

THE
HUNGARIAN KEMPO ASSOCIATION
SPORT MANUAL

- 2006 -

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1. General Sporting Rules

1.1. *The Sport Manual*

1.1.1. Purpose of the Manual

The purpose of the manual is to systemize and regulate the requirements of organizing and conducting an amateur competition.

1.1.2. Termination of the Manual

The manual is valid for the competitions organized by the Hungarian Kempo Association or any of its member clubs. The manual is valid until withdrawal.

1.1.3. The personnel scope of the Manual

The rules written in the manual are to be followed by every team leader, coach and competitor who participates in the competitions or take part in the organizing, regardless of the style of martial art they do.

1.1.4. Other provisions

Publishing and editing the manual is coordinated by the technical director of the Hungarian Kempo Association, with the contribution of the Master's Board. The Hungarian Kempo Association will send a manual to every member club.

1.2. *Competitions*

1.2.1. The goal of Kempo competitions

The goal of the competitions are to assess the physical, technical and mental performance of the athletes, to match the effectiveness of the different combat styles, to choose the athletes for the Hungarian team and to promote Kempo among sport spectators.

1.2.2. Competition types

The type of the competition has to be announced prior to the competition.

Types of competitions:

- competitions organized by one club only for its members
- based on invitation / interclub competitions
- training competitions
- selection competitions
- qualification competitions
- championships
- international competitions

1.2.3. Competitions

Competitions can be for individuals or teams. The category of a competition must be announced prior to the competition.

1.2.3.1. Individual

The athletes fight for individual results. There should be no draw result.

1.2.3.2. Team competitions

One team consists of 3-5 athletes, they fight for team results. The main rules are:

- Details of the team members should be given in weight order.
- If the team is short with one competitor, one person can compete twice, but only in different rounds. ,

- The team whose members win the most combats, will win the competition.
- There can be a draw.
- In case of draw, the team that has more points, will win
- If all points equals, one member of the teams can fight again till one of them wins. In this case the weight does not count.

1.2.4. Competition structure

- Direct elimination
- Direct elimination with consolation rounds
- Round-robin
- Mixed

1.2.4.1. Competition categories

Since Kempo is a complex martial art form, the competitions can be held in many different categories. The Hungarian Kempo Association and its members hold competitions in the following categories:

- Combat (*chapter II.*),
- Kata (*chapter III.*),
- Self-defence (*chapter III.*),
- Break-technique (*chapter III.*).

Further details described in the chapters.

1.2.5. Requirements of organizing and conducting a competition

- Holding competitions require certain technical and manning conditions. Some of them are compulsory and competitions must not be held without meeting these requirements. Some of them are only recommended. For competitions organized by one club only for its members, and interclub competitions there are no compulsory requirements.

1.2.5.1. Preparations

The organizer has to prepare the announcement of the competition which should include:

- The details of the organizer club
- The name and contact of the organizing person
- The type, name, time and place of the competition
- The details of the events
- Conditions of entry (ages, belts, etc)
- Entry fee and registration procedures
- Compulsory protectors and other items (optional)

It is recommended to include directions to the venue and the detailed program.

It is required to inform the Association of the competition at the beginning of the preparations if it is not included in the annual a schedule.

1.2.5.2. Personnel Conditions

The organiser must provide the following personnel for the whole duration of the competition::

- A team of organizers with a team leader
- Referees and a chief referee
- Medical doctor and in case of full contact: ambulance staff

1.2.5.3. Technical Conditions

The organiser must provide the following equipment for the whole duration of the competition::

- Contest area (mat or boxing ring),
- Jury table,
- Stop watches, that can be restarted without setting back to zero
- whistle, gong or horn,
- scale,

- red ribbons or belt to distinguish competitors,
- first aid kit,
- the manual of rules,
- printed material for the administration (Registration Forms, Recording Form, Results Brochure),
- prizes and diplomas,
- table for the prizes,
- chairs for the referees,
- winners stand,
- score tables, red and white flags (if they are required according to the manual of rules),
- chart board to announce the result of the draw of lots
- benches for the competitors and coaches

1.2.5.4. Other technical requirements and recommendations

There should be a separated area for the athletes, coaches and organizers and for the spectators.

It is compulsory to provide the following:

- Changing rooms
- Medical room
- Toilets

It is recommended to provide the following:

- showers,
- relaxation area
- warm up area
- measuring and drawing area
- buffet.

1.2.5.5. Age and weight categories

The age of the competitors has to be registered by their membership ID booklets. Categories based on weight or height should be defined as follows:

Individuals based on weight

Weight // Age	Children					Junior	Adul	
	5-7	8-9	10-11	12-13	14-15	16-17	18-35 (men)	18-30 (women)
Flyweight	Abszolút	-30kg	-30kg	-35kg	-35kg	-57kg	-57kg	-50kg
Lightweight	-	30-35kg	30-35kg	35-40kg	35-41kg	57-63kg	57-63kg	50-55kg
Welter-weight	-	35-40kg	35-40kg	40-45kg	41-46kg	63-69kg	63-69kg	55-60kg
Middle weight	-	-	40-45kg	45-50kg	46-52kg	69-76kg	69-76kg	60-65kg
Light-heavyweight	-	-	45-50kg	50-55kg	52-58kg	76-84kg	76-84kg	65-70kg
Heavyweight	-	+40kg	+50kg	+55kg	58-64kg	84-93kg	84-93kg	70-75kg
Super heavyweight	-	-	-	-	64-70kg	93-103kg	93-103kg	+75kg
Extra heavyweight	-	-	-	-	+70kg	+103kg	+103kg	-

Individual children, cadet and junior based on height

aged 5-7	aged 8-9	aged 10-11	aged 12-13	aged 14-15	aged 16-17
abs.	120	120	130	140	150
	-130	-130	-140	-150	-160
	+130	-140	-150	-160	-170
		+140	+150	+160	-180
					+180

Men over 35, and women over 30 years of age can attend senior competitions. Senior+ can be organized for men over 45 and women over 40 years of age. Their weight categories are the same as above.

