



KIDS (5-9 YEARS OLD),

JUNIORS (10-15 YEARS OLD)

AND

CADETS (16-17 YEARS OLD) & ADULTS (18+ YEARS OLD)

NOVICE TOURNAMENT RULES

Version 3.0 – Gabija Kalinauskaite

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Rules for Karate Competitions Using the Kyokushin Knockdown System at HAITO KARATE

ENTRIES

1. The following rules are for “semi-contact” HAITO Karate NOVICE TOURNAMENT.
2. These rules apply to male and female competitors.
3. **Participants must have a minimum of 3 months of martial arts experience, not higher than the 1st KYU in the Kyokushin Karate belt system and have not competed in more than 3 national/international tournaments for all up to 18 years old within their current age category and 5 national/international tournaments for all adults.**
4. Members of other associations who wish to compete are allowed to participate, need to sign a disclaimer stating they have a minimum of 3 months of martial arts experience, not higher than the 1st KYU and have not competed in more than 3 or 5 (depending on age) national/international tournaments.
5. Participants must hold a minimum grade of 10th kyu unless they have previous experience in another martial art, which their instructor has considered when entering.
6. Competitors may be examined by a medical doctor or first aider prior to competing to ensure their physical condition is suitable. A doctor or first aider may use their discretion to withdraw a competitor **at any time**.
7. Organizers reserve the right to stop an individual from competing if they deem it disproportionately unsafe for the person to participate.
8. HAITO Karate or its appointed officers or officials accept no responsibility for any accident or injury incurred during the tournament.

GENERAL RULES ON SAFETY

1. If required, the medical examination may take place either the day before or on the day of the competition. In some cases, a doctor's medical certificate obtained prior to the event may be accepted.
2. The competitor's weight may be verified the day before or on the day of the competition, as specified in the event invitation. If a competitor fails to meet the requirements for a specific weight category, the organizers will decide whether they can be placed in a different category.
3. Each contestant must wear a clean **white** GI (kimono) with **sleeves and trousers fully extended** (not rolled up).
4. A red or white belt, tag, vest or helmet may be used to distinguish the fighters.
5. Fingernails and toenails must be trimmed short.
6. Long hair must be tied back with a soft band, and **hard hair clips are not allowed**.
7. Standard **white** elasticated shin and instep pads are mandatory.
8. **Male competitors must wear a groin protector** under their GI (kimono) pants.
9. Female competitors must wear a suitable chest protector under the vest if needed.
10. All U18 competitors must wear an "open-faced" head guard. Adults can wear head guards if they wish.
11. **Contestants must use suitable fist-mitts**, as agreed by the organizers.
12. Gum shields are recommended, and a custom mouthguard is required for those with braces.
13. The scoring threshold for strikes to the legs and body is lower than that for adult competitors.
14. **Only light contact with the head guard is allowed with specified kicks**, which may score a Wazari.

MATCH AREA

1. The fighting area will be a square measuring **5 x 5 meters**, with a 1-meter safety zone surrounding it.
2. Contestant placement, along with the positioning of the referee, judges, and arbitrator, will follow standard karate match guidelines.
3. The contest area must be covered with matting at least 20mm thick, suitable for semi-contact fighting.
4. **Officials Team:**
 - Option 1: 1 main referee, 4 corner judges, and 1 arbitrator.
 - Option 2: 1 main referee, and 2 judges, one of whom also serves as the arbitrator.
5. At the end of each round, every official has 1 vote. A draw may be declared unless otherwise directed.
6. **In a 5-person team**, the arbitrator does not vote but ensures that the match follows the rules.
7. **In a 3-person team**, the arbitrator will also vote on the match outcome if needed.
8. **Table Officials:** 1 timekeeper and 1 organizer.

CATEGORIES

1. Categories Male/Female.
2. These will be separated into ages: 5-7 (U8), 8-9 (U10), 10-11 (U12), 12-13 (U14) & 14-15 (U16), 16-17 (U18) and adults 18+ years old.
3. Each age will be subject to division into weights at the discretion of the organisers.

DURATION OF THE MATCH

1. Competition is organized in order to gain experience for all fighters and organizers, referees and judges will do their best to provide opportunity to fight all 3 rounds, unless it is deemed unsafe.
2. For ages 5-7 and 8-9 each round (3 rounds in total) lasts 1min (60 sec) unless another duration has previously been agreed, with 30sec break.
3. For ages 10-11, 12-13, 14-15, 16-17 and 18+ each round (3 rounds in total) lasts 1.5min (90sec) unless another duration has previously been agreed, with 30sec break.
4. All age groups compete in all 3 rounds with the same opponent. The winner can be announced sooner only if one of the competitors gives up or scores ippon to the body or leg, and the opponent is unable to continue the fight. Judges have full rights to terminate the fight if they can see that it is not safe to continue.

