

Kyokushin Karate Kumite Competition (Kyokushin Style) – Competition Regulations

These Regulations establish the standards for the administration, refereeing, and participation of the Kyokushin Karate Kumite Competition (Kyokushin Style). Hereinafter referred to as “the Competition.”

Chapter 1: General Provisions (About Kyokushin Style)

Article 1: Purpose and Philosophy of the Competition

1. This competition aims, through the practice of the martial art of striking, to cultivate, refine, and integrate the mind, the technique, and the body.
2. The Competition aims to cultivate the “spirit of courtesy,” which protects the dignity of the opponent and enhances one’s own dignity; to avoid the exchange of useless damage; and to make better use of both sides’ techniques through offense and defense by means of effective strikes.
3. The Competition conforms to the fundamental spirit of the Olympic Charter (enacted in 2011) and aims, through sport, to realize a peaceful society.

Article 2: Name

1. The name of the Competition shall be “Kyokushin Style.”
2. Class divisions shall be established in consideration of age, sex, bodyweight, etc. (as provided in Detailed Rules).

Article 3: Principles of Athlete Participation

1. Athletes must observe the philosophy and provisions of these Regulations and must register as athletes with the Tournament Secretariat.
2. Persons whose injuries, long hair/overlong nails, uncleanliness, or other appearance would hinder the progress of the Competition or cause discomfort to spectators shall not be permitted to compete.
3. Persons suffering from acute inflammatory or infectious diseases, persons deemed unfit by the doctor, or persons who do not comply with recommendations shall not be permitted to compete.
4. If an athlete does not compete with full effort, commits intentional fouls, or engages in other malicious acts, measures such as deletion of athlete registration shall be taken upon deliberation. An opportunity to explain (be heard) shall be given prior to disposition.
5. Tardiness to the reporting time or the starting time of a bout shall result in disqualification.

6. The wearing of protective equipment to protect the instep, shin, knee, trunk, head, fists, etc. is mandatory. The types and specifications of protective gear are prescribed in the Detailed Rules.

Article 4: Bout Duration

1. Regulation time shall be 2–3 minutes (to be announced in advance in the tournament outline).
2. The winner shall be the competitor who receives the greater number of flags from the Referee (Shushin) and the Judges (Fukushin).
3. If the number of “Draw” flags exceeds the number of winner’s flags, an extension shall be held.
Extensions may be conducted with a 30-second to 1-minute break in between, and re-extensions may be held; however, in principle, the total number of extensions shall not exceed three.
4. In the final extension, the Referee and Judges must render a superior/inferior decision without fail.
5. In tournaments for children, seniors, etc., time and other matters may be changed with IBMA’s approval.

Article 5: Competition Area

1. The main space shall be a square with a side of 6–8 meters, or a circle with a diameter of 6–8 meters.
2. An out-of-bounds space of at least 1 meter shall be provided outside the main space, and the boundary shall be clearly demarcated.
3. Mats shall have appropriate thickness and elasticity with due consideration for safety.
4. At least two scoreboards shall be installed in the venue so they are visible to athletes and spectators.

Article 6: Weigh-in

1. Athletes in weight-class divisions must undergo weigh-in within the time designated by the Referees’ Committee and obtain approval.
2. Failure to complete weigh-in or exceeding the prescribed weight shall result in disqualification.
3. Prior to competition, athletes must be examined by the doctor and provide proof that there is no problem with their health condition.

Article 7: Attire and Protective Gear

1. Use competition-approved protective gear authorized by the Tournament Executive Committee (head, trunk [may be omitted depending on class], shin and fist protectors, groin cup, etc.).

2. Details are set forth in the Detailed Rules.
3. Persons with injuries, long hair, nails, or appearance that hinder the Competition shall not be permitted to compete.
4. Persons deemed unfit by the doctor or who do not comply with recommendations shall not be permitted to compete.
5. Tardiness to the starting time shall result in disqualification.
If, after registration, there is unilateral withdrawal or other non-performance, permission to participate in future tournaments may be denied.

Article 8: Coaches/Seconds

1. The number of seconds shall be one or fewer, and the name must be submitted in advance to the Tournament Executive Committee.
2. Do not engage in slander or discourteous speech/behavior toward the opposing athlete. Remain seated in the designated position and refrain from anything other than tactical instruction.
3. Except in emergencies, if a second enters the competition area during a bout, the relevant athlete shall be disqualified.