In case there is not enough competitors to start a weight category, categories can be drawn together. If some competitors are lighter or heavier than the lowest or the highest weight category, new categories can be added. Women with no opponent can be entered in a lighter or younger men's category with the approval of the competitor and her coach.

Team competitions

In team competitions the participants will be categorized by their weight and height.

1.2.5.6. Belt degree

Most of the competitions are opened for any martial art form. It means that the belt systems can differ or some of them might not even use one. For this reason, any competitor practising for less than 30 months should be considered as a beginner. Any competitor practising for more than 30 months should be considered as advanced, regardless of the belt colour. The level of competitors' skill should be checked for assurance.

The level of competitors' skill should be defined according to the data in their membership card. This is highly important in case of beginners.

1.2.5.7. Health certificates

Every competitor must have a health certificate stamped in their club membership booklet. The stamps are checked by the weighing referee or the medical staff of the competition.

Without a health certificate no competitors can take part in the competition!

1.2.5.8. Injuries

A KO that disables the opponent to continue the fight is not considered as injury. In case of injury the referee will stop the combat. The referee can decide to call for medical assistance.

Only the medical staff is authorized to decide if the injured person can continue the fight.

If the medical treatment will take more than 3 minutes, the combat should be discontinued. In that case the jury should decide about the winner and loser. The referees should determine the causes of injury if the combat is suspended due to injuries.

The injured person will be the winner if

- He collected more points until the combat was stopped
- The injury was caused by the opponent's foul

The injured person will be the loser if

- The opponent collected more points until the combat was stopped
- The injury was caused by the injured person itself

In case the injury was not a result of a foul and the competitors had equal points, the winner will be the person who is still able to continue the competition.

If a winner was announced due to an injury caused by the opponent's foul, the injured competitor can only continue the competition with the medical staff's permission.

If a competitor was announced to be a winner due to an injury caused by the opponent's foul two times, he can not continue the competition.

If a competitor loses the combat due to KO, the person can not continue the competition in any combat event.

1.2.5.9. Entry protocol and entry fees

The entry protocol should be set in the competition announcement. There is two options:

- Entry registration on spot (not recommended)
- Entry registration in advance
 - o Verbal (in person or via phone),
 - o Written (fax, e-mail or post)

The entry fee is defined by the organizer. However, it is obligatory to offer a discounted fee for the members of the Hungarian Kempo Association. If the registration is announced in advance with a deadline, the organizer has the right to collect a higher entry fee for late registration. All the different fees (regular, discounted, late registration) should be announced in advance.

The organizer has no right to collect a higher fee due to late application if the organizer did not announce the fees and entry protocol in time.

When collecting the entry fees, all the current billing and invoicing state laws and regulations should be followed.

I.2.5.10. Registration, weighing-in

Before the competition, all the competitors should register on spot. In combat events this should be done with weighing-in. The personal data should be registered in line with their club membership booklet. Without a club membership booklet it is prohibited to enter a combat event. Kata events can be entered only with the chief referee's permission!

The weighing-in document – registration form – should include the following details:

- Name
- Age
- Club
- Belt degree
- Weigh (height for children)
- Paid entry fee

Every event, age and weight category should have its separated registration form, so one registration form will only include the competitors who will compete against each other.

The weighing-in should be conducted and supervised by:

- A referee to supervise the weight measuring (sometimes to check the medical approval stamps)
- Medical staff to check the medical approval stamps
- An administrator to fill out the documents, handle the entry fee payments and give the receipts
- Staff of the organizers to help with the technical side of the measuring

I.2.5.11. Drawing lots

The drawing is supervised by the chief referee or its substitute. The drawing is based on the registration forms and done by the competition secretary. All team leaders can attend the drawing if they wish.

I.2.5.12. Referees and judges

The referees and judges are delegated by the Hungarian Kempo Association on the request of the competition organizers. They wear uniforms provided by the Association during the competition. They should also bring their referee certificate.

I.2.5.12.1. Referees

Chief Referee

He is chosen by the Association beforehand the competition

His tasks are to:

- Represent the Association and supervise that all the rules and regulations are followed through the competition
- Check that all the technical and personnel conditions are set and ready for a smoothly-run competition. Special care will be taken when checking the combat area, and its separation from the spectator area.
- Lead and supervise all the referees and judges working at the competition. To evaluate their performance after the event.
- Assign other referees and judges tasks and responsibilities
- Hold the referee meeting before and after the competition,
- Supervise the weighing-in, the drawing, and the registration procedures,
- Make decisions about questioned registrations
- Sign the documentations
- Make decisions about all kinds of unsettled questions in line with the rules set in the manual. His decisions are to be respected by all the competitors, team leaders, coaches and organizers.

- Act as the jury of appeal. In case of appeal his decisions will be announced to the persons concerned before their next round. (except if the appeal was about the final. In that case his decision should be announced before the prize-giving)
- Send the documentation to the Association after the event.

He has the authorization to:

- order the organizers to act immediately if any necessary condition is not present to hold a smoothly -run competition
- cancel the competition in case obligatory conditions are not present to hold the competition
- warn or even disqualify any competitor, team leader or coach who acts against fair play.
- replace a referee or judge who is suspected to be partial or whose professionalism is questioned
- change or revise any decision or pointing that is suspected to be incorrect

Head referees

They are chosen by the chief referee on the meeting held before the competition. There should be one head referee for every fighting area. If there is only one fighting area, the head referee is also allowed to rule the combats. If there is more than one fighting area, than the head referee is not allowed to act as a referee during the competition, unless there is a lack of referees.

