

FULL CONTACT COMPETITION RULES

For All Shinkyokushin Tournaments

Judging Criteria

1. The four Corner Referees and the Main Referee shall judge the competition. However, the final decision in cases of dispute, rests with the Tournament Head Referee.
2. Since the decision should be a majority decision, in case of "IPPON", "WAZA-ARI", "HANSOKU", "JOGAI", "HANTEI", etc, the decision is valid if at least three out of the five referees support it. A decision not supported by the majority, that is less than three of the referees, or a decision supported by only Main Referee is not valid. However, any of the five referees has the right to make a protest against a decision and claim further discussions. On the discussions, a monitor (videotape-recording image) might be used as a reference.
3. The weighing shall be done with the attendance of referees at a weighing site outside the competition area whenever necessary. The weight at this time shall be the valid weight for the competitor in case "a decision by weight" has to be made. FOR OPEN WEIGHT TOURNAMENTS: The valid weight difference in case of "a decision by weight" is more than 10 kilograms in Male category. 8 kilograms in Female category. FOR WEIGHT CATEGORY TOURNAMENTS: The valid weight difference in case of "a decision by weight" is more than 5 kilograms in Male category. 4 kilograms in Female category. In these cases, the competitor with lighter weight shall be the winner.
4. In case a competitor cannot continue the bout due to his opponent's "YUKO WAZA (effective attack)", "HANSOKU WAZA (foul attack)" etc., the tournament Doctor/Medical Attendant may give a so-called 'doctor's stop (request to stop the fight)' after consulting with the five referees or the Head Judge.
 - a) In case of "HANSOKU WAZA", the competitor who made the foul attack loses the bout. The opponent will be a winner of the bout, but will not be able to continue on to a next bout.
 - b) In case of "YUKO WAZA (effective attack)", if the opponent is so seriously damaged by the attack that he will not be able to continue on to a next bout, he will lose the bout.
5. The Tournament Head Referee in consultation with the Executive Committee, may make overruling decisions over a bout, if it is deemed that the referee and judges have made an incorrect ruling.

Kumite Rules

1. Time of one bout:
 - a) Male: As per Appendix..
 - b) Female: As per Appendix.
2. Use of Protector: As per Appendix.
3. Victory is awarded to the competitor who has scored one full point (IPPON) or the one who has won by decision (including 'WAZA-ARI' - half point) or the one whose opponent has been charged with a foul, or whose opponent has been disqualified.
4. The competitors shall enter the competition mat from opposite sides and stand by two lines, red and white, respectively in the center of the fighting area, taking postures of "FUDODACHI", facing the front. Looking at them from the front (official seats), the competitor for "AKA" – Red – should stand on the left

side and the competitor for "SHIRO" – White – should be on the right side.

5. The bout starts with the Main Referee's command "HAJIME" and ends with the Main Referee's command "YAME".
6. In case of any accident during the fight, the Main Referee or the Medical Attendant may stop the bout.
7. When the Main Referee makes the sign of "Time", the bout shall stop for a moment, and when he gives the command of "ZOKKOU" (continue) the bout shall start again.

IPPON-GACHI (full point victory)

The following cases will be judged as IPPON-GACHI (full point victory).

- a) A thrust (TSUKI), kick (KERI), and elbow strike (HIJI UCHI) or any other technique, excluding actions listed as fouls, which vigorously downs the opponent for more than three seconds.
- b) If the opponent has lost his will to fight for more than three seconds.
- c) When having obtained two WAZA-ARI (half-points), which results in one IPPON (full-point).

WAZA-ARI (half-point)

The following cases will be judged as WAZA-ARI (half-point).

- a) When a thrust (TSUKI), kick (KERI), elbow strike (HIJI UCHI), etc., excluding actions listed as fouls, downs the opponent for less than three seconds, but he stands up and resumes the fight.
- b) If the opponent has lost his will to fight but resumes the fight within three seconds.
- c) If the opponent has received so much damage that he loses his balance, but not that he falls down.
- d) When a well-focused GEDAN TSUKI (downward punch) is followed immediately in good timing after either downing the opponent with foot sweeps (ASHI-BARAI) or dodging the opponent's DOMAWASHI-KAITEN-GERI (rolling kick).

