

REGULATIONS



Introduction:

The regulations of IMAF of February 2017 were revised in October 2019.

Due to the cooperation with the Tiger & Dragon Association, the regulations of IMAF were partly adapted to TDA Int'l and extended by individual categories (such as Grappling and Kumite).

Note:

Each competitor is responsible for his own to read and deal with this rules book.

GENERAL RULES

Start authorization:

Persons less than 18 years of age may only participate if their parent or legal guardian signs on their behalf.

When participating any IMAF event, these rules as well as the changes announced on the tournament will be accepted.

Safety:

Each participant is responsible for his own safety and that of his partner / opponent.

Fingernails and toenails have to be cut short. Jewelry and piercings have to be removed at all events. No zippers or similar things are allowed on clothing.

Medical staff should be available at all times. It has to be easy to identify and contactable in a designated place.

Sportsmanship:

Every participant is expected to be fair and sportsmanlike. Aggressive and uncontrolled behavior is not tolerated and can lead to immediate disqualification without a refund.

Official language:

The official competition language at IMAF tournaments is English.

Category size:

If there are less than 3 participants in one category, they are placed in the next category.

Contest area:

The contest area is covered with competition tatami with a thickness of 2,5 cm. The contest area is at least 6x6 meters.

The weighing:

Each competitor who fights in one of the following divisions must be weighed:

- Pointfighting
- Continuous Fighting
- Full contact
- K1
- Grappling

The weight is determined by the assigned organizational staff and entered in a designated start card.

Referees:

The referees should be recognizable as such. They do wear white shirts and long black pants.

Task of the main referee (Referee):

The main goal of the main referee is the safety of the participants. He is responsible for the supervisor of the category. He directs the fight, controls the pace, enforces the rules and ensures a fair competition.

He starts and stops the fight, he communicates with the judges and gives the scorers and timekeepers clear ratings and signals. He issues warnings and announces the winner at the end of the fight.

Task of judges:

Each judge awards points to his own observation. He must not let others influence him.

4

Task of timekeeper:

The timekeeper starts and stops the time at the direction of the main referee. The timekeeper signals to the referee by an audible or visual signal that the time has expired or a formal protest has taken place.

Task of scorer / writer:

The scorer records all points and penalties of the participants as directed by the Referee. He calls the participants to the start and ensures that the points for referee, judges and starters are clearly visible. In point fights, he indicates the points by turning the pages on the appropriate scoreboards or operates the electronic software accordingly.

Task of the supervisor:

The supervisor ensures that everything runs smoothly and is responsible for monitoring all competition areas.

He settles disputes and can exchange the referees and annul their decision.

If there are several competition areas, the supervisor can appoint an Area Supervisor for each area.

The most important referee commands:

fight	to start the competitor's race and clock
	to start again after a stop
stop	to stop the competition
stop – exit	the fight is interrupted due to leaving the competition area
time-out	the fight is interrupted because of a rule break
	the allocation of punishments or with injuries
score	to request the sign of the linesman (points)
break	to stop the fight and take a step back and fight again
warning	
one point	
two points	
three points	
disqualification	

FORMS

Competitors:

All competitors compete in clean, neat and traditional competition clothing.

T-shirts and sweatshirts are not allowed!

T-shirts are to be put in the pants and must not be visible below under the Gi jacket.

Shoes are allowed provided they do not damage the mat surface.

Late entries:

Late entries are excluded as soon as the division is started.

5

Content of the form:

Traditional forms must not be alerted, but are to run as the form in the textbook! Every change leads to deduction.

Exception: the competitor informs the referee that the form is changed and why this is the case. Possible reasons for this may be health restrictions that do not allow a certain movement and a change in shape on the instructions of the trainer (with justification).

Time-limit:

Each Division hat ein Zeit-Limit von max. 3 Minuten.

Exception: individual traditional Chinese divisions.

Change of division:

Each participant will start in the division corresponding to his grade and age. A change to the next higher category is possible, a change to a lower category is not allowed.

Weapons:

All weapons must be presented to the Referee before the start and will be checked for safety.

Sharp weapons are not allowed.

If a color belt drops the weapon, this leads to a point deduction.

Black belts dropping the weapon will be disqualified.

Music forms:

Music is freely selectable. The competitor is responsible for his music. The presence of a music system is not guaranteed. Whether a music system is available can be inquired in advance by e-mail to the organizer.

In music forms, the form must be adapted to the beat of the music. If this is not the case, this will lead to deduction of points.

Rating:

Evaluates are sequence, movements, positions, strength and technique.

For team forms: additional synchronicity.

SELF-DEFENSE

General:

The self defense section is a demonstration of self defense techniques.
All weapons must be presented to the referees for review prior to the performance.

Self-defense 1/1:

1 attacker, max. 5 attacks

6

The attacks are freely selectable by the competitor.
After completion of the defense action the competitor stops. After a short break, he is attacked again.

Be rated:

- Effectiveness of attack and defense
- Weapons yes / no (stick: one extra point, knife / pistol 2 extra points)
- Variations of techniques – different fighting styles
- Difficulty level of the techniques
- Overall picture
- Time limit: 3 minutes
- Music, breaking tests and real weapons and other dangerous items are not allowed
- No „hinting“ of the attack
- Execution of the attack immediately and without delay

Variant:

The organizer can also (in advance) opt for a special variant of self-defense 1/1.
Here only 3 or 4 attacks take place. Attacks with weapons are not allowed.

Real self-defense:

1 attacker, attacks given

Here attackers and defenders stand back to back.

The attacker blindly chooses a card from several predefined attacks and hands it over to the referee. On command, attackers and defenders move away. The attack takes place on further command.

Be rated:

- Effectiveness of attack and defense
- Variations of techniques – different fighting styles
- Overall picture
- Music, breaking tests and real weapons and other dangerous items are not allowed
- No „hinting“ of the attack
- Execution of the attack immediately and without delay after command of the chief referee

Note:

The smoother the process, the higher the score.

Self defense against up to 5 attackers (division TSD):

Evaluated is according to the following points:

- Number of attackers – each attacker 1 point
- Number of attacks – each attack 1 point
- Effectiveness of attack and defense
- Weapons yes / no (stick: 1 extra point, knife / pistol 2 extra points)
- Variations of techniques – different fighting styles
- Difficulty level: how often do the attackers change and how demanding are the attacks?
- Overall picture?
- Time limit: 3 minutes
- Music, breaking tests and real weapons and other dangerous items are not allowed
- Execution of the attack immediately and without delay after command of the chief referee

Note:

The smoother the process, the higher the score.

DUO-SYSTEM

General:

The duo system is a special self-defense system.

Here, two partners compete together and demonstrate a show fight – attacks are given.

In addition to the overall dynamic impression, the accuracy of the technique is evaluated.

8

There are a total of 3 series with 4 attacks each. From each of these series, the partners must alternately show 3 techniques.

Before the fight, 3 attacks per series will be drawn by the court. The second pair shows the same attacks, but in a different order given by the referee.

The groups or the attacks of the individual groups are divided as follows:

- Series A: Grabbing, clasping, neck lever
 1. Wrist grasping or lapel grasping
 2. Choking from the front, from behind or from the side
 3. Clasping from the front, from behind or from the side – or gagging with the forearm from behind
 4. Clasp the neck from the side or from the front
- Series B: punch, impact and kick techniques
 1. Jap / punch to the head or stomach
 2. Uppercut to the chin or hook
 3. Front kick (Mae Geri)
 4. Roundhouse kick (Mawashi Geri)
- Series C: attacks with weapons
 1. Attack with knife from the top or side from inside to outside or from outside to inside
 2. Attack with knife straight from the front
 3. Stick – from above
 4. Stick – from the outside (haed!)

Each attack must be prepared by an advance attack such as bumping, punching, kicking, pulling, etc. Whether the attack is carried out right-handed or left-handed, the competitors may decide for themselves.

The role of the attacker and the defender is arbitrary. The defender may choose the defense technique freely.

The defender is said to have the court martial on his right in his first attack in each series. In further attacks, the page is freely selectable.

After each series, the jury announces its rating.

If necessary, the Referee will display false attacks stating the number of the wrong attack.

The maximum recovery time of a pair of fighters between two fights is 5 minutes.

Equipment:

Red and blue competition belts are available to differentiate between the fighters. The competitors need a short stick (50 - 70 cm) and a training knife

Classification:

There are men, women and mixed teams.

Evaluation:

- Powerful attack
- Accounting
- Control
- Effectiveness
- Reality
- Speed
- diversity

9

Procedure:

The competition pairs face each other in the middle of the competition area - at a distance of 2 meters.

The first pair wears a red competition belt, the other pair a blue competition belt.

At the instruction of the chief referee, the pairs bow: first to the Referee, then to each other.

The second pair leaves the mat area.

When the Referee announces the first attack by calling the number of the attack and indicating the number with his fingers, the fight begins.

After the end of the first series, the first couple kneels and gets the score.

Subsequently, the first competition pair leaves the mat area.

The second pair shows the attacks of the first series and receives the points.

Now the first pair starts with the second series and gets the points etc.

After the last series of the last couple the fight is over. The two couples regain their place in the middle of the mat area, as instructed by the Referee, and the Referee announces the winning pair.

In a draw (HIKIWAKE), the fight continues until a winner is determined. Here the couple starts with a blue competition belt

After the Referee has announced the winning pair, the pairs bow - first to each other, then to the Referee.

No show:

If a pair does not appear after calling three times, the referee announces FUSEN GACHI (victory by resignation of the opponent).

If a pair withdraws from the competition during the fight, the Referee announces KIKEN GACHI (victory by task).

Team competitions:

Team competitions are possible. The same rules apply as for individual competitions.

BREAKING

General:

Holder for the boards are not provided by the organizer, each participant is responsible for the provision of his board holder.

Wood Breaking – Number of boards / stations:

In Wood Breaking a maximum of 5 stations may be set up. Each station may have a maximum of 3 boards.

10

IMPORTANT: 5 boards are included in the entry fee. Any additional board needed can be purchased at cost at the tournament

Creative Breaking – Number of boards / stations:

Creative Breaking allows a maximum of 8 stations to be set up. The number of items to be struck are announced by the competitor and are freely selectable.

