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FULLCONTACT  
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ORGANIZATION

**Polski Związek Karate Kontaktowego**

**ポーランドフルコンタクト 空手連盟**

ul. Chabrów 52, 45-221 Opole tel.: +48 881 020 085

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## **Kyokushin Karate recipes for seniors in the formula**

# **"FULL CONTACT"**

## **applicable during the competition**

### § 1

#### Categories and times of fighting

#### **1. Age of players:**

- at least 18 years old – Senior category
- at least 35 years of age – Masters category

#### **2. Duration of the fight, criteria for deciding whether to win:**

##### **Elimination fights:**

- fight time 2 minutes
- in the absence of a decision extra time 2 minutes
- in the absence of a decision difference in weight of at least 5 kg
- in the absence of a decision Last extra time 2 minutes

##### **Semi-final and final fights:**

- Fight time 3 minutes
- in the absence of a decision extra time 2 minutes
- in the absence of a decision difference in weight of at least 5 kg
- in the absence of a decision Last extra time 2 minutes

#### **3. Age and weight categories:**

##### Men:

Senior: up to 70 kg; up to 80 kg; up to 90 kg; over 90 kg

Masters: up to 85 kg; over 85 kg

##### Women:

Seniors: up to 55 kg, up to 65 kg, over 65 kg

Masters: up to 65 kg, over 65 kg



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If there are fewer than 4 competitors in the category, the organizer is entitled to combine the weight categories.

#### 4. Official pre-tournament weigh-in:

During the official weigh-in before the tournament, each competitor must have a weight less than or equal to the upper limit of his category, otherwise he will not be allowed to compete in this weight class. The weight of the competitor is determined on the basis of the indication of the weight intended by the organizer for official weighing.

If the upper limit of the weight of the category is exceeded, the competitor may be transferred to a higher category or disqualified. The decision in this matter is made by the organizer of the competition and specified in the announcement about the tournament.

The organizer may specify in the announcement of a given tournament the amount of the handling fee for transferring a player to another category, but the amount of such fee may not exceed the amount of the entry fee for a given tournament.

The same applies to the finding during the verification of the discrepancy of the actual age of the player with the one given in the application.

The scale must be 100% compliant - no tolerance level applies in this range.

## § 2

### Battlefield

#### Standard battlefield dimensions:

- minimum mat dimensions: 8 x 8 meters (including 6x6 battlefield)
- starting lines for competitors should be located in the middle of the battlefield, at a distance of 2 meters from each other. Each line should have min. 1 meter long.

## § 3

### Protectors

#### Mandatory protectors:

##### Masters category:

- for shin and foot – white,
  - knee pads, also protecting the side part of the joint
  - on the fist (covering the entire metacarpal bones) - white - both protectors made of material and leather or leather-like materials are allowed.
- In case of doubt regarding this matter, the final decision is taken by the chief judge.



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- helmet on the head. A fighter fighting on the side of SHIRO must not wear a red helmet.

- on the crotch own standard suspensorium (plastic insert) inserted under the trousers,

- on the chest own standard foam cups (they can not be plastic) clearly separated, inserted under the shirt,

## Senior category:

- on the crotch own standard suspensorium (plastic insert) inserted under the trousers,

- Women: on the chest own standard foam cups (can not be plastic) clearly separated, inserted under the shirt. **For women, it is permissible to use shin and foot protectors – white, but they are not mandatory.**

The organizer does not provide mandatory protectors. The athlete is obliged to appear to fight in a set of mandatory protectors required in his category after loading it into the fight by the announcer of the competition. In case of no-show of the player in set of protectors tatami judge may decide to disqualify him.

All protectors can be certified (admitted) by the technical judges commission. The technical commission is appointed by the organiser or the main judge. If in time there was no verification of the protection certificates, it was in case of detection in the player non-statutory protectors may be ask to replaced protectors immediately by the judge.