Criteria of HANTEI (decision)

- a) In case there is neither IPPON nor disqualification, the decision supported by three or more out of the five referees (one Main Referee, four Corner Referees) is valid.
- b) In case of one of the competitors having a WAZA-ARI, the WAZA-ARI will be the first priority in a decision.
- c) In case of no WAZA-ARI, the amount of damage will be the first priority in a decision.
- d) In case of no damages, the amount of techniques (punches, kicks), including YUKO-DA (point-giving techniques, but not enough for being a WAZA-ARI), will be the criteria for decision.
- e) In case of same amount of techniques, including YUKO-DA, the referees shall give victory to the competitor who is more active or more aggressive in fighting. (This applies to the final extension where a winner has to be decided.)
- f) If CHUI (warning) has been given to either of the competitors, the referees shall follow the criteria stated in "Judging Criteria".

Extension (ENCHO-SEN)

- a) If three or more out of the five referees do not make a decision upon the command "HANTEI", the

bout shall end in a draw, and an extension bout shall follow.

- b) In the case of open weight competition, if there is no decision after two extensions, victory shall be awarded to the competitor who is 10 kilograms lighter in weight (For Female category, 8 kilograms lighter in weight).
- c) If there is no decision due to weight, there will be a third extension. After this extension a decision must be made.
- d) In the case of weight divisions, there will be a third extension. After this extension a decision must be made. (however for the heavyweight division, the open weight rules of weight difference will apply)

JOGAI (step outside competition area)

- a) If either of the competitors has stepped outside the area line completely with his both feet, it will be judged as JOGAI.
- b) "JOGAI" will be concluded upon the Main Referee's command "YAME".

HANSOKU (fouls)

The following actions are considered as HANSOKU (Fouls)

- a) Attacks with techniques using hands or elbows to the opponent's face or neck. (Even a slight touch may result in HANSOKU. However, making faints to the face is allowed.)
- b) Attacks to groin and lower abdomen.
- c) ZU-TSUKI (head thrusts).
- d) TSUKAMI (grappling). (For whatever reason, to grapple the opponent's dogi is not allowed, neither to clinch hands with each other.)
- e) KAKE (hooking). (To grapple or hook the opponent's neck, head, shoulders, etc.)
- f) OSHI (pushing). (Pushing with open hands, closed hands or with the body is not allowed. Basically it will be considered as HANSOKU even if you push only with one hand.)
- g) To Attack whilst leaning the head or body against the opponent.
- h) KAKAEKOMI (hugging and holding). (The person who puts his arms around the other one first will be given a foul.)
- i) Attacks to the back.
- j) To attack an opponent who is already down.
- k) KAKENIGE (run-away attack). (Pretend to attack whilst actually running away from the opponent.)
- l) Thrust kicks to knee joint and throwing.
- m) Running away by repeatedly doing JOGAI. (Step outside area.)
- n) Any action that may be considered as bad attitudes towards the competition.
- o) Any other actions that the referees may regard as fouls.

MITOMEZU (No count)

When IPPON (one full point), WAZA-ARI (one half point), HASOKU (fouls), etc. is not approved of, it will be judged as MITOMEZU (no count).

CHUI (warning) & GENTEN (penalty)

- a) A foul is charged with one warning "CHUI-ICHI".
- b) When any action is considered as a deliberate or malicious foul, or when a severe damage has been caused by a foul, a CHUI-NI (first penalty) may be given at the first time.
- c) CHUI-NI (two warnings) results in first penalty, and CHUI-SHICHI results in SHIKKAKU (disqualification).

SHIKKAKU (disqualification)

The following cases result in SHIKKAKU (disqualification);

- a) Failing to obey the referee's instructions during the bout.
- b) Being late for a bout or failing to appear.
- c) Facing each other for more than one minute without engaging in fight. This shall be regarded as lack of will to fight and both competitors shall be disqualified.
- d) Any actions considered as sheer violence, seriously deliberate fouls or deliberate bad attitude towards the competition.
- e) In case of CHUI-SHICHI

Giving up Competition

Anyone who fails to take part in the bout as scheduled without any good reason shall forfeit their entry fee. However, the following circumstances are exceptions;

- a) When the Tournament Doctor/Medical Attendant has, after medical examination, made the decision that the competitor cannot continue the bout. (The Doctor/Medical Attendant's decision is final in these cases)
- b) If any unforeseen misfortune to anyone closely related to the competitor (such as family members, etc.) happens immediately before or during the bout, permission to leave the competition area will be given after consultation between the Head Judge and the Executive Committee Chairman.

MEDICAL (First Aid requirements)

There shall be a minimum requirement for a medical attendant with at least a level 3 first aid qualification, at all Full Contact Tournaments. Any decisions made by the first aid attendant relating to the safety and welfare of competitors at the tournament shall be final.