IMPORTANT: Breaking test material is not included in the entry fee. These must be brought for the Creative Breaking itself.

Thickness of the boards:

The thickness of the boards is 1,8 cm for kids.

The thickness of the boards is 2,8 cm for adults.

Scoring:

The thickness of the boards is 1,8 cm for kids.

Points:

Kick	1 point
Hand	2 points
cracked kick	2 points
twisted and crackd kick	3 points
2 kicks consecutively without putting down the leg	2 points
Additional board per station	plus 1 point

POINTFIGHTING

General:

In point fighting, two fighters compete against each other to score points through speed with controllable, permitted techniques. The techniques are done with light contact (semicontact).

At each detected hit, the fight is interrupted by the Referee. He then announces the score immediately.

Only clean, powerful and well controlled techniques are considered. The techniques have to retreat into themselves.

Semi-contact means that the techniques have an effect on effective and regular execution. In this design, however, the technique may hit the head or body only with light contact.

11

Safety equipment:

In Pointfighting there is mandatory:

- head protection – also with a faceshield
- mouthguard
- gloves (closed)
- chestguard (women)
- groin
- shin guards
- foot protection (heel joint!)

The protective equipment must comply with the rules, be safe and not damaged. The decision on this is made by the Referee. In case of objections and protests by the competitor, the tournament management decides.

Wearing glasses is prohibited.

Contact lenses and competition glasses may be worn at your own risk.

Health of the competitor:

Each fighter declares with the registration that he has no health restrictions that would prohibit the participation in the competition.

Each competitor is responsible for himself and has to clarify the suitability of the competition in advance with his doctor.

The organizer assumes no (!) Verification of medical fitness. The organizer accepts no liability for damage suffered by the competitor through participation in the tournament due to his illness, although he has no medical certificate.

Coach:

In pointfighting, each fighter may have a maximum of one supervisor. Every fighter has to look after his own coach.

The coach is entitled to give up a fight for the fighter if he believes that his fighter's health is at risk.

The coach has to behave always sporty and fair to the opponent and his supervisor.

He can not apply for time-out, may not enter the area without the permission of the Referee and he must not interfere in the decisions of the Referee.

Referee (Main Judge)

There is a referee who stands facing the desk.

For the function of the referee see "general rules".

Additional tasks of the referee

- Announcement of decisions - loud and clear
- The fight starts and ends only on his command – not the timekeeper's
- He awards cautions and penalty points
- He has the final decision on complaints
- He can give time-outs
- He can stop the fight,
 - For the announcement of ratings
 - To give warnings and punishments
 - To send the competitors to a neutral position
 - To accept objections and complaints in case of breaches of the rules
 - Due to injury of the competitors
 - To exchange, repair or properly tighten equipment

12

Judges:

There are two side referees (=judges).

The judges report every point they see. However, only the Referee has the option of scoring.

The judges indicate the point with their hands: 1 finger = 1 point, 2 fingers = 2 points
They should move with the fighters to see exactly the fighting.

Exchange of the officials:

Referees and Judges who score a division can not be exchanged until the division is completed.

Wrong division:

Competitors starting in the wrong division will automatically be disqualified.

Protests:

Protests regarding scoring and unsportsmanship can only be made by the coach.

Possible protests:

Before the fight:

- because of the composition of the judges

During the fight:

- in case of a rule violation by the referee or the opposing side
- in case of injury of the competitors
- in case of incorrect scoring

After the fight:

- in case of a rule violation by the referee or the opposing side
- in case of incorrect scoring

Fight time:

The fight time is 2 x 90 seconds.

Winner is the fighter with the most points at the end.

10 points ahead – the fight is won and is terminated by the main judge prematurely.

Final fights last 2 x 120 seconds.
Winner is the fighter with the most points at the end.
10 points ahead – the fight is won and is terminated by the main judge prematurely.
prematurely.

There is a break of 60 seconds between laps.

At a tie, the fight is extended by 1 minute.
If there is still a tie then there will be a renewal. Here decides the first point. If this stays off, the extension is terminated after 1 minute.

Scoring:

Only clean, controlled techniques are considered!
Points are awarded by the Referee and the two Judges.
In point fighting, a point is given only when seen by at least 2 judges.

13

To be counted:

Hand techniques	1 point
Foot techniques to the body	1 point
Foot techniques to the head	2 points
Cracked foot techniques to the head	3 points

(a technique is only considered as cracked when both legs are in the air when hit!)

Sweeps, takedowns and ground fighting:

Foot sweeps are allowed inside and out. The broom must be set as low as possible (height ankle). Drafts and ground battles are not allowed. Exception grappling

Permitted techniques:

Hand: straight fist (jab and punch), hook, backfist, hammer fist (from above to the head)
Leg: frontkick, sidekick, roundhousekick, reverse kick, diagonal kick, rotated kicks
For adults: axekicks

Prohibited techniques

blind techniques
rotated hand techniques
For children and adolescents: axekicks

Allowed hit areas:

Head: front, side and top
Body: front and side
Face: only from 16 years!

Prohibited hit areas:

Throat
Neck
Back of the head
back
Below the waistline
For children up to 15 years: face!

Warning and Penalties:

- In the first violation of the rule, the Referee will give a warning. In case of a rough violation of the rule, the warning can be skipped with the agreement of all referees and judges and a minus point can be awarded immediately.
- In the second and third rule violation the fighter is deducted one point each.
- In the fourth rule violation, the fighter is disqualified and the opponent declared the winner.
- If a competitor has not finished his preparations and the start is delayed, then 1 point will be deducted from the final score per minute or part thereof.
- If the competitor is still not ready to start after 3 minutes, he will automatically be disqualified.
- If the referee or the medical staff decides that the fighter can not continue because of an injury, the fight for the injured competitor is automatically lost.
- If the fight must be stopped due to an illegal hit, the fight for the hit responsible fighter is considered lost.
- If the competitor is responsible for the illegal hit, there are no warnings or penalty points (e.g. head goes down to the knee).

Reasons for warnings and negative points:

- Not allowed attacks
- Attacks to not allowed areas
- Leaving the mat area for avoiding the fight
- Falling to the ground for avoiding the fight
- Continue to fight after stop signal of the referee
- Unnecessary block / cling
- Uncontrolled, blindly executed techniques
- Any rude behaviour
- Too hard contact
- Not ready at the beginning of the competition

Out of Bounds:

If a competitor with both legs is out of the competition area he can not score anymore. With jumps kicked the fighter must also land again on the competition area so that it can be counted as a point. If a competitor leaves the competition area to avoid a point, he can be warned or given a minus point.

Non-Competing Penalty:

If the competitor has no intention of performing the combat properly in the martial arts, the fight is automatically considered lost.

CONTINUOUS FIGHTING

General:

Continuous Fighting focuses on technology and endurance. The techniques are explosive and powerful, but not with full power. The techniques should only be made with light contact and carried out cleanly and in a controlled manner. The fight is continued in contrast to the point-fighting (semi-contact) after a hit. Referee and Judge have a "point clicker" in each hand to count the fighters' hits in continuous combat.

15

Safety equipment:

In Continuous fighting there is mandatory:

- head protection – also with a faceshield
- mouthguard
- gloves (closed) – 10 oz
- chestguard (women)
- groin
- shin guards
- foot protection (heel joint!)

The protective equipment must comply with the rules, be safe and not damaged. The decision on this is made by the Referee. In case of objections and protests by the competitor, the tournament management decides.

Wearing glasses is prohibited.

Contact lenses and competition glasses may be worn at your own risk.

Health of the competitor:

Each fighter declares with the registration that he has no health restrictions that would prohibit the participation in the competition.

Each competitor is responsible for himself and has to clarify the suitability of the competition in advance with his doctor.

The organizer assumes no (!) Verification of medical fitness. The organizer accepts no liability for damage suffered by the competitor through participation in the tournament due to his illness, although he has no medical certificate.

Coach:

In continuous fighting, each fighter may have a maximum of one supervisor. Every fighter has to look after his own coach.

The coach is entitled to give up a fight for the fighter if he believes that his fighter's health is at risk.

The coach has to behave always sporty and fair to the opponent and his supervisor. He can not apply for time-out, may not enter the area without the permission of the Referee and he must not interfere in the decisions of the Referee.

Referee (Main Judge)

There is a main referee (Referee).

For the function of the referee see "general rules".

Additional tasks of the referee

- counting the points with a "clicker"
- He awards decisions – loud and clearly
- The fight starts and ends only on his command – not the timekeeper's
- He can give warnings or minus points (minus points will be noticed by the writers and will be considered at the end)
- He has the final decision on complaints
- He can give time-outs
- He can stop the fight,
 - To give warnings and punishments
 - To send the competitors to a neutral position
 - To accept objections and complaints in case of breaches of the rules
 - Due to injury of the competitors
 - To exchange, repair or properly tighten equipment

Judges:

There are two side referees (=judges).

They should move with the fighters to see exactly the fighting.

They count the points with a "clicker".

Exchange of the officials:

Referees and Judges who score a division can not be exchanged until the division is completed.

Wrong division:

Competitors starting in the wrong division will automatically be disqualified.

Protests:

Protests regarding scoring and unsportsmanship can only be made by the coach.

Possible protests:

Before the fight:

- because of the composition of the judges

During the fight:

- in case of a rule violation by the referee or the opposing side
- in case of injury of the competitors

After the fight:

- in case of a rule violation by the referee or the opposing side

Fight time:

The fight time is 2 x 90 seconds.

Winner is the fighter with the most points at the end.

Final fights last 2 x 120 seconds.

Winner is the fighter with the most points at the end.

There is a break of 60 seconds between laps.

Scoring:

Only clean, controlled techniques are considered!

To be counted:

Hand techniques	1 point
Foot techniques to the body	1 point
Foot techniques to the head	2 points
Cracked foot techniques to the head	3 points

(a technique is only considered as cracked when both legs are in the air when hit!)