The head referee should:

- Conduct the fights in line with the rules
- Supervise the judging methods and the work of the judges
- Check the competitors, the clothes and the protectors in combat events
- Start and stop the fights
- Summarize the scores and points given by the judges
- Announce the results after and during the fights
- Check the documents and sign them afterwards

Judges, scoring judges, side judges

They are chosen by the chief referee on the meeting held before the competition. Depending on the specific event, there will be 1-4 judges for every fighting area. If there is only one fighting area, the head referee is also allowed to be a judge.

Their primary task is to give scores and points in line with rules.

When organizing the competition the number of judges should be more than how many actually will be needed to make sure that in case a referee is not able to be present the competition still can be held.

The timekeeper

The time keeper is situated at the judge table. The clock should be started when the beginning of the fight is signalled. The clock should only be stopped when the referee signals so. When the fight time is up, the timekeeper signals by a gong or by any other method that was agreed before the competition.

Before the competition the referee should check if the clock is working well and timekeeper is able to fulfil the duty. Before starting the fight the referee should check if the timekeeper is ready to start the clock.

(The signs and orders used during the fights can be found in the attachments.)

I.2.5.12.2. Judging

There are 3-5 judges around a fighting area. The referee is in the fighting area, the judges are situated in the corners. If there are only 2 judges, they always have to keep a triangle form with the referee.

The head referee

There is one referee for every fighting area. (It is recommended to have a referee among the judges, just in case.) The responsibilities of the referees are written under I.2.5.12.1.

Extra responsibilities in full contact fights:

- to stop the combat in case of obvious technical inferiority
- in full contact fights after a Knock-down to stop the counting if the competitor does not go to the neutral corner.

Scoring Judges

There are 2 or 4 scoring judges for every fighting area. (It is advised to have 2 extra judges, just in case.) The responsibilities of the judges are written under I.2.5.12.1.

Extra responsibilities:

- to check the competitors, their clothes and protector gears
- to sign the fouls for the referee
- to fill the scoring documentations

The jury table

There are 2-3 people at the jury table. One person keeps the records, one is the timekeeper. Their responsibilities are written under II.3.II.4.I.2.5.19.I.2.5.12.2. and **Hiba! A hivatkozási forrás nem található.** The red side is to the left, the white side is to the right of the jury table.

Minimal equipment:

- table
- 3 or 4 chairs
- stopwatch
- sound signal tool
- forms
- pens
- ribbons to sign the competitors

I.2.5.12.3. Scoring and announcement of results - Combat events

Semi- Light contact:

The score judges will sign the scores and fouls to the referee. The referee stops the fight after every action and gives scores. He shows the scores by hand signs to the competitors, spectators and the jury table. His decisions are made based on majority decision.

Full contact, Knock Down:

The competitor who made more legal actions will get 10 points. The opponent can get up to 9 points, relating to the winner. If they made equal legal actions they both get 10 points, but the more active competitor will be the winner. If that equals too, the one who had better defence will be the winner.

If one competitor is counted on, one of his points will be erased. There can be 2 counting in one fight, the third counting means the opponent wins by TKO (Technical KO) This should be written on the form.

In case of Knock Down the referee starts the counting (1-10) as soon as the opponent goes to the neutral corner or stands aside. Who cannot stand up and take the fighting position by the 8th count, can not continue the fight. The fight should also be stopped in case the referee sees obvious technical inferiority or abandon signed by the competitor or its coach. In all these cases KO should be written on the form.

After KO or TKO the rounds should be scored 7:10.

After the fights the referee orders the judges to show the winner by pointing to the winner's side or raising the flag of the winner's colour. If they decide on equal scores, they put their arms or flags across in front of their upper body.

If there is no winner, 2 minutes extra fighting time is given.

After the decision is made, the referee announces the winner. If there is no winner, 1 minute extra fighting time is given.

If there is still no winner, the fight continues till the first legal action or the organizers can decide to make a breaking contest.

How to count the scorings of the judges /2 judges (the referee have no extra scoring!)

Judge 1	R	W	X	R	W	X	R
Judge 2	R	W	X	R	W	X	X
Judge 3	R	W	X	A	A	A	W
Result	R	W	X	R	W	X	X

R - Red, W - white, X - equal, A – Any

How to count the scorings of the judges /4 judges (the referee have no extra scoring!)

Judge 1	R	W	X	R	R	R	R	R
Judge 2	R	W	X	X	R	R	R	R
Judge 3	R	W	X	X	X	R	R	X
Judge 4	R	W	X	X	X	A	R	W
Judge 5	R	W	X	X	X	A	A	W
Result	R	W	X	X	X	R	R	X

R - Red, W - white, X - equal, A – Any

Chikara Kurabe:

The winner is who gets more scores during the fight. Scores are given for every hit that was performed with legal technique.

The three rounds are scored separately. The first counts by 50%, the second and the third by 25-25%. Winner is announced only after the third round. Majority decision is used.

In B category who ever makes a body KO in the first round or Yppon throw in the second round, or makes the opponent abandon in the third round, will win the round, but not the whole fight. An Yppon throw is when the opponent's both feet leaves the ground as thrown and lands on his back. If a competitor can not continue the fight after a KO, the opponent wins the whole fight.

In case of draw, the referee decides on the winner, or he can ask for another first round.

Actions made at he same time as the „Stop” call, will count.