In event of a severe knock to the head to a competitor through either a legal kick or, an illegal technique, the medical attendant shall be immediately called for consultation before resuming the bout. (The medical attendant's decision is final)

If it is deemed that a competitor has suffered a potential concussion, appropriate treatment and monitoring shall be performed.

Prior to the affected competitor returning to any competition or training they shall refer to their GP and get a clearance for the resumption of activity

Standard Actions of Referees

Requests to Referees

1. The most important thing for the referees is to respect the life of the competitors and give it the highest priority during the bout. In case of any accident during the bout, the referee shall have the capacity to stay calm, and to see clearly the situation in order to take quick and appropriate actions.
2. The Referees must not be biased in judging but must have the capacity to make fair judgments.
3. The Referees must give signs and actions clearly and promptly.

KUMITE (fighting)

Opening of Bout

1. Both competitors will be called to enter the competition mat by the tournament assistant.
2. The Main Referee shall stand in the center between both competitors and give the commands "SHOMEN NI REI" (Bow to front), "SHUSHIN NI REI" (Bow to Main Referee), "OTAGAI NI REI" (Bow to each other), and then the bout will start with his commands "KAMAETE" (Take fighting position) and "HAJIME (Start)."

During the Bout

1. The Corner Referees shall show IPPON, WAZA-ARI, HANSOKU and JOGAI by blowing the whistle and showing those judgements with flags. The Main Referee shall give the command "YAME" (stop) and instruct both competitors to go back to their initial positions and show the judgement result both verbally and physically.
2. The signals to be given by the Corner Referees both by whistles and flags, and the judgements and actions to be given by the Main Referee are as follows:

a) IPPON

Corner Referee – Shall raise diagonally upwards the flag with the color corresponding to the competitor who got the IPPON and at the same time blow a single long and loud blast on the whistle.

Main Referee – Shall stop the bout by the command "YAME", state the color of the raised flags and count them, including himself in the count, state the technique that resulted in IPPON, and raise upwards his arm of the winner's side and declare "IPPON".

b) WAZA-ARI

Corner Referee – Shall raise horizontally the flag of the competitor who took the WAZA-ARI, giving a single loud blast on the whistle strongly once.

Main Referee– Shall stop the bout by the command "YAME", state the color of the raised flags and count them, including himself in the count, state the technique that resulted in WAZA-ARI, and raise horizontally his arm of the winner's side and declare "WAZA-ARI".

c) From WAZA-ARI to IPPON

If the competitor does not stand up within three seconds or does not regain his will to fight within three seconds.

Corner Referee – Shall change the flag position from WAZA-ARI to IPPON, and at the same time blow a single long and loud blast on the whistle.

Main Referee – Shall state “IPPON” if the majority of the referees, including himself (three or more) has made such a judgment. If less than three referees give IPPON, the judgment will remain “WAZA-ARI”.

d) HANSOKU

Corner Referee – Shall wave diagonally downwards the flag with the color corresponding to the competitor who made a foul, and at the same time blow several short, sharp blasts on the whistle.

Main Referee – In case of a foul being equal to “CHUI”, he shall stop the bout by giving the command “YAME”, state the color of the waved flags, count the number of flags including himself, and then he shall state the actions that resulted in HANSOKU, pointing with his forefinger at the competitor who got the CHUI and declare “CHUI ICHI.” The same action shall be taken in case of GENTEN ICHI.

(In case of directly giving GENTEN ICHI or SHIKKAKU at one foul, the Main Referee must consult with the Corner Referees first.)

e) TSUKAMI-AI, KAKAEKOMI (grappling and clinching each other)

Corner Referee – Shall wave both flags diagonally downwards, and at the same time blow several short, sharp blasts on the whistle.

Main Referee – Shall stop the bout by giving the command “YAME”, separate both competitors, and start the bout again by the command “ZOKKOU” (continue). Depending on the way of grappling, both competitors may be given CHUI ICHI respectively.

f) JOGAI (out of bounds)

Corner Referee – Tapping the floor several times with the flag of the side of the competitor who got JOGAI, he shall blow several short, sharp blasts on the whistle.

Main Referee – He shall immediately give the command “YAME” and call “JOGAI”, and then bring back the competitors to the center of the fighting area, start the bout again with the command “ZOKKOU”.

g) FUMEI (unclear)

Corner Referee – Shall cross two flags in front of his face, and blow a single short sharp blast on the whistle.

Main Referee – Shall let the bout go on without any interruption.

h) MITOMEZU (no count)

Corner Referee – Shall cross the two flags and wave them back and forth and blow a single long and loud blast on the whistle.