Sweeps, takedowns and ground fighting:

Foot sweeps are allowed inside and out. The broom must be set as low as possible (height ankle). Drafts and ground battles are not allowed. Exception grappling

Permitted techniques:

Hand: straight fist (jab and punch), hook, backfist, hammer fist (from above to the head)

Leg: frontkick, sidekick, roundhousekick, reverse kick, diagonal kick, rotated kicks

For adults: axekicks

Prohibited techniques

blind techniques

rotated hand techniques

For children and adolescents: axekicks

Allowed hit areas:

Head: front, side and top

Body: front and side

Face: only from 16 years!

Prohibited hit areas:

Throat

Neck

Back of the head

back

Below the waistline

For children up to 15 years: face!

Warning and Penalties:

- In the first violation of the rule, the Referee will give a warning. In case of a rough violation of the rule, the warning can be skipped with the agreement of all referees and judges and a minus point can be awarded immediately.
- In the second and third rule violation the fighter is deducted one point each.
- In the fourth rule violation, the fighter is disqualified and the opponent declared the winner.
- If a competitor has not finished his preparations and the start is delayed, then 1 point will be deducted from the final score per minute or part thereof.
- If the competitor is still not ready to start after 3 minutes, he will automatically be disqualified.
- If the referee or the medical staff decides that the fighter can not continue because of an injury, the fight for the injured competitor is automatically lost.

- If the fight must be stopped due to an illegal hit, the fight for the hit responsible fighter is considered lost.
- If the competitor is responsible for the illegal hit, there are no warnings or penalty points (e.g. head goes down to the knee).

Reasons for warnings and negative points:

- Not allowed attacks
- Attacks to not allowed areas
- Leaving the mat area for avoiding the fight
- Falling to the ground for avoiding the fight
- Continue to fight after stop signal of the referee
- Unnecessary block / cling
- Uncontrolled, blindly executed techniques
- Any rude behaviour
- Too hard contact
- Not ready at the beginning of the competition

18

Out of Bounds:

If a competitor with both legs is out of the competition area he can not score anymore. With jumps kicked the fighter must also land again on the competition area so that it can be counted as a point. If a competitor leaves the competition area to avoid a point, he can be warned or given an minus point.

Non-Competing Penalty:

If the competitor has no intention of performing the combat properly in the martial arts, the fight is automatically considered lost.

FULL CONTACT

General:

All full contact matches should be done in a ring if possible.
If no ring is available, a mat surface of 7x7 can also be set up.

Safety equipment:

In full contact fights there is mandatory:

- head protection
- mouthguard
- gloves (closed) – 10 oz
- chestguard (women)
- groin
- shin guards
- foot protection (heel joint!)

19

The protective equipment must comply with the rules, be safe and not damaged. The decision on this is made by the Referee. In case of objections and protests by the competitor, the tournament management decides.

Wearing glasses is prohibited.

Contact lenses and competition glasses may be worn at your own risk.

Health of the competitor:

Each fighter declares with the registration that he has no health restrictions that would prohibit the participation in the competition.

Each competitor is responsible for himself and has to clarify the suitability of the competition in advance with his doctor.

The organizer assumes no (!) Verification of medical fitness. The organizer accepts no liability for damage suffered by the competitor through participation in the tournament due to his illness, although he has no medical certificate.

Coach:

In full contact fights 2 coaches are allowed in the ring corner.

Every fighter has to look after his own coach.

The coach is entitled to give up a fight for the fighter if he believes that his fighter's health is at risk.

The coach has to behave always sporty and fair to the opponent and his supervisor. He can not apply for time-out, may not enter the area without the permission of the Referee and he must not interfere in the decisions of the Referee.

Referee (Main Judge)

There is a main referee (Referee).

For the function of the referee see "general rules".

Additional tasks of the referee

- counting the points with a "clicker"
- He awards decisions – loud and clearly

- The fight starts and ends only on his command – not the timekeeper's
- He can give warnings or minus points (minus points will be noticed by the writers and will be considered at the end)
- He has the final decision on complaints
- He can give time-outs
- He can stop the fight,
 - To give warnings and punishments
 - To send the competitors to a neutral position
 - To accept objections and complaints in case of breaches of the rules
 - Due to injury of the competitors
 - To exchange, repair or properly tighten equipment

Judges:

There are two side referees (=judges).

They should move with the fighters to see exactly the fighting.

The count the points with a "clicker".

Exchange of the officials:

Referees and Judges who score a division can not be exchanged until the division is completed.

Wrong division:

Competitors starting in the wrong division will automatically be disqualified.

Protests:

Protests regarding scoring and unsportsmanship can only be made by the coach.

Possible protests:

Before the fight:

- because of the composition of the judges

During the fight:

- in case of a rule violation by the referee or the opposing side
- in case of injury of the competitors

After the fight:

- in case of a rule violation by the referee or the opposing side

Fight time:

The fight time is 2 x 90 seconds.

Winner is the fighter with the most points at the end.

Final fights last 2 x 120 seconds.

Winner is the fighter with the most points at the end.

There is a break of 60 seconds between laps.

Scoring:

Only clean, controlled techniques are considered!

To be counted:

Hand techniques 1 point

Foot techniques to the body 1 point

Foot techniques to the head 2 points

Cracked foot techniques to the head 3 points

(a technique is only considered as cracked when both legs are in the air when hit!)

Sweeps, takedowns and ground fighting:

Foot sweeps are allowed inside and out. The broom must be set as low as possible (height ankle). Drafts and ground battles are not allowed.

Permitted techniques:

Hand: straight fist (jab and punch), hook, backfist, hammer fist (from above to the head)

Leg: frontkick, sidekick, roundhousekick, reverse kick, diagonal kick, rotated kicks

For adults: axekicks

Prohibited techniques

blind techniques

rotated hand techniques

For children and adolescents: axekicks

Allowed hit areas:

Head: front, side and top

Body: front and side

Face: only from 16 years!

Prohibited hit areas:

Throat

Neck

Back of the head

back

Below the waistline

For children up to 15 years: face!

Warning and Penalties:

- In the first violation of the rule, the Referee will give a warning. In case of a rough violation of the rule, the warning can be skipped with the agreement of all referees and judges and a minus point can be awarded immediately.
- In the second and third rule violation the fighter is deducted one point each.
- In the fourth rule violation, the fighter is disqualified and the opponent declared the winner.
- If a competitor has not finished his preparations and the start is delayed, then 1 point will be deducted from the final score per minute or part thereof.
- If the competitor is still not ready to start after 3 minutes, he will automatically be disqualified.
- If the referee or the medical staff decides that the fighter can not continue because of an injury, the fight for the injured competitor is automatically lost.
- If the fight must be stopped due to an illegal hit, the fight for the hit responsible fighter is considered lost.
- If the competitor is responsible for the illegal hit, there are no warnings or penalty points (e.g. head goes down to the knee).

Reasons for warnings and negative points:

- Not allowed attacks
- Attacks to not allowed areas

- Leaving the mat area for avoiding the fight
- Falling to the ground for avoiding the fight
- Continue to fight after stop signal of the referee
- Unnecessary block / cling
- Uncontrolled, blindly executed techniques
- Any rude behaviour
- Too hard contact
- Not ready at the beginning of the competition

Out of Bounds:

If a competitor with both legs is out of the competition area he can not score anymore. With jumps kicked the fighter must also land again on the competition area so that it can be counted as a point. If a competitor leaves the competition area to avoid a point, he can be warned or given a minus point.

Non-Competing Penalty:

If the competitor has no intention of performing the combat properly in the martial arts, the fight is automatically considered lost.

GRAPPLING

General:

When grappling the athlete shows his physical, mental and technical skills. He tries to immobilize and control the opponent.

Safety equipment / dress:

- Rashguard + Fightshorts
- Free-bodied fighting is allowed (upper body)
- Deep protection – voluntarily
- Teeth protection – voluntarily
- Knee, foot, wrist and elbow bandages are not allowed
- Wrestler or mat shoes, socks or other footwear is not allowed

23

Health of the competitor:

Each fighter declares with the registration that he has no health restrictions that would prohibit the participation in the competition.

Each competitor is responsible for himself and has to clarify the suitability of the competition in advance with his doctor.

The organizer assumes no (!) Verification of medical fitness. The organizer accepts no liability for damage suffered by the competitor through participation in the tournament due to his illness, although he has no medical certificate.

Coach:

In continuous fighting, each fighter may have a maximum of one supervisor. Every fighter has to look after his own coach.

The coach is entitled to give up a fight for the fighter if he believes that his fighter's health is at risk.

The coach has to behave always sporty and fair to the opponent and his supervisor. He can not apply for time-out, may not enter the area without the permission of the Referee and he must not interfere in the decisions of the Referee.

Referee (Main Judge)

There is a main referee (Referee).

For the function of the referee see "general rules".

Additional tasks of the referee

- he gives the points
- The fight starts and ends only on his command – not the timekeeper's
- He awards decisions – loud and clearly
- He can give warnings or minus points (minus points will be noticed by the writers and will be considered at the end)
- He has the final decision on complaints
- He can give time-outs
- He can stop the fight,
 - To give warnings and punishments
 - To send the competitors to a neutral position
 - To accept objections and complaints in case of breaches of the rules

- Due to injury of the competitors
- To exchange, repair or properly tighten equipment

Judges:

The Judges report every point they see, but only the Referee has the opportunity to score.

Exchange of the officials:

Referees and Judges who score a division can not be exchanged until the division is completed.

Wrong division:

Competitors starting in the wrong division will automatically be disqualified.

Protests:

Protests regarding scoring and unsportsmanship can only be made by the coach.

Possible protests:

Before the fight:

- because of the composition of the judges

During the fight:

- in case of a rule violation by the referee or the opposing side
- in case of injury of the competitors
- in case of incorrect scoring

After the fight:

- in case of a rule violation by the referee or the opposing side
- in case of incorrect scoring

Length of match:

Kids and adolescents:

Beginner 2 x 2 minutes + 1 minute (Golden Point)

Advanced 2 x 2 minutes + 1 minute (Golden Point)

Final 4 minutes + 1 minute (Golden Point)

adults:

Beginner 4 minutes + 1 minute (Golden Point)

Advanced 5 minutes + 1 minute (Golden Point)

Final 8 minutes + 3 minutes (Golden Point)

Master 8 minutes + 1 minute (Golden Point)

Final 10 minutes + no time limit (Golden Point)

Permitted techniques:

All grappling techniques that are not expressly forbidden or grossly endanger the health of the opponent are allowed.