Technical events:

Scores are shown on hand displays by each judge. Points are given in whole number and 1 decimal system. The points will be added up, leaving the highest and the lowest points out. In case of a draw, the highest points should be added, or if the equalize, the lowest points should be added. If it is still a draw, the round should be repeated.

Lowest points should be given for falter. In beginner child category, falter is only 1 point minus if the kata is started again and fulfilled for the second try.

Points are given between 6 and 8 in beginner, and 8 and 10 in advanced level.

1.2.5.13. Requirements for competitors and their wear

There are some requirements for entering a competition and these should be checked by the referees before the competition.

General requirements are:

- to have a medical certificate
- to be clean and decent suitable to compete
- to prove age and level
- to prove the payment of the federation membership fee (for the members)
- to pay registration fee

At the registration of combat, weapon kata, self-defence and gyo events extra attention should be paid when checking nails and hair. Nails should be short and long hair should be tied up by a soft material. Contact lenses, dental prosthesis, piercing should be taken out, and jewellery taken off.

Jewellery and piercing that are not hidden by the gear should be taken off at all events.

The wear of the competitors should

- be clean and tidy
- represent the club, style and the belt degree of the competitor
- not contain any part that could cause injury, such as zip, button, or patch made of metal or any other solid material
- not have any offending text or image on it

In case competitors or their wear do not comply with the description above and they are not willing to follow instructions to comply with the regulations they should be disqualified from the competition.

I.2.5.14. Protective gear

In combat events, contestants wear protective gear to avoid or decrease injuries. Some of them are obligatory, some are recommended.

General rule that the protective gear

- should not consist wood, metal, or solid plastic (except loin and breast protection)
- its surface should not cause any injury
- must be fixed safely.

Any contestant who wears solid protective gear can be disqualified by the referees.

During competitions it is obligatory to use:

- boxing gloves (from 63 kgs 10 unc, under 63 kgs minimum 8 unc.
- Foot protector
- Headgear for children
- Tooth protector
- Groin protector for men and boys and chest protector for women

Allowed but not obligatory protective gear:

- Lower ab protector for girls
- Tibia protector
- Knee protector
- Lower arm protector
- Headgear for adults

It is not allowed to use body shield. You will find more details of specified gears under the description of the different events.

I.2.5.15. The fighting area

Depending on the event, the fighting area can be signed fighting zone or boxing ring.

The most important and general rule is to use a fighting area that is safe, and its signs clearly displayed. It is also a principal to place the fighting area where it can be clearly seen by the spectators.

If the fighting area is not set as described, the chief referee can order to have it changed. If the changes are not done, the competition can be cancelled.

Boxing ring: standard 6,1 x 6,1 m.

Fighting zone: 6x6 m, max 8x8 m, borders of the zone should be signed clearly. Tatami can be placed. Place of the competitors and referee should also be signed. Looking from the jury table the competitors should be in the middle, equally 1 meters away from the middle line, facing each other and showing their sides to the table. The referee should be standing 1 meter further away from the jury table but exactly in the middle facing the table. Their places should be signed by a 1meter line.

I.2.5.16. Penalties

Penalties should be given either to coaches, club managers, teams who behave unfairly, or to competitors who attack prohibited body parts, use prohibited techniques or makes a prohibited attack.

Levels of competitor penalties:

- 1st and 2nd times making the same fault: warning
- 3rd and 4th times making the same fault: points taken away
- 5th time making the same fault: announcing the opponent as winner

The referee can decide to jump penalty levels if the fault is considered very harsh or wilful.

Levels of penalties for coaches, managers or teams:

- warning
- sending away from the fighting area
- sending away from the competition place
- announcing their competitor's opponent as winner
- disqualification of the team

I.2.5.17. Appeals

The appeal is an objection to a decision made by the judges handed in in a written form. It should be sent to the Chairman of the Referees in ten minutes following the decision by the team leader or coach.

The decisions of referees are final and cannot be appealed except for obvious mistakes.

Appeals can refer to

- The organization and management of competitions
- Authorization of competitors' registration
- The behaviour of competitors
- Results recorded or announced wrongly
- Obvious mistake of the referee

The appeal should contain the problematic decision or event, and the way it is expected to be solved by the Jury of Appeal. To make a fair decision on the appeal video recordings or other technical help can be used.

With the appeal you should pay a fee

- Individual competition 2.000-5000,-Ft (OB., MB., NB.)
- Team competition 5.000,-Ft.

Late or not complete appeals, or appeals without fee will be rejected. Each case will be investigated by the Chair of Referees and he will inform the parties involved about his decision before the next fight. In case of finals it has to take place before the awarding of medals.

II. Combat competitions

II.1. Competition rules for light contact

II.1.1. Entry conditions

Clothing

Long pants are needed. Men wear no upper clothes, women can wear traditional gi upper coat, top or T-shirt. Belt is a must.

Protective gear

All protected gear must match the descriptions written under the point I.2.5.14.

II.1.2. Competition procedures

II.1.2.1. Duration, time signals

Duration of one fight can vary between 1-2 times 2-3 minutes with 1 minute break. Duration should be defined in the announcement of the competition.

