

Kyokushin Open Tournament | Rules and Regulations

Semi-Contact Kumite | Youth

Requirements

Youth competitors must be below 18 years of age. Informed consent and release from liability must be electronically signed by youth parents or legal guardians via tournament [early registration](#) (7 days or more prior to event) or [late registration](#) (7 days or less prior to event). Individuals who do not have official confirmation of a signed and approved waiver will not be allowed to compete.

Equipment

All youth kumite competitors are required to wear shin guards, padded gloves, and head gear. No body shielding is allowed. Competitors will provide their own gloves and shin pads. Tournament officials will provide professional-grade protective head gear in medium, large, and extra-large sizes.

All protective equipment is subject to approval by tournament officials. Youth competitors **may be required** to use tournament-provided gloves in place of personal equipment to ensure padding comparability and competitive fairness. No exceptions will be allowed for unapproved equipment. All equipment decisions by tournament officials are final. Tournament officials will not tolerate arguments about equipment decisions or equipment non-compliance.

All youth kumite competitors are encouraged to wear athletic cup groin protectors.

Procedures

Competitors will follow legal techniques as specified by tournament officials prior to start of matches. Illegal techniques, including padded strikes to the face, groin, or back, or as specified by tournament officials, will result in *chui ichi*, an official warning. Two *chui ichi* warnings will result in *genten ichi*, an official half-point penalty. Intentional use of illegal techniques or faking injury may result in tournament expulsion.

Match rounds will be **2 minutes** in duration. If no winner is determined after the first round, up to 2 extension rounds of 2 minutes each may follow. Unresolved matches will be awarded to the competitor who is at least 5 pounds lighter in weight.

Match winners will be determined by whomever gains *ippon*, or full point, first. This may be accomplished in multiple ways, including 2 *wazari*, or half points, while considering the competitor who most controls the match through skill and perseverance while considering possible *genten* penalties. Head kicks that land cleanly will automatically be considered *wazari* or higher, depending on circumstances. Techniques that cause an opponent to noticeably pause or break their will to fight for less than 3 seconds will be awarded a *wazari* half point. Techniques that stop an opponent for 3 seconds will be awarded *ippon* and a technical knockout.

Competitor safety will be maintained at all times. Competitors should always maintain their guard until the referee indicates to do otherwise. If a competitor loses their will to fight or the match is

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lopsided to where an unduly high risk of injury exists, tournament officials reserve the right to call a match at any time. Tournament officials will not tolerate arguments about safety decisions.

Divisions

Youth division matches will be based on weight, height, age, rank, experience, and dojo. Every attempt will be made to equitably and fairly pair competitors, particularly for the first round. Tournament officials will not tolerate arguments about suitability of matches or match outcomes.

Exact divisions will be based on actual attendance day of the tournament. When necessary, youth divisions may be collapsed based on attending participants. Example divisions, which are used as a **general guide only** and are **subject to change** day of competition, include:

Youth

- Youth I: Below 50 lbs
- Youth II: 51-60 lbs
- Youth III: 61-80 lbs
- Youth IV: 81-100 lbs
- Youth V: Above 100 lbs

Full Contact Kumite | Adult

Requirements

Adult competitors must be 18 years of age and above. Informed consent and release from liability must be electronically signed by each individual via tournament [early registration](#) (7 days or more prior to event) or [late registration](#) (7 days or less prior to event). Individuals who do not have official confirmation of a signed and approved waiver will not be allowed to compete.

Equipment

All adult kumite competitors must compete without shin guards, gloves, or head gear, consistent with international Kyokushin rules and procedures. No body shielding is allowed. Athletic tape wrapping of wrists, ankles, or other body parts is not permitted. Some compression braces may be allowed pending review and approval by tournament officials. Hard braces are disallowed.

All adult kumite competitors are encouraged to wear athletic cup groin protectors. Women competitors may wear padded fabric chest protectors that contain no hard or excessively rigid materials.

No exceptions will be allowed for unapproved equipment. Tournament officials will not tolerate arguments about equipment decisions.

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Procedures

Competitors will follow legal techniques as specified by tournament officials prior to start of matches. Illegal techniques, including bare hand strikes to the face, groin, or back, or as specified by tournament officials, will result in *chui ichi*, an official warning. Two *chui ichi* warnings will result in *genten ichi*, an official half-point penalty. Intentional use of illegal techniques or faking injury may result in tournament expulsion.

Matches will be **2 minutes** in duration. If no winner is determined after the first round, up to 2 extension rounds of 2 minutes each may follow. Unresolved matches will be awarded to the competitor who is at least 10 pounds lighter in weight.

Match winners will be determined by whomever gains *ippon*, or full point, first. This may be accomplished in multiple ways, including 2 *wazari*, or half points, while considering the competitor who most controls the match through skill and perseverance while considering possible *genten* penalties. Techniques that land cleanly and cause an opponent to noticeably pause or break their will to continue for less than 3 seconds will be awarded a *wazari* half point, depending on circumstances. Techniques that stop an opponent for 3 seconds will be awarded *ippon* and a technical knockout.

Competitor safety will be maintained at all times. Competitors should always maintain their guard until the referee indicates to do otherwise. If a competitor loses their will to fight or the match is lopsided to where an unduly high risk of injury exists, tournament officials reserve the right to call a match at any time. Tournament officials will not tolerate arguments about safety decisions.

Divisions

Adult divisions matches will be based on weight, height, age, rank, experience, and dojo. Every attempt will be made to equitably and fairly pair competitors, particularly for the first round.

Exact divisions will be based on actual attendance the day of the tournament. Historical divisions, which are used as **a general guide only** and are **subject to change** day of competition, include:

Female

- Lightweight: Below 130 lbs
- Middleweight: 130-149 lbs
- Heavyweight: 150-169 lbs
- Super heavyweight: Above 170 lbs

Male

- Lightweight: Below 150 lbs
- Middleweight: 150-169 lbs
- Light heavyweight: 170-199 lbs
- Heavyweight: 200-219 lbs
- Super heavyweight: Above 220 lbs

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Kata Division for Youths and Adults

Requirements

All kata competitors must professionally present themselves to judges prior to demonstration with clean, dojo approved uniforms.

Equipment

All competitors who choose to demonstrate weapons kata must provide their own equipment.

Procedures

Competitors will initially present themselves to a judge panel by speaking their name, dojo affiliation, kata to be performed, and requesting permission to begin their demonstration. Competitors will then commence their demonstration.

Judges will independently score kata based on technical proficiency, speed, power, and spirit. Scores will use a fractional scale of 0-10 (e.g., 8.4) and be presented to competitors following each demonstration.

Competitors will perform a single kata of their choice. If subsequent kata are required, competitors may perform the same or a different kata, at their discretion.

Kata divisions will use a bracket system whereby competitors repeatedly perform the same or different kata across multiple rounds, with superior performance advancing to subsequent rounds until a champion is determined. Round progression and award ranking is based on numerical scores, with highest number indicating best performance.

Divisions

Exact divisions will be based on actual attendance the day of the tournament. Historical divisions, which are used as **a general guide only** and are **subject to change** day of competition, include:

- Youth
- Adult

Awards

Custom medals will be awarded for first, second, and third place finishes. Special awards will be given to the competitor(s) who exemplify Kyokushin spirit through perseverance, grace, and humility.