Forbidden techniques:

general:

punching and kicking techniques

pulling on the hair, ears or nose

cratching, biting, pinching

sting in the eye

hitting or gripping the genital area

choking with fingers on the larynx

inserting fingers into body openings
throws on the head or the neck
Slams from a height above waist level
Uncontrolled actions and jerky lever and stangulation techniques
Unsporting behaviour

Special:

kids:

all submissions
any slamming

adolescents / beginner

all submissions
any slamming

adolescents / advanced

Heel Hooks
Neckcranks
Calf- und Bicepslicer
Knee lever
Crucifix
Any slamming Slammen

adults / beginner

Heel Hooks
Neckcranks
Calf- und Bicepslicer
Knee lever
Crucifix
Any slamming

Scoring:

Backmount: 4 points

Fullmount: 3 points

Side Controll: 2 points

Takedown + controll: 1 point

- points for control after 2 sekunds
- scoring only in ascending order
- für die Kontrolle nach 2 Sekunden
- Points for the takedown / throw only if the thrower can take the position of the top man after the throw / takedown

Commands:

Shake Hands the athletes shake hands at the beginning and at the end of the fight

Fight start of the fight

Stopp the fight must be stopped immediately and may only be continued if the referee issues a new comman

Freeze If the athletes move from the field in the ground combat, the referee interrupts the fight with the command "Freeze". The referee and the fighters remember their position and retake them at the center of the fight area.

Time the competition time is interrupted. The referee must announce the cause of the interruption. Reasons for stopping the time:
Injury (max. 2 minutes for treatment by the doctor)
interruption by the doctor
force majeure

Disqualification:

In case of unsportsmanlike behavior or the use of prohibited techniques, the referee can disqualify the athlete for the respective fight. For gross offenses, the athlete and / or his entire team may be disqualified from the entire tournament

26

Decisions:

- By task (Tapout or verbal)
- By coach (towel throw)
- By points
- by Golden Point in the extension
- by referee's decision (if none of the opponents in extra time scores a Golden Point)
- by disqualification

Golden Point:

If no decision is made in the regular fight time (no submission + equality of points), the fight goes into extra time. The fight ends immediately as soon as one of the fighters scores a point, the so-called Golden Point.

Non-Competing Penalty:

Lässt ein Kämpfer keine Absicht erkennen, den Kampf ordnungsgemäß im Sinne der If the competitor has no intention of performing the combat properly in the martial arts, the fight is automatically considered lost.

General:

The competition area is covered with mats in Kumite.

The size is 6 x 6 meters, with 1 meter in addition on each side as a safety zone.

The safety zone should have a different colour than the rest of the mats.

There is a safety zone of 2 meters around the mats area.

The predetermined minimum distance between the two fighters is marked in color.

The referee stands in the middle of these two mats one meter away from the safety zone facing the competitors.

The judges sit at the corners on the mat within the security zone. They do have a red and a blue flag each.

The Referee can move on the entire surface of the mat (including the safety zone).

The chairman (match supervisor) sits just outside the security zone, left or right behind the referee. He has a red flag or a red signal and a whistle.

The List Supervisor sits at the Official Competition Table between the List Guide and the Timekeeper.

The coaches do sit outside the security zone on the edge of the tatami on the respective side of their fighter, with a view to the competition table.

Official clothes:

Officials and fighters are required to wear official clothing. Anyone who violates this rule can be excluded by the Referee Commission.

Referees and Judges must wear the official uniform.

The competitors wear a white karate gi.

One competitor wears a red belt and the other a blue belt. The belts must be about five centimeter wide and so long that there are still 15 centimeters free on either side of the knot. Belts appropriate for graduation may not be worn during combat.

The jacket must be long enough to cover at least the hips but not more than three quarters of the thigh when the belt is tied. The forearms must be covered by the sleeves of the jacket at least halfway. But the sleeves should not reach farther than the wrist.

The binding straps of the jacket must be tied. Jackets without ties should not be worn.

The pants must cover at least two-thirds of the tibia and must not reach longer than the ankle. The trouser legs must not be rolled up.

Required protective equipment:

Fist guard – for one fighter in red, for the other in blue

Mouthguard

Body protection (for all athletes) – plus chest protection for female athletes

Shin Guards - for one fighter in red, for the other in blue

Foot protectors - for one fighter in red, for the other in blue

Teenagers: additional facial mask.

Groin protection (mandatory!)

Glasses are prohibited, soft contact lenses can be worn at the fighter's own risk.

Unauthorized clothing or equipment is prohibited.

The referee is obliged to ensure that the competitors wear approved equipment before each fight or each round.

Bandages, bandages etc. may only be worn if they have been previously approved by the Referee in consultation with the tournament doctor.

If a competitor enters the contest area inappropriately he will not be disqualified immediately but will instead have one minute to comply with the claim.

Judgement:

The Fighting Judgment consists of one Referee (SHUSHIN / Referee), four Judges (FUKUSHIN / Judges) and one Referee (KANSA / Match Supervisor).

28

At the beginning of a fight, the Referee arises at the outer edge of the contest area. To the left of him are the Judges 1 and 2 and to his right the Judges 3 and 4.

After the formal exchange of bows by the competitors and judges, the Referee takes a step back, the Judges turn to him and all bow together. After that, everyone takes their seats.

If the entire referee court changes, the relegated officials, with the exception of the referee, take the same position as before the encounter / before the fight, bow to each other and then leave the mat together.

If a single referee is replaced, the substituting referee goes to the colleague to be replaced, they bow to each other and then swap places.

Length of match:

The fight time for Kumite is:

Seniors, male	3 minutes
Seniors, female	2 minutes
category under 21, male	3 minutes
category under 21, female	2 minutes
youth and juniors	2 minutes

The fight time runs as soon as the Referee opens the fight and is stopped each time the Referee calls "YAME".

With a good audible chime or buzzer, the timer signals "10 seconds remaining" and "Time expired". The "time expired" signal means the end of the fight.

Competitors will be allowed a period of time equal to the normal time between fights to recover and change gear. The only exception to this rule is the consolation round, in which the time allowed - in the case of a color change of equipment - is five minutes.

Scoring:

A rating is awarded when a technique is run in a target region according to the following criteria:

Good shape

Sporty attitude

Powerful execution

vigilance (ZANSHIN)

Good timing

Correct distance

In Kumite there are three different ratings:

IPPON	3 points
WAZA-Ari	2 points
YUKO	1 point

IPPON is rated for:

Jodan-foot techniques (face, head, neck)
Any rating technique on a thrown or fallen opponent

WAZA-Ari is rated for:

Chudan-foot techniques (belly, breast, back, side)

YUKO is rated for:

Chudan- or Jodan-Tsuki – each fist technique to one of the 7 target regions (see below)
Chudan- or Jodan-Uchi – each punch technique to one of the 7 target regions (see below)

The attacks are limited to the following target regions:

Head
Face
Neck
Belly
Chest
Back
side

A rating technique that coincides with the final gong is valid. A technique after the command to interrupt or end the fight, no matter how good, is not to judge, but can even be punished.

A technique - even if technically correct - that is carried out when both competitors are out of the contest area will not be scored. However, if one of the competitors makes a scoring technique while still within the contest area and before the Referee calls "YAME", the technique is scored.

Technical criteria:

Throws in which the opponent is caught below the waist, thrown, without being detained, thrown dangerously or with the pivot above the belt are prohibited and will be warned or punished. Exceptions to this are the conventional karate foot sweeping techniques, which do not require the opponent to be held during execution (e.g., Ashi-Barai, Ko Uchi Gari, Kani Waza, etc.).

After the throw, the referee gives the competitor time to immediately try to apply a scoring technique.

If a competitor is thrown in accordance with the rules, slips out, falls down, or else has fallen to the ground and the opponent scores, the rating is IPPON.

A "good form" technique has features that suggest probable effectiveness within the framework of traditional karate terms.

The sporty attitude is part of the good form and means a non-malicious attitude of great concentration, which is recognizable during the execution of the valuation technique.

Powerful execution refers to the power and speed of technology and the obvious will to score.

Zanshin is the criterion most often missing for a rating. It is the state of continued vigilance in which the competitor remains alert to possible counterattacks. That he does not turn his face while he does the technique and continues to watch his opponent

Good timing means performing the technique when it has the greatest effect.

30

Correct distance means correspondingly to execute a technique exactly at the distance where it has the greatest possible effect. Thus, the potential effectiveness of a technique is lower when executed during a fast retreat of the opponent.

Distance also refers to the point at which the completed technique is stopped at the finish or near the finish. For fist or foot techniques, a distance between skin contact and 5 centimeters is considered correct for the face, head or neck. Jodan techniques that are within 5 centimeters of the target and which the opponent neither dodges nor attempts to block can be scored, provided the technique meets the other scoring criteria. In youth and junior competitions, no contact with the head, face and neck is allowed, except for a very light touch (previously known as "skintouch") for Jodan foot techniques, and the scoring distance is raised to 10 centimeters.

A worthless technique is and remains worthless - no matter where and how it is applied. A technique that lacks good form or strength does not score.

Techniques below the belt can score as long as they land above the pubic bone. The neck is a target region and so is the throat. However, no contact with the throat is allowed, even if a suitably controlled technique that does not touch can be scored.

A technique on the shoulder blades can be considered. Techniques on the area of the shoulder between upper arm and shoulder blades as well as on the clavicles are not to be appreciated.

The final gong means that there is no way to score, even if the Referee mistakenly ends the fight immediately. However, the final gong does not mean that no penalties can be granted. The Fighting Court may award fines until the contestants leave the mat after the end of the fight. Penalties may still be imposed thereafter, but only by the Referees Commission, the Disciplinary Commission or the Legal Commission.

