



Rules

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Rules for Semi-contact

Fight duration

The fight time is 2 minutes with a possible 2-minute extension.

How to find the winner?

The match is fought until a full point is scored. So, either 1 IPPON, 2 WAZA-ARI, 4 YUKO, or 1 WAZA-ARI + 2 YUKO.

If there is no winner within the initial 2 minutes, a judge's decision (HANTEI) will take place. If there is still no winner, the match will be extended by 2 minutes. After that, a winner must be determined by judge's decision.

Warnings and penalties

Are given for:

- Strikes to the head/neck/throat.
- Knee strikes to the head.
- Frontal kicks to the head.
- Kicks that are harder than "light contact" to the head.
- Attacks to the spine, joints, and foot.
- Attacks to the groin.
- Attacks to the legs.
- Headbutts.
- Dangerous and uncontrolled throws above hip level.
- Holding with one hand on each side of the opponent's body.
- Catching a kick with both hands.
- Pushing or grabbing without immediately attempting a scoring technique.
- Attacks that make contact with a grounded opponent.
- If both of a fighter's feet are outside the competition area (JOGAI).
- If a fighter behaves unsportingly and disrespectfully.
- If a coach behaves unsportingly and disrespectfully.

Warnings are typically issued in the following sequence, but for serious rule violations, a higher warning/penalty may be given directly:

- CHUI ICHI - Results in 0 points for the opponent.
- CHUI NI - Results in YUKO for the opponent.
- CHUI SAN - Results in WAZA ARI for the opponent.
- CHUI YON - Results in disqualification.

The same warning cannot be issued multiple times to the same fighter in the same match.

Allowed techniques

Kicks:

- Head, except for the face - ONLY LIGHT CONTACT AND NO FRONTAL KICKS
- Torso, except for the spine
- Arms, except for the joints

Strikes:

- Torso, except for the spine
- Arms, except for the joints

Holding / Takedowns:

- When grabbing, it must not last more than 3 seconds and MUST be followed by an attempt at a scoring technique.
- When grabbing, only one kick to the head is allowed, but as many strikes to the body as desired.
- One may only grab the head/neck with one hand, and when doing so, only one attack is allowed - regardless of type.
- Throws must be controlled and with the axis of rotation below hip level.
- If a throw is made with both hands, both hands must be on the same side of the opponent's body.
- There must be no contact with the opponent's face when performing a throw.
- Sweeps are permitted with the underside of the foot on the lower 1/3 of the shin.

Points**IPPON (1 point):**

To earn IPPON directly, the opponent must be incapacitated for more than 5 seconds after a legal technique is applied.

***Does not apply to kicks to the head.**

WAZA-ARI (½ point):

It is awarded for kicks to the head with light contact.

It is also given when the opponent is shaken but ready to continue fighting within 5 seconds or if the opponent has been thrown and finished with a technique.

***A finishing technique on a thrown opponent must target an unprotected part of the torso and MUST NOT have contact (2-5 cm distance). Additionally, there must be HIKITE and good balance for the technique to score points.**

YUKO (¼ point):

Given for a takedown/throw without a finishing technique.

***Cannot be given if both opponents end up on the ground.**

Rules for Moderated contact

Fight duration

The fight time is 2 minutes with a possible 2-minute extension.

How to find the winner?

The match is fought until a full point is scored. So, either 1 IPPON, 2 WAZA-ARI, 4 YUKO, or 1 WAZA-ARI + 2 YUKO.

If there is no winner within the initial 2 minutes, a judge's decision (HANTEI) will take place. If there is still no winner, the match will be extended by 2 minutes. After that, a winner must be determined by judge's decision.

Warnings and penalties

Are given for:

- Strikes to the head/neck/throat.
- Knee strikes to the head.
- Frontal kicks to the head.
- Kicks that are harder than "light contact" to the head.
- Attacks to the spine, joints, and foot.
- Attacks to the groin.
- Headbutts.
- Dangerous and uncontrolled throws above hip level.
- Holding with one hand on each side of the opponent's body.
- Catching a kick with both hands.
- Pushing or grabbing without immediately attempting a scoring technique.
- Attacks that make contact with a grounded opponent.
- If both of a fighter's feet are outside the competition area (JOGAI).
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- CHUI SAN - Results in WAZA ARI for the opponent.
- CHUI YON - Results in disqualification.

The same warning cannot be issued multiple times to the same fighter in the same match.

Allowed techniques

Kicks:

- Head, except for the face - ONLY LIGHT CONTACT AND NO FRONTAL KICKS
- Torso, except for the spine
- Arms, except for the joints
- Legs, except for the joints

Strikes:

- Torso, except for the spine
- Arms, except for the joints
- Legs, except for the joints

Holding / Takedowns:

- When grabbing, it must not last more than 3 seconds and MUST be followed by an attempt at a scoring technique.
- When grabbing, only one kick to the head is allowed, but as many strikes to the body as desired.
- One may only grab the head/neck with one hand, and when doing so, only one attack is allowed - regardless of type.
- Throws must be controlled and with the axis of rotation below hip level.
- If a throw is made with both hands, both hands must be on the same side of the opponent's body.
- There must be no contact with the opponent's face when performing a throw.
- Sweeps are permitted with the underside of the foot on the lower 1/3 of the shin.

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YUKO (¼ point):

Given for a takedown/throw without a finishing technique.

***Cannot be given if both opponents end up on the ground.**

Rules for knock down

Fight duration

Preliminary matches

Men: 3 minutes + possible 2-minute extension.

Women: 2 minutes + possible 2-minute extension.

Semi-finals and finals

Men: 3 minutes + possible 2 x 2-minute extension.

Women: 2 minutes + possible 2 x 2-minute extension.

***There is a judge decision (HANTEI) after each round.**

How to find the winner?

The match is fought until a full point is scored. So, either 1 IPPON, 2 WAZA-ARI, 4 YUKO, or 1 WAZA-ARI + 2 YUKO. The match can also be decided by a judge decision (HANTEI) if there is no point difference.

Warnings and penalties

Are given for:

- Strikes to the head/neck/throat.
- Attacks to the spine, joints, and foot.
- Attacks to the groin.
- Headbutts.
- Dangerous and uncontrolled throws above hip level.
- Holding with one hand on each side of the opponent's body.
- Catching a kick with both hands.
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Allowed techniques

Kicks:

- Head, except for the back of the head
- Torso, except for the spine
- Arms, except for the joints
- Legs, except for the joints

Strikes:

- Torso, except for the spine
- Arms, except for the joints
- Legs, except for the joints

Holding / Takedowns:

- When grabbing, it must not last more than 3 seconds and MUST be followed by an attempt at a scoring technique.
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- One may only grab the back of the head/neck with one hand, and when doing so, only one attack is allowed - regardless of type.
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