

# USA-IFK Kyokushin General Tournament Rules and Guidelines

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# USA-IFK Open Kata Rules

## **Section 1 – General Divisions**

\*Note\* The Tournament Director reserves the right to combine or alter any divisions at any time.

1.1 Divisions will be broken down by age and experience as outlined in this section below with contingencies based on the number of applicants.

1.2 Children's Age Divisions:

- < 7 years of age
- 7-8 years of age
- 9-10 years of age
- 11-12 years of age
- 13-14 years of age

1.3 Junior Adult Age Divisions:

- 15-17 years of age

1.4 Adult:

- 18-34 years of age
- >35 years of age

1.5 Each respective age division (outlined above) will be divided into four subgroups based on experience guidelines as follows:

- Novice 0 -9 months experience
- Beginner 9-18 months experience
- Intermediate 18 months - 4years experience
- Advance 4 years or more (Masters Divisions dependent on number of applicants)

## **Section 2- Competition**

2.1 The competition area must be flat and devoid of hazards.

2.2 The competition area has no fixed size, though it must be large enough to permit the correct performance of kata.

## **Section 3- Official dress**

3.1 Referees and judges must wear official uniforms.

3.2 Contestants must wear a clean GI or uniform.

## **Section 4- Criteria for decision**

4.1 The kata must be performed with competence and must demonstrate a clear understanding of the principle it contains.

4.2 The kata's performance must have demonstrated correct focus of attention, use of power, speed, good balance and proper breathing.

### **Section 5 – Scoring**

5.1 Each contestant will be called up to perform their kata. If there are more than 5 contestants, the first 3 contestants will perform their kata's without being scored until after the third contestant completes his or her kata. Then the judges will call up the first 3 contestants for scoring. With the baseline set the judges can complete the rest division.

5.2 Each kata judge displays the score by means of points. The cards bearing the points.

5.3 Scoring range can be adjusted based on the level of experience of contestants (example: Black belt division the range could be between 8 to 10.) The head judge will set the range. If a contestant fails to complete his or her kata, they may start over with a loss of .5 of a point. Children 8 and younger may start over without a loss of a point.

5.4 In the event of a tie, the highest score will be dropped. If there is no change, then the contestants will have to perform another kata.

### **Section 6 - Weapons Kata**

6.1 Follow the rules for empty hand kata.

6.2 Start each division with a weapons check. NO LIVE BLADES.

6.3 Any loss of control of a weapon will result in disqualification. This is done by giving the lowest score. The judges will call up the first 3 contestants and score them accordingly.

# USA-IFK Semi-Contact Rules

## **Section 1 - General Divisions**

\*Note\* The Tournament Director reserves the right to combine or alter any divisions at any time.

1.1 General divisions will be broken down by age and experience as outlined in this section below with contingencies based on the number of applicants. The Tournament Director and team will match competitors up in their respective groups a few days prior to the Tournament.

### 1.2 Children's Age Divisions:

- < 7 years of age
- 7-8 years of age
- 9-10 years of age
- 11-12 years of age
- 13-14 years of age

### 1.3 Junior Adult Age Divisions:

- 15-17 years of age

### 1.4 Adult:

- 18-34 years of age
- 35-45 years of age
- >45 years of age

1.5 Each respective age division (outlined above) will be divided into four subgroups based on experience guidelines as follows:

- Novice 0 -9 months experience
- Beginner 9-18 months experience
- Intermediate 18 months - 4years experience
- Advance 4 years or more (Masters Divisions dependent on number of applicants)

## **Section 2- Protective Equipment & Uniform**

2.1 All competitors will wear clean and well maintained traditional uniform of their style

2.2 Boxers/Kick Boxers/MMA must wear a tank or T style shirt.

2.3 No taping is allowed for the first round. Medical staff must sign taping for later rounds.

2.4 Hand gear must have at least 3/4inch padding or more over the knuckles. No cloth gloves allowed, no palm grips allowed soft or hard. MMA style glove is acceptable.

2.5 Shin and Instep guards (Cloth or soft vinyl)

2.6 Head Gear (mandatory for all divisions)

2.7 Mouth Guard (mandatory for all divisions)

2.8 Groin cup (mandatory for all male competitors)

2.9 No chest protection in 15 and older divisions though Females 15 & older may wear padded bra with plastic cups. Breast protection may not cover abdomen.