If two competitors meet at the same time, the rating criterion "good timing" is by definition not fulfilled and the correct decision is not to give a rating. Both competitors can still receive the respective score if they have two flags on their side and both scores are done before "Yame" and before the final gong.

If a competitor makes several consecutive scoring techniques before the fight is interrupted, the score will be awarded to that winning technique that has the highest scoring, regardless of the order in which the techniques were played.

Decision Criteria

A fight is decided if a competitor reaches a clear lead of eight points, if he has the higher score at the end of the fight or if he receives more votes in the mandatory decision (HANTEI), as well as if his opponent HANSOKU, SHIKKAKU or KIKEN is granted.

In the individual competition a fight can not end in a tie. Only in team competitions will the referee announce a draw (HIKIWAKE) if the match ends in a tie or without points.

If the match ends in a single match without points or equal points, the decision shall be taken by a vote of the four Judges and the Referee, each casting their vote. You have to choose either one or the other competitor and observe the following decision criteria:

- Attitude, fighting spirit and strength, which shows the competitor
- Tactical and technical superiority
- Which competitor has started more actions

If two competitors are disqualified with Hansoku in the same match, the opponents drawn for the next round will win by bye (and no result will be announced), unless the double disqualification occurs in a medal match, then the winner is determined by Hantei.

For the combat decision by ballot (HANTEI) at the end of an inconclusive fight, the Referee withdraws to the outer edge of the contest area, shouts "HANTEI" and whistles twice. The referees indicate their opinion by flag and the referee at the same time votes by hand. The Referee whistles again briefly, returns to its original position and announces the winner in the usual way.

Forbidden behavior:

There are two categories of prohibited behaviors:

Category 1:

- Excessive contact techniques for each target region and throat-related techniques.
- Attacks on arms, legs, groin, joints or instep.
- Open hand attacks to the face.
- Dangerous or forbidden throwing techniques

Category 2:

- Pretending or exaggerating an injury
- Each leave the combat area (JOGAI), which was not caused by the opponent
- Self-endangerment through negligent behavior, which exposes the competitor to an increased risk of injury by the opponent or by the lack of appropriate measures for self-protection (MUBOBI)
- Avoid fighting to give the opponent no chance to score
- Passivity - failure to attack. (Can not be given with less than 10 seconds of remaining combat time.)
- Cling, wrestling, squeezing, or breast-to-breast standing without attempting to apply a throw or scoring technique
- Grasping the opponent with both hands except to throw the opponent after catching a kicking leg
- Grasp the arm or karate-gi of the opponent with one hand, unless an attempt is made immediately to apply a scoring technique or a throw

- Techniques that are not inherently controllable to protect the enemy, as well as dangerous and uncontrolled attacks
- Fake attacks with the head, knees or elbows
- Speaking or inciting the opponent, disregard of the chief referee's commands, rude behavior towards the tribunal, or other violations of etiquette

Competition Karate is a sport and therefore some of the most dangerous techniques are forbidden and all techniques have to be controlled. Mature adult athletes can absorb relatively strong hits on muscular areas such as the abdomen, but it is a fact that the head, face, neck, joints and groin are particularly susceptible to injury. Therefore, all techniques that lead to an injury are punished, unless the injured person caused them himself. Competitors must perform all techniques with control and good form. If someone is unable to do so, a warning or punishment must be given, regardless of the type of related technique. Special care is required in youth and junior competitions.

32

Contact to the face - seniors: For senior competitions, a non-injurious, light, controlled "touch" to the face, head and neck is allowed (but not to the throat). If the referees think that contact is too strong, but if the competitor's chances of winning have not been reduced, a warning (CHUKOKU) may be given. A second contact under the same conditions leads to KEIKOKU. Another offense leads to HANSOKU CHUI. Any further contact, even if it does not affect the opponent's chances of winning, nevertheless leads to HANSOKU.

Contact to the face – youth and juniors: For youth and junior competitions, no contact with the head, face, neck is allowed with hand techniques. Any contact, no matter how easy, will be punished as described in paragraph II above, unless it was caused by the victim himself (MUBOBI). Jodan foot techniques may touch very easily ("Skintouch") and can still be scored. Anything beyond a light touch will result in a warning or punishment unless the person is responsible (MUBOBI).

The Referee must watch an injured fighter continuously. A short delay in judgment allows for the development of injury symptoms, e.g. Nosebleeds. Close scrutiny will also reveal any attempt by the competitor to aggravate a slight tactical injury. Examples are strong breathing through an injured nose or vigorous rubbing of the face.

Previous injury may result in disproportionate symptoms if you recontact. This should be considered by the referee when considering a penalty for apparent excessive contact. Before starting a fight, the mat boss (tatami manager) must look at the medical charts and make sure the competitors are fit to fight. The Referee is to be informed if a competitor has already been treated for an injury.

Competitors who overreact in a light contact to punish the opponent will be punished immediately.

Feigning a non-existent injury is a serious offense. A competitor who pretends to be injured is granted SHIKKAKU.

Exaggerating an actual injury is less serious but still an unacceptable behavior. Therefore, the first case of exaggeration is punished with at least HANSOKU CHUI. Heavy cases of exaggeration can also be punished directly with HANSOKU.

A competitor who receives SHIKKAKU for pretending an injury is immediately transferred from the contest area to the Medical Commission, who will immediately conduct an investigation of the competitor. The Medical Commission sends its report to the Referee Commission before the championship ends. Competitors who pretend to be injured face the toughest penalties - including a life-long ban on repeated offenses.

The throat is a particularly vulnerable area. Therefore, even with the slightest contact is warned or punished, unless the victim has caused it.

Throwing techniques are divided into two groups. The established "conventional" karate foot sweeping techniques (Ashi-Barai, Ko Uchi Gari, etc.) where the opponent is thrown out of balance or thrown without first being grasped, and those throwing techniques that require the opponent during the attack the implementation by hand is held or taken. A throw may only be taken with both hands if an opponent's foot technique has previously been caught.

The opponent's pivot point must not be above the belt height of the throwing competitor and the opponent must be held during the execution, so that a safe landing is possible. Shoulder throws (Seio Nage, Kata Guruma etc.) are expressly forbidden. This also applies to Selbstfaller (Tomoe Nage, Sumi Gaeshi etc.). It is also forbidden to grab the opponent below the waist, to lift and throw, or to reach out to pull his legs away. If a competitor is injured by a throwing technique, the referee decides whether a penalty is appropriate. The competitor may take the opponent with one hand on his arm or karate-gi to throw him or apply a direct scoring technique - but he may not keep him for several techniques. Grasping with one hand is permitted if promptly a rating technique or a throw is attached. Grasping with both hands is only allowed if you have caught the kicking leg of the opponent and threw it.

Techniques with the open hand to the face are prohibited as they endanger the eyesight of the opponent.

JOGAI occurs when a competitor touches the ground outside the contest area with his foot or other body part. An exception is when the competitor is pushed or thrown out of the contest area by his opponent. It should be noted that the first JOGAI is to be warned. The definition of JOGAI is no longer "repeated abandonment of the combat area", but simply "any leaving the combat area that was not caused by the opponent". If the remaining fight time is less than 10 seconds, the Referee will at least directly issue HANSOKUCHUI to the competitor concerned.

A competitor who makes a scoring technique and then leaves the betting area before the Referee calls "YAME" will receive the score and the JOGAI will not be penalized. However, if the competitor fails to score with the attack, leaving the contest area is considered a JOGAI.

If AO leaves the contest area immediately after AKA scores, the YAME will immediately refer to the scoring and AOs leaving the contest area will not be penalized. If AO leaves the contest area before or while AKA scores (and AKA is within the contest area), both AKA's rating and AO's penalty will be awarded to JOGAI.

A competitor who is constantly retreating without seriously countering, clinging unnecessarily, wrestling or leaving the battlefield, instead of giving the opponent the opportunity to score, must be cautioned or punished. This often happens during the last seconds of a fight. If, after 10 or less seconds, the offense has passed and the

competitor has not previously received a Category 2 warning, CHUKOKU is awarded. If there was a Category 2 offense before, this leads to KEIKOKU. But if less than 10 seconds are to fight, HASOKU CHUI will be awarded directly (regardless of whether the fighter has previously received KEIKOKU in category 2 or not). If the competitor has previously received HANSOKU CHUI, he will be disqualified with HANSOKU and the opponent will be awarded the victory. Judges must, however, make sure that the competitor's behavior does not serve to defend against reckless or dangerous attacks of what otherwise would be punished.

Passivity refers to situations where, over a longer period of time, both competitors make no attempts to exchange techniques.

An example of MUBOBI are attacks regardless of their own security. Some competitors throw themselves into a long Gyaku-Zuki and are unable to block a counterattack. Such open attacks are an act of MUBOBI and can not score. In a tactical-theatrical gesture, some fighters turn directly to a technique to sarcastically demonstrate their superiority. They want to attract the attention of the main referee. In doing so they drop the cover and the alertness towards the enemy breaks down. This is also a clear case of MUBOBI. If the competitor is over-hit and / or injured then he will be given a warning or penalty in category 2 and will face a penalty for the opponent.

Any rude behavior of a member of an official delegation may result in the disqualification of a single competitor, the entire team or the entire delegation from the tournament

Warnings and Penalties:

CHUKOKU

is awarded in the respective category for the first minor offense

KEIKOKU

will be awarded for the second minor offense in the respective category or for non-seriousness violations to issue HANSOKU-CHUI

HANSOKU CHUI This is a warning against disqualification and is usually awarded when a KEIKOKU has been issued in the respective fight, but can be issued directly in the case of serious breaches of the rules that do not require HANSOKU.

HANSOKU This is the disqualification as punishment for a very serious offense or if a HANSOKU CHUI has already been pronounced. In team competitions, the score of the fouled athlete is set at eight points and the opponent's score at zero.

SHIKKAKU is a disqualification from the entire tournament, the competition or the fight. To determine the extent of SHIKKAKU, the Referee Commission must be called in. SHIKKAKU may be imposed if a competitor disregards the chief referee's commands, acts maliciously or does something that harms the reputation and honor of the karate-do, as well as other practices that violate the rules or spirit of the tournament. In team competitions, the score of the fouled athlete is set at eight points and the opponent's score at zero.

