

WELLINGTON REGION SEIDO KARATE JUNIORS & COLLEGIATES TOURNAMENT 2020 SEMI-CONTACT KUMITE RULES

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COMPETITORS

Semi-Contact kumite is for Collegiate aged students 13 to 15 years and 16 to 18 years at green belt and above grades only.

WEIGHT DIVISIONS

Collegiate Female

- Lightweight: <45kg
- Middleweight: 46kg to 55kg
- Heavyweight: 56kg to 65kg
- Super Heavyweight: >66kg

Collegiate Male

- Lightweight: <50kg
- Middleweight: 51kg to 60kg
- Heavyweight: 61kg to 70kg
- Super Heavyweight: >71kg

PROTECTIVE EQUIPMENT

The following protective equipment is compulsory:

- **hand protectors:** - must be at least 13mm thick and foam dipped (not vinyl covered) and must cover entire fist, knuckles and fingers. No hand wraps or taping of hands allowed and no bag gloves allowed
- **mouth** guard/gum shield
- **groin** protectors for male students 13-18 years of age
- **chest** protectors for female students 13-18 years of age
- **foot protectors** – must be 13mm thick and foam dipped (not vinyl covered) and must cover the top, front (including toes), sides and back of the foot.
- **shin** pads
- **head protector** – back of the head must be protected
- regular glasses must not be worn but approved sports glasses are permissible.

REFEREE PANEL

The refereeing panel for each match comprises one Referee and four Judges.

DURATION OF THE BOUT

Duration of the kumite bout is defined as:

- **two** minutes in the preliminary rounds
- **three** minutes - with one minute extension when necessary (because the fighters are evenly matched) - in the finals

The timing of the bout begins when the Referee gives the signal to start, and stops when the Referee calls 'YAME' at the end of the bout. The clock doesn't stop between the beginning and the end of the bout unless the referee calls for the clock to be stopped due to injury.

JUDGING THE BOUT

1. Judges will look for the following in a fight
 - a) Good form and techniques
 - b) Sporting and courteous attitude
 - c) Vigorous application of techniques
 - d) Good application of follow-up techniques
 - e) Dominating and controlling the fight by putting pressure on opponent with good techniques
 - f) Observing the 3-second rule
2. The **3-second rule** applies when competitors are engaged in grabbing. Once engaged, they should follow up with a legal technique within the 3 seconds count. After 3 seconds, the referee will call 'YAME' to stop the fight regardless of whether a follow-up technique is executed or not. As soon as the referee calls 'YAME', the competitors will disengage. The referee will start the fight again by calling 'HAJIME'.
3. Legal techniques include:
 - a. Chudan zuki
 - b. Chudan mae geri
 - c. Chudan and jodan mawashi geris
 - d. Chudan hiza geri

e. Ushiro geri, kake geri, uchi mawashi & soto mawashi axe kicks, yoko geri

4. Illegal techniques include:

- a. Any hand or knee techniques to the head or throat including eye gouging
- b. Any technique to the groin
- c. Any technique to the joints
- d. Any technique to the kidney
- e. Elbow techniques
- f. Biting
- g. No kicks below the waist e.g. kicks to the thighs

WINNING THE BOUT

The winner of the bout is determined by the most votes by the judges' flags – including the referee's vote. Each judge's vote will be based on the criteria listed above.

When the time for the fight has lapsed, the time-keeper will signal the end of the fight to the referee. The referee will stop the fight by calling 'YAME'. The competitors will take their starting positions and the referee will signal the judges by calling 'JUDGES TURN'. The judges will turn around so that they are facing away from one another.

The referee will again call upon the judges to vote with their flags by calling 'JUDGES CALL'.

The judges **and** the referee will cast their vote (the judges using their blue or red flag) depending on who they think the winner is for that bout. No ties are allowed.

PROHIBITED BEHAVIOURS

The following prohibited behaviors may result in warnings and penalties.

