



# BERGEN KARATE KLUBB

HATLEVEIEN 3 - 5038 BERGEN

Org. nr. 883 804 082 Stiftet 1. september 1969

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1

## Summary of the Norwegian full contact rules

### MATCH AREA:

- Tatami area shall be a minimum of 8 x 8 meters, maximum 10 x 10 meters.
- Around fight area there shall be a 1 meter safety zone.
- If the tatami is built up on a podium, the safety zone will be a minimum of 2 meters on all sides. Recommended height of the podium is 60 cm. Competitors must be able to walk up / down the stairs.
- The entire tatami area as well as the safety zone, shall be covered by combat mats.

### REQUIREMENTS FOR PARTICIPANTS:

- Competitor must meet the requirements for fight participation organized by NKF.
- Performers shall not be under 18 or over 34 years. It may on the basis of an application grant individual exemption for athletes over 34 years.
- Competitor must have a minimum of 4th kyu in Kyokushin karate or have minimum 2 years' experience in other martial arts.
- Competitors must have membership pass which is controlled before the tournament.
- All competitors must undergo medical consultation of Official Doctor for validation before fights starts.
- Competitors must submit a medical certificate / medical report to Official Doctor.
- The medical certificate must be issued by a physician, under one year old and based on the following:
  - A full clinical examination
  - A neurological examination
  - Information about previous injuries and illness of importance for participation in organized fight activity allowing knockout.

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2

- Before a competitor who has been quarantined as a result of blows to the head can again participate in fight, the competitor must be checked by a doctor / physician for the issuance of new health certificate. It should be considered whether it is necessary referral to a specialist in neurology and / or CT scan of the head.
- Health certificate / medical certificate and results of investigations linked to participation in tournament shall be entered in the approved member pass.
- Provisions concerning health certificate and member pass also apply to foreign performers.
- All nails should be cut short.
- Dogi must be whole and clean.
- It is not allowed to have the sleeves rolled up.
- Competitor will be wearing his own belt.
- Aka should have a red ribbon attached behind the belt.
- Shiro will have a white ribbon attached behind the belt.
- It is not allowed to use glasses during the fight.

### PROTECTIVES

- Groin protection is mandatory for men.
- Chest protectors are mandatory for women. These should only cover the breasts.
- Tooth protectors are mandatory.
- No other protection is permitted.
- All bandage, tape, etc. shall be approved by the Official Doctor.
- If the competitor gets obvious advantage of tape etc., the head referee can refuse further participation.
- Bandage, tape, etc. are not allowed in the first fight.

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[www.kyokushin.no](http://www.kyokushin.no)

3

### WEIGHT CLASSES

Men:

- Lightweight -70 kg
- Middle Weight 70-80 kg
- Light Heavyweight, 80-90 kg
- Heavyweight, 90 kg

Ladies:

- Lightweight -60 kg
- Middle Weight 60-70 kg
- Heavyweight +70 kg

### ROUNDS

- A fight can have a maximum of seven minutes duration distributed up 3 rounds.
- There shall be a minimum of one minute break between each round and at least one hour break between each fight.
- A competitor can maximally three fights of 3 rounds per assembly day, alternatively until 7 fights à 1 round. Total fight time shall not exceed 21 minutes effective time per day.
- First round will have a fight time of up to 3 minutes.
- If after full time of the first round, the judges did not come to any decision, a new round (sai-shia) is initiated, that lasts for up to 2 minutes.
- If there is a tie after the second round (sai-shia), the lightest is the winner if it is three kilograms or more in weight difference.
- If they still stand equally, we will have a final round (Encho-sen) of up to 2 minutes. At full time judges shall designate a winner.
- Fight duration is from referee gives the signal to start the fight with the order "Kamaete - Hajime "until he stops the fight at full time with the order" Yame ". Time is running continuously and clock stopped only on command from referee and at the final whistle.

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4

### PROHIBITED ACTS AND TECHNIQUES

- The following actions may qualify for warning and / or disqualification:
- All attacks on opponent's head, face and neck with open or tied fist or with some other part of the arm.
- Kick to the groin (Kinteki-geri).
- To skull (Zu-Tsuki).
- Kicks to knee joints.
- Performing techniques while opponent held.
- Grapple (Tsukami) or keep holding the Dogi.
- All attacks against the spine.
- Do mawashi kaiten geri.
- Punch or kick against opponent who is already down. Exceptions are the following technique after sweeping, where contact is not allowed.
- Perform attacks from the floor after being "taken down" by the opponent (not to be confused with a fighter defends himself).
- Not obeying referee orders during the fight.
- Pushing opponent (Oshi).
- Repeated retreat in and out of tatami area (Jogai) or unnecessary movements to make the time to go (Kakenige).
- All other techniques or behaviors that violate karate basic ethical guidelines.