2.10 Chest Protectors will be mandatory for Children 14 years old and under. Chest protectors MUST be soft foam, no hard chest protectors will be allowed.

### **Section 3- Legal Technique**

3.1 All karate techniques, other than those outlined in Section 3 (Illegal Techniques) below, are permitted. This includes any leg techniques (kicks, knee strikes, etc.) to the legs and to the body which include the chest, ribs, kidneys and abdomen area and any hand techniques (fist, elbows) to the body.

3.2 Leg kicks and sweeps, designed to take down the opponent must be followed up immediately with a non-contact karate technique.

### **Section 4- Illegal Techniques**

4.1 Illegal techniques consist of any attacks to the face, base of the neck or spine areas.

4.2 Kicks to the groin, front of the knee joints and spinal area are not permitted.

4.3 Kicks to the head other than the specified divisions listed above (or as stated during tournament as specified by the head ref or director) are not permitted. Kicks to the head WILL NOT BE permitted for any 14 years old and under divisions as well as Beginner & Intermediate Adult Divisions.

4.4 Kicks in 15-17 "Advanced" Division will not be allowed to the front of the head/face. Kicks to the side/top/back of the head will be permitted

4.5 Grabbing with the hands or excessive running out of bounds, to escape the opponent, may result in points being deducted or disqualification.

4.6 No strikes (Hand Techniques or Punches) to the back of the head.

4.7 No striking an opponent when they are down.

4.8 Two (2) warnings for the same violation will result in a ½ point deduction.

### **Section 5 – Scoring**

5.1 Each match will be monitored by an electric stopwatch.

Junior's Division, 17 years and under, will include One-1.5 minute round, One-1 minute extension, if needed.

Adult's Division, 18 year and over, will include One-2 minute round, One-2 minute extension, if needed

5.2 One (1) full point wins the match.

5.3 Any hand, elbow or kicking technique that makes contact to the opponent and stuns the opponent momentarily or causes the opponent's hand or any part of their body to touch the floor, will be scored ½ point.

5.4 A leg sweep that causes the opponent to fall to the mat must be immediately followed up with a well-focused non-contact punch or kick and will be awarded ½ point.

5.5 If an opponent is unable to continue within the standard 5-second count administered by the head referee and corners judges, the contest will be declared a knockout with the winner receiving 1 point and the match.

5.6 If no points are scored during the match, the judges may award the match to an opponent based on "spirit" or technical excellence that is demonstrated by one of the competitors.

5.7 A competitor who has scored at least ½ point at the end of the match may be declared the winner.

5.8 Any competitor acting in an unsportsmanlike manner will automatically be disqualified from the contest.

Use of intentional illegal techniques shall be considered evidence of unsportsmanlike behavior. All decisions made by the Head Referee is final.

## **Section 6 - Judging**

6.1 The judging staff will consist of a head Referee and four (4) corner judges located in the fighting area.

6.2 There will be one timekeeper and one scorekeeper.

6.3 The Head Referee is the supreme arbitrator of any and all questions pertaining to the interpretation of the rules or conflicts that may arise during the competition.

6.4 There will be a demonstration of legal and illegal techniques prior to the beginning of any matches.

6.5 Each match is won by a single point (ippon), which is awarded over 5 seconds. A half point (wasa ari) can be awarded within 5 seconds for a technique that momentarily stuns the opponent. If no point is awarded during the round, the center referee and corner judges can decide upon rounds end or send the fight into an overtime round.

# **USA-IFK Knockdown Rules**

## **Section 1 - General Weight Divisions**

\*Note\* The Tournament Director reserves the right to combine or alter any divisions.

### 1.1 Men's Divisions:

Lightweight - 70 kilos & under (154 lbs. & under)

Middleweight - 80 kilos & under (176 lbs. & under)

Heavyweight - 90 kilos & under (198 lbs. & under)

Super Heavyweight - Over 90 kilos (199 lbs. & over)

Masters (35 years & older)

\* May be subject to further breakdown of groups based on ages of applicants

Lightweight - 90 kilos & under (198 & under)

Heavyweight - Over 90 kilos (199 & over)

### 1.2 Women's Divisions:

Lightweight - 60 kilos & under (132 lbs. & under)

Heavyweight - Over 60 kilos (132 lbs. & over)

Masters (35 years & older)

\* May be subject to further breakdown of groups based on ages of applicants

Lightweight - 60 kilos & under (132 & under)

Heavyweight - Over 60 kilos (132 & over)

## **Section 2- Protective Equipment**

2.1 No head, hand, shin and instep or foot protection is permitted.

2.2 Groin protector (male), and mouthpiece are OPTIONAL (Over 18 Only)

2.3 No Taping or bracing of hands and/or feet is permitted during the first round of competition. After the first round, taping must meet approval by the head referee BEFORE the round begins.