Chapter 2: Competition Officials

Article 9: Composition

1. The refereeing system of the Competition shall consist of one Referee (Shushin), two or more Judges (Fukushin), two or more Deliberation Referees, a Timekeeper, a Recorder (Scoreboard operator), and a Tournament Doctor. The Referee, Judges, and Deliberation Referees are appointed by the Tournament Executive Committee.
2. When problems arise—such as when the Referee/Judges determine that video review is necessary for a decision—the Deliberation Referees resolve them. In such cases, the final decision shall be made by unanimous agreement of the Deliberation Committee.

Article 10: Referee (Shushin) and Judges (Fukushin)

1. The Referee renders/announces decisions on fouls, *Waza-ari*, and *Ippon*; declares the start, suspension, and resumption of bouts; and announces the holding of extensions.
2. When danger is recognized, the Referee shall immediately declare “Stop” and suspend the bout, then seek the opinion of the doctor and the Judges.
3. The Referee’s announcements are limited to eight types: “Begin,” “Continue,” “Stop,” “Not Recognized,” “Verbal Warning,” “Yellow Card,” “Red Card,” and “Win.”
4. The announcement of *Waza-ari* shall always be made after “Stop,” returning the athletes to their starting positions before announcing. If damage is suspected, seek instructions from the doctor on the spot.

5. The Judges assist the Referee and indicate by flag decisions on fouls, *Waza-ari*, and *Ippon*. Judges shall strive to avoid overlooking techniques or fouls. During a bout, when deemed necessary, they may offer counsel to the Referee.

Article 11: Judges (Fukushin)

1. Judges decide *Waza-ari* and *Ippon* and score the bout overall.
2. If there is doubt regarding the Referee's *Waza-ari* decision, an objection may be raised immediately thereafter, and the matter shall be decided by majority after consultation.

3. Article 12: Timekeeping and Recording

1. The Timekeeper starts the clock at "Begin" and stops it at "Stop," strictly managing the bout time.
2. The Recorder reflects on the scoreboard the *Waza-ari*, cards, etc., based on the Referee's announcements and the Judges' flags.

3. Article 13: Tournament Doctor

1. The Doctor manages athletes' health, conducts scheduled and ad hoc examinations, and provides first aid in emergencies.
2. When deemed necessary, the Doctor may recommend to the Referee or the Tournament Executive Committee that a bout be stopped.

Chapter 3: Decision Methods

Article 14: Determination of Victory and Defeat

1. With the Referee's command "Decision," the Referee and Judges simultaneously raise flags to render judgment.
2. In accordance with the judging criteria in Article 15, the Referee and Judges raise the flag of the competitor they judge to be superior.
3. Victory or defeat is determined by the number of flags raised.
4. If both the Referee and the Judges judge the bout a "Draw," they indicate this by crossing their arms in front of the body without raising a flag.
5. If the number of flags is equal, or if "Draw" judgments exceed a majority, an extension shall be held.
6. If continuation becomes impossible due to an attack other than a foul, it shall be *Ippon* and the bout shall end.
7. Two announcements of *Waza-ari* constitute *Ippon*.

Article 15: Judging Method

The priorities of the criteria for determining the winner are as follows. As in the “scoring method decision (Kyokushin Universal Style),” envision a basic 10-to-10, and from there judge the superior competitor based on the following priorities and items:

1. Number of effective strikes (clean hits).
2. Positive/active offensive posture.
3. Defensive (guarding) skill.
4. Number of fouls.
5. Dominance of initiative (control of the bout).
6. Competitive attitude (see: *Budōjin* spirit).

Article 16: Extensions

1. An extension is 2 minutes; if the score is even, a re-extension shall be held. In this case, in principle, the number of extensions shall not exceed three.
2. In the final extension, judging shall be based, in principle, on the criteria of Article 15 over the entire bout, and a flag must be raised to the superior side without fail.
3. A 30-second to 1-minute rest is given before an extension; athletes shall stand and wait at the designated positions in accordance with the Referee’s instructions.

Article 17: Out of Bounds / Falling

1. When one foot completely goes outside the boundary line, a Yellow Card is announced to the relevant athlete and it is deemed “Out of Bounds.” If part of the sole remains on the line, or the line is crossed in the air, it is not out of bounds.
2. Failures of striking techniques that involve a fall (e.g., spinning *dō-mawashi-geri*) are permitted up to three times; from the fourth time onward they are subject to a foul (Yellow Card).

