The 1st World Fullcontact Karate Championship /

The 2nd International Fullcontact Karate Championship / The 1st International Senior Fullcontact Karate Championship

COMPETITION RULES (ver. 2025)

Judging Criteria

1. The five referees, including the main referee, shall judge the competition. However, the final decision rests with the Main 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 the Main Referee, is not valid. However, any of the five referees has the right to protest a decision and request further discussions. A monitor (video image) might be used in the discussions as a reference.
3. The weighing shall be done with the attendance of referees before the competition.
4. If there is a weight difference of more than 7kg between the weight in the application and the weight checked before the competition, the competitor will be disqualified.
5. In case a competitor cannot continue the bout due to the opponent's YUKO WAZA (effective attack), HANSOKU WAZA (foul attack), etc., the Tournament Doctor may give a "doctor's stop" after consulting with the five referees or the Main Referee.
   a) In the case of HANSOKU WAZA, the competitor who made the foul attack loses the bout. The opponent will be the winner of the bout, but will not be able to continue on to the next bout.
   b) In case of YUKO WAZA (effective attack), if the opponent is so seriously injured that he/she cannot continue on to the next bout, the injured competitor will lose the bout.
6. The Tournament schedule is to be strictly followed, but in case of an unavoidable situation, the Tournament Executive Committee Chairman may, after consultation with the Main Referee, decide to change the tournament schedule.

Kumite Rules

1. The time of bouts is as provided in "Time for Bouts".
2. 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.
3. The competitors shall enter the competition mat from opposite sides and stand by two lines, red and white, in the center of the fighting area, taking postures of FUDODACHI, facing the front.
   Looking from the front (official seats), the competitor in AKA (Red) should stand on the left side (in smaller entry number), and the competitor in SHIRO (White) should be on the right side (in larger entry number).
4. The bout starts with the Main Referee's command HAJIME and ends with the command YAME.

5. In case of any accident during the bout, the Main Referee may stop the bout.
6. When the Main Referee makes the sign of "Time", the bout shall stop for a moment, and when he/she makes the sign of ZOKKOU (continue), the bout shall start again.

IPPON-GACHI (full point victory)

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

IPPON-GACHI (full point victory)-Safety Rule *For Senior Championship (General & Masters)

a) A TSUKI (thrust), KERI (kick), HIJI UCHI (elbow strike), or any other technique, excluding actions listed as fouls, downs the opponent, or if he backs down to his knees (even if the opponent stands up within three seconds).
b) When a well-focused downward punch (GEDAN TSUKI) is followed immediately in good timing after making the opponent float in midair and downing the opponent with the combination of foot sweeps (ASHI-BARAI) and/or low kick (GEDAN-MAWASHI-GERI).
c) If the opponent has lost his will to fight for three or more seconds.
d) When having two WAZA-ARI (half-points), resulting in one IPPON (full-point).

WAZA-ARI (half-point)

a) When a TSUKI (thrust), KERI (kick), HIJI UCHI (elbow strike), etc., excluding actions listed as fouls, downs the opponent for less than three seconds, but eventually stands up and resumes the bout.
b) If the opponent loses their will to fight but resumes within three seconds.
c) If the opponent has received so much damage that they lose their balance, but do not fall 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).

WAZA-ARI (half-point)-Safety Rule *For Senior Championship (General & Masters)

a) When a TSUKI (thrust), KERI (kick), HIJI UCHI (elbow strike), etc., excluding actions listed as fouls, loses the opponent's balance or stops the opponent's movements.
b) When a kick hits the opponent's unguarded upper body (above the neck). Not valid for pushing, touching, or grazed kicks.
c) When an attack makes the opponent float in midair and down the opponent with the combination of foot sweeps (ASHI-BARAI) and/or low kicks (GEDAN-MAWASHI-GERI), as well as other kicks like front kicks (MAE GERI) and roundhouse kicks (MAWASHI GERI).
d) When a well-focused downward punch (GEDAN TSUKI) is followed immediately in good timing after avoiding the opponent's "sacrifice technique" (SUTEMI WAZA), which would include the

DOMAWASHI-KAITEN-GERI (rolling kick).

