



THE RULE BOOK OF
United World Sport Kempo Federation
INTERNATIONAL



REGULATIONS
(ver. 2025)

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1.General Regulations

1.1 Participation

Only those athletes can participate on the United Word Sport Kempo Federation (UWSKF) regulated events who is member of UWSKF through a (Legal Entity) officially registered sports Clubs, Associations or National Federations, Committees. They Legal Entity are fully responsible for entering their athletes within the deadline.

The Clubs, Associations, National Federations or Committees can enter unlimited number of athletes per weight or skill level category, **unless the organizer of the actual event regulated it differently.**

Each athlete must have valid Insurance Policy that can cover the related injury and medical costs if any. An accident that happened during the competition, either he/she or his/her Legal Entity is entitled to bear the related costs.

Age and nationality are checked through the athlete's passport/ID card at weigh-in.

Each athlete deemed to be taking part of his/her own free will, responsible for himself/herself and shall be allowed to compete in only one weight category: the one corresponding to his/her weight at the time of the official weigh-in.

1.1.1 Technical conditions

The competitions shall run according to the UWSKF rules, on approved size judo or wrestling tatami/mat (see Paragraph 5.2.), or the Combat Category events in boxing ring.

The Technical Category:

- Empty Hands Form Category (F):

Soft Style Event (FS)

Hard Style Event (FH)

- Weapon Form Category (W):

Soft Style Event (WS)

Hard Style Event (WH)

- Street Self-Defense Event (SD)

The Combat Category:

- Light Contact Duel Fight Category:

Point Sparring Event (PS)

Rumble Sparring Event (RS)

"C VIADAL" Event (CV)

- Full Contact Duel Fight Category:

" B VIADAL" Event (BV)

" A VIADAL" Event (AV)

Knock Down –" VIADAL" Event (KK)

The Submission Category:

Gi Submission Event (GI)

No Gi Submission Event (NG)



The competition takes place in divisions defined based on the official skill level (if requested), age and weight. No weight allowance will be accepted.

The organizer of the competition has a right to divide the weight divisions into three different skill levels:

Beginner level: The athletes on this level are practicing combat sports **maximum 24 months**,

Advanced level: The athletes on this level are practicing combat sports **minimum 24 months and maximum 48 months**,

Expert level: The athletes on this level are practicing combat sports **minimum 48 months**.

The Technical Category scoring:

Beginner level: 6-8 points,

Advanced level: 7-9 points,

Expert level: 8-10 points.

All athletes shall be able to provide an official document proving their age and identity. Any athlete found competing in an age division lower than his/her below designated age division, shall be automatically disqualified from the immediate competition, except the rule below for veteran athletes.

Veteran athletes are allowed to compete in the age division directly below their valid age division, provided that they present a medical certificate at registration. Novices, Schoolboys/Schoolgirls, and Cadets are also required to present a parental consent confirming they are allowed to compete in an older age division.

Each athlete deemed to be taking part of his/her own free will, and responsible for himself/herself and shall be allowed to compete in only one weight division: the one corresponding to his/her weight at the time of the official weigh-in.



1.1.2 Age and Weight Divisions:

Kid I age division – 6-7 years:

Boys and girls: -16, -18, -21, -24, -27, -30, -33, -36, -40, -44, +44 kg

Kid II age division – 8-9 years:

Boys and girls: -21, -24, -27, -30, -33, -36, -40, -44, -49, -54, +54 kg

Kid III age division – 10-11 years:

Boys and girls: -27, -30, -34, -38, -42, -46, -50, -55, -60, +60 kg

Novice age division – 12-13 years:

Boys and girls: -27, -30, -34, -38, -42, -46, -50, -55, -60, -66, -72, -82, +82 kg

Schoolboy/Schoolgirl age division – 14-15 years:

Boys: -32, -35, -38, -42, -47, -53, -59, -66, -73, -78, -85, +85 kg

Girls: -30, -32, -34, -37, -40, -44, -48, -52, -57, -62, +62 kg

Cadet age division – 16-17 years:

Boys: -42, -46, -50, -54, -58, -63, -69, -76, -85, -92, +92 kg

Girls: -38, -40, -43, -46, -49, -52, -56, -60, -65, +65 kg

Junior age division – 18-19 years:

Men: -62, -66, -71, -77, -84, -92, -100, -100, -120, +120 kg

Women: -53, -58, -64, -71, +71 kg

Adult age division – (18-19 years) * 20-35 years:

Men: -62, -66, -71, -77, -84, -92, -100, , -120, +120 kg

Women: -53, -58, -64, -71, +71 kg

* Athletes are allowed to participate upon presentation of a medical certificate.