CRITERIA FOR DECISION/SCORE

1. A contestant wins the round by scoring an **Ippon** (full point) to the body or legs.
2. Contestants **can score multiple Wazari's** during each round. Wazari's do not move to the next round.
3. **No Ippon is allowed to the head.**
4. At the end of a round, if one contestant has a score and the other has none, the one with the score wins that round. Winner is announced after all 3 rounds are completed with the one who won 2 out of 3 rounds.
5. An **Ippon** is given if an opponent is disabled or seriously affected by a legal move for **5 or more seconds**.
6. A **Wazari** is given if an opponent is affected by a technique for **less than 5 seconds**.
7. An Ippon or Wazari can be given if an opponent refuses to continue the fight when instructed.
8. A serious violation of the rules, either by improper technique or behaviour, will result in disqualification.
9. Officials can make a decision based on a contestant's power, techniques, tactics, and fighting spirit.

LEGAL TECHNIQUES

1. Punches with the closed fist to the body.
2. Round or direct elbow strikes to the body.
3. Blocking a strike with any part of the hand or arm.
4. Kicking to the opponent's thighs with your shin/instep.
5. Kicking with any part of the leg to the body.
6. Only **controlled** Jodan Mawashi Geri's (Round Kicks), Jodan Uchi Haisoku Geri's (Inverted Round Kicks) and Ushiho Kakegeri Jodan Chusoku's (Spinning Back Kick with a Ball of the Foot) are allowed to the side of the head guard.
7. Blocking your opponents' techniques with your leg/foot.
8. Un-sustained push to the opponent's body with one or both arms to create space for a follow-up technique.

PROHIBITED TECHNIQUES

1. Attacks to the opponent's head, face, or neck with the hand, fist, or any part of the arm.
2. Kicks to the groin.
3. Head-butts or thrusts.
4. Direct kicks to the knee or hip joints.
5. Grabbing any part of the opponent's body or clothing.
6. Any strikes to the spine.
7. Striking a "downed" opponent.
8. Attacking from the floor.
9. Sustained pushing or holding of an opponent's body or limbs.
10. Failing to obey the referee's instructions during the bout.
11. Any other techniques or actions that the referee deems improper or unfair.
12. Sweeps.

WARNINGS/PENALTIES

1. **Chui**: An informal warning with no penalty.
2. **Chui Ichi**: The first level of official warnings.
3. **Chui Ni**: The second level of official warnings.
4. **Genten Ichi**: A warning that should be considered when making a decision.
5. **Genten Ni**: If the opponent has no score, this counts as a wazari against them and can cancel out a score given to the same competitor.
6. **Genten San**: A serious breach resulting in disqualification. In extreme cases, it can lead to a "**Shikaku**", which disqualifies the contestant from the event.
7. A contestant will be disqualified if they are not in the fighting area within a specified time (1 minute). The bout will then be automatically awarded to the opponent.

For any penalty beyond a Chui Ichi, all officials must be involved in the decision.

TERMINOLOGY USED BY REFEREE'S AT KARATE TOURNAMENTS

Proceeding with the bout:

1. **Rei** (bow)
2. **Shomen ni rei** (bow to the officials)
3. **Shushin ni rei** (bow to the referee)
4. **Otagai ni rei** (bow to each other)
5. **Kamaete** (assume your fighting stance)
6. **Hajime** (start the bout)

During the bout:

1. **Yame** (stop)
2. **Kamaete** (assume your fighting stance)
3. **Zoko** (continue)
4. **Shiro nakai** (white sash wearer enters the area)
5. **Aka nakai** (red sash wearer enters the area)
6. **Atoshi baraku** (30 seconds remaining)

Fouls as previously described:

1. **Chui** (point to the feet)
2. **Chui-ichi** (point to the waist)
3. **Genten-ichi** (point to the chest)
4. **Genten-ni** (point to the face)
5. **Hansoku/Shikkaku** (point to the face and then off the tatami)
6. **Jogai** ((leaving the area) 3 consecutive infringements will lead to a formal penalty)

The referee will declare who has fouled, the infringement and the penalty. For instance: Aka, punching to the face, genten ichi.

EXAMPLES OF THE PROTECTIVE EQUIPMENT