## **Section 3- Legal Technique**

3.1 All karate techniques, other than those outlined in Section 3 (Illegal Techniques) below, are permitted. This will include full contacts kicks and knees to the head, legs and torso.

3.2 Leg kicks and sweeps, designed to take down the opponent must be followed up immediately with a non-contact karate technique.

## **Section 4- Illegal Techniques**

4.1 Illegal techniques consist of any hand, elbow, or head strikes to opponent's head, face or neck areas.



4.2 Kicks to the groin, front of the knee joints and spinal area are not permitted.

4.3 Grabbing with the hands or excessive running out of bounds, to escape the opponent, may result in points being deducted or disqualification.

4.4 Two (2) warnings for the same violation will result in a ½ point deduction.

4.5 No strikes (Hand Techniques or Punches) to the back of the head.

## **Section 5 – Scoring**

5.1 Each match will be monitored by an electric stopwatch. Each match will last two (2) minutes. Overtime rounds if necessary, will also be two (2) minutes in duration.

5.2 One (1) full point wins the match.

5.3 Any hand, elbow or kicking technique that makes contact to the opponent and stuns the opponent momentarily or causes the opponent's hand or any part of their body to touch the floor, will be scored ½ point.

5.4 A leg sweep that causes the opponent to fall to the mat must be immediately followed up with a well-focused non-contact punch or kick and will be awarded ½ point.

5.5 If an opponent is unable to continue within the standard 5-second count administered by the head referee and corners judges, the contest will be declared a knockout with the winner receiving 1 point and the match.

5.6 If no points are scored during the match, the judges may award the match to an opponent based on "spirit" or technical excellence that is demonstrated by one of the competitors.

5.7 A competitor who has scored at least ½ point at the end of the match may be declared the winner.

5.8 Any competitor acting in an unsportsmanlike manner will automatically be disqualified from the contest.

Use of intentional illegal techniques shall be considered evidence of unsportsmanlike behavior.

## **Section 6 - Judging**

6.1 The judging staff will consist of a head Referee and four (4) corner judges located in the fighting area.

6.2 There will be one timekeeper and one scorekeeper.

6.3 The Head Referee is the supreme arbitrator of any and all questions pertaining to the interpretation of the rules or conflicts that may arise during the competition.

# **USA-IFK One Point Fighting Rules**

## **Section 1 - General Divisions**

\*Note\* The Tournament Director reserves the right to combine or alter any divisions at any time.

1.1 General divisions will be broken down by age and experience as outlined in this section below with contingencies based on the number of applicants. The Tournament Director and team will match competitors up in their respective groups a few days prior to the Tournament.

### 1.2 Children's Age Divisions:

- < 7 years of age
- 7-8 years of age
- 9-10 years of age
- 11-12 years of age
- 13-14 years of age

### 1.3 Junior Adult Age Divisions:

- 15-17 years of age

### 1.4 Adult:

- 18-34 years of age
- 35-45 years of age
- >45 years of age

1.5 Each respective age division (outlined above) will be divided into four subgroups based on experience guidelines as follows:

- Novice 0 -9 months experience
- Beginner 9-18 months experience
- Intermediate 18 months - 4years experience
- Advance 4 years or more (Masters Divisions dependent on number of applicants)

## **Section 2- Protective Equipment & Uniform**

2.1 All competitors will wear clean and well maintained traditional uniform of their style

2.2 Hand gear must have at least ½ inch padding or more over the knuckles. (Cloth or vinyl Safe-T-Punch™)

2.3 Shin and Instep guards (Cloth or soft vinyl)

2.4 Head Gear (mandatory for all divisions)

2.5 Mouth Guard (mandatory for all divisions)

2.6 Groin cup (mandatory for all male competitors)

### **Section 3- Legal Technique**

- 3.1 Side and top of head (One fist length from the opponent's head area)
- 3.2 Body, Chest, Abdomen - one inch distance or closer (touch uniform)
- 3.3 Allowable techniques include all kicks, punches, back fists, knife hands, ridge hands.
- 3.4 Sweeps to the front leg only. Sweeps must be below the knee and do not constitute a point. They can only be used set up a scoring attempt only. They may not be used to keep your opponent from closing.