There are 3 different levels of cautions:

CHUKOKU, KEIKOKU and HANSOKU CHUI. A caution is a corrective action to show that the competitor violates the competition rules, but does not impose a penalty immediately.

There are two different levels of punishment:

HANSOKU and SHIKKAKU, both of which disqualify the offending competitors - from the respective fight (HANSOKU) or the entire tournament (SHIKKAKU), possibly followed by a longer suspension.

Category 1 and 2 cautions do not add up in a cross.

A warning can be issued directly for a rule violation, but once pronounced, a repeated offense in that category must result in a higher caution or penalty.

CHUKOKU is usually awarded for the first offense if the opponent's chances of winning were not affected by the foul.

KEIKOKU is usually given if the opponent's chances of winning (in the opinion of the referees) were slightly affected by the foul.

HANSOKU CHUI can be issued directly or after a KEIKOKU and will be used if the opponent's chances of winning (in the opinion of the referees) were seriously impaired by the foul.

KEIKOKU is usually given if the opponent's chances of winning (in the opinion of the referees) were slightly affected by the foul. HANSOKU is granted for cumulative penalties, but can also be pronounced directly for serious rule violations. It is used when the opponent's chances of winning (in the opinion of the judges) were reduced to practically zero by the foul.

Any competitor who obtains HANSOKU for causing an injury and who, in the opinion of the Fiscal Court and the Head of the Mats, has acted recklessly or dangerously, or who is not deemed capable of exercising the control required for competition, will be reported to the Referee Commission. This then decides whether the competitor and this and / or other competitions is excluded.

SHIKKAKU can be issued directly and without any warning. The competitor must not have committed an offense - it is sufficient if the supervisor or non-combatant members of the competitor's delegation behave in a way that damages the reputation or honor of the karate-do. If the referees think that the competitor has acted maliciously, regardless of whether an injury was caused or not, SHIKKAKU and not HANSOKU is the right punishment.

SHIKKAKU must be announced publicly.

Injuries and accidents in the competition:

KIKEN or task is awarded if a competitor does not appear on call, can not continue fighting, aborts the fight or is withdrawn by the Referee. Included is also the task due to an injury that was not caused by the opponent.

If two competitors injure each other or suffer injuries from a previous fight and are declared incapacitated by the competition doctor, the fighter with the higher score wins. If there is a tie in the individual competition, the result is decided by ballot (HANTEI). In team competition, the referee announces a draw (HIKIWAKE). If, in a decision-making battle of a team match, the situation described is decided by vote (HANTEI) on the result.

If a competitor is declared incapacitated by the tournament doctor, he may not compete again in this competition.

A fighter who is injured and wins the fight by the ensuing disqualification of his opponent may not re-compete without the doctor's permission. If he is injured, he can win a second round by disqualifying the opponent, but will then be withdrawn from all future kumite competitions in the tournament.

If a fighter is injured, the Referee immediately interrupts the fight and calls the doctor. Only the doctor is entitled to diagnose and treat injuries.

36

A competitor who is injured in the current fight and needs medical care will receive three minutes. If treatment is not completed during this time, the Referee will decide whether the competitor is declared incapacitated or whether more time is allowed.

A competitor who falls, is thrown or knocked down and does not fully recover within ten seconds is declared incapacitated and automatically withdrawn from the entire Kumite competition of the tournament. If a competitor falls, is thrown or knocked down and does not recover immediately, the Referee signals the timekeeper to start the ten-second clock by whistling and raising his arm and then calling the doctor. The Timekeeper stops the time when the Referee raises his arm again. In all cases where the ten-second clock was started, the doctor must examine the athlete. In all cases that fall below the 10-second rule, the competitor may be examined on the mat.

Statement:

If the doctor declares a competitor incapacitated for battle, a corresponding note must be made on the starting card. The degree of incapacitation must be obvious to other courts.

A competitor may win by disqualifying the opponent if several minor category 1 offenses have been added. Maybe the winner has not suffered any significant injury. A second victory on the same basis will result in the elimination of the athlete from all other kumite competitions in the tournament, even if the competitor is physically capable of continuing to fight.

The Referee will call the doctor if a competitor is injured and needs medical attention by raising his arm and shouting "Doctor."

As long as the injured competitor is physically able to do so, the examination and treatment by the doctor should take place outside the mat.

The doctor is required to make safety recommendations only for the appropriate medical care of the injured competitor.

If the "ten-second rule" is used, a timekeeper designated for that purpose will stop the clock. A warning signal sounds after seven seconds, followed by the final signal after ten seconds. The timekeeper starts the clock only on the appropriate sign of the main referee. The timekeeper stops the clock when the competitor is fully upright and the referee raises his arm.

The referees decide the fight according to the circumstances by HANSOKU, KIKEN or SHIKKAKU.

If a fighter in the team competition receives KIKEN or is disqualified (HANSOKU or SHIKKAKU), any scores awarded will be canceled and the opponent's score set to eight points.

Official protest:

Gegenüber dem Kampfgericht darf niemand Protest gegen eine Entscheidung einlegen. Scheint eine Kampfgerichtentscheidung regelwidrig zu sein, ist nur der Präsident des Nationalverbandes oder sein offizieller Vertreter berechtigt, Protest einzulegen. Der Protest erfolgt als schriftlicher Bericht unmittelbar nach dem beanstandeten Kampf. (Die einzige Ausnahme besteht dann, wenn der Protest administrative Fehler betrifft. Der Tatami-Manager sollte sofort nach deren Entdeckung über administrative Fehler in Kenntnis gesetzt werden).

No one can protest against a decision to the jury.

If a judge's measure appears to be illegal, only the president of the national association or his official representative is entitled to protest.

The protest takes place as a written report immediately after the contested fight. (The only exception is when the protest involves administrative errors, and the Tatami Manager should be notified of any administrative errors as soon as they are discovered.)

The protest must be submitted to a member of the appeal panel. Within a reasonable period of time, the jury will discuss the circumstances in which the protest took place. Taking into account all facts available, it prepares a report and is empowered to take the necessary action.

Any protest for the practical implementation of the regulations must be made in accordance with the provisions on appeal procedures. It must be in writing and signed by the official representative of the team or competitor.

The complainant must pay the stipulated protest fee and deposit it with a member of the appeal jury together with the protest.

The appeal panel consists of three experienced judges appointed by the Refereeing Commission. There can not be two members from the same national association. The Refereeing Commission should also designate three additional members and their order to automatically assume representation if it agrees with a jury member by overlapping nationality or by kinship or cohabitation with any of the parties to the respective protest, including the referee involved in the protest a conflict of interest comes.

Appeal procedure The jury member who accepts the protest is responsible for summoning the appeal jury and depositing the protest fee with the treasurer. Once summoned, the appellate jury begins to conduct the necessary investigations and interviews to assess the content of the protest

In the event of an administrative error during an ongoing battle, the supervisor can directly inform the master of the mat. The head of the mat then informs the referee accordingly.

Referee:

The referee (SHUSHIN) has the following rights and obligations:

- directing the fight, including the opening, interruption and termination of the fight.
- To give judging according to the vote of the judges.
- Stop the fight if a competitor's injury, illness or disability is noticed.
- To interrupt the fight if in its opinion a scoring or a foul committed or to ensure the safety of the competitors.
- Stop the fight if two or more referees indicate a score or a jogai.
- View fouls (including jogai) and request the approval of the page judges.
- Inquire of the Judges' Assistance, if they feel that there are grounds for the Judges to reconsider their decision for a warning or punishment.
- Summon the Judges to a meeting (SHUGO) to recommend Shikakku.
- Explain the respective decision to the Head of the Mats, the Referees Committee and the Appeals Jury, if necessary.
- To issue warnings and penalties according to the opinion of the Judges.
- Make and open a decider fight if required in the team competition.
- To conduct a vote with the Judges, giving a vote themselves (HANTEI) and announcing the result.
- Dissolve undecided situations.
- To announce the winner.
- The authority of the Referee is not limited to the area of the match, but extends to the immediate surroundings.
- The Referee issues all commands and announcements

Judges:

The judges (FUKUSHIN) have the following rights and obligations:

- Display points and Jogai independently.
- Give judgment on warnings or penalties that the Referee indicates.
- exercise voting rights in every decision.

The judges watch attentively the actions of the competitors and signal their opinion to the Referee in the following cases:

- If you see a score
- If a competitor has left the contest area (Jogai)
- If she asks the Referee to give her opinion about a foul.

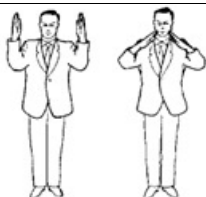
Appendix Gestures, Flag Signals and Commands:



SHOMEN-NI-REI

bow to the front of the dojo

The referee extends his arms forward with his palms open



OTOGAI-NI-REI

bow to each other

The referee gives the fighters the signal to bow to each other



SHOBU HAJIME

Start of the match or bout

The referee gives the command to begin – then he takes a step back



YAME

Stop

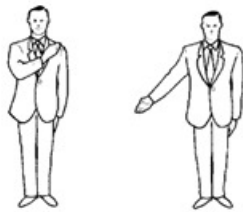
Interruption or termination of the fight. During the command, the referee makes a cutting downward motion with his arm



TSUZUKETE HAJIME

Fight on / Resume fighting

The referee stands in a forward stance. When he calls "TsuZukete," he extends his arms to the sides, palms facing outward toward the contestants. When he calls "Hajime," he turns his palms inward and quickly brings them toward each other while taking a step back.



YUKO (1 PUNKT)

Yuko: 1 point

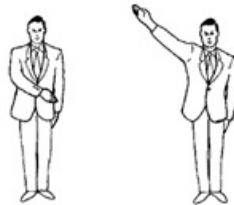
The referee extends his arm downwards at a 45° angle to the side of the scoring competitor.



WAZA-ARI (2 PUNKTE)

Waza ari: 2 points

The referee extends his arm at shoulder height to the side of the scoring competitor.