***DOMAWASHI-KAITEN-GERI (rolling kick) is prohibited in the Masters Category**

e) If the opponent has lost their will to fight but resumes the fight within three seconds.

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 is valid.
b) In case one of the competitors has a WAZA-ARI, the WAZA-ARI has higher priority in a decision.
c) In case of no WAZA-ARI, the amount of damage will be the priority in a decision.
d) In case of no damages, the amount of YUKO-DA (effective techniques, but not enough for being a WAZA-ARI) will be the criterion for decision.
e) In case of the same amount of YUKO-DA, the referees shall give priority to the competitor with more techniques (punch, kick, etc.).
f) In case of the same number of techniques, the referees shall make their decision based on which competitor has the initiative (fighting spirit, moving forward, attacking first) in the bout. The more aggressive competitor shall win.
g) For the final extension, the referees must make a decision based on the dominance of either fighter.
h) If a CHUI (warning) is given to either of the competitors, the referees shall follow the criteria stated in "Judging Criteria" (in the last section).

JOGAI (Stepping outside the competition area)

a) When either of the competitors steps outside the area line completely with both feet.
b) JOGAI will be concluded upon the Main Referee's YAME command.

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) KINTEKI-GERI (groin kicks).
c) ZU-TSUKI (head thrusts).
d) TSUKAMI (grabbing of the opponent's dogi or hand/foot).
e) KAKE (hooking). (to grapple or hook the opponent's neck, head, shoulders, or body)
f) OSHI (pushing). (pushing with open hands, closed hands, head, or with the body is not allowed. It will be considered as HANSOKU even if you push with only one hand.)
g) OSAE (holding). (to hold the opponent with the hand or arm)
h) KAKAEKOMI (hugging and holding). (the person who puts their arms around the other one first will be given a foul.)
i) To attack while leaning the head or body against the opponent.
j) Attacks from the back.
k) To attack the opponent who is already down.

l) KAKENIGE (run-away attack). (pretending to attack when running away from the opponent.)
m) KANSETSU-GERI (attack to the joint), throwing the opponent.
n) Running away by repeatedly doing JOGAI. (stepping outside the area.)
o) When either competitor avoids contact with the opponent for more than 10 seconds, and does not resume contact even after the ZOKKOU (continue) command.
p) Any action that may be considered a bad attitude towards the competition.
q) Attacks after the YAME command.
r) HIJI-UCHIOROSHI (elbow strike, pointing shoulder or clavicle)
s) Any other actions that the referees may regard as fouls.

MITOMEZU (No count)

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

CHUI (warning)

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

SHIKKAKU (Disqualification)

a) Failing to obey the referee's instructions during the bout.
b) Being late for a bout.
c) Facing each other for more than one minute without engaging in a fight. This shall be regarded as a lack of will to bout and both competitors shall be disqualified.
d) Any actions considered as sheer violence, seriously deliberate fouls, or a deliberate bad attitude towards the competition.
e) When the competitor vomits during the bout (after the HAJIME command, and before the HANTEI).
f) When there is a weight difference of more than 7kg between the weight in the application and the weight checked before the competition.
g) In case of CHUI YON.

Giving up Competition

Anyone who fails to take part in the bout as scheduled without a justifiable reason shall be fined no more than 150,000 Japanese Yen. Except in the following cases;

a) When the Tournament Doctor has, after medical examination, decided that the competitor cannot continue the bout.
b) If any unforeseen misfortune to anyone closely related to the competitor (such as family members, etc.) occurs immediately before or during the bout, leaving the competition area will be permitted

upon consultation between the Main Referee and the Tournament Executive Committee Chairman.

Other

a) A competitor who received a foul attack must not take any action to explicitly indicate or emphasize such foul attack by the opponent (appeal actions) in a manner far from a natural reaction ordinarily taken in response to such foul attack.

b) A competitor who received a YUKO WAZA (effective attack) must not make any misleading or deceptive response and/or action that explicitly indicates or emphasizes as if they received a foul attack. If there is suspicion of deception in such actions, a review using recorded footage may be conducted, whether during or after the match. If, as a result of this review, the conduct is objectively determined to be deceptive, the competitor shall be disqualified and may be subject to penalties such as forfeiture of placement or suspension from competition.

c) DOMAWASHI-KAITEN-GERI (rolling kick) is prohibited in the Masters Category of the Senior Championship.