### **Section 4- Illegal Techniques**

- 4.1 NO EXCESSIVE CONTACT TO THE BODY OR HEAD IS PERMITTED!
- 4.2 All kicks, punches and strikes must be controlled and only light contact. If contact moves an opponent it will be considered excessive and will be penalized.
- 4.3 No attacks to the groin or spine.
- 4.4 No contact to the face area.
- 4.5 No contact to the body other than touching of the uniform.
- 4.6 No grabbing, holding or Judo type throws. Grabbing a competitor is allowed for one second only to set up a scoring attempt.
- 4.7 No kicks below the waist area.
- 4.8 No Leg sweeps
- 4.9 No Elbow or open hand strikes
- 4.10 Excessive out of bounds is not permitted. (Running out of the ring)
- 4.11 There shall be no striking an opponent when they are down.
- 4.12 No uncontrolled techniques to the head area (i.e. spinning hook kick etc.)
- 4.13 Any "un-sportsmanlike" conduct will not be permitted!

### **Section 5 – Scoring**

- 5.1 Two minutes running time. This time will be continuous unless the center referee calls for time to be stopped or if there is an injury
- 5.2 All scores will be 1 point only. Black belt divisions will go to five points. All kyu rank divisions (brown belt & under) will go to 3 points.

5.3 Clean techniques to the side of the head, ribs, chest, abdomen, kidneys may receive points. No leg kicks or groin kicks are allowed in any division. The face is an allowable target only in the black belt adult division.

5.4 The competitor who scores the most legal techniques will win the match.

5.5 A call of "contact" or "penalty" overrules a call of "point". The Center judge will call for score and the judges will indicate to the person that a point will be awarded. In a case of penalty or contact the judges will indicate toward the competitor receiving the point with the appropriate hand indication of penalty or contact. The center judge has the option of calling contact points without consulting corner judges. However there needs to be a majority call to disqualify a competitor for contact. Two of the same contact penalties in a single match will result in disqualification. If a competitor is disqualified he/she will be unable to participate in any further fights in this division.

5.6 If there is a tie after 2 minutes have passed, the match will go into sudden death overtime. The first person to score the next point will win. Fighters may have 30 seconds to rest before going into overtime if they need it.

5.7 When one foot is touching outside the boundary line, the fighter is out of bounds. The person who is in bounds can score on the person who is out of bounds, but the person who is out of bounds cannot score.

5.8 A player is not penalized for fighting out or being forced out of the ring, but may be penalized for running out to avoid fighting. First time going out of bounds is a warning, second time the opponent is awarded a point.

5.9 Players have 3 seconds to score when one player is down. Downed player may also score from the floor. One foot must remain on the floor in order to score. NO STOMPING TECHNIQUES WILL BE ALLOWED.

5.10 A call of contact overrules a call of "point".

5.11 Center judge can either warn the offender for first excessive contact, or, if they deem it proper, award a point to the other person. Second contact is either a point, or disqualification, at the discretion of the center judge. Third contact is automatic disqualification.

## **Section 6 – Judging**

6.1 The judging staff will consist of a head Referee (experienced black belt) and at least two (2) corner judges located in the fighting area.

6.2 There will be one timekeeper and one scorekeeper.

6.3 The Head Referee is the supreme arbitrator of any and all questions pertaining to the interpretation of the rules or conflicts that may arise during the competition.

6.4 The Head referee will maintain full control of their ring at all times. Center official will face the score keeper and maintain eye contact when giving the call in a clear and assertive manor.

6.5 Head referee is the only one who can stop the clock or decide on time outs.

6.6 Center referee or medical personnel may prohibit an injured player from continuing.

### **Section 7 – General Rules**

7.1 Requests for equipment adjustment are decided upon by the center judge.

7.2 Instructors parents and friends must remain in the stands. **No Coaching!**

7.3 Competitors or instructors may not ask to have a judge changed. If a competitor has a serious complaint about any judge, that competitors or their instructor may approach the tournament director with their concerns. Our judges have been chosen for their expertise.