Main Referee – Depending on the situation, he may declare MITOMEZU.

i) HANTEI-GACHI (victory by decision)

Corner Referee – Shall raise diagonally upwards the flag with the color corresponding to the competitor who is considered to be the winner, and at the same time blow a single long, loud blast on the whistle. The Main Referee will also raise their arm at the same time as the Corner Judges to declare their considered winner

Main Referee – Shall ask the Corner Referees for their decisions by stating “HANTEI O TORIMASU” (take decision) and “HANTEI” (decision), declare the color of the flag of the winner, count the number of flags including himself, raise his arm diagonally upwards and declare the color of the flag of the winner.

(The numbers of flags for a draw and for the opponent shall also be counted, even though the number is not enough for a majority decision.)

j) HIKI-WAKE (draw)

Corner Referee – Shall cross the flags in front of his knees, and at the same time blow a single long, loud blast on the whistle.

Main Referee – Shall count the number of flags indicating a draw and cross diagonally downwards his arms in front of himself, and declare “HIKI-WAKE”. (The number of raised flags shall also be counted, even though they are not enough for a majority decision.)

k) SHIKKAKU (disqualified)

Corner Referee – Especially for seriously vicious fouls, the Corner Referee shall request the Main Referee for consultation.

Main Referee – Shall raise diagonally upwards his arm on the side of the competitor who has been disqualified, and then point with his finger in the direction outside the competition mat and declare “SHIKKAKU”.

3. In case the dogi of the competitor comes into disorder during the bout, the Main Referee may stop the bout, bring back the competitors to their original positions, and adjust the dogi of the competitor or have him adjust it by himself.

End of Bout

1. In case of IPPON or SHIKKAKU;

The Main Referee shall stop the bout and make both competitors face to the front and declare

IPPON or SHIKKAKU, and give commands "SHOMEN NI REI" (Bow to the front), "SHUSHIN NI REI" (Bow to Main Referee), and "OTAGAI NI REI" (Bow towards each other). And then instruct the competitors to leave the competition mat.

2. In case of no IPPON nor SHIKKAKU;

The Corner Referee shall, at the same time as the signal for ending the bout, blow a single long, loud blast on the whistle.

Main Referee-Shall give the command "YAME" and stop the bout immediately, get the competitors back to their original positions, and make them face to the front, and request the Corner Referees for their decisions by stating "HANTEI O TORIMASU" and "HANTEI".

Corner Referee – When asked by the Main Referee for "HANTEI", he shall raise diagonally upwards the flag on the side of the considered winner and at the same time blow his whistle strongly once. In case the bout being a draw, he shall cross the two flags in front of his knees and at the same time blow a single short, sharp blast on the whistle.

Main Referee – Shall declare the color of the flag on the winner's side, count the number of raised flags including himself, and raise his arm diagonally upwards, declaring the winner if the number of flags of the same color gets the majority. (The numbers of flags for a draw and for the opponent shall also be counted.)

An example (1): "AKA (red) ICHI (1), NI (2) SAN (3), SHI (4) and GO (5)" "AKA (red)"

An example (2): "HIKIWAKE (draw) ICHI (1), NI (2), "AKA (red) ICHI (1), NI (2) and SAN (3)" "AKA (red)"

In case of a draw, the Main Referee shall count the numbers for a draw, crossing his arms diagonally downwards in his front and declare "HIKIWAKE (draw)". And he shall proceed to an Extension or "Decision by Weight"

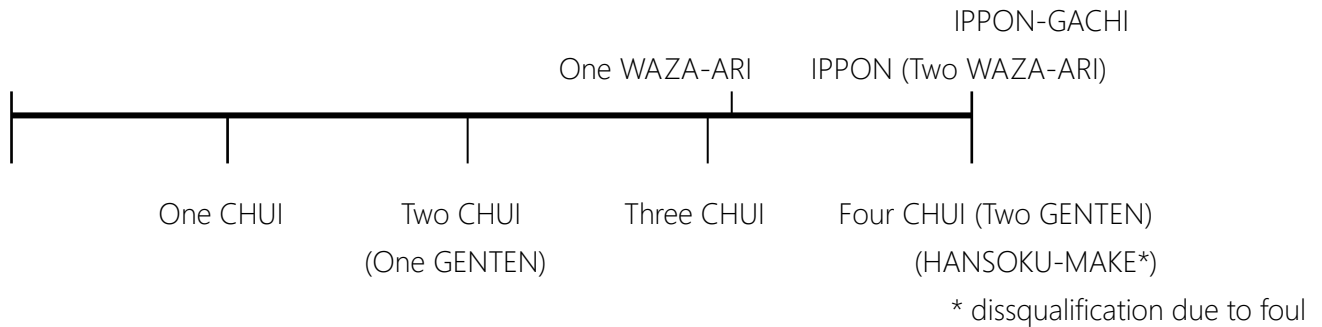
An example: "AKA (red) ICHI (1)", "HIKIWAKE (draw) ICHI (1), NI (2), SAN (3) and SHI (4)" "HIKIWAKE (draw)"

3. The Main Referee shall declare the winner, and give the commands "SHOMEN NI REI", "SHUSHIN NI REI", "OTAGAI NI REI" and instruct the competitors to leave the competition mat.