IPPON (3 PUNKTE)

Ippon: 3 points

The referee extends his arm upwards at a 45° angle to the side of the scoring fighter.



Withdrawal of the last decision

If a score or penalty has been awarded in error, the referee turns to the fighter in question, says “AKA” or “AO”, crosses his arms and then makes a cutting motion with his palms turned downwards to indicate that the previous score is being reversed.



Offense category 1 – Warning Chukoku

The referee crosses his open hands at chest height so that the wrists touch.

Chukoku (Warning): Issued for minor offenses or for the first minor rule violation. The opponent's foul does not affect the team's chance of winning.

Possible offenses:

1. Techniques with massive contact without regard for the target area / contact with the throat
2. Attacks to the arms, legs, groin, joints, or insteps
3. Attacks to the face with open hand techniques
4. Dangerous or prohibited throwing techniques (throws above waist height, grabs below the waist, self-sacrifice throws; conventional karate throws and sweeps are permitted)

The level of the warning or penalty depends on the degree to which the foul impairs the opponent's chances of winning.



Offense category 1 – Warning Chukoku

The referee points to the face of the contestant in question with his arm bent.

Chukoku (Warning): Issued for minor offenses or for the first minor rule violation. The opponent's foul does not affect the team's chance of winning.

Possible offenses:

1. Feigning or exaggerating an injury (at least direct Hansoku-Chui)
2. Leaving the fighting area (Jogai) (direct Hansoku-Chui in the last 10 seconds)
3. Endangering oneself or failing to take adequate self-defense measures (Mubobi). Penalized only if hit or injured.
4. Avoiding the fight (direct Hansoku-Chui in the last 10 seconds)
5. Grabbing, clinching, pulling, pushing, standing chest-to-chest without attempting to execute a technique or throw within 2 seconds (direct Hansoku-Chui in the last 10 seconds)
6. Uncontrolled attacks (if they miss)
7. Fake attacks with the head, knee, or elbow
8. Talking, disobeying the referee's orders, violations of etiquette
9. Passivity



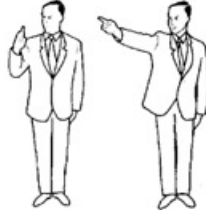
KEIKOKU warning

The referee first indicates a Category 1 or Category 2 offence and then points his index finger downwards at a 45° angle towards the competitor in question.



HANSOKU CHUI
warning before disqualification

The referee first indicates a Category 1 or 2 offence and then points horizontally with his index finger in the direction of the competitor in question.



HANSOKU
disqualification

The referee signals a Category 1 or 2 offense and then points upwards with his index finger at a 45° angle toward the athlete in question. He then declares the opponent the winner.



passivity

The referee rotates his fists around each other in front of his chest to indicate a Category 2 offense.



TORIMASEN
no rating, warning or penalty

The referee crosses his arms and then makes a cutting downward motion with his palms facing down.



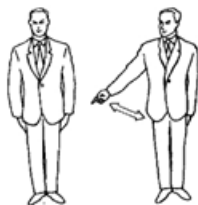
excessive contact

The referee signals excessive contact or another Category 1 offense.



feigning or exaggerating an injury

The referee holds his face with both hands to indicate the Category 2 offense.



JOGAI

leaving the combat area

The referee indicates a leaving of the contest area by pointing with his index finger to the edge of the competitor's fighting area.



MUBOBI

self-endangerment

The referee touches his face with his hand, then turns the edge of his hand forward and moves the hand back and forth to signal that the contestant has endangered himself.



combat avoidance

The referee makes a circular motion with his index finger pointing downwards to indicate a Category 2 offence.



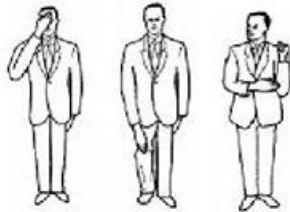
Push, grab or stand chest to chest without attempt to apply a technique within 2 seconds

The referee holds his fists at shoulder height or makes a pushing motion with his open hands to indicate a Category 2 offense.



Dangerous and uncontrolled attacks

The referee moves his fist past the side of his face to indicate a Category 2 offense.



Fake attacks with the head, knees or elbow

The referee touches his forehead, knee or elbow with his open hand to indicate a Category 2 offence to the judges.



Talking to or inciting the opponent and rude behavior

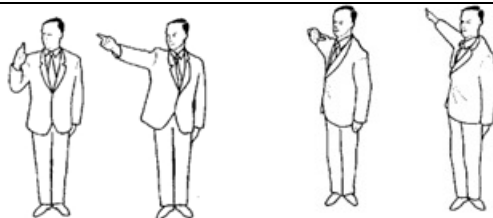
The referee places his index finger over his mouth to indicate to the judges a Category 2 offense.



SHUGO

calling the judges together

The Referee calls the Judges together after the end of the fight/round or to propose a SHIKKAKU.



SHIKKAKU

disqualification from the tournament

The referee first points upwards at a 45° angle in the direction of the contestant in question and then points outwards and backwards with the command "AKA (AO) SHIKKAKU!" Then he announces the victory for the opponent.



KIKEN
giving up

D The referee points with his index finger to the starting line of the contestant who is giving up and then announces the victory for the opponent.



HIKIWAKE
draw

If the score is tied at the end of the fight, the referee crosses his arms and then spreads them with his palms facing forward.

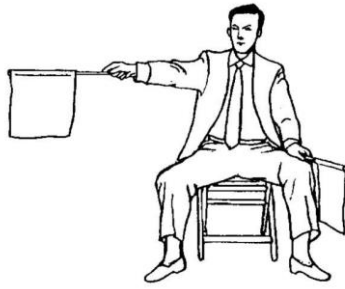


NO KACHI
victory

After the end of the fight, the referee announces “AKA (or AO) No Kachi” and raises his arm at a 45° angle to the winner’s side.



YUKO
Yuko: 1 point



WAZA-ARI
Waza ari: 2 points

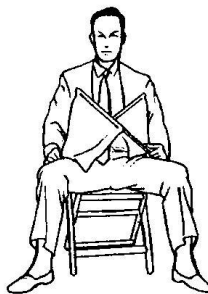


IPPON
Ippon: 3 points



FOUL
Warning for a foul.

The corresponding flag is rolled up and circled, followed by the corresponding signal for Category 1 or 2



Offense category 1
The flags are crossed with outstretched arms.



Offense category 2

The referee holds the rolled-up flag with a bent arm.



JOGAI

leaving the combat area
Tap the flag on the ground.



KEIKOKU
Warning



HANSOKU CHUI
warning before disqualification



HANSOKU
Disqualification



passivity

The flags are circled around each other in front of the chest.



MIENAI
didn't see anything



AIUCHI
draw – no points awarded



FUNJUBUN
not a valuable technique

AKA (AO) IPPON	red (blue) gets 3 points	The referee lifts the arm up to the side of the scoring competitor at a 45 ° angle..
AKA (AO) NO KACHI	red (blue) wins	The Referee raises his arm diagonally up to the side of the winner..
AKA (AO) WAZA ARI	red (blue) gets 2 points	The Referee raises the arm at shoulder height to the side of the scoring competitor.
AKA (AO) YUKO	red (blue) gets 1 point	The Referee raises his arm at a 45 ° angle down to the side of the scoring competitor.
ATENAI YO NI	Warning for contact	
ATOSHI BARAKU	Only little time left	10 seconds before the end of the fight time, the timekeeper gives an acoustic signal and the Referee announces "ATOSHI BARAKU".
CHUKOKU	Warning	The Referee indicates a Category 1 or 2 offense.
ENCHOSEN	Extension of the fight	
HANSOKU	Disqualification	The Referee indicates a Category 1 or 2 offense and then points with his index finger upwards at a 45 ° angle to the respective competitor and announces the victory for the opponent.
HANSOKU CHUI	Warning before a disqualification	The Referee indicates a Category 1 or 2 offense and points with his index finger horizontally at the respective competitor.
HANTEI	Vote	The Referee calls for a vote at the end of a fruitless fight. After a short whistle, the referees give their vote by means of flag signs and the referee at the same time by lifting the arm. After another whistle, they all take their signals back, the Referee returns to his starting position and announces the result of the majority decision by announcing the winner in the usual way.
HIKIWAKE	Tie	In a tie, the Referee crosses the arms and leads them apart again, palms facing forward.
JOGAI	Leaving the combat area, which was not indebted by the opponent	The Referee points with his forefinger to the side of the competitor concerned to notify the Referees to leave the contest area.
KEIKOKU	Warning	The Referee indicates a Category 1 or 2 offense and then points with his forefinger down to the respective competitor at a 45 ° angle.
KIKEN	Task	The Referee points down to the starting line of the competitor at a 45 ° angle.
MAKE	Defeat	
MOTO NO ICHI	Statting position	The competitor and the referee regain their competitive position.
MUBOBI	self-endangerment	The Referee touches his face with his hand, then moves the edge of the hand forward and back and forth to signal to the referees that the competitor has endangered himself.
NUKETA	Technique over	
SHIKKAKU	Disqualification, reference from the competition area	The referee points first at a 45 ° angle in the direction of the competitor concerned and then backwards with the command "AKA (AO) SHIKKAKU". Then he announces the victory for the opponent.
SHINPAN	Judgment, referee	
SHOBU HAJIME	Begin the fight	After the command, the Referee takes a step back.

SHUGO	Summing up the judges	The Referee summons the Judges at the end of the fight or to propose a SHIKKAKU.
SHUSHIN	Referee	
TSUZUKETE	Keep fighting	Instruction to resume the fight in case of unauthorized interruption.
TSUZUKETE HAJIME	Go on fighting – start	The referee is in a forward position. When he says "TSUZUKETE," he puts his arms out, palms outward toward the competitors. When he says "HAJIME," he turns his palms inward and quickly guides them toward each other as he steps back.
YAME	Stop	Interruption or termination of the fight. During the command, the Referee makes a cutting motion with his arm.

