standard.

Contact Kumite Divisions:

Division Age Groups

5 years and under	All grades
6-7 years M/F	Nov/Int/Adv
8-9 years M/F	Nov/Int/Adv/Elite
10-11 years M/F	Nov/Int/Adv/Elite
12-13 years M/F	Nov/Int/Adv/Elite
14-15 years M/F	Nov/Int/Adv/Elite
16-17 years M/F	Nov/Int/Adv/Elite

Female

Adult F Novice/Int	LW <60kg	F Nov LW
	MW 60.1-70kg	F Nov MW
	HW >70kg	F Nov HW
Adult F Advanced	LW <60kg	F Adv LW
	MW 60.1-70kg	F Adv MW
	HW >70kg	F Adv HW

Classics 40-49 years Female

Novice/Inter F	ClassicF Nov/Int
Advanced F	ClassicF Adv

Vintage >50 years Female

Novice/Inter F	Vintage F Nov/Int
Advanced F	Vintage F Adv

Division Sub-Divided by grade, size and ability

All Grades
6-7 years
8-9 years
10-11 years
12-13 years
14-15 years
16-17 years

Male

Adult M Novice/Inter	LW <70kg	M Nov LW
	MW 70.1-80kg	M Nov MW
	HW >80kg	M Nov HW
Adult M Advanced	LW <70kg	M Adv LW
	MW 70.1-80k	M Adv MW
	HW >80kg	M Adv HW

Classic 40-49 years Male

Novice/Inter M	ClassicM Nov/Int
Advanced M	ClassicM Adv

Vintage >50 years Male

Novice/Int M	VintageM Nov/Int
Advanced M	VintageM Adv

Below are the selection divisions for the World Cup 2025

Adult Female Elite

<i>LW <55kg</i>	<i>F EI LW</i>
<i>MW 55-64.9kg</i>	<i>F EI MW</i>
<i>HW 65-74.9kg</i>	<i>F EI HW</i>
<i>Open Weight 75+kg</i>	<i>FEI OpenW</i>

Female 35-44 years

<i>Under 65kg</i>
<i>Over 65kg</i>

Female Over 45 years

<i>Under 65kg</i>
<i>Over 65kg</i>

Adult Male Elite

<i>LW <65kg</i>	<i>M EI LW</i>
<i>MW 65-74.9kg</i>	<i>M EI MW</i>
<i>HW 75-84.9kg</i>	<i>M EI HW</i>
<i>SHW 85.94.9kg</i>	<i>M EI SHW</i>
<i>Open Weight 95+kg</i>	<i>M EI OpenW</i>

Male 40-49 years

<i>Under 85kg</i>
<i>Over 85kg</i>

Male Over 50 years

<i>Under 85kg</i>
<i>Over 85kg</i>

Please read in conjunction with average height/weight scale for Juniors, and the note regarding divisions.

Organisers will provide: Chest Guards, Headgear.

Individuals are responsible for their own: Handmitts (cotton), Shin/instep pads (cotton), groin guard, mouth guard and breast protectors (soft cup type only, no hard moulded plastic allowed).

Kumite Information, Rules and Modified Rules for Juniors

The Kumite tournament will be held according to the rules as per IKO Kyokushin Karate Knockdown Tournaments, except for the modified rules stated for Juniors.

Condensed Kumite Regulations:

1. For bout duration of different divisions please see explanation in previous text.
2. Deciding the winner based on;
 - ippon gachi (full point win before time)
 - hantei kachi (Judges decision including waza ari)
 - shikaku (disqualification of opponent).

Scoring:

Ippon (full point victory)

Excluding techniques listed as fouls, a punch (tzuki), kick (keri) or elbow (hiji) that downs an opponent for more than three seconds, or results in the opponent's loss of will or ability to fight for more than three seconds, then an ippon and victory will be scored.

Gaining two waza-ari will combine to form ippon.

Waza-ari (half point score)

Excluding techniques listed as fouls, a punch (tzuki), kick (keri) or elbow (hiji) that 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, the opponent then standing ready to resume, then a waza-ari will be scored.

A foot sweep followed up instantaneously by a well-focussed, not contacting downward punch can score waza-ari. This can also apply to a failed do kaiten mawashi geri (tumbling kick).

Hantei (Judges decision)

When no full point has been scored, victory is awarded by majority Judges decision.

(the Judges must be aware of the Refereeing Standard of points scored versus fouls against)

3. Hansoku (Fouls)

Any part of the hand or arm that contacts the neck, face or head area of the opponent.

Kicks to the groin or knee joint.

Head butting.

Attacking the opponent whilst on the floor (except as above in waza-ari).