II.1.2.2. Allowed and prohibited techniques and bodyparts

Allowed techniques:

- punch to allowed body part, from the front or from the side, with the front of the fist or the back of the palm
- kick to allowed body part, from the front or from the side, with the back of the foot or the outer side of the foot or sole
- or
- sweeps

Prohibited techniques:

- punches by the sides or the closed fingers of the fist
- punches by the top of the fingers or any side or palm of the opened hand
- punches by wrist, lower arm, elbow or shoulder
- kicks by lower leg or knee
- attack by head
- any arm- or legbar or choke
- any technique that is done without eye or power control or with no dynamics, or does not meet the minimal technical requirements

Allowed attacked body parts

- semi contact strike on the face
- semi or full contact on the front side of the body above the belt, under the neck
- semi contact on the thighs above the knee
- feet if protected with gear

Prohibited attacked body parts:

- any part of the head other than the face
- neck
- hands and shoulders
- back
- any part of the body under the belt, except thighs and feet

Prohibited attacks:

- using any prohibited technique
- attacking any prohibited body part
- attacking the face by front kick

- punching the thighs
- attacking the thighs by front kick
- arm lock around the opponent's head, body or arms
- attacking the opponent on ground
- starting an attack after the referee's „stop” sign
- turning away from the opponent
- passive defence behind the lower arms, turning and running away, deliberately falling on the ground
- talking
- unfair behaviour (including the coaches, assistants and team-members)

II.1.2.3. Scoring

The result of a fight is based upon points. The judges give points for allowed, fulfilled attacks on allowed body parts.

1 point is given for:

- punches on head and body
- jumping punches on head and body
- kicks on body and thighs
- sweep, if the opponent falls on the ground

2 points are given for:

- kicks on the head
- jumping kicks on the body
- any allowed technique following a sweep if the opponent has not fell on the ground

3 points are given for:

- jumping kicks on head

Points are given for the attacks done at the same time as the „Stop” signal.

II.2. Competition rules for semi contact

II.2.1. Entry conditions

Clothing

Long pants are needed. Men wear no upper clothes, women can wear traditional gi upper coat, top or T-shirt. Belt is a must.

Protective gear

All protected gear must match the descriptions written under the point I.2.5.14.

II.2.2. Competition procedures

II.2.2.1. Duration, time signals

Duration of one fight can vary between 1-2 times 2-3 minutes with 1 minute break. Duration should be defined in the announcement of the competition.

II.2.2.2. Allowed and prohibited techniques and bodyparts

Allowed techniques:

- punch to allowed body part, from the front or circular, with the front of the fist or the back of the palm

- kick to allowed body part, from the front or from the side, with the back of the foot or the outer side of the foot or sole or
- sweeps

Prohibited techniques:

- punches by the sides or the closed fingers of the fist
- punches by the top of the fingers or any side or palm of the opened hand
- punches by wrist, lower arm, elbow or shoulder
- kicks by lower leg or knee
- attack by head
- any arm- or legbar, or choke
- any technique that is done without eye or power control or with no dynamics, or does not meet the minimal technical requirements

Allowed attacked body parts

- semi contact strike on the face
- semi or full contact on the front side of the body above the belt, under the neck
- semi contact on the thighs above the knee
- feet if protected with gear

Prohibited attacked body parts:

- any part of the head other than the face
- neck
- hands and shoulders
- back
- any part of the body under the belt, except thighs and feet

Prohibited attacks:

- using any prohibited technique
- attacking any prohibited body part
- attacking the face by front kick
- punching the thighs
- attacking the thighs by front kick
- arm lock around the opponent's head, body or arms
- attacking the opponent on ground
- starting an attack after the referee's „stop” sign
- turning away from the opponent
- passive defence behind the lower arms, turning and running away, deliberately falling on the ground
- talking
- unfair behaviour (including the coaches, assistants and team-members)

II.2.2.3. Scoring

The result of a fight is based upon points. The judges give points for allowed, fulfilled attacks on allowed body parts.

1 point is given for:

- punches on head and body
- jumping punches on head and body
- kicks on body and thighs
- sweep, if the opponent falls on the ground

2 points are given for:

- kicks on the head
- jumping kicks on the body
- any allowed technique following a sweep if the opponent has not fell on the ground

3 points are given for:

- jumping kicks on head

Points are given for the attacks done at the same time as the „Stop” signal.

II.3. Competition rules for full contact

II.3. Rules for „A” category

II.3.1. Entry conditions

Minimum 18 years of age, at least 1 year advanced level combat sport experience. In other matters the general rules are to be followed.

Clothing

Long pants are needed. Men wear no upper clothes, women can wear traditional gi upper coat, top or T-shirt. Belt is a must.

Protective gear

All protected gear must match the descriptions written under the point I.2.5.14.

During full contact combats it is a must to wear:

- boxing gloves (10 unc)
- Teeth protector
- Groin protector for men and boys and chest protector for women

Allowed but not obligatory protective gear:

- Lower abdominal protector for girls
- Tibia protector
- Knee protector
- Elbow protector
- Ankle wrap
- Bandage
- Headgear

II.3.2. Competition procedures

II.3.2.1. Duration, time signals

Duration of one fight must be minimum 3 x 2 minutes, with 1 minute breaks. Duration should be defined in the announcement of the competition.

II.3.2.2. Allowed and prohibited techniques and bodyparts

Allowed techniques:

- punch to allowed bodypart, from the front or circular, with the front of the fist , or the bottom of the fist or the back of the palm
- kick to allowed bodypart, from the front or circular , with the back of the foot or the outer side of the foot or the sole
- kicks with knee and punches with elbow – the attacker is only allowed to hold the opponents body when the attack is on the torso.
- Chokes, armbars, legbars, pinning techniques (allowed even from standing up)

- takedowns and throws (only those throws are not allowed where the direction of the throw is opposite to the bending of the joint)
- maximum of 2 attacks to opponent lying on the ground with kicks or punches to the torso

Chokes, armbars, legbars must be started in 5 seconds. The period in which fighters could finalize their chokes, armbars, legbars, from gripping the opponent is another 5 sec. The referee will signal the end. After that they continue from standing up. During groundfight allowed punches and kicks can also be used.