Standard Actions of Referees

Requests to Referees

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

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 the 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 their judgment 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 judgments and actions to be given by the Main Referee are as follows:

a) IPPON

Corner Referee – Shall raise the flag diagonally with the color corresponding to the competitor who got the IPPON, and while blowing 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 his arm on the winner's side and declare IPPON.

b) WAZA-ARI

Corner Referee – Shall raise the flag horizontally with the color of the competitor who took the WAZA-ARI, while giving a single loud and strong 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 him/herself in the count, state the technique that resulted in WAZA-ARI, and raise their arm horizontally on the competitor'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 their will to fight within three seconds;

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

Main Referee – Shall state IPPON if the majority of the referees, including him/herself (three or more), have made such a judgment. If fewer than three referees give IPPON, the judgment will remain WAZA-ARI.

d) HANSOKU

Corner Referee – Shall wave the flag diagonally downwards with the color corresponding to the competitor who made a foul, while blowing several short, loud blasts on the whistle.

Main Referee – In case of a foul being a CHUI, he/she shall stop the bout by giving the command YAME, state the color of the waved flags, count the number of flags including him/herself, and then he/she shall state the action that resulted in HANSOKU, pointing with his/her forefinger at the competitor who got the CHUI and declare CHUI ICHI. The same action shall be taken in case of CHUI NI.

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

e) TSUKAMI-AI, KAKAEKOMI-AI (grappling and clinching each other at the same time)

Corner Referee – Shall wave both flags diagonally downwards, while blowing several short, loud blasts on the whistle.

Main Referee – Shall stop the bout by giving the command YAME, separate both competitors, and in the same manner as the HANSOKU article, give both competitors CHUI ICHI.

f) JOGAI (out of bounds)

Corner Referee – Tapping the floor several times with the flag of the side of the competitor who got JOGAI, while blowing several short, loud blasts on the whistle.

Main Referee – He/she shall immediately give the command YAME and call JOGAI, bring back the competitors to the center of the fighting area, and restart the bout with the command ZOKKOU.

g) FUMEI (unclear)

Corner Referee – Shall cross two flags, and blow a single short, loud 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, while blowing a single loud blast on the whistle.

Main Referee – Shall ask the corner referees for their decision by stating HANTEI O TORIMASU (take decision), 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 number of flags for a draw and the opponent's flags 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 their knees, while blowing a single loud blast on the whistle.

Main Referee – Shall count the number of flags indicating a draw and cross diagonally downwards their arms in front of themselves, 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 their arm on the side of the competitor who has been disqualified, and then point with their 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 them adjust it on their own.

-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 the Main Referee), and OTAGAI NI REI (bow towards each other). Then he shall 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 the front, and request the Corner Referees for their decision by stating HANTEI O TORIMASU, HANTEI.

   Corner Referee – When asked by the Main Referee for HANTEI, they shall raise diagonally upwards the flag on the side of the considered winner, while blowing their whistle strongly once. In case the bout is a draw, they shall cross the two flags in front of his knees, while blowing a single short, sharp blast on the whistle.

   Main Referee – Shall raise the hand of the side they believe to be the winner simultaneously with the Corner Referees, 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 number of flags for a draw and the opponent's flags shall also be counted.)

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

   Example (2): "HIKIWAKE (draw) ICHI (1), NI (2), "AKA (red) ICHI (1), NI (2) 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 front and declare HIKIWAKE (draw). And they shall proceed to an Extension.