Article 18: Definition of Effective Strike

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1. The determination of an “effective strike” shall be based on whether the striking technique delivered to the designated “hit points” fulfills the five elements of (1) accuracy, (2) speed, (3) impact, (4) timing (opportunity), and (5) spirit (will). However, in competition, if the element of “accuracy” is fulfilled together with at least two of the other elements, the strike may also be recognized as an “effective strike.” Physical damage shall be included in the judgment of an “effective strike,” but if a *Waza-ari* (half point) is not acknowledged, it shall not be regarded as more than that.
2. The types of effective strikes shall be:
 - **Jodan-geri** (kicking techniques directed at the jaw and temple area),

- **Jodan-tsuki** (thrusting techniques directed at the jaw and temple area),
 - **Chudan-geri** (kicking techniques directed at the solar plexus and both sides of the ribs),
 - **Chudan-tsuki** (thrusting techniques directed at the solar plexus and both sides of the ribs),
 - **Gedan-mawashi** (kicking techniques directed at the inside and outside of the thighs).
4. “Effective strikes” shall exclude “kuzushi-waza” (unbalancing techniques), “otori-waza” (feinting techniques), and other connecting techniques employed for the purpose of creating a decisive technique (effective strike), insofar as they do not satisfy the five elements set forth in Paragraph 1 of this Article.

Article 19: Announcement of *Waza-ari* and *Ippon*

1. In the case that an attack not corresponding to a foul results in the competitor being deemed temporarily unable to counterattack or having lost the will to fight, the Chief Referee shall, while paying attention to the competitor’s condition, first declare “Yame” and temporarily suspend the match.
2. After the declaration of “Yame”, if it is judged that a loss of will to fight of three (3) seconds or less is observed, a declaration of “Waza-ari” shall be made.
3. After the declaration of “Yame”, if it is judged that a loss of will to fight of four (4) seconds or more is observed, a declaration of “Ippon” shall be made.
4. Two declarations of “Waza-ari” shall constitute “Ippon”, and the match shall be concluded.

Chapter 4: Fouls

Article 20: Announcements and Penalties for Fouls

1. Announcements for fouls are Verbal Warning, Yellow Card, and Red Card (disqualification). A Verbal Warning is permitted up to two times for the same type of foul.
2. The Referee announces by flag color (the color of the fouling side) and, as necessary, by displaying a card.
3. In the scoring method, a Yellow Card is a one-point deduction; even when deciding by flags, the Referee and Judges shall regard a Yellow Card with the same mindset as in the scoring method.
4. Intentional fouls or fouls causing great damage shall result in immediate “Red Card” or a declaration of “Disqualification” by the prescribed gesture.
5. Announcements of Yellow Cards are limited to the second time; from the third foul onward, the result is disqualification (Red Card).
6. Any attack after the Referee’s “Stop” is uniformly a foul.

Article 21: Dangerous Acts

The following acts carry a high risk of serious damage and shall, in principle, be announced as Yellow Cards (or immediately Red Cards depending on circumstances):

1. Punches/elbows to the head.
2. Strikes to the throat, neck, or clavicle.
3. Attacks to the groin or eyes; headbutting; biting; scratching.
4. Striking the head after grabbing the leg.
5. Striking from behind; strikes to the back.
6. Attacks to the knee joint; strikes within 10 cm above/below/left/right from the center of the kneecap.
7. Grabbing/holding the head or neck with the hands; striking the head while holding the neck (midsection permitted).
8. “Scissor” attacks to the legs.
9. Striking that utilizes gripping (grabbing) of the uniform; hooking/pressing the neck.
10. Persistent attacks to areas such as near the mammary gland or the clavicle (except when accidental in the flow).
11. Attacks after the Referee’s “Stop.”