Lying on the ground is when at least 3 points of the body touches the ground.

Prohibited techniques:

- punches by the top side of the fist
- punches by wrist, lower arm, or shoulder
- kicks by lower leg or knee
- attack by head
- pinnings
- chokes, bars done with dragging or punching
- ground-techniques for more than 10 seconds
- any technique that is done without eye or power control or with no dynamics, or does not meet the minimal technical requirements

Strikes can be done with full power.

Prohibited attacked bodyparts

- throat, eyes, groin, spine and nape

Prohibited attacks:

- using any prohibited technique
- attacking any prohibited body part
- attacking the face by front kick
- starting an attack after the referee's „stop” sign
- turning away from the opponent
- passive defense behind the lower arms, turning and running away, deliberately falling on the ground
- using the ring stripes for attacks
- talking
- unfair behavior (including the coaches, assistants and team-members)

II.3.2.3. Scoring

The result of a fight is based upon points. The judges give points for allowed, fulfilled attacks on allowed bodyparts.

1 point is given for each allowed, finished attack or finished ground technique. In case of knock out or giving up, the fight is over.

Points are given for the attacks done at the same time as the „Stop” signal.

II.4. Rules for „B” category

II.4.1. Entry conditions

Minimum 16 years of age (under 18 parental agreement is needed), advanced level combat sport experience. In other matters the general rules are to be followed.

Protective gear

All protected gear must match the descriptions written under the point I.2.5.14.

For adults, protective gear is the same as in 'A' category.

For juniors (age 16-17) during full contact combats it is a must to wear:

Obligatory to use:

- boxing gloves (10 unc)
- Teeth protector
- Head protector
- Tibia protector
- Groin protector for men and boys and chest protector for women

II.4.2. The competition procedure

II.4.2.1. Duration, time signals

Duration of one fight must be 2 x 2 minutes, with 1 minute breaks. Duration should be defined in the announcement of the competition.

II.4.2.2. Allowed and prohibited techniques and bodyparts

Allowed techniques:

- punch to allowed bodypart, from the front or circular, with the front of the fist, or the bottom of the fist or the back of the palm
- kick to allowed bodypart, from the front or circular, with the back of the foot or the outer side of the foot or the first part of the sole
- kicks with knee and punches with elbow – attack on head is not allowed. The attacker is allowed to hold the opponent's body.
- Chokes, armbars, legbars, pinning techniques (allowed even from standing up)
- takedowns and throws (only those throws are not allowed where the direction of the throw is opposite to the bending of the joint)

Chokes, armbars, legbars must be started in 5 seconds. The period in which fighters could finalize their chokes, armbars, legbars, from gripping the opponent is another 5 sec. The referee will signal the end. After that they continue from standing up. During groundfight allowed punches and kicks can also be used.

Lying on the ground is when at least 3 points of the body touches the ground.

Prohibited techniques:

- punches by the top side of the fist, the palm side of the fist
- punches by wrist, lower arm, or shoulder
- attack by head
- pinnings
- chokes, bars done with dragging or punching
- ground-techniques for more than 10 seconds
- knee-kicks or elbow punches to the head
- any technique that is done without eye or power control or with no dynamics, or does not meet the minimal technical requirements

Prohibited attacked bodyparts

- throat, eyes, groin, spine and nape

Prohibited behavior:

- using any prohibited technique
- attacking any prohibited body part
- attacking the face by front kick
- starting an attack after the referee's „stop” sign

- turning away from the opponent
- passive defense behind the lower arms, turning and running away, deliberately falling on the ground
- attacking by kick or punch when the opponent is lying on the ground
- attacking by kick or punch from the ground
- using the ring stripes for attacks
- talking
- unfair behavior (including the coaches, assistants and team-members)

II.4.2.3. Scoring

The result of a fight is based upon points. The judges give points for allowed, fulfilled attacks on allowed bodyparts.

1 point is given for each allowed, finished attack or finished ground technique. In case of knock out or giving up, the fight is over.

Points are given for the attacks done at the same time as the „Stop” signal.

II.5. Chikara Kurabe competitions

II.5. Children chikara „C” category rules

II.5.1 Entry conditions

Clothing

Long pants and traditional gi upper coat, or long sleeve top is needed. The underarm should be covered. Belt is a must.

Protective gear

All protected gear must match the descriptions written under the point I.2.5.14.

During combats it is a must to wear:

- boxing gloves (10 unc)
- Teeth protector (except usage of head protector with face cover)
- Head protector
- Tibia protector
- Foot protector
- Groin protector for men and boys and chest protector for women

II.5.2. Competition procedure

II.5.2.1. Duration

Duration of one fight must be 3 x 1 minutes, with breaks to get changed.

1. – semi - contact / kicking and punching techniques
2. – take downs and throws
3. – ground-techniques

II.5.2.2. Allowed and prohibited techniques and attacked bodyparts

Allowed techniques in the first 1 minute:

- punch to allowed bodypart, from the front or circular, with the front of the fist , or the back of the palm

- kick to allowed bodypart, from the front or circular , with the back of the foot or the outer side of the foot or the first part of the sole
- sweeps

Allowed techniques in the second 1 minute:

- *any throw or take down*

Allowed techniques in the third 1 minute:

- *any pinning for less than 10 seconds*

Prohibited techniques in the first 1 minute:

- punches by the bottom or top of the fists or the palm side of the fist
- punches by the top of the fingers or any side or palm of the opened hand
- punches by wrist, lower arm, elbow or shoulder
- kicks by lower leg or knee
- attack by head
- any throw or take down
- kick on the thighs
- any choke or armbar or legbar
- any technique that is done without eye or power control or with no dynamics, or does not meet the minimal technical requirements

Prohibited techniques in the second 1 minute:

- punches and kicks
- ground-techniques
- throws that extends joints to the opposite direction of their natural movement

Prohibited techniques in the third 1 minute:

- punches and kicks
- chokes, armbars and legbars, pushing nerve-points
- standing up.

