



2018 International Seido Karate Tournament

Points Kumite Competition Rules

Format

- Open to competitors from green belt (4th kyu) to Kyoshi (5th Dan), aged 8 and over at the time of competition.
- There are separate divisions for male and female. The primary divisions are green, brown, and black belt. At black belt there are no dan grade divisions.
- In the adult division, there may be weight divisions also, depending on the number of participants
- The youth division is for competitors aged 8 to 15 inclusive at the time of competition. Entrants aged 16 and over will compete in the adult division.
- 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	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.
- Hand techniques – Tsuki, backfist (but not spinning), haito
- 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 permitted. Punches to the face area permitted but absolutely no contact. Light hand contact to the head permitted at black belt.

Techniques and target areas not permitted

- Kicks – hiza geri
- Hands – nukite, tettsui
- Miscellaneous – elbows, spinning back fist, grabbing, ground fighting.
- Target areas not permitted – neck, contact to face, below waist, back, kidneys, punching past head or face.

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.
- Aged 8 to 15 inclusive – No contact to the face or head is allowed. Light to medium contact allowed to other permitted target areas.
- Aged 16 and older – No contact permitted to the face, neck or groin area. Light controlled contact to the head is allowed for kicks. Light to medium contact allowed to other permitted target areas. No punch contact to the face but light hand contact to the head is allowed at black belt..
- Excessive head contact, as determined by the head judge in the ring, may result in a warning or disqualification.

Match process

Format

1. Two contestants spar against each other.
2. Each match will consist of one 2-minute round. Rounds are 3 minutes in the finals.
 - a. If one competitor reaches a lead of 8 points, the head judge may stop the match at that point and declare the winner.
 - b. The timekeeper will call “time” when 2 minutes have elapsed. The head judge will call for the points total from the scorekeeper and announce the winner.
 - c. If the score is tied at end of the round, a sudden death extension round will occur. The competitor to score the first point is the winner.
3. 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.
4. There will be a play off for third in all other cases.
5. **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 head judge and to each other, the competitors will face each other and move to fighting position.
2. The referee will call out BEGIN. Competitors will spar until the head judge decides that a point may have been scored and calls out to STOP.
3. Competitors return to their line and the head judge calls out "Judges score". Each judge will present either the RED or WHITE flag for their decision. The head judge will not initially make a decision. If there is a tied decision or the head judge believes strongly that a point has been scored, they can use a casting vote.
4. A point can only be recorded if at least 3 of 5 of the judging panel agree with the decision.
5. If a judge believes a warning or disqualification is warranted, they will wave the appropriate flag in a circular motion. The head judge will stop the clock and confer with all judges to agree on whether a warning (or disqualification) is warranted.
6. In the event a point has been determined the head judge will announce the point and assign it to either the red or white competitor. The scorekeeper will record the point.
7. The timekeeper will call "time" when 2 minutes have elapsed. The referee will call for the point total from the scorekeeper and announce the winner.
8. If the score is tied at end of the round, a sudden death extension round will occur. The competitor to score the first point is the winner.
9. The competitors will bow to the judge, then to each other and leave the ring.
10. The winner from each bout will approach the ring manager to identify themselves and ensure their win is recorded for subsequent draws.

Scoring criteria

- One point is awarded for a technique to a scoring area demonstrating: good form, sporting attitude, vigorous application (speed, power, and strength of controlled technique), awareness, timing, correct distance, and balance.
- The distance for scoring to a legal no contact area is within 4 cm of the target, displaying the ability to make contact if required. Overextended punches or poor form will not score.
- Head techniques must be targeted at the helmet or a safe distance from the front of the face.
- Scoring punches must be retracted.
- Kicks that go over the head will not score.

Warnings and disqualifications

- Competitors will incur warnings for the following (but are not limited to):
 - Techniques to areas not permitted
 - Techniques with excessive contact
 - 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
 - Breach of etiquette, failing to obey the referee's orders, or discourteous behaviour
- The head judge may disqualify a competitor without warning in the event of a serious or deliberate infraction, e.g. a deliberate punch to the throat.

- In the event of an accidental or low-grade infraction, the head judge may caution a competitor without issuing a formal warning.
- A competitor will be disqualified on the second official warning. The second warning may be for a different type of infraction than the first.
- Any competitor disqualified forfeits their place in the competition.

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 referee will stop the match and call for medical treatment (diagnosis and injury treatment only). The Referee 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, including excessive contact to the head, 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.