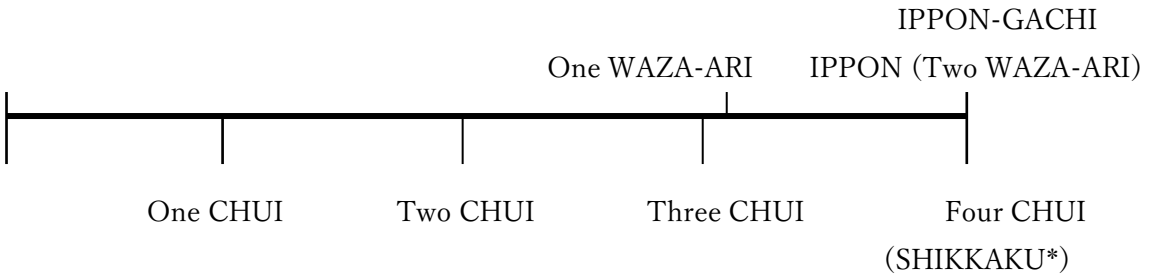
   Example: "AKA (red) ICHI (1)", "HIKIWAKE (draw) ICHI (1), NI (2), SAN (3), SHI (4)" "HIKIWAKE (draw)"

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

JUDGING CRITERIA

Following 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)



* disqualification due to foul

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, and the bout is close

a) Damages shall be given the first priority in judging the winner.

b) In case of no damage seen in both competitors, the first priority for judging shall be given to the number of YUKO-DA (effective techniques).

c) In case the number of YUKO-DA is the same, priority should be given to the number of techniques (punches and kicks, etc).

d) In case there is no difference in the number of techniques between the two competitors, the one who shows more initiative (fighting spirit, moving forward, attacking first) will win the bout.

e) For the final extension, the referees must make a decision based on the dominance of either fighter.

IPPON > WAZA-ARI > Damage > YUKO-DA > Number of Techniques > Initiative (fighting spirit, moving forward, attacking first)

③ In case one competitor has one CHUI more than the other, this does not influence the decision much. The decision shall be made mainly on the contents of the bout. 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.

< < <

0 = One CHUI = Two CHUI = Three CHUI > Four CHUI

> > >

④ In case of a difference of two CHUI, the one who has two more CHUI will lose. However, if he/she is obviously leading his opponent (on a scale of 8:2 or more), it is possible to make a draw.

0 ≧ Two CHUI

One CHUI ≧ Three CHUI

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

0 > Three CHUI

⑥ **When one competitor has both WAZA-ARI and CHUI, the WAZA-ARI is prioritized, and that competitor will win. However, depending on the number of CHUI and content, it may be judged like down below:**

a) 0 < WAZA-ARI + One CHUI

b) 0 < WAZA-ARI + Two CHUI

c) 0 ≦ WAZA-ARI + Three CHUI

In principle, the competitor holding one WAZA-ARI and three CHUI is the winner, but if the opponent is leading the bout very clearly (on a scale of 8:2 or more), it is possible to give a draw.

d) 0 > WAZA-ARI + Four CHUI

Even if one has one WAZA-ARI, Four CHUI will disqualify the competitor.

Time for Bouts

	Categories	Rounds	Main Bout	Extension	Final Extension
1st World Championship & 2nd International Championship	Men	Up to Quarter-Finals	2 min.	2 min.	-
		From Semi-Finals	3 min.	2 min.	2 min.
	Women	Up to Quarter Finals	2 min.	2 min.	-
		From Semi-Finals	2 min.	2 min.	2min.
1st International Senior	All Categories	All bouts	1 min.	1 min.	-

Protectors

◎：Must　△：Optional　×：Prohibited

	Categories		Tights	Mouth Piece	Groin	Chest	Shin/ Feet	Knee	Fist	Head Gear	Taping
1st World Championship & 2nd International Championship	Men		×	△	◎	×	×	×	×	×	×
	Women		△	△	◎	◎	◎	×	×	×	×
1st International Senior Championship	General	Men	×	△	◎	-	◎	◎	◎	◎	×
		Women	△	△	◎	◎	◎	◎	◎	◎	×
	Masters	Men	×	△	◎	-	◎	◎	◎	×	×
		Women	△	△	◎	◎	◎	◎	◎	×	×

※ Using of Heart Protection Pad is optional for competitors in the International Senior Championship

※ Taping/bandage with tape is prohibited unless the Tournament Doctor gives a stamp of approval

※ Usage of “Breathe Right” is prohibited

※The role of the tournament doctor is primarily to make the “doctor’s stop” decisions in consultation with referees and other officials. While the doctor will provide initial emergency care in the event of an injury, if symptoms persist or worsen, the injured person must promptly seek treatment at an appropriate medical facility.