Wrapping of injured limbs and joints is only permitted after examination performed by the official doctor of the tournament and with the prior consent of the main referee. An injured player may not be allowed to participate in the tournament. Into the first fight is not allowed to put on any bandages or plasters.

## § 3

### Attack Zones

#### 1. Zones allowed to attack

1. torso except for punches and kicks in the spine - all hand and foot techniques
2. head - all foot techniques
3. legs except blows to the knee joints - all hand and foot techniques

#### 2. Prohibited Zones for Attacking

- neck



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- perineum
- knee
- spine

## § 4

### Verdict

#### 1. Giving verdicts:

The mat referee and the corner referees have equal rights when evaluating fights.

A unanimous decision of at least 3 judges is needed to determine the winner.

A victory is awarded to a competitor when:

- scored full point (ippon)
- scored twice half a point (Wazari)
- won by decision of the judges after the end of the regular time of the fight
- his opponent was disqualified or did not show up for the fight

A competitor can earn a "wazari" – half a point:

- for performing a permitted technique on the torso, which caused the inability to fight less than 3 seconds
- for the performance of allowed, with controlled technique in the head (helmet), with no effective defense by the opponent.
- After getting the second "Wazari", the judge Mata adds up the two "Wazari" - and admits "awasete-ippon", the fight ends ahead of time,
- a player with a "Wazari" without penalty points wins the fight unanimously
- a fighter with "Wazari" and "Genten" can draw the fight or win, assuming his opponent did not score a point.
- the fighter with "Genten" loses the fight unanimously,

A player can get an "ippon" – full point:

- for performing a permitted technique on the torso, which caused the inability to fight longer than 3 seconds



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## 2. Victory by referee's decision (Yusei - gachi):

If a fighter was awarded once half a point or a genten penalty in the fight, the victory is awarded by referee's decision.

Possible verdicts:

SHIRO	AKA	VERDICTS
no score	chui	shiro/aka/hikiwake
no score	genten ichi	shiro
chui	genten ichi	shiro
no score	chui + wazari	aka
chui	chui + wazari	aka
no score	genten ichi + wazari	aka/hikiwake
chui	genten ichi + wazari	aka/hikiwake
genten ichi	genten ichi + wazari	aka

## 3. Victory by referee's decision (Hantei):

If the fight is not over prematurely, the victory is awarded by decision judges at HANTEI's command.

## 4. Decision-making criteria:

- the advantage of the effectiveness of the given techniques
- the number of techniques performed for contact with the opponent insufficient to the granting of a wazari,
- greater activity in combat,
- greater variety of techniques and combinations,
- fighting spirit.

## 5. Extra time (enchosen):

If the decision on the victory cannot be announced on the basis of a minimum of three of the



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five votes of the judges' team, a draw and extra time are announced.

## § 5

### Fouls

#### 1. Fouls and warnings (hansoku):

The following behaviors are not allowed (fouls):

- hand techniques per head (jodane zone),
- performing the permitted technique on the head zone with too much force
- Kicks in the crotch (Kin Geri)
- Head blows (zu tsuki)
- attacking a lying opponent
- attacking the back (spine)
- grabbing or hooking the opponent's neck
- grabbing or holding an opponent's clothing (dog), arms, legs or hair
- repeated, deliberate pushing of the opponent. Pushing an opponent without techniques
- repetition of actions such as unforced rolling after execution techniques and performance of other techniques indicating a loss of will or strength to further participation in combat (e.g. kakenige)
- frequent deliberate going outside the battlefield
- inactivity and not performing any techniques
- behaviour indicating an inappropriate attitude of the participant to the competition, and his failure to comply with Kyokushin etiquette.
- any other action that the referees consider a foul
- inappropriate behavior of the coach (second)

Excluding intentional fouling, performing the above actions results in receiving first warning (chui). The second warning results in the first punishment (genten ichi). The third warning results in a second penalty (Genten Ni) and automatic disqualification (Shinkaku).

