

SKANDINAVIAN SOKYOKUSHIN OPEN

5th OCT IN SWEDEN 2013

国際空手道連盟 極真会館
スウェーデン世界総極真

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The following rules and regulations apply for both men's and women's tournaments.

Senior rules and regulations

Entry

The SKU organising committee reserves the right to refuse entry and/or participation to anyone not following the rules and regulations set forth herewith. All competitors must wear a neat, complete karate gi and when competing one competitor will wear his/hers own respective belt plus an extra red belt or string. The other competitor will only wear his/hers own belt.

Finger and toe nails must be cut short, no protective clothing, bandages or guards must be worn other than a genital guard for men under the gi. Women must also wear breast protector (cups only!) under a white T-shirt and white shin protectors and a genital guard. Teeth protectors are optional. All protectors must be approved by the head referee.

It is not allowed to fight with glasses; the use of contact lenses are optional.

In case of injury to a competitor, the wearing of bandages or other protective materials is at the absolute discretion of the tournament doctor and the head referee, whose decision shall be final and binding upon the competitor. In principle no support, bandages or tape shall be worn in the first round and thereafter at the discretion of the doctor.

The said equipment may not contain any metal or hard shell plastic or enhancement and will be verified prior to each match. Competitors must provide their own personal equipment.

The competitors must be "on deck" 1 minute prior to their impending match and is solely responsible for arriving to the tatami on time when name is called. If competitors fail to appear after two announcements, they will forfeit their right to compete.

The minimum age for competitors must be 18 years on or before the day of competition. Members in Sweden kyokushin union must have minimum 4kyu The maximum age will be left to the discretion of the tournament doctor. If members of other associations and styles wish to compete in the Kyokushin Open Tournaments, required minimum of two years of training .

The duration of possible elimination rounds and normal rounds will be 2 minutes with a maximum of 2 times an extension of 2 minutes in which a decision has to be made. The duration of the final bout will be 2 minutes with a maximum of 2 times an extension of 2 minutes. If there is still no decision, there will be a decision made by the difference in weight. If the weight difference is less than 5 kilograms (LW and MW) or 10 kilograms (HW) the amount of boards broken point out the winner. If there is still no decision (number of boards broken is equal), there will be a last extension of 2 minutes.

In normal cases the Tournament uses the elimination system. The Tournament organising committee is reserves the right to make a poule system per weight category if insufficient numbers enter into the different weight categories.

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Courtesy

Kyokushin karate is a martial art that requires cooperation and courtesy from all participants (competitors as well as coaches). Make Kyokushin a fun sport by praising your opponents' good techniques by not:

- conducting loud post-mortems after points;
- embarrassing a weak opponent by being overly gracious or condescending.
- losing your temper, using vile language, throwing your mouth guard,
- or leaving the tatami in anger.

Scoring

With the exception of techniques which are fouls and not allowed by the contest rules, any technique that connects and instantaneously downs the opponent for longer than 3 seconds, scores a full point. (Counting one thousand and one, one thousand and two, etc.).

When a contestant informs the referee or judges that he is beaten as the result of techniques allowed within the contest rules, his opponent shall be awarded a full point (IPPON) and the match. The disqualification of a contestant will automatically give the other contestant the win.

Where a contestant is knocked down by a technique allowed within the contest rules and regains a standing position within 3 seconds, a half point will (WAZA-ARI) be awarded to his opponent. The (downed) opponent will be allowed to continue with the contest, only if in opinion of the referee and the doctor he is able to do so. This will be after consultation with the doctor, who can, on medical grounds stop the continuation of the match.

When an opponent is downed with any allowed technique including foot sweeps which are followed up by a well focused non-contact technique to the body, waza ari is awarded.

