2026 KOKORO CUP – NON-CONTACT KUMITE RULES

General Principles

All competitors must be registered athletes and comply with the entry terms and conditions. Approved protective gear must be worn where specified.

Divisions are arranged by best possible match (age, weight, grade, and experience). Bout times are as per the full contact rules (Juniors, Colts and Adults/Masters 1 minute round with single flag decision).

Contact Rules

1. This is a non-contact division. Competitors may make controlled contact with the uniform only, but not with the opponent's body.
2. Any strike, kick, or technique that makes contact with the body, protective gear, or head will be judged as a foul.
3. All techniques must demonstrate form, speed, accuracy, and control, but must stop on the uniform without transferring force to the body.

Permitted Techniques

All techniques permitted in full contact Kumite are also permitted here, provided no body contact occurs. Strikes and kick should be aimed with accuracy and control but must not impact the person inside the dogi.

Fouls

The fouls remain identical to full contact Kumite, with emphasis on:

- Any direct body contact (even light) is a foul.
- Excessive force or uncontrolled execution will result in penalties.
- Persistent pushing, grabbing, or unsportsmanlike conduct.
- Stepping out of bounds, grappling, or prohibited strikes as listed in the Full-Contact rules.

Judging Criteria

In full contact, damage is given the first priority. In non-contact Kumite, this criterion is removed. Judges will base their decision on:

1. *Accuracy and Control* – techniques delivered with precision to correct target zones, stopping on the dogi without touching the body.
2. *Technical Skill* – correct execution, stance, balance, posture, and timing.
3. *Fighting Spirit and Attitude* – confidence, determination, and strong presentation of techniques.
4. *Strategy and Effectiveness* – initiative, dominance, movement, and tactical application of skills.

If no clear winner is determined, referees may order an extension round.

Decisions

- Matches are judged by the main referee and four corner judges.
- Majority decision (three of five) is required for IPPON, WAZA-ARI, HANSOKU, JOGAI, or HANTEI.
- In the event of a draw, extensions may be held until a winner is determined.