In the case of an intentional foul or incorrect behavior of a player, referees may immediately grant genten or shikkaku.



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Indication of punishment or warning by min. 3 the judges are obliged by tatami judge to calculate and announce the verdict.

Shikkaku each time It should be preceded by a meeting of the panel of judges.

## **2. A competitor may be disqualified in the case of:**

- failure to follow the referee's instructions during the fight,
- deliberate dangerous fouls and bad attitude towards competitions,
- not taking up the fight for more than one minute, despite the referee's warnings  
(Such a situation will be treated as a mutual lack of will to fight and both fighters may be disqualified,)
- leaving the battlefield for any reason without the consent of the mat referee,
- not to appear in the fight in a set of protectors after being called by the announcer.

## § 6

Tournament refereeing procedures.

### **1. Judge's outfit:**

Mat judges and corner judges wear navy blue short-sleeved shirts and black trousers, white flies, and a whistle on the tapeworm. Mat judges and corner judges do not wear shoes and socks while on the mat.

During the fight, the referees are not allowed to wear watches, wedding rings, earrings, phones cellular and other gadgets.

### **2. Leading fight on tatami:**

- judges have a duty to show good manners and observe Kyokushin labels both on and off the tatami,
- tatami judges and corner judges should express their decisions and implement them without hesitation,



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- tatami judges and corner judges must be honest and impartial towards players
- if the judge feels that he is unable to perform his duties in a full and honest manner, has a duty to withdraw.
- judges exercise due diligence in maintaining a correct and dignified position during judging.

### 3. Getting on the tatami and changing the referee team:

- the panel of judges enters the mat from the side of SHIRO and the judges' table,
- the judge presiding over the panel enters first. Entering the mat, the judges make the first bow towards the mat, the second towards the main referee (Main Judge's Table),
- after the judges have positioned themselves on the edge of the mat opposite from the judges' table, judge of tatami gives the commands:

SHOMEN NI REI (bow)

MAWATTE (judges turn on the left leg through the back)

KOHON NI REI (bow)

MAWATTE (judges turn on the left leg through the back)

OTOGAI NI REI instead (bow)

- when changing line-ups, the incoming team is positioned from the SHIRO side, and the team coming down from the AKA side. The referee leading the descending team gives the command:

REI, to which the judges of both teams bow.

The leading judge comes off the mat third. Coming off the mat, the judges perform the first bow to the Chief Judge (Main Judge's Table) and the second to the tatami.

### 4. Starting the fight:

- the tatami judge standing about 1.5 m from the center of the mat calls the competitors. Fighters enter the tatami from opposite sides,
- after the competitors have positioned themselves in the starting places, the mat referee gives commands:

SHOMEN NI REI - the judge performs a full bow with crossing his arms,

SHUSHIN NI REI - the judge pulls his fists to himself and bows only with his torso, without crossing arms,



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OTOGAI NI REI - the referee pulls his fists like uraken sayu uchi and does not execute bowing,

KAMAETE - the referee stands in a fighting position and waits for the fight position of fighters

- The fight begins after the HAJIME command given by the tatami judge.

## 5. Combat commands:

If during the fight one of the fighters performs a technique assessed as ippon, wazaari or foul or go out of the battlefield, etc. Corner judges indicate this gesture flags and use the whistle. Then the mat judge gives the command YAME and it orders the competitors to stand on the starting places. If the action does not carry for by awarding a point to the contestant, then the mat referee can resume the fight giving the ZOKKO command in the place where it was interrupted without setting competitors for starting places.