Scores are given after each successful attack, done by the right technique.

Prohibited attacked bodyparts

- throat, eyes, groin, spine, knee, thighs and nape

Prohibited behavior:

- using any prohibited technique
- attacking any prohibited body part
- attacking the face by front kick
- attacking the thighs by front kick
- putting the arms around the opponent's head, body or arms in the first 1 minute
- attacking if the opponent is on the ground in the first 1 minute
- starting an attack after the referee's „stop” sign
- turning away from the opponent
- passive defense behind the lower arms, turning and running away,
- deliberately falling on the ground in the first 1 minute
- talking
- unfair behavior (including the coaches, assistants and team-members)

II.6. Junior and adult chikara „C” category rules

II.6.1. Entry conditions

Protective gear

Same as written in „C” category

II.6.2. Competition procedure

II.6.2.1. Duration

Duration of one fight must be 3 x 2 minutes, with breaks to get changed.

1. first 2 minutes: – semi - contact / kicking and punching techniques
2. second 2 minutes: – take downs and throws
3. third 2 minutes: – ground-techniques

II.6.2.2. Allowed and prohibited techniques and attacked bodyparts

Allowed techniques in the first 2 minutes:

- punch to allowed bodypart, from the front or circular, with the front of the fist , or the back of the palm
- kick to allowed bodypart, from the front or circular , with the back of the foot or the outer side of the foot or the first part of the sole
- sweeps
- kicks on the thighs

Allowed techniques in the second 2 minutes:

- *any throw or take down*

Allowed techniques in the third 2 minutes:

- *any pinning, choke, arm or legbar for less than 10 seconds*

Prohibited techniques in the first 2 minutes:

- punches by the bottom or top of the fists or the palm side of the fist
- punches by the top of the fingers or any side or palm of the opened hand
- punches by wrist, lower arm, elbow or shoulder
- kicks by lower leg or knee
- attack by head
- any throw or take down
- any choke or armbar or legbar
- any technique that is done without eye or power control or with no dynamics, or does not meet the minimal technical requirements

Prohibited techniques in the second 2 minutes:

- Ground-techniques
- Throws that extends joints to the opposite direction of their natural movement

Prohibited techniques in the third 2 minutes:

- chokes, arm- and legbars done with a dangerously sudden pulling
- standing up.

Scores are given after each successful attack, done by the right technique.

Prohibited attacked bodyparts

- throat, eyes, groin, spine, knee, and nape

Prohibited behavior:

- using any prohibited technique
- in case of Semi contact it is prohibited to use full strength strikes
- attacking any prohibited body part
- attacking the face by front kick
- attacking the thighs by front kick
- putting the arms around the opponent's head, body or arms - in the first 2 minutes
- attacking if the opponent is on the ground- in the first 2 minutes
- starting an attack after the referee's „stop” sign
- turning away from the opponent
- passive defense behind the lower arms, turning and running away,
- deliberately falling on the ground in the first 2 minutes
- talking
- unfair behavior (including the coaches, assistants and team-members)

II.7. Adult chikara „B” category rules

II.7.1. Protective gear

During combats it is a must to wear:

- boxing gloves (10 unc)
- Tooth protector (except usage of head protector with face cover)
- Groin protector for men and boys and chest protector for women

II.7.2. Competition procedure

II.7.2.1. Duration

Duration of one fight must be 3 x 2 minutes, with breaks to get changed.

1. first 2 minutes: – full - contact (except the head)/ kicking and punching techniques
2. second 2 minutes: – take downs and throws with strikes to legs and the torso
3. third 2 minutes: – ground-techniques with strikes to legs and the torso

II.7.2.2. Allowed and prohibited techniques and attacked bodyparts

Allowed techniques in the first 2 minutes:

- punch to allowed bodypart, from the front or circular, with the front of the fist , bottom of the fist or the back of the palm
- kick to allowed bodypart, from the front or circular , with the back of the foot or the outer side of the foot or the first part of the sole
- sweeps
- kicks on the thighs

Allowed techniques in the second 2 minutes:

- *any throw or take down*
- *punches and kicks when holding each other*
- *punches and kicks to the thighs*

Allowed techniques in the third 2 minutes:

- *any pinning, choke, arm or legbar for less than 20 seconds*
- *punches and kicks when holding each other*

Prohibited techniques in the first 2 minutes:

- punches by the top of the fist or the palm side of the fist
- punches by the top of the fingers or or any side or palm of the opened hand
- punches by wrist, lower arm, or shoulder
- kicks to head by knee
- punches to head by elbow
- attack by head
- any throw or take down
- any choke or armbar or legbar
- any strike on the head that could cause knockout (K.O.)
- any technique that is done without eye or power control or with no dynamics, or does not meet the minimal technical requirements

Prohibited techniques in the second 2 minutes:

- Punches and kicks without holding each other
- Punches and kicks to head
- Ground-techniques
- Throws that extend joints to the opposite direction of their natural movement

Prohibited techniques in the third 2 minutes:

- Punches and kicks to head
- pushing on life-points
- standing up.

Scores are given after each successful attack, done by the right technique.

