



**COMPETITION RULES
MEN/WOMEN CAT.
14/15 YEARS OLD
16/17 YEARS OLD**

**WORLD CUP KYOKUSHIN BUDOKAI
2015**

COMPETITOR'S RULES

- Every competitor must bring a white clean karate-gi.
- When competing one of the competitors will be wearing a red string attached to the back of their belt while the other one will only be wearing their own belt.
- Nails from fingers and toes must be cut. Also, competitors won't be allowed to wear any metallic objects or the like.
- **Required protections** for both categories will be:
 - a.- Shin guards.
 - b.- Mitts.
 - c.- **Full** helmet.
 - d.- Groin protector (men category).
 - e.- Breast protector (women category).

WEIGHT CATEGORIES

<u>MEN 16/17 years old</u>	<u>WOMEN 16/17 years old</u>
LIGHTWEIGHT - 70 KG	LIGHTWEIGHT - 55 KG
MEDIUM WEIGHT - 80 KG	MEDIUM WEIGHT - 65 KG
HEAVYWEIGHT + 80 KG	HEAVYWEIGHT + 65 KG
<u>MEN 14/15 years old</u>	<u>WOMEN 14/15 years old</u>
LIGHTWEIGHT - 60 KG	LIGHTWEIGHT - 55 KG
MEDIUM WEIGHT - 70 KG	MEDIUM WEIGHT - 65 KG
HEAVYWEIGHT - 80 KG	HEAVYWEIGHT + 65 KG
S. HEAVYWEIGHT + 80 KG	

LENGHT OF THE FIGHTS

The fights will last 2 min, with an extension of another 2 min. If in this time there is no decision and no weight difference, there will be another 2 min extensión with obligatory decision.

The time will start counting from the moment the referee signals the beginning of the fight with the word **HAJIME** and will only stop when the central referee indicates it.

CRITERIA FOR DECISIONS

A competitor will be declared winner when getting a point (**IPPON**) or, if not, by half a point (**WAZA-ARI**). In case of getting two waza-ari, it will be considered an ippon and the competitor will be declared winner

For a competitor to be declared winner by weight difference, the difference must be greater than 5 kg for the lightweight, medium weight and heavyweight categories, and greater than 10 kg for the S. heavyweight category.

1.- Win by Ippon

- a. Every technique that hits the opponent and makes him fall and stay on the ground for a time longer than 3 seconds; with the exception of the forbidden techniques considered as fouls.
- b. When a competitor tells the central referee that he/she has been defeated as a result from a allowed technique. This will give the opponent an Ippon.
- c. A serious foul or the disqualification of a competitor will give the win to the opponent.

Waza-Ari will be conceded when hitting the opponent with an allowed technique, making him fall and stay on the ground for a time shorter than 3 seconds.

The criteria for the referees' decision will always follow this order:

- 1.- Damage made during the fight, using allowed techniques.
- 2.- Effectivity of the used techniques.
- 3.- Amount of techniques used during the fight.
- 4.- Technique and tactic.
- 5.- Fighting spirit.

FORBIDDEN TECHNIQUES

The following techniques and attitudes may mean an instant disqualification with the full discretion of the referees.

The disqualified competitor can claim, through his/her coach, for a revision of the decision by the supreme referee. Then, after asking the other referees, the supreme referee may reconstitute the disqualified competitor or confirm and approve the decision of disqualifying him/her.

The supreme referee's decision will be definitive and shall not give rise to any claim.

- 1.- Any hit to the head, face or neck of the opponent with the hand open, fist or any other part of the arm, except exceptional situations, shall mean instant disqualification.
- 2.- Hitting in the groin.
- 3.- Hitting with the head to the face or neck of the opponent.
- 4.- Hitting the articulations.
- 5.- Hitting the opponent with the knee while holding him/her by the head, neck or Dogi.
- 6.- Holding or grabbing the opponent.
- 7.- Hitting the opponent while he/she is on the ground after having fallen down. Except the cases in which the hit follows some sweeping or throwing technique, in which case contact is not allowed.

8.- Attacking from the ground after having fallen down. This may not be mistaken with a ground defense technique.

9.- Hitting the opponent's spinal column with the elbow, hand or leg.

10.- Not obeying the referee's commands during the fight.

11.- Any other technique or attitude that the referee may consider unfair or incorrect.

12.- In these categories it will be completely forbidden to use the technique Ushiro mawashi kaiten geri. Using this technique will mean an amonestation or even an instant disqualification of the competitor.

In these categories the referees will always look for the safety of the competitors, having the possibility of declaring a winner in case of being too much difference between both competitors, for the purpose of avoiding unnecessary harm and injuries (both physical or moral) during the competition.