### WARNINGS

- There must always be a majority of the judges for the award of warnings.
- Although a majority of the corner judges marks for illegal technique or unlawful act, it is the referee who controls when warning will be awarded.
- Normal level rise is one level up pr. warning. Should this be waived, it must be a majority of the judges to go higher.

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5

- Sequence warnings:
- Chui (1 warning, being approached).
- Genten-ichi (2nd warning, penalty).
- Genten-nine (3rd warning, penalty).
- Genten-san = shikkaku (4th warning, disqualification).

### CRITERIA FOR ALLOCATION OF POINTS

- There must always be a majority decision when awarding points, minimum 3 judges.
- One point (ippon) awarded opponent:
- If a competitor is clearly shaken as a result of a legal performed technique, for a duration of more than 3 seconds.
- When a competitor informs the referee that he is hit by a legally executed technique, and can't continue.
- When a competitor has lost the fighting spirit for more than 3 seconds.
- One half points (waza ari-) awarded to the opponent:
- If a competitor is visibly shaken as a result of a lawful performed technique, but is ready to fight within 3 seconds.
- When a competitor goes into the ground for a "sweep" technique, and followed up by a well-focused "not contact" technique.
- When a competitor has lost the fighting spirit, but regains it within 3 seconds.

### CRITERIA FOR DECISION

- Winner of a fight is declared when one whole point (ippon) is scored.
- Two half points (waza ari-) classifies into one whole point (awazete ippon).
- If only one competitor at full time allocated half a point (waza ari-), he/she wins the fight.

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6

- At equal points and there is level difference of warnings shall competitor with the highest warning level lose the fight. Being approached (chui) has no influence on the decision.
- By waza ari-(half a point) and genten-ni to the same competitor, reset these apart and victory can go both ways or it can be judged a draw (hikiwake).
- If the match can't be decided on points or warnings, judges can appoint a winner on the basis of (in the following order):
  - Damage done.
  - Effective techniques.
  - Number of techniques.
- If a competitor is disqualified, the opponent automatically appointed winner.
- If there is a tie after the second round (sai-shia), the lightest is the winner if a weight difference of three kilograms or more.
- All points and warnings reset after every round.

### FOLLOWING lead to disqualification

- A competitor who has been awarded three warnings (Genten-san).
- Competitor who are late to tatami or does not meet after call.
- A competitor who refuses to enter the tatami after call.
- A competitor who performs illegal technique and opponent after consultation with Official Doctor can't continue (Doctors stop).
- If a competitor is denied further participation in a fight of Official Doctor, the competitor is automatically denied to continue in the event.

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7

### Full contact with limitation

- Competitors from 18 years.
- Addition to protection:
- Shin and instep guards.
- Gloves (minimum thickness 15 mm).
- The fight consists of a round and shall have a minimum of 2 minutes and a maximum of 3 minutes duration.
- Additional criteria for prohibited acts and techniques:
- Kicks to the head that causes concussion. Only light contact is allowed.
- Front kick against the head (mae geri).
- Knee kick towards the head (Hiza geri).
- Additional criteria for awarding points.
- Half points (Waza-ari) awarded opponent if the competitor is touched by a technically well executed kicks to the head.
- There are no requirements about the minimum extent or how long the athlete has trained.
- It is not necessary for competitors to undergo a medical consultation or to submit health certificate for participation.
- There are only requirement for healthcare professionals to be present when the action unfolds.

### JUNIORS

- Competitors from 15 – 17 years.
- Addition to protection:
- Helmet designed for martial arts.
- Additional criteria for prohibited acts and techniques:
- Kicks to the head, where hits not covered by the helmet.

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8

### YOUNGER JUNIOR:

- Competitors from 13 – 14 years.
- There will be a lower threshold to obtain points, warning than in the junior class.
- Timeframe 3 seconds does not apply. Here will be given a full point (ippon) at:
- The slightest sign of concussion.
- The slightest sign of reducing fighting spirit.
- Half points (Waza-ari) may be given if the technique to torso is correctly performed with good timing and power.

### WEIGHT CLASSES:

Senior, men:

- Lightweight – 70 kg
- Middleweight 70-80 kg
- Light heavyweight 80-90 kg
- Heavy weight + 90 kg

Ladies

- Lightweight – 60 kg
- Middleweight 60-70 kg
- Heavyweight +70 kg

Juniors 15-17, boys

- Lightweight – 65 kg
- Middleweight 65-75 kg
- Heavyweight +75 kg

Girls

- Lightweight – 60 kg
- Middleweight 60-70 kg
- Heavy weight + 70 kg

Younger juniors 13-14, boys

- Lightweight – 55 kg
- Heavyweight + 55 kg

Girls

- Lightweight -50 kg
- Heavyweight + 50 kg

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