



KIDS (5-9 YEARS OLD) AND JUNIORS (10-15 YEARS OLD)  
**NOVICE TOURNAMENT RULES**

# Rules for Kids and Juniors Karate Competitions Using the Kyokushin Knockdown System

## ENTRIES

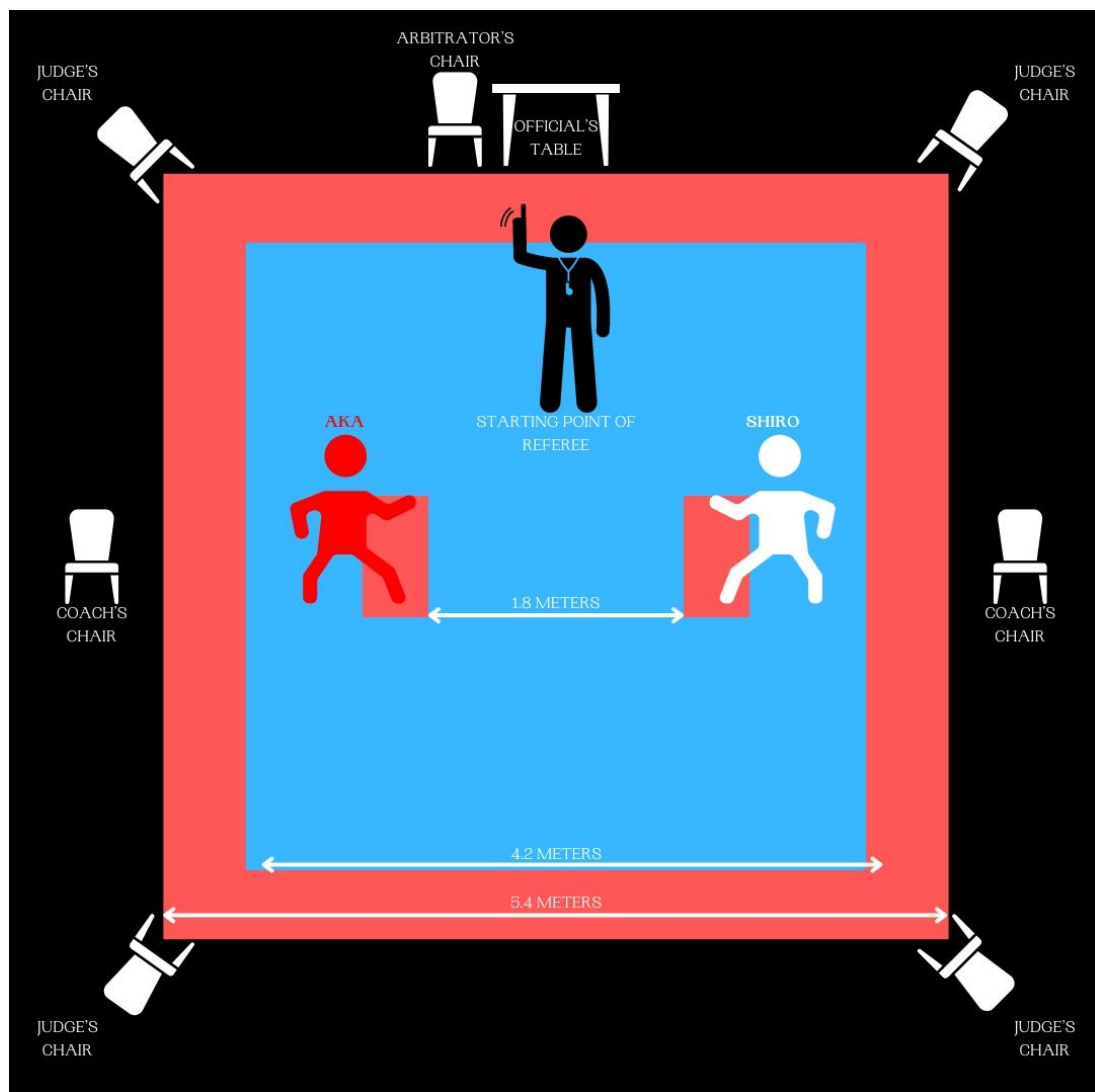
1. The following rules are for “**semi-contact**” HAITO Karate NOVICE TOURNAMENT Kids and Junior matches.
2. These rules apply to male and female competitors aged from 5 to under 16 years old.
3. **Participants must have a minimum of 3 months of martial arts experience, not higher than the 6th KYU in the Kyokushin Karate belt system and have not competed in more than 1 external tournament in the past.**
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 6th KYU and have not competed in more than 1 external tournament in the past.
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** (photos at the end of this document).
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 competitors must wear an "open-faced" head guard (provided by the organizers).
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.
15. **No jewelry is allowed, including earrings, necklaces, bracelets, rings, or any other accessories, even if they are made of soft materials.**
16. **Glasses are not allowed during the sparring round**, but participants are allowed to wear contact lenses. However, if a competitor cannot safely participate without wearing glasses and cannot use contact lenses, they will not be permitted to compete in the tournament for safety reasons.

## MATCH AREA

1. The fighting area will be a square measuring **4.2 x 4.2 meters**, with a 1.2 meters safety zone surrounding it.
2. Contestant placement, along with the positioning of the referee, judges, and arbitrator, will follow standard Kyokushin 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.



## **ADDITIONAL INFORMATION**

The officials' table will have at least two people: a timer and a registrar.

Coaches must stay seated while the bout is happening.

Sometimes, the referee might be on the opposite side of the table. If that happens, the fighters' positions will switch, with AKA (red) moving to the right.

