



Rules

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Rules for Moderated contact

Fight duration

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

***Scores and penalties are reset to zero at the start of each extension.**

How to find the winner?

The match ends immediately when a fighter reaches 4 points (IPPON), achieved by:

1 IPPON / 2 WAZA-ARI / 4 YUKO / 1 WAZA-ARI + 2 YUKO

If neither fighter reaches 4 points within the initial 2 minutes, the fighter with the higher score wins.

If the score is tied, a HANTEI (judge's decision) is held. If HANTEI does not determine a winner, the match is extended by 2 minutes. If the score is still tied after the extension, the winner must be decided by HANTEI.

Warnings and penalties

Are given for:

- Punches 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 a fighter intentionally avoids combat.
- 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 - No points awarded to the opponent.
- CHUI NI - Results in 1 point for the opponent.
- CHUI SAN - Results in 1 more point for the opponent.
- CHUI YON - Results in disqualification.

Repeated violations result in escalation to the next CHUI level.

Allowed techniques

Kicks:

- Head, except for the face - NO FRONTAL KICKS AND NO EXCESSIVE FORCE
- Torso, except for the spine
- Arms, except for the joints
- Legs, except for the joints

Punches:

- 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.

Points

IPPON (4 points):

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 (2 points):

It is awarded for kicks to the head that make clear contact with the target. Excessive force will result in a penalty.

It is also awarded when a legal technique leaves the opponent unable to continue immediately but able to resume fighting within 5 seconds, or when the opponent is thrown and immediately followed up with a finishing 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 (1 point):

Given for a takedown/throw without a finishing technique.

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

Criteria for HANTEI (judge's decision)

If at the end of a round the score is equal, the winner shall be found by vote of the 5 judges based on the following criteria:

Damage > Clear hits > Number of attacks > Fighting spirit (moving forward, attacking first)

Judges may vote AKA, SHIRO, or HIKIWAKE, except in the final extension, where only AKA or SHIRO may be chosen.

Rules for knock down

Fight duration

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

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

***Scores and penalties are reset to zero at the start of each extension.**

How to find the winner?

The match ends immediately when a fighter reaches 4 points (IPPON), achieved by:

1 IPPON / 2 WAZA-ARI / 4 YUKO / 1 WAZA-ARI + 2 YUKO

If neither fighter reaches 4 points within the initial fighting time, the fighter with the higher score wins.

If the score is tied, a HANTEI (judge's decision) is held. If HANTEI does not determine a winner, the match is extended.

If the score is still tied after 2 extensions, the winner must be decided by HANTEI.

Warnings and penalties

Are given for:

- Punches 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.
- Pushing or grabbing without immediately attempting a scoring technique.
- Attacks that make contact with a grounded opponent.
- If a fighter intentionally avoids combat.
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- CHUI ICHI - No point awarded to the opponent.
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- CHUI SAN - Results in 1 more point for the opponent.
- CHUI YON - Results in disqualification.

Repeated violations result in escalation to the next CHUI level.

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

Punches:

- 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 back of 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.
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Points

IPPON (4 points):

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WAZA-ARI (2 points):

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***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 (1 point):

Given for a takedown/throw without a finishing technique.

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Criteria for HANTEI (judge's decision)

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