JUDGING CRITERIA

Down below is a description of the relation between CHUI (warning) and WAZA-ARI (half-point), which of those two shall be the decisive part in different situations.

1. Judging Criteria (Chart)



2. Judging Criteria (Description)

① WAZA-ARI and IPPON

0 < One WAZA-ARI < IPPON (Two WAZA-ARI)

② In case there is no CHUI nor WAZA-ARI

- Damages shall be given the first priority in judging the winner.
- In case of no damage seen in the both competitors, the first priority to judging shall be given to the number of punches and the number of kicks.
- In case there is no difference in numbers of punches and kicks between the two competitors, the one who shows more fighting spirit will win the bout (in case of a final round where a winner has to be decided).

③ In case of one competitor having one CHUI more than the other, this does not influence the decision much. The decision shall be made mainly on the contents of the fight. However, in case of a final extension, if there is no difference in the fighting between the two competitors, the one with one CHUI will lose the bout.

- ④ In case of a difference of two CHUI, basically the one who has got two more CHUI will lose. However, if they are obviously leading their opponent, it is possible to make a draw. When making the judgement for a draw in this case, the one with two the CHUI disadvantage, must be so obviously leading, that they would be judged to be a minimum of 80% dominant and that were the bout to continue, a WAZARI or IPPON would be the likely outcome.
(It is not possible for the person with the 2 CHUI disadvantage to win.)

$$\begin{array}{l} 0 \quad \geq \quad \text{Two CHUI} \\ \text{One CHUI} \quad \geq \quad \text{Three CHUI} \end{array}$$

- ⑤ In case of a difference of three CHUI, the one who has got three more CHUI will lose, no matter how much he is leading the fight.

$$0 > \text{Three CHUI}$$

- ⑥ When one competitor has both WAZA-ARI and CHUI, basically the WAZA-ARI is stronger and that competitor will win. However, depending on the number of CHUI (and/or GENTEN) and contents, it may be judged as follows:

- a) $0 < \text{WAZA-ARI} + \text{One CHUI}$
- b) $0 < \text{WAZA-ARI} + \text{Two CHUI}$
- c) $0 \leq \text{WAZA-ARI} + \text{Three CHUI}$

Basically the one holding one WAZA-ARI and three CHUI is the winner, but if his opponent is leading the fight very clearly, it is possible to give a draw.

- d) $0 > \text{WAZA-ARI} + \text{Four CHUI (Two GENTEN)}$
Even if one has one WAZA-ARI, two GENTEN will disqualify him.

Appendix

Kumite – Time of Bout

【Male】

	Main Bout	Extension	The 2 nd Extension	Decision by Weight	Final Extension
Elimination	3 minutes	2 minutes	2 minutes	One with lighter weight shall win. (Valid difference is 5 kilograms.)	2 minutes
Main Bout	3 minutes	2 minutes	2 minutes	One with lighter weight shall win. (Valid difference is 5 kilograms.)	2 minutes

【Female】

	Main Bout	Extension	The 2 nd Extension	Decision by Weight	Final Extension
Elimination & Main Bout	3 minutes	2 minutes	2 minutes	One with lighter weight shall win. (Valid difference is 4 kilograms.)	2 minutes

(Use of Protectors)

【Male】

Mouthguard	Groin protector	Taping
Mandatory	Mandatory	Prohibited *

【Female】

Mouthguard	Chest protector (approved style only)	Taping
Mandatory	Mandatory	Prohibited *

* Taping/bandage with tape is principally prohibited unless the Tournament Doctor/Medical Attendant gives a stamp of approval.

For details, refer to the “Attention to All the Competitors” by Tournament Doctor/Medical Attendant. Both male and female fighters must not wear anything under the Dogi Pants except for the above protectors and underwear however, in the case of female competitors they are to wear a plain white T-Shirt under their Dogi Jacket

Mouth guards are mandatory in New Zealand