

**ARNOLD SPORTS  
FESTIVAL AUSTRALIA  
KYOKUSHIN  
MELBOURNE 2018**

**TOURNAMENT  
RULES**



## **PURPOSE**

To ensure the safety and satisfaction of all competitors entering the tournaments by maintaining strict adherence to well-publicised rules and regulations.

## **DEFINITIONS**

**No Contact-** Contact is not made by the attacking technique. Contact can be made as a defensive block only.

**Gi Contact-** Contact is made between the attacking technique and the opponents' uniform or clothing.

**Skin Contact-** Contact is made between the attacking technique to a level that penetrates the clothing but does not impact the body.

**Contact-** Contact is allowable with techniques within the rules.

**Wazari-** a half point score, indicated on the scoreboards by 1 point.

**Ippon-** a full point score indicated on the scoreboard by 2 points.

## **Division- Continuous**

### **Aim**

Adults very light contact to side of head, no contact to face. Skin contact to legs and body  
Juniors no head contact Gi contact to legs and body 3 to 5 technique combinations

### **Time**

Juniors- Under 12-1 minute

Juniors under 14 and 16 - 1 and ½ minute

Adults- 2 mins

30 seconds extension under 12 and 1 min extension for older divisions in case of draw.

Decision must be made after extension except in the final. Maximum 2 extensions

### **Judging /Refereeing**

Centre Referee controlling fight, two judges standing in opposite corners. All three officials must decide on winner at end of bout by raising their flag. Decision is made with head lowered displaying an independent decision. Referee bows competitors onto mat. Fighters bow to front (Shomen ni rei) bow to referee (Shushin ni rei), bow to each other (Otago ni rei), Fighting stance (Jukumite). At end of bout Fighters turn to face official table to await decision. Referee follows same procedure bowing out but shaking hands.

All Officials must be dressed in Black Pants; Black Shirt with Arnold Classic Logo and should be barefoot while actively involved (if in socks they should be completely black). Officials must all supply their own whistle

### **Rules**

No Groin kicks, no punches to back, no face punches, no fakes to head using hand, No knees to face, no grabbing, (hooking is accepted), Warnings are given for head punches, Excessive contact, bad sportsmanship, Aggressive behaviour. If there is a 30second delay the competitor will be disqualified.

### **Regulations**

All competitors must provide their own protective equipment.

They must have-cotton hand mitts, groin guards (males only), cotton shin and instep protectors, chest guards of the approved soft cup style are optional (females only), mouthguards.

### **Scoring**

Wazari half point awarded for any upper circular kick that is fully controlled accurate and unblocked.

No point awarded for kicks straight to face.

Two Wazari's results in instant win.

Wazari at end of bout is compulsory win.

Official warning does not alter end decision.

No points or even points the decision goes to majority of judges

2 Official warnings results in disqualification (Shikaku).

Once disqualified cannot fight in the same style for the day

## **Division- Full Contact**

### **Aim**

Controlled hard contact fighting with sportsmanlike attitude and respect

### **Time**

Juniors Under 14- 1 ½ minute round, 1 min extension (Only 1 extension except in the final, no more than 2)

Under 18- 2 minute round, 1 min extension (Only 1 extension except in the final, no more than 2)

Adult Beginners and Intermediate-2 minute round, 1 min extension (Only 1 extension except in the final, no more than 2)

Adult Open divisions- 3 minutes, 2-minute extension. (Only 1 extension except in the final, no more than 2)

### **Judging /Refereeing**

Centre Referee controlling fight, four seated judges, one at each corner. Referee bows competitors onto mat. Fighters bow to front (Shomen ni rei) bow to referee (Shushin ni rei), bow to each other (Otago ni rei), Fighting stance (Jukumite) All five officials must decide on winner at end of bout by raising their flag. At end of bout Fighters turn to face official table to await decision. Referee follows same procedure bowing out but shaking hands.

All Officials must be dressed in Black Pants, Black Shirt with Arnold Classic Logo and should be barefoot while actively involved (if in socks they should be completely black). Officials must all supply their own whistle. Referee must follow majority decisions but has discretion on whether to score a Chui (Warning) or give verbal private warning. Referee must have majority to award a point or score a Chui.

### **Rules**

No Groin kicks, no kicks direct to knee joint, no contact to the spine, no grabbing, (hooking is accepted), no face punches or fakes to face with hand. No foot stomping.

No pushing, deliberately avoiding the fight for a lengthy period, deliberately stepping off the mat. All other punches and elbow strikes to the body are legal. All other kicks to legs, body or head are legal.

### **Regulations**

All competitors must provide their own protective equipment all males must have groin guards, all females 14 years and over must wear an approved chest guard, all competitors must wear a mouthguard.

Any Shin pads must be of cotton shin and instep variety. Any Gloves must have flat striking surface, All vests and head guards will be provided.