## 6. Gestures of the corner judge:

- full point (ippon) - the corner judge whistles and raises the flag vertically upwards,
- half a point (wazaari) - the corner referee whistles and extends the flag horizontally to the side,
- foul (hansoku) - corner referee whistles and waves vertically with the flag and forearm at the height of the trunk,
- going beyond the battlefield (jogai) - corner judges sitting on the line, behind which a player came out, whistling and hitting the mat with the end of the flag from the side crossed line
- draw (hikiwake) - the corner referee whistles and crosses both flags in front of him so that are directed obliquely downwards,
- action failed or without a point (mitomezu) - corner referee whistles and waves with flags, crossing them diagonally downwards in front of each other,
- action unclear to the judge or as information I have not seen (miezu) – judge corner crosses both flags in front of the face,

## 7. Announcing decisions during the fight - points and penalties:

- in the case when one of the players performed the scoring technique, or the forbidden mat referee stops the fight with the YAME command and separates the players,



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- after setting the competitors to the starting place, the mat judge first gives the color affected player (AKA or SHIRO). Counts down the judges' indications and the last to give his indication number by touching his hand (haito) to chest. Then he gives the name of the technique (e.g. iodan, mawashi geri) and issues a decision (e.g. ippon, wazaari, chui, genten),

- To award a point or penalty, the judge of the mat must have the support of at least two corner judges. The mat judge is obliged to award a point when every at least three corner judges indicate the necessity of such a decision.

- if a competitor obtains a full point or disqualifies before at the end of the regular time of the fight, the referee mat announces the result of the fight without additional vote by corner judges.

## 8. Announcing punishments and gestures of the mat judge:

- CHUI - 0 points, finger pointing to the chest
- GENTEN ICHI - pointing with one finger on the face,
- GENTEN NI - pointing with two fingers to the face followed by automatic awarding SHIKKAKU, pointing with the whole hand down and showing the victory of the opponent with an outstretched hand at an angle of 45 degrees.

## 9. Announcing points and gestures of the mat referee:

- WAZAARI – pointing with the whole hand to the chest (horizontal movement)
- IPPON – pointing with the whole hand at an angle of 45 degrees upwards

## 10. Other events and commands during the fight:

- KAMAETE - go to the fighting position
- ZOKKO - continue the fight after stopping the fight earlier
- ZOKKO – also in the sense of attacking, if the players themselves stopped the action
- JIKAN on TOMETTE KUDASAI - stop the countdown, command to the judges measuring the time of the fight. Without this command, the countdown continues.

## 11. Judge's commands issued before the award of a warning or punishment:

- Ganmen ouda - attack on the face with the hand or elbow
- Tsukami - capturing or hooking an opponent
- Kinteki kogeiki - kick in the crotch



- Zutsuki - head blow

- Kakenige - repeating actions such as rolling over on the mat after performing enemy attacking technique

### **11. Victory by decision:**

- in the case of not obtaining a full point by any of the players, or disqualification: the victory is awarded on the basis of the decision of the judges after the expiry of the regular combat time,

- after the gong, the mat referee immediately issues the YAME command, which ends the fight. Then he sets the fighters to the starting places. Fighters face the the main judge's table in the fudo position - roofs at the SHOMEN command,

- after positioning the players, the leading referee retreats to the edge of the mat so as to see all corner judges and give the command HANTEI TORI MASU before the verdict, then calls HANTEI, while performing an energetic movement of the right hand down,

- After the corner judges issue a decision, the tatami judge counts down these first indications that the judge showed (first from his right) and then deducts another indication according to the same principle,

- Finally, he points to himself, pulling an open hand (Haito) to the chest, says SUSHIN and announces the verdict (SHIRO or AKA) indicating with an outstretched hand (at a 45-degree angle) towards the winner.

### **12. End of the fight:**

- After announcing the result of the fight, the referee mat gives commands to the players to bow as before the fight: SHOMEN NI REI, SUSHIN NI REI, OTAGAI NI REI.

Then the competitors can shake hands AKUSHU and get off the mat.

For the Board of the Polish Contact Karate Association:

**/-/ Shihan Mariusz GODOŚ**

**President of PZKK**