If a 3-person team of officials is used, the setup may change.

The timing of bouts may also change, and fighters and coaches will be informed ahead of time if this happens.

Officials not currently involved must be ready in case of a conflict of interest and their assistance is needed.

## CATEGORIES

1. Categories Male/Female.
2. These will be separated into ages: 5-7, 8-9, 10-11, 12-13, 14-15 years old.
3. Each age will be subject to division into weights at the discretion of the organisers.

## DURATION OF THE MATCH

1. For **ages 5-7 and 8-9 each round lasts 1min** (60 sec) unless another duration has previously been agreed.
2. For **ages 10-11 and 12-13 each round lasts 1.5min** (90sec) unless another duration has previously been agreed.
3. For **ages 14-15 each round lasts 2min** (120sec) unless another duration has previously been agreed.
4. **All age groups compete in a main round.** If the match ends in a draw after the main round, they will fight an additional round of the same length.
5. If the second round also ends in a draw, the referee will compare the participants' weights, and the lighter competitor will be declared the winner.
6. If there is no significant weight difference (**more than 5kg**), a third round will be held. In this final round, the first competitor to score a point (Wazari or Ippon) wins the match.

## CRITERIA FOR DECISION/SCORE

1. A contestant wins by scoring an **Ippon** (full point) to the body or legs, or by earning 2 **Wazari** (half points). **No Ippon is allowed to the head.**
2. At the end of a round, if one contestant has a score and the other has none, the one with the score wins.
3. An **Ippon** is given if an opponent is disabled or seriously affected by a legal move for **5 or more seconds.**
4. A **Wazari** is given if an opponent is affected by a technique for **less than 5 seconds.**
5. An Ippon or Wazari can be given if an opponent refuses to continue the fight when instructed.
6. A serious violation of the rules, either by improper technique or behaviour, will result in disqualification.
7. Officials can make a decision based on a contestant's power, techniques, tactics, and fighting spirit.

## LEGAL TECHNIQUES

### Punches:

1. Punches with the closed fist to the body.
2. Round or direct elbow strikes to the body.

### Blocking:

3. Blocking a strike with any part of the hand or arm.
4. Blocking your opponents' techniques with your leg/foot.

### Kicks:

5. Kicking to the opponent's thighs with your shin/instep.
6. Kicking with any part of the leg to the body.
7. **Only controlled** Jodan Mawashi Geri (Round Kick), Jodan Uchi Haisoku Geri (Inverted Round Kick) and Ushiro Kakegeri Jodan Chusoku (Spinning Back Kick with a Ball of the Foot) are allowed **to the side of the head guard**.

### Pushing:

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. Direct kicks to the face (Front Kick (Mae Geri), Knee Kick (Hiza Geri), Side Kick (Yoko Geri), etc.)
4. Head-butts or thrusts.
5. Direct kicks to the knee or hip joints.
6. Grabbing any part of the opponent's body or clothing.
7. Any strikes to the spine.
8. Striking a "downed" opponent.
9. Attacking from the floor.
10. Sustained pushing or holding of an opponent's body or limbs.
11. Failing to obey the referee's instructions during the bout.
12. Any other techniques or actions that the referee deems improper or unfair.
13. Sweeps and takedowns.

## WARNINGS/PENALTIES

1. **Chui**: An informal warning with no penalty.
2. **Chui Ichi**: The first level of official warnings.
3. **Genten Ichi**: A warning that should be considered when making a decision.
4. **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.
5. **Genten San**: A serious breach resulting in disqualification. In extreme cases, it can lead to a "**Shikaku**", which disqualifies the contestant from the event.
6. 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.*



Declaration of scores:

1. **Ippon** Full-point and victory to the declared.  
*Example: Shiro, shita-tsuki, Ippon.*
2. **Waza-ari** Half-point. Award given and bout continues to the end of the round.  
*Example: Aka, gedan mawashi-geri, Wazari, Kamaete, Zoko.*
3. 2<sup>nd</sup> score within a round.  
*Example: Wazari or Ippon, Awasete (together) Ippon, Gachi.*

Decisions:

1. **No points scored:** Fighters in fudo-dachi.  
Example: Aka no score, shiro no score, hantei onegashimasu. Any fouls will also be added after no score to either fighter.
2. **Judges will indicate whether then consider the fight a draw or win to one side or the other.**
3. The Referee will then call out the flags and Sushin (himself) and declare the result based on the balance of the flags and his personal decision.  
*Such as: shiro, ichi, ni. Aka, ichi, ni, sushin, Aka kachi (winner).*
4. **Hiki waki** is awarded if there is not enough awards to either side.
5. **A winner must have 3 of the 5 votes declared.**
6. The winner will be declared visually, by the referee pointing and then raising his own arm on that side.

Closing the bout:

1. **Shomen-ni rei** (bow to the public).
2. **Shushin-ni rei** (bow to the Referee).
3. **Atagon-ni rei** (bow to each other).
4. **Akushu o suru** (shake hands).

### CHANGING OF OFFICIALS

1. **Fukushin Shugo** (calling the judges together).
2. **Maware migi** (turn to the right).

Officials then move to the right side of the mat to face the new team.

3. **Shimpan-ni rei** (bow).
4. **Hidari maware** (leave the area at the designated point bowing to the area on exit).

**ACCEPTABLE PROTECTIVE GEAR**

GLOVES



GLOVES



ELASTIC SHIN PADS



GROIN GUARD



**ADDITIONAL PROTECTIVE GEAR**

VESTS AND HELMETS WILL BE PROVIDED

HELMET



VEST (BODY ARMOUR)