Gestures and flag signals:

Commands and gestures of the judge

	Withdrawal of the last decision	If a wrong score or penalty is awarded, the Referee turns to the fighter in question and says "AKA" or "AO", crosses the arms and then makes a cutting motion with the palms turned down to indicate that the previous rating is withdrawn
	Offense category 1 (without additional signal for CHUKOKU)	The referee crosses his open hands at chest level so that his palms touch.
	Offense category 2 (without additional signal for CHUKOKU)	The Referee points to the face of the competitor with his arm bent.
	Passivity	The Referee rotates his fists in front of his chest to indicate a Category 2 offense.
	Excessive contact	The Referee indicates to the Judges an excessive contact or other Category 1 offense.
	Pretending or exaggerating an injury	The Referee holds his face with both hands to report a Category 2 offense to the Referees.
	Avoid battle	The Referee makes a circling motion with the index finger pointing down to report a Category 2 offense to the Referees.
	Press, grasp, or stand chest to chest without attempting to instantly apply a technique or a throw	The Referee holds his fists at shoulder level or makes a sliding movement with his hands open to report a Category 2 offense to the Referees
	Dangerous and uncontrolled attacks	The Referee passes his fist to the side of his face to report a Category 2 offense to the Referees.
	Fake attacks with the head, knees or elbows	The Referee touches his forehead, knee, or elbow with his open hand to report a Category 2 offense to the Referees.

	Speaking or inciting the opponent and rude behavior	The Referee puts his index finger on his mouth to report to the Judges a Category 2 offense.
HANSOKU	disqualification	The Referee indicates a Category 1 or 2 offense and then points with his index finger at a 45 ° angle to the competitor in question. Then he appoints the opponent as the winner.
HANSOKU CHUI	Warning before a disqualification	The Referee indicates a Category 1 or 2 offense and then points horizontally with his index finger towards the competitor in question.
HIKIWAKE	tie	For Team Competitions only: if it is a tie after the end of the fight time, the Referee crosses the arms and then dissects them with forward facing palms.
IPPON	3 points	The Referee extends his arm at a 45 ° angle up to the side of the scoring competitor.
JOGAI	Leaving the fight area	The Referee points to the affected competitor's side with his forefinger to indicate that the referees are leaving the contest area.
KEIKOKU	warning	The Referee indicates a Category 1 or 2 offense and then points with his forefinger down to the respective competitor at a 45 ° angle.
KIKEN	task	The referee points with his forefinger to the starting line of the giving contestant and announces the victory for the opponent.
MUBOBI	self-endangerment	The Referee touches his face with his hand, then turns the edge of his hand forward and moves his hand back and forth to signal to the referees that the competitor has endangered himself.
NO KACHI	Victory	After the end of the fight, the Referee announces "AKA (AO) NO KACHI" and raises his arm at a 45 ° angle to the side of the winner.
OTAGAI-NI-REI		The Referee instructs the fighters to bow to each other.
SHIKKAKU	Disqualification, reference from the area	The referee points first at a 45 ° angle in the direction of the competitor concerned and then backwards with the command "AKA (AO) SHIKKAKU". Then he announces the victory for the opponent.
SHOBU HAJIME	Start fighting!	After the command, the Referee takes a step back.
SHOMEN-NI-REI		The Referee stretches his arms forward, palms forward.
SHUGO	Summing up the judges	The Referee summons the Judges after the end of the fight / round or to propose a SHIKKAKU.
TSUZUKETE HAJIME	Fight on! Begins	The Referee is in a forward position. When he says "TSUZUKETE," he puts his arms out, palms outward toward the competitors. When he says "HAJIME," he turns his palms inward and quickly guides them toward each other as he steps back.
WAZA ARI	2 points	The Referee stretches his arm at shoulder level to the side of the scoring competitor.
YAME	Stop! Interruption or termination of the fight	During the command, the Referee makes a drastic downward movement with the arm.
YUKO	1 point	The referee stretches the arm at a 45 ° angle down to the side of the scoring competitor.

ENHANCED FREE FIGHT

General information:

The enhanced free fight is similar to semicontact - point fighting. In addition, footweeps, throws and holdings on the ground are allowed.

Unlike hand techniques and foot techniques, the fight is not interrupted when one partner grabs the other one during the fight. However, hand techniques and foot techniques are now forbidden!

If one of the two fighters is not brought directly to the ground, the fight will be interrupted. If the opponent is brought to the ground, the fight is interrupted either by an implied hit or after a holding on the ground and then the rating is done.

53

Protective equipment

head protection
mouthguard
hand protection - open
groin guard
foot protector
shin Guards
girls / women also: chest protector

wearing glasses is forbidden!

Soft contact lenses may be worn at own risk.

Fighting time:

The fighting time is 3 minutes for adults and 2 minutes for children.

The fight ends prematurely at 10 points ahead.

In case of equal points the fight will be extended for 1 minute.

If the points are still the same, there will be an extension again. Here the first point will decide. If it is left out, the extension is terminated after 1 minute.

For children and adolescents the referees will decide at equal points.

In the case of adults, the break test (boards or Ytong stones) will decide. At the same points the referees will decide.

Evaluation:

Hand techniques:	1 point
foot techniques:	1 point
holdings on ground:	2 points

Referee and judges:

There is one referee and two judges.

The two judges are on the corners of the contest area, left and right to the scorer's table.

The referee stands on the other side of the competition area facing the scorer's table.

If the main competitor sees a hit, he interrupts the fight and asks for the judge's scoring.

If a judge sees a point, he clearly shows the score. Thereupon, the referee interrupts the fight and asks for the scoring.

The points are awarded only in the case of a majority decision.

Allowed techniques:

Hand:

- Straight fist
- Hook
- Backfist
- Hammerfist (from above to the head)

leg:

- Frontkick
- Sidekick
- Roundhousekick
- Reverse kick
- Diagonal kick
- Rotated kicks
- footsweeps

Throws and counter throws

For adults: axe-kicks

Prohibited techniques:

blind techniques

rotated hand techniques

jumped kicks

For children and adolescents: axe-kicks

Allowed hit areas:

Head:

- Front
- Side
- Top

Body:

- Front
- Side

Face:

- only from 16 years!

Prohibited hit areas:

- Throat
- skull cover
- neck
- back
- below the belt line

For children up to 15 years: face

Warnings and penalties

Warnings and penalties are issued for:

- unsportsmanlike behavior
- to hard contact
- prohibited techniques
- speaking during the fight
- verbal attacking the referee
- undisciplined behavior of the coach
- defensive behavior
- turn away
- deliberately leaving the contest area
- violation of the opponent
- simulation of an injury

1. Warning: 1 point for the opponent
2. Warning: 2 points for the opponent
3. Warning: Disqualification

Injuries

In case of injuries the fight is interrupted by the referee. Then the referee clarifies with the judges, whether it was an offense or not.

In the case of injuries, it is not the referee who decides whether it can be fought or not but the doctor / paramedic.

If fighting on is o.k. in his eyes, the fighter has 10 seconds to start fighting again.

When the fight is over due to an injury by an offense the innocent fighter is declared the victor.

In case of a collision, the fighter with the higher score will win, at equality the uninjured fighter will win.

Of course, the fighter can at any time give up the fight by himself.

The most important referee commands:

HAJIME

at the beginning of the fight, or when the fight to MATTE is to continue

MATTE

The fight is interrupted in the following situations:

- One or both fighters have left the contest area
- One or both fighters receive a penalty point
- One or both fighters are injured
- A fighter can not knock on his own when using leverage techniques
- Arrest time has expired
- to announce a judge's decision
- at the end of the fight

SONOMAMA

With this command, the fighters are stopped briefly. They must not move. Once the fight is released, they continue to fight from the exact same position they were in when the SONOMAMA command was given.

The command is given in the following situations:

- to give a warning to one or both fighters
- to punish one or both fighters
- because the Referee considers it necessary

YOSHI

The command is to let the fighters - after they were stopped with SONOMAMA - continue to fight again.

FUSEN GACHI

Victory by no-show

KIKEN GACHI

Victory by task

RUMBLE

General:

Rumble is a playful competition game for children from 4 years old who are not yet fighting. Playfully, the children should learn to overcome inhibitions before contact with the opponent and to come to the goal through skill, speed and ingenuity. At the same time they should be introduced to competitions and develop winning will and fairness.

Classification:

Boys and girls start together. There is no subdivision by graduation, only by age.

Protective equipment:

Protective equipment is not required. Head protection - also with mask - is allowed.

Dress:

Each competitor wears a Gi or the training clothing with Budo belt that belongs to his sport.

Procedure:

The competitors are called individually. The first one is on the right, the second on the left side of the judge.

On their belts is on both sides and behind a 40 cm long band.

At the command of the referee is the greeting.

At the referee's command, the rivals now try to pull each other's ribbons off and hold them up with their arms outstretched.

As soon as a competitor holds up a volume, the referee stops the contest and the competitors return to the starting position. Now the referee awards the points.

VARIANT:

The fighters can all start at the same time - each against each - in the knockout system until only three are left. These 3 children continue to fight for the 1st, 2nd and 3rd place. In this variant, each fighter has only 1 band.

The organizer decides at the latest on the day of the tournament which variant will be chosen.

Fight time:

The fight time is 2 minutes.

At equal points there is an extension. Here decides the first point.

If it stays off, the extension will be terminated after one minute.

If there is a tie after the extra time, the referee decides.

Premature fight end:

If a fighter has drawn all 3 bands in accordance with the evaluation, the fight is ended prematurely.

Rating:

Each drawn band: 1 point

When the tapes are pulled simultaneously, no points are awarded and the tape is hung back.

Forbidden actions:

Holding on to the opponent

Clasping the opponent

Repelling the opponent

Knocking over / sweeping the opponent

Applying techniques

Holding your own tapes

To let yourself fall

Running away

58

Warnings and penalties:

There are admonitions for every forbidden action.

If the admonition is repeated three times, the referee may issue a warning.

In case of a warning, a raffle is taken off the rival.

Contents

General rules	page 3
Forms	page 5
Self-defense	page 6
Duo-System	page 8
Breaking	page 10
Pointfighting	page 11
Continuous Fighting	page 15
Full contact	page 19
Grappling	page 23
Kumite	page 27
Enhanced free fight	page 53
Rumble	page 57