1. Talking to or goading the opponent,
2. Failing to obey the orders of the Referee,
3. Discourteous behaviour towards the Refereeing officials, or
4. Other breaches of etiquette.

The judges will take these into account when they cast their vote.

WARNINGS & PENALTIES

1st warning: Imposed for the first instance of an illegal technique

Disqualification: Imposed following a **very serious infraction** or when a 1st warning has already been given.

NB The referee can advise a competitor for any illegal technique executed accidentally (e.g. a head punch due to a deflection off a block) without issuing a warning. The referee can also issue an immediate disqualification for any illegal and dangerous technique executed (e.g. a deliberate punch to the throat).

INJURIES & ACCIDENTS IN COMPETITION

1. Forfeiture is the decision given when a contestant or contestants fail to present themselves when called, are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not resulting from the opponent's actions.

2. If two contestants injure each other, or are suffering from the effects of previously incurred injury, and are declared by a medical professional as unable to continue, the bout is awarded to the contestant who is able to continue to fight.
3. An injured contestant who wins a bout through disqualification due to injury is not allowed to fight again in the competition without medical permission. If the contestant is injured, he or she may win a second bout by disqualification but is immediately withdrawn from further Kumite competition in that tournament.
4. When a contestant is injured, the Referee shall at once halt the bout and call for medical treatment (diagnosis and injury treatment only).
5. A competitor who is injured during a bout and requires medical treatment will be allowed three minutes in which to receive it. If treatment is not completed within the time allowed, the Referee will decide if the competitor shall be declared unfit to fight or whether an extension of treatment time shall be given.
6. Any competitor who is knocked down or incapacitated by a legal technique and does not fully regain his or her feet within ten seconds, is considered unfit to continue fighting and will be automatically withdrawn from the bout.

POWERS & DUTIES

REFEREES

The Referee's powers shall be:

1. To conduct matches including announcing the start, the suspension, and the end of the match.
2. To stop the match when, in the Referee's opinion, a foul committed, a 3-second rule has lapsed or to ensure the safety of the contestants.
3. To impose penalties and to issue warnings.
4. To obtain and act upon the opinion(s) of the Judges.
5. To conduct voting by the Judges, including the Referee's own vote.
6. To announce the winner.

JUDGES

The Judges' powers shall be:

1. To signal warnings and penalties.
2. To exercise their right to vote on any decision to be taken.

The Judges shall carefully observe the actions of the contestants and signal to the Referee an opinion in the following cases:

- a) When a contestant has committed a prohibited act and/or techniques.
- b) When an injury, illness or inability of a contestant to continue is noticed.
- c) When one or both contestants have moved out of the competition area.
- d) In other cases when it is deemed necessary to call the attention of the Referee.

STARTING, ENDING & PAUSING THE BOUT

1. The Referee and Judges shall take up their prescribed positions; following an exchange of bows between the contestants the Referee will announce HAJIME and the bout will commence.
2. The Referee will stop the bout by announcing 'YAME'. If necessary, the Referee will order the contestants to take up their original positions.

3. When time is up, the time-keeper will signal the referee and the referee will call 'YAME' to stop the fight.
4. When faced with the following situations, the Referee will call 'YAME' and halt the bout temporarily:
 - a. When one or both contestants are out of the match area.
 - b. When the Referee orders the contestant to adjust the gi or protective equipment.
 - c. When a contestant has contravened the rules.
 - d. When the Referee considers that one or both contestants cannot continue with the bout owing to injuries, illness, or other causes. The Referee will consider medical advice when making this decision.
 - e. When both or one contestants grab the other opponent and does not perform an immediate technique, or sweep with no follow-up technique within three seconds.
 - f. When both competitors stand chest to chest without attempting a throw or other technique within three seconds.
 - g. When both contestants are off their feet following a fall or attempted throw and begin to wrestle.
 - h. When foul is indicted by two or more Judges for the same competitor.
 - i. When, in the opinion of the Referee, there has been a foul committed, or the situation calls for halting the match for safety reasons.