



2018 International Seido Karate Tournament

Contact Kumite Competition Rules

Format

- Open to competitors aged 16 and over only, from green belt to 5th dan.
- There are separate divisions for male and female, and weight divisions in green belt, brown belt, and black belt divisions. At black belt there are no dan grade divisions. There is a Masters division for entrants aged 45 or over who are 3rd dan and above.
- The Tournament Director reserves the right to split or merge divisions depending on the number of participants.

Weight divisions

Contact and points	Men	Women
Lightweight	70.0 kg or under	62.0 kg or under
Middleweight	Over 70.0 to 80.0 kg	Over 62.0 to 73.0 kg
Heavyweight	Over 80.0 to 90.0 kg	Over 73.0 kg
Super Heavyweight	Over 90.0 kg	Not Applicable

The Tournament Director reserves the right to combine and split divisions depending on the number of registered participants.

Equipment

Protective equipment – points and contact

- Compulsory for all competitors:
 - Headgear – mandatory for all competitors. Must cover the back of the head.
 - Gloves – must be a minimum of 13 mm thick and cover the entire hand. Pad or MMA gloves are not allowed. Taping or wrapping is not permitted.
 - Mouth guard
 - Groin guard for men
 - Chest protectors for women
 - Shin pads
 - Foot protectors – must be a minimum of 10 mm thick and cover the entire foot including heel.
- If the competitor requires prescription glasses these must be approved sports glasses.
- The head judge for the match will be the final arbiter on a competitor's protective gear.

Techniques and contact

Permitted techniques and target areas

- Kicks – mae geri, mawashi geri, kake geri, yoko geri, ushiro geri, ushiro mawashi geri, uchi mawashi geri, soto mawashi geri, kakato otoshi geri, hiza geri to body only.
- Hand techniques – punch only
- Grabbing – permitted for 2 seconds only and has to involve at least one legal technique
- Sweep – but only if followed by a legal technique delivered within one second of opponent landing on the floor.
- Target areas – body midsection and sides – above belt, below neck. Kicks to the head are permitted.

Techniques and target areas not permitted

- Hands – nukite, tettsui, haito, uraken, shuto
- Miscellaneous – elbows, spinning back fist, grabbing for more than 2 seconds, ground fighting
- Target areas not permitted – neck, contact to face, below waist, back, kidneys, punching past head or face. No punches to the head.

Level of contact

- The head judge in each ring will have regard to the age and experience of competitors in controlling the level of contact.
- Kyu grade divisions – no contact to the face, neck, or groin is allowed. Contact is allowed to the head and other permitted target areas.
- Black belt divisions – no contact permitted to the face, neck or groin area. Contact is allowed to the head and other permitted target areas.

Match process

Format

1. Two contestants spar against each other.
 - a. Each match will consist of one 3-minute continuous round.
 - b. At the end of the first round, the head referee will say “Judges – Call” and judges may indicate for white, red, or draw.
 - c. In heat rounds, in the event of a draw there will be one 1-minute extension. At the end of the extension round, all judges including the head judge must vote for red or white. In the finals, the extension round will be 2 minutes and all judges must vote red or white.
2. If there are only 3 contestants in a division there will be a round robin. In the case of each contestant winning one match the winner will be determined by the highest flag count in total.
3. There will be a play off for third in all other cases.
4. **The judging panel** – there will be 1 head judge and 4 judges for each match. Each ring will also have a manager, marshal, scorekeeper and timekeeper.

Procedure

1. The marshal will call the two contestants, first red, then white, to the ring perimeter facing the head judge. Following a bow to the referee and each other, contestants face each other and move to fighting stance. The head judge calls out BEGIN.
2. The head judge may pause the bout to intervene at any time by announcing STOP. The contestants will return to their original positions. For short interventions time will continue.
3. The head judge may stop the clock for medical, injury, or disqualification reasons. They may restart the clock or discontinue the bout after considering judges' and medical advice as needed.
4. When 3 minutes is up, the time-keeper will signal the head judge to call STOP. Contestants return to their original positions.
5. The head judge will call out "Eyes down" and then "Judges call". Judges and the head judge then hold up the appropriate flag for white, red, or draw (2 flags crossed).
6. The competitors will bow to the head judge, then to each other and leave the ring.
7. In the event of a draw there will be an extension round of 1 minute (heats) or 2 minutes (finals). At the end of any extension round, all judges must vote for red or white. There can be no further draw.
8. The winner from each bout will approach the ring manager to identify themselves and ensure their win is recorded for subsequent draws.

Scoring criteria

Judges will consider:

- Good form and technique – clean application, power, speed and control
- Sporting and courteous attitude
- Good follow up
- Domination of territory and control of space

Warnings and disqualifications

- Warnings will be issued for, but not be limited to, the following: running out of the ring, turning one's back to avoid fighting, falling to avoid fighting, using illegal techniques, striking illegal target areas.
- Competitors will be disqualified for a second warning. The second warning may be for a different type of infraction than the first warning.
- Competitors will incur warnings for:
 - Techniques with excessive contact, having regard to the scoring area attacked.
 - Dangerous throwing or sweeping techniques.
 - Stepping out of the competition area (whether caused by the opponent or not).
 - Failing to take adequate measures for self-protection.
 - Purposely avoiding engagement with opponent.
 - Clinching, wrestling, pushing, or grabbing. Grabbing is permitted for 2 seconds but must involve at least 1 legal technique.
 - Breach of etiquette, failing to obey the referee's orders, or discourteous behaviour.

Injuries and accidents

1. Forfeiture of a match occurs when a contestant or contestants fail to present themselves when called, are unable to continue, abandon the bout, or are withdrawn on the order of the Referee. The grounds for abandonment may include injury not resulting from the opponent's actions.
2. If a contestant is injured during a match, the head judge will stop the match and call for medical treatment (diagnosis and injury treatment only). The head judge will confer with the judges to determine whether the injury was caused by a legal or illegal technique.
3. Any competitor who is knocked down or incapacitated by a legal technique and does not fully regain their feet within 5 seconds of the time of the legal technique, or is otherwise considered unfit to continue fighting, will be automatically withdrawn from the match for medical attention. The match will be awarded to the other contestant.
4. Any competitor knocked down or incapacitated by an illegal technique has 3 minutes from the time of the illegal technique to recover. If the competitor is unable to recover within the time allowed, the head referee will disqualify the competitor who performed the illegal technique.
5. The medical team will determine whether the remaining competitor is able to continue the competition.
6. Head injuries - no participant who is judged to have a head injury will be allowed to resume competition. Indications of injury include:
 - a. any period of unconsciousness.
 - b. confusion.
 - c. lack of balance.
7. An injured competitor is not allowed to continue competing without medical clearance. If the same competitor is injured during their next match due to an illegal technique, they will be declared the winner of the match, but will not be able to continue in the competition.