Attacking the spine of the opponent.

Grabbing/holding (tsukami), pushing/shoving (oshi) or hooking (hikake) as in the neck, of the opponent with open or closed hands.

Clinching of the hands (kakaikomi)

Continually evading the fight (kakinege) or stepping from the fighting area (jogai).

Any technique or attitude that the referee may regard as unfair, unsporting or not in the spirit of the tournament.

4. Penalties

Informal warning:

These are provided by the Centre Referee either as a running commentary during the bout or when there is a pause in fighting he may speak to one or both competitors. No foul is officially recorded at this stage.

Chui:

This is an official warning for any of the fouls previously listed in 3. The bout is stopped, the Centre Referee indicates the corner Referees flags are being waved for a particular competitor, then indicates what the competitor is being warned for and indicates Chui. This is noted by the official table.

Genten:

This is a culmination of two Chui, or if the foul is severe or deliberate, it can be awarded straight away should the Judges and Centre Referee decide it is warranted. This competitor cannot win the bout, the best outcome would be a draw.

Shikkaku:

This is a disqualification from the tournament. This can be a culmination of single Chui to a maximum of 4. On the fourth Chui, the competitor is disqualified. It can also be two straight Genten, also equivalent to 4 Chui. It can also be decided that a Shikkaku/disqualification is warranted if the competitor severely injures an opponent with a reckless and/or dangerous foul technique. This usually ends up with the downed opponent not being able to take any further part in the tournament also.

Modified rules for Junior Divisions:

Please be assured that all decisions are taken with SAFETY as the paramount decision-making criterion.

We will endeavour to help and assist as much as we can as long as the safety of both competitors is not compromised in any way.

All Competitors in the Junior (under 18 years) divisions must wear the protective equipment as stated previously.

Competitors failing to or refusing to wear any of the aforementioned items will be disqualified for obvious safety reasons.

The duration of the bouts will be as previously stated.

Scoring for Junior Divisions:

Scoring is the same as other divisions, albeit for kicks to the head.

There will be **no** front kick/mae geri, or any kick that utilises an unpadded area of the foot, directly to the face/head (**the Colts 16-17 years division is the only exception to this rule**).

If a kick makes contact to the side of the head/headgear and there is an audible or visible impact, with no attempt to block the kick, a Wazari will be the minimum score awarded.

If in the case of severe impact, an Ippon will be awarded to end the fight so there is no further damage inflicted.

Safety of the fighters is paramount.

Fouls for Junior Divisions: (15 years and under)

All fouls are the same as in other divisions, the additional foul being the front kick, side kick or any other kick, directly attacking the face, or Axe type kick to the head using the heel.

Any technique that cannot be controlled i.e. dokaiten mawashi geri/wheel kick is a foul.

These will incur an immediate Chui, with the ability to increase it to Genten, or in severe cases Shikkaku/disqualification.

All foot techniques to the head are to utilise the padded top area of the foot.

As mentioned earlier, Safety is paramount so the penalty for fouls in the Junior divisions is usually more severe to limit/remove damage likely to occur.

Injury Policy for All Divisions:

The decision as to whether a fighter can continue after an injury has been sustained shall, in the first instance rest with the injured competitor, subsequent to that the decision can fall to the Instructor/|Coach, or in the case of severe injury, the medical Officer of the day will make the final decision.

If the medical Officer is involved and states the competitor should not continue, then that is the final decision.

If the Instructor/|Coach wishes the fight to stop before the end or before any decision has been indicated by the Judges, then the fight will be awarded to the opponent. This may happen at any time throughout the bout

As to whether the injury is sustained by a foul or legal technique, and the subsequent ruling for the continuation or cessation of the bout, that decision rests with the Centre referee in consultation with the other Judges.

With regard to head injuries, there will be a strict policy that will be followed by the Medical Officer of the day and will be adhered to by the competitor.

Average Height/Weight Scale for Juniors:

<u>Female</u>			<u>Male</u>		
<u>Age</u>	<u>Weight kg</u>	<u>Heightcm</u>	<u>Age</u>	<u>Weight kg</u>	<u>Heightcm</u>
5 and Under	<20	110	5 and Under	20	110
6-7	23	120	6-7	23	120
8-9	28	130	8-9	30	135
10-11	35	145	10-11	37	148
12-13	45	155	12-13	45	160
14-15	52	160	14-15	56	170
16-17	55	163	16-17	65	175

Should heights and weights of competitors fall outside these averages, they will be placed in the category most suited within reason, with consultation.

If there are enough competitors, there will be categories above and below the average stated for that age, i.e. 6-7 lightweight and 6-7 heavyweight.