



**IKO SOHONBU KYOKUSHINKAIKAN
TEZUKA GROUP ESPAÑA
MÜLLER DOJO**

COMPETITION RULES:

In Kyokushin Tezuka Group, the purpose of competitions is learning. During the performance of Kata or Kumite, calmness, concentration and good manners must be shown. We must remember that in Martial Arts matches, courtesy is much more important than winning or losing. In Japanese, competing means striving to surpass oneself, and beyond determining the winners, it is a great opportunity to learn.

KATA:

1.- Competitors may perform any Kata within the IKO KyokushinKai recognized worldwide. Small variations will not affect the judges' decision.

2.- Each competition Tatami will consist of three (3) referees, one (1) main referee (Shushin) and two (2) corner referees (Fukushin), all must have a whistle, score cards, and wear the appropriate uniform. The main referees, in addition to being trained as such, must hold at least the rank of 1st Kyu. The corner referees must also meet the same training

requirements, with the minimum rank being 5th Kyu in lower categories (8–9 years and 10–11 years) and 2nd Kyu in other categories. In both cases, referees must be at least 18 years old.

3.- Stances and balance, Kime, timing and control of the Tatami area are aspects that must be taken into account in the judges' evaluation. Courtesy, respect and martial spirit are also elements to be evaluated during the performance.

4.- The competitor must have a neat, clean and martial appearance at all times. They may not appear with a torn or stained Karategi or neglecting their personal appearance. If an undershirt is worn under the Karategi, it must be white in color.

5.- At no time may the competitor turn their back on the main referee except while performing their Kata. They must enter and leave the Tatami always facing forward.

6.- In the lower categories (8–9 years and 10–11 years), the main referee must provide maximum assistance to the competitor when entering the Tatami or when announcing the name of the Kata if they do not know what to do; This will NOT be a reason to lower points in the final decision.

7.- Once the Kata is finished, the Shushin (main referee) will request the decision (Hantei onegaishimasu) and must wait for the Fukushin (corner referees) to be ready to give it, and then will blow the whistle once loudly to, immediately after, raise the markers with the score facing the technical table. The Shushin must wait for confirmation from the table to blow the whistle a second time, which is when the markers are turned towards the public, will mentally count 3 seconds and then will whistle a third and final time to lower the markers. At that moment, the competitor leaves the Tatami.

8.- In all categories, the score will range between 4.5 and 5 pts, per referee, for a maximum of 15 points in total.

9.- Bad conduct from the competitor (not greeting, not shaking the opponent's hand, celebrating with a raised fist, mocking the opponent, trying to distract them while they perform their Kata or any other lack of respect) before, during or after the execution of the Kata, may be grounds for disqualification by the referees.

KUMITE:

1.- Each Tatami will consist of five (5) referees; one main referee (Shushin) and four (4) corner referees (Fukushin). The main referees (Shushin), in addition to being properly trained, must hold at least the rank of 1st Kyu. The corner referees (Fukushin) must also meet the same training, and hold the minimum rank of 5th Kyu.

2.- Each competitor must wear their Karategi with the Kanji and emblems of their Dojo/Organization, as well as the required protective equipment for their category. It is forbidden to wear metallic objects (bracelets, necklaces, etc). Fingernails and toenails must be trimmed.

3.- At the moment of entering the Tatami, one competitor (Aka) must wear a red ribbon tied to the back of their belt. This is the responsibility of the technical table and the main referee.

4.- The kumite time must run continuously, once the Shushin gives the order to start (Kamaette-Hajime). Time will only be stopped if the main referee indicates it or when the interruption is unusually long. In no case will it be stopped when a Waza-Ari is scored.

5.- A competitor will be declared the winner when they score one point (Ippon), or in the absence of this by half a point (Waza-Ari). When two Waza-Ari are achieved, it will constitute an Ippon.

6.- A Waza-Ari will be obtained through a round kick: Mawashi-Geri, Uchi Mawashi Geri, Ura Mawashi Geri, Ushiro Geri with control to the opponent's helmet (in the lower categories: 8–9 years and 10–11 years, only Mawashi Geri is allowed), a punch (Tsuki) or kick (Geri) directly to the stomach area, provided that the opponent shows pain and loses their fighting stance for 3 seconds, being able to continue the kumite afterwards; forcing the opponent out of the Tatami repeatedly (more than 3 times) with punching or kicking techniques, never by pushing; or in the categories where it is allowed; circular kick (Mawashi Geri) directly to the thigh, provided that the opponent loses their fighting stance for at least 3 seconds, being able to continue afterwards. If the competitor who receives a legal impact cannot continue the kumite after 5 seconds, Ippon will be immediately awarded to the opponent (Waza-Ari-Awasete-Ippon). The priority will always be the safety of the athletes.

7.- In case there is no Waza-Ari in the kumite, at the end, one competitor may be declared the winner, provided that they have demonstrated superiority in techniques. Effectiveness of techniques, control and fighting spirit will be evaluated. Otherwise Hiki-Wake or draw will be awarded (this must be our last option). In case there is no clear winner after a draw (Ensho-Sen), victory will be awarded to the competitor with the lower body weight.

8.- Fouls committed by prohibited actions (kicks to the helmet without control, grabbing, punches to the face, constantly pushing the opponent, bad behavior or violence, lack of fighting spirit by one of the two competitors, constantly leaving the Tatami or any other technique prohibited in each category), the first warning will be given privately directly to the competitor (unless the Shushin considers it to have been a very serious infraction); from the second foul onward Chui-Ichi will be awarded. The next one Chui-Ni-Genten Ichi. If fouls continue Genten-Ni-Shikkaku, being automatically disqualified, giving victory to the opponent.

9.- Fouls for leaving the Tatami: Yogai-Chui-Ichi; Yogai-Chui-Ni (at the second penalty); Yogai-Chui-San (at the third penalty); Hansoku (at the fourth penalty).

10.- Fouls (Chui) are cumulative, regardless of whether they are caused by a prohibited strike or by leaving the Tatami.