One WAZA-ARI

IPPON-GACHI
IPPON (two waza-ari)

CHUI ICHI CHUI NI CHUI SAN
(GENTEN NI)
1st Warning 2nd Warning 3rd Warning
(GENTEN ICHI)

CHUI YON
4th Warning
(HANSOKU-MAKE)

For men's tournaments, in the case of their weights being equal the contestant who has broken the greater amount of boards will be declared the winner. If the weight and boards are equal, they must fight one more round (of 2 minutes duration) and a decision must be made (ENCHOSEN). For women at the moment there is no tameshiwari test.

When no definite ippon or waza-ari has been scored, the judges may award a win by decision on the basis of superior techniques, technical skill and fighting spirit. If one of the contestants has a GENTEN this can be considered as a handicap.

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In case of no damage seen in the both competitors, the first priority to judging shall be given to the number of punches and the number of kicks.

In case there is no difference in numbers of punches and kicks between the two competitors, the one who shows more fighting spirit will win the bout (in case of a final round where a winner has to be decided).

Hindrance issues

- *a competitor shall not talk to the referee of opponent while in a match;*
- *when a competitor deliberately injures an opponent (with an illegal technique) and affects the opponent's ability to proceed, then the opponent wins the match by default. Hitting the opponent with an illegal technique or throwing a mouth guard in anger is considered a deliberate act.*
- *stalling. The following actions constitute stalling:
warming up longer than the allotted time;
contestants who arrive late (the maximum time is 1 minute) for bouts or who fail to appear at all.
Contestants who refuse to engage in kumite during a match after 3 calls by the referee.*

Physical disability arising during the tournament shall allow a contestant to withdraw after examination and verification of the injury, and agreement between the Tournament Doctor and the Tournament Referee. This decision is final and must be documented in the passport.

When to contact an official

Withdrawing from a match or tournament. A competitor shall not enter a tournament and then withdraw when the karateka discovers that tough opponents have also entered. A karateka may withdraw from a match or tournament only because of injury, illness, or personal emergency. A competitor who cannot play a match shall notify the referee at once by means of his coach.

Allowed techniques:

- *all punches to the body*
- *all kicks to the head, body and legs*

Forbidden techniques:

- *all punches and blows to head, neck and back*
- *all kicks to any part of the knee, crotch and back*
- *punching or kicking the adversary while laying on the floor*
- *Failing to obey the referee's instructions during the bout, or making comments to the referee*
- *leaving the tatami on different occasions during the fight*
- *producing indecent, disrespectful and aggressive behaviour*
- *grabbing and pulling*
- *Any other techniques or practice that the referee of the contest shall decide is improper or unfair*

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Tameshiwari

Before the start of the tournament all senior male competitors will take part in tameshiwari

The materials used for the breaking test shall be boards of pine. The tournament Head Referee shall check whether the materials correspond to the standards set by the Sku Tournament Rules and Regulations.

Points are awarded on the basis of the number of boards broken.

The winner of the tameshiwari competition need not be the same as the tournament winner, but shall be the person completing all four required breaking tests who has gained the highest number of points.

Each contestant must break a minimum of 2 boards in all categories with each of 3 different techniques:

- 1. SEIKEN (Fore fist)*
- 2. SHUTO (Knife hand)*
- 3. HIJI (Elbow)*

A contestant may attempt to break the minimum requirement or in excess of this minimum up to any number in the first attempt.

If he fails to break any the boards, he shall have one more attempt at the minimum requirement. If after this second strike the contestant fails to break his minimum requirement he will then be given 0 points.

Only support apparatus supplied by the tournament organizers, will be used, i.e. stands or blocks.

Contestants are not allowed to touch or move the boards or the supporting blocks. This can only be done by one of the tameshiwari officials.

Towels or other materials may be placed on the top of boards to be used as protection, subject to the permission of the tournament Head Referee.

The time allowed to complete each break in the tameshiwari event is 1 minute, all contestants will be warned 30 seconds before the expiration of the time limit. Overtime is considered a failure to break the boards. In the case of successfully break the contestants sit down in Seiza. In the case of failure to break the contestants keep standing. No way, a contestant can refuse to break. If he refuses, he must be disqualified.