Prohibited attacked bodyparts

- throat, eyes, groin, spine, knee, and nape

Prohibited behavior:

- using any prohibited technique
- attacking any prohibited body part
- attacking the face by front kick
- attacking if the opponent is on the ground- in the first 2 minutes
- starting an attack after the referee's „stop” sign
- turning away from the opponent
- passive defense behind the lower arms, turning and running away,
- deliberately falling on the ground in the first 2 minutes
- talking
- unfair behavior (including the coaches, assistants and team-members)
- standing up in the third 2 minutes

II.8. Knock Down „B” category rules

II.8.1. Entry conditions

Juniors between 11-18 years of age (under 18 parental agreement is needed), adults older than 18. In other matters the general rules are to be followed.

Clothing

Full gi uniform and a belt is a must.

Protective gear

During combats it is a must to wear:

- Teeth protector (except usage of head protector with face cover)

- Groin protector for men and boys and chest protector for women
- Tibia protector

It is advised to wear foot protector.

Torso protector is prohibited.

II.8.2. Competition procedure

II.8.2.1. Duration of the fight must be 1 x 3 minutes.

II.8.2.2. Allowed and prohibited techniques and attacked bodyparts

Allowed techniques:

- punch to allowed bodypart, from the front or circular, with the front of the fist
- kick to allowed bodypart, from the front or circular, with the back of the foot or the outer side of the foot or the first part of the sole
- kicks with knee and punches with elbow. The attacker is not allowed to hold the opponent's body.
- Chokes, armbars (only standing)
- takedowns and throws (only those throws are not allowed where the direction of the throw is opposite to the bending of the joint)
- ground-techniques

Chokes, armbars, legbars must be started in 5 seconds. The period in which fighters could finalize their chokes, armbars, legbars, from gripping the opponent is another 10 sec. After that they continue from standing up. During groundfight allowed punches and kicks can also be used. Pinnings has to be hold for 20 seconds to get score.

Prohibited techniques:

- punches with the back of the fist, sides of the fist or the palm
- punches by wrist, lower arm, or shoulder
- front kicks to head or kicks under the belt
- any punch to head
- attack by head
- punches or kicks to opponent lying on the ground

Prohibited body parts:

- throat, eyes, groin, spine, and nape

Prohibited behavior:

- using any prohibited technique
- attacking any prohibited body part
- attacking the face by front kick
- starting an attack after the referee's „yame” sign
- turning away or running away from the opponent
- talking
- unfair behavior (including the coaches, assistants and team-members)

II.8.3. Referees:

4 referees: 3 scoring and 1 chief referee. The chief referee does not give scores, he only conducts the fight and makes sure that all rules are followed and announces the result.

II.8.4. Scoring

The result of a fight is based upon points. The judges give points for allowed, fulfilled attacks on allowed bodyparts.

1 point is given for each allowed, finished attack or finished ground technique. In case of clean head kick or clean, heavy body strike, 3 points is given. In case of knock out or giving up, the fight is over.

Points are given for the attacks done at the same time as the „Stop” signal.

III.Kata, Self-defense, Gyo, Show style and break-technique competitions

III.1. Entry conditions

Clothing

Competitors should wear clothing in accordance to their style, level or in line with the competition announcement.

Equipment

Competitors can use any equipment, such as weapons, tools or music.

III.2. Competition procedure

III.2.1. Duration, time signals

Kata:	unlimited time,	max. 2 minutes,
Weapon kata:	unlimited time,	max. 2 minutes,
Kata with music:	unlimited time,	max. 3 minutes,
Self-defense:	min. 4 attacks,	max. 1,5 minutes,
Gyo:	min. 40 movement,	max. 2 minutes,
Break-technique:	unlimited time,	max. 5 minutes,
Show style:	unlimited time,	max. 3 minutes,

III.2.2. Introduction

After the competitor was called to the competitor area, he/she has to ask for permission to start the performance. Introduction procedure has to follow these steps:

- My name is.....
- The name of my style is.....
- My club (master) is
- The title of my performance is.....
- I ask for permission to start my program - Thank you.

III.2.3. Evaluation of performance

Points are given based upon the following

- appearance (cleanliness, tidiness of the gi and personal appearance)
- stability
- dynamics of the movements
- music (gyo, kata, show style)
- real life situations (self-defense)
- synchronization (synchronized kata, gyo, show style)
- discipline (during performance and introduction)

Technical requirements in kata performances (individual, in pairs, with music):

- clear difference between closed and opened hand techniques
- focus of the eyes
- movements (techniques) has to be clear, regardless of the style (punches, kicks, standing positions)
- turns and spins should always begin with the head movement
- strikes should always begin with the hip movement
- should only leave the ground in case the technique requires that
- in case of more than 1 competitor, movements should be synchronized

- spectacular performance
- break-techniques are valued if the technique is successful

Self-defense requirements:

- attacks have to be finished
- the program has to end with victory
- attack has to be clear
- defense has to be continuous
- moving away
- in case of attack with weapons, self-harm has to be clearly avoided
- optimal reactions for different attacks
- in case of group attack, defending and attacking moves has to be continuous

Weapon kata requirements:

- weapons used in the performances have to be blunt and undamaged
- clear usage of the weapon
- any cutting weapons must not touch the competitors body dynamically
- dropping the weapon means losing 2 points

Scoring:

Beginners level: 6-8 points

Advanced level: 8-10 points

Technical requirements in break-programs:

Break style: Power

Materials: wood (pine), plastic panel

Size: 30 X 30 X 30 cm, 34 X 24 X 20 cm

Method and scoring of the program:

- Breaking with any part of the hand
- Each competitor uses the same material (association provides it)
- Breaking must be horizontal, material put on a stand
- Competitors put the material on the stand themselves
- They begin with 1 panel (in case of plastic they begin with 2), it increases with 1 in each round. Unsuccessful break means immediate fall out.
- The competitor who can break the most, will win.
- In case of draw, the competitor who weighs less, will win