Any strapping joint support and the like must be signed off by the Head Marshall

ADULTS OPEN –KYOKUSHIN RULES NO PADDING

INTERMEDIATE ADULTS – SHIN PADS OPTIONAL

NOVICE ADULTS- PADDED KYOKUSHIN RULES (SHINPADS AND GLOVES)

COLTS–PADDED KYOKUSHIN RULES (SHINPADS, GLOVES AND HEAD GEAR)

UNDER 16-MODIFIED KYOKUSHIN RULES –NO KICKING TECHNIQUES THAT DELIBERATELY AIM FOR THE FACE–PADDING (SHINPADS, GLOVES, AND HEAD GEAR)

ALL AGES UNDER 14-MODIFIED KYOKUSHIN RULES –NO KICKING TECHNIQUES THAT DELIBERATELY AIM FOR THE FACE–FULL PADDING (SHINPADS, GLOVES, VESTS AND HEAD GEAR)-

### **Scoring**

Wazari awarded when competitor stops during the bout or fight is stopped by the referee for competitors' safety. Ippon is awarded when competitor fails to be ready to begin again in less than three seconds, or is awarded by the referee on the second Wazari. Any fighter deemed to be crying will have points scored against them up to and including Ippon.

Where there is no score altering final decision, judges decide on the winner. Majority judges must agree for decision. At the end of time when one competitor has a wazari they win. Chui Ichi does not alter the score.

Gentan Ichi gives opponent the win unless a wazari has been scored.

In the case when one side has three warnings and a wazari it goes to the judges' decision.

# Division-KATA

## Aim

Faultless execution of techniques through the performance of established choreographed routines

## Time

Each competitor performs one Kata in their own time. Where there is greater than 7 competitors, entries are divided into 2 blocks. The top two of each block goes through to the next round. When there is greater than 14 it is divided into 4 blocks, where there is greater than 28 they are divided into 8 blocks, so there is never more than 7 in a block.

## Judging /Refereeing

Centre Referee controlling ring seated between two other judges in the front of the matted area. Referee bows competitor onto mat. Competitor says the name of their Kata and the referee the proceeds with starting the Kata.

Officials must be dressed in Black Pants, Black Shirt with Arnold Classic Logo and should be barefoot while actively involved (if in socks they should be completely black). Officials must all supply their own whistle

## Rules

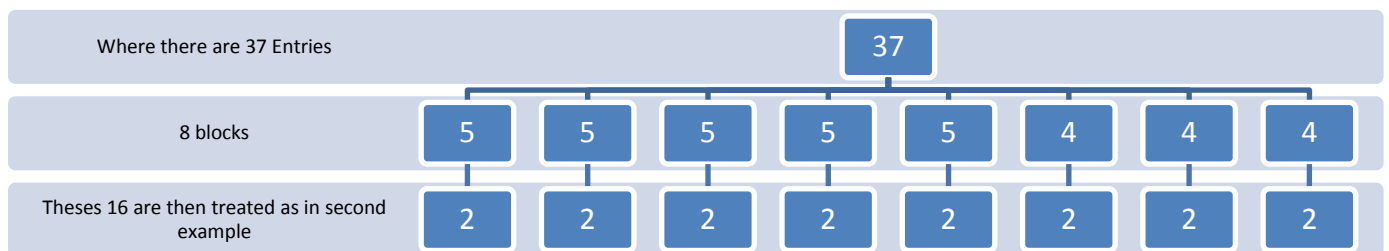
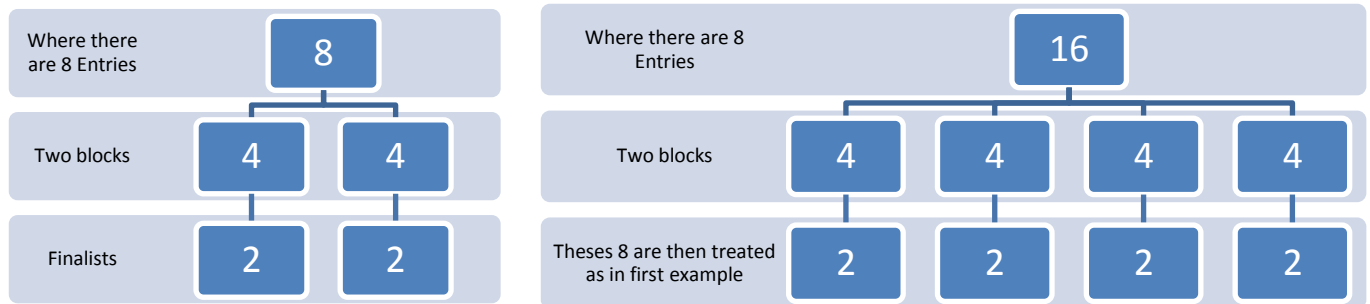
In the case of a draw both competitors perform a Kata again. It can be the same Kata or another. Each Competitor can perform the same Kata or an alternative Kata each round.

## Regulations

Competitors can perform any established Kyokushin Kata.

## Scoring

Kata performances are scored between 1 and 10 to 1 decimal point. Combination of all 3 judges' scores gives the total score for the Kata



## **Division-Grand Champion**

The Grand Champion division sees the Light Weight Champion fight the Middle Weight Champion.

The Heavy Weight Champion then fights the Super Heavy Weight Champion.

The winner of the first bout then fights the winner of the second bout. The winner is then crowned the Grand Champion

This is true for both the Male and Female Open Rank Full Contact Divisions.

All Full Contact Rules apply however there is no limit to the number of extensions the judges need to see a clear winner.

The decision is not based in any way on the weight of the competitors.