Article 22: Other Fouls

The following acts shall, depending on the situation, receive a Verbal Warning or a Yellow Card:

1. Emitting bizarre/loud cries.
2. Failure to follow the Referee’s instructions (including attacks after “Stop”).
3. Out of bounds (when one foot completely goes outside the boundary line).
4. Exaggerated appeals disproportionate to the triviality of the foul.
5. Body-checking, palm-heel pushing, or pressing one’s chest against the opponent’s body within 1 meter of the boundary line.
6. Passive attitude with no intention to attack for 5–10 seconds or more.
7. Dangerous tactics such as closing distance while keeping the head lowered (Verbal Warning or Yellow Card depending on circumstances).
8. Failure to perform the prescribed etiquette (match etiquette) before or after the bout (first instance is Verbal Warning; from the second instance onward, Yellow Card).
9. Pressing one’s body against the opponent or pushing the opponent with one’s body.
10. Fleeing out of bounds or deliberately going out.

Article 23: Red Card / Disqualification

Disqualification by Red Card shall be imposed in the following cases:

1. Abusive language or unsportsmanlike conduct toward referees or the opponent.
2. When, by failing to follow the Referee's instructions, the conduct is deemed dangerous or malicious.
3. Striking an opponent whose both hands or both knees are on the floor (except for a decisive thrust).
4. Repetition of fouls, or when conduct is deemed malicious.
5. Further fouls after two Yellow Cards (or Warnings).
6. When the Referee deems disqualification appropriate due to a grave failure of etiquette.
7. When disqualification is announced, the bout ends immediately and the opponent is declared the winner.
8. A disqualified athlete must exit in accordance with the prescribed exit etiquette.
9. Final dispositions concerning disqualification shall be determined by the Deliberation Referees.

Chapter 5: Etiquette of Athletes and Referees

Article 24: Athlete Etiquette

1. **Entrance:** Athletes enter with a standing bow from the designated corners (from the front: red = left, blue = right) in accordance with the method predetermined by the Tournament Executive Committee. Proceed along the out-of-bounds space, perform a standing bow at the center of each side, then enter the main space.
2. **Start:** Stand facing each other at a distance of 1.5–2 meters at the center; at the Referee's "Bow to each other," perform a standing bow; then at "Ready," proceed to "Begin."
3. **End:** After the bout, receive the victory/defeat announcement while standing immobile, facing each other at the starting position. Perform a standing bow at the center of each side and exit from the corner.
Perform a "standing bow" when leaving the competition area (etiquette method predetermined by the Tournament Executive Committee).

Article 25: Referee Etiquette

1. **Entrance:** Led by the Referee, enter from the red side; line up with the Referee in the center and the Judges (Referees) to the left and right. At the Referee's command, perform a standing bow toward the front and take designated positions.
2. **Exit:** After lining up and performing a standing bow, exit led by the Referee from the red side. Details are provided separately.

Article 26: Referee's Announcing Motions

1. The Referee stands upright at the designated position and positions the athletes accurately.
2. Announcements of *Waza-ari*, fouls, etc., shall always be made after interrupting with "Stop," returning the athletes to the starting position, and resuming with "Continue."
3. Judgments of *Ippon* shall be made with top priority on confirming athlete safety. In stalemates, declare "Stop," return to the starting lines, and resume with "Continue."

Article 27: Announcement of Victory or Defeat

1. After the end buzzer, the Referee declares "Stop" and faces the athletes toward each other at the starting positions.
2. The color flag of the winner's side is indicated upward at 90 degrees, and "Red (or Blue) wins" is clearly announced. Details of the motions are provided separately.

Chapter 6: Other Special Provisions

Article 28: Prohibition of Complaints

Athletes, affiliated organizations, and related parties pledge to observe these Regulations and not to file complaints against the Competition.

Article 29: Revisions

These Regulations may be revised when deemed necessary to realize the philosophy and purposes. When Detailed Rules are established, they shall be set forth in a separate document.

Notes

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Author: IBMA Kyokushinkaikan / Akira Masuda

Detailed Rules / Separate Documents

What is the fundamental spirit of Olympism?

"Olympism (the Olympic Spirit)" is to contribute, through sport, to the realization of a better and more peaceful world by improving mind and body and overcoming various differences such as culture and nationality, with the spirit of friendship, solidarity, and fair play.

Supplement

Difference in effect between *Waza-ari* and Yellow Card

- Two Yellow Cards → equivalent to *Waza-ari* = corresponds to a two-point deduction under the traditional judging method.

- One Yellow Card → corresponds to a one-point deduction for the fouling athlete.
- *Waza-ari* → equivalent to two Yellow Cards (a two-point deduction under the traditional rules).