Veteran A/B age division – 36-45/46-56 years:

Men: -66, -71, -77, -84, -92, -100, , -120, +120 kg

Women: -64, +64 kg

Kid, division I-II-III are allowed to compete in the following categories/events: Technical Events, Light Contact Duel Fights and Submission (FS, FH, WS, WH, SD, PS, RS, C, CK, GI, NG).

Novices are allowed to compete in the following categories/events: Technical Events, Light Contact Duel Fights and Submission. (FS, FH, WS, WH, SD, PS, RS, C, CK, GI, NG).

Schoolboy/Schoolgirl are allowed to compete in the following categories/events: Technical Events, Light Contact Duel Fights, "B VIADAL", Submission and Kempo Knock Down "VIADAL" Fights. (FS, FH, WS, WH, SD, PS, RS, C, CK, BV, GI, NG, KK).



Cadets are allowed to compete in the following categories/events: Technical Events, Light Contact Duel Fights, "B VIADAL", Submission and Kempo Knock Down "VIADAL" Fights. (FS, FH, WS, WH, SD, PS, RS, C, CK, BV, GI, NG, KK).

Junior, Adult, Veteran are allowed to compete in the following categories/events: Technical Events, Point Sparring Fights, "A" & "B VIADAL" Fights, Submission and Kempo Knock Down "VIADAL" Fights. (FS, FH, WS, WH, SD, PS, RS, C, CK, BV, AV, GI, NG, KK).

As far as weight reduction on the competition site is concerned, UWSKF has adopted the following rules: the practice of dehydration or excessive caloric restriction, the use of diuretics, emetics, laxatives, and self-induced vomiting are prohibited by UWSKF. Athletes under 18 are prohibited from the on-site use of saunas/steam rooms or vapor-impermeable suits.

Enforcement of these rules is the responsibility of the tournament committee and its decisions shall be final. A first violation of these rules shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods was intended. A second violation shall result in the suspension of the individual(s) from any UWSKF sanctioned event for one calendar year from time of suspension. The UWSKF Executive Committee will hear all second violation cases and apply the sanctions defined in the UWSKF regulations. Any individual assisting an athlete in prohibited weight reduction practices shall be held to the same rules and penalties as the athlete in violation.

Each athlete is requested to undergo a medical examination before the official weigh-in, during which his/her competition uniforms is inspected for compliance as well. Athletes knowingly infected with the HIV/HBV virus are prohibited from participating in competitions. Medical staff knowingly infected with the same virus is prohibited from administering healthcare to bleeding athletes.

Athletes who forfeit a match without proper medical certificate is not allowed to proceed throughout the tournament and will be withdrawn from the final ranking.

If an athlete has suffered any damage to the head due to a knockout – may it be at training or during a match – he/she shall be suspended from participation in competitions and/or sparring for 60 days (45 days at minimum and 90 days at maximum depending on the damage). If, in the medical practitioners' opinion, a knockdown brought damage to the athlete's head, the same rule shall apply. If serious damage to the head is diagnosed, the athlete may be suspended indefinitely or until UWSKF Executive Committee approves his/her return to fighting.

Individual prizes are given to each age and weight division:

- 1st place – a gold medal and a certificate,
- 2nd place – a silver medal and a certificate,
- 3rd places – a bronze medal and a certificate.

The winner team of the events gets a trophy or cup.



The organizer may conduct random anti-doping test among the gold medalists. The categories/divisions concerned will be selected and publicly announced at the end of the corresponding medal ceremony. The laboratory used to analyse these tests is IOC/WADA approved. The procedure for undertaking the tests and transporting the samples to the laboratory is laid down in WADA's Anti-Doping Code.

1.1.3 Competition uniform, protection gear and hygiene

Athletes must have an exemplary hygiene, short and clean fingernails and toenails and clean and gathered hair (if long) with an elastic headband, their hair and skin shall be free of any greasy, oily or sticky substance.

The protection gears cannot contain any plastic or metallic part they shall be in a generally clean and serviceable condition and the padding shall not be displaced, broken or imperfect in any way. Athletes are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc.

Uniform shall be clean, generally dry and free from any unpleasant odor.

At medical examination, an official referee shall check that all athletes satisfy the requirements of this article. The athletes must be warned that if their appearance or uniform are not correct, they are not allowed to enter the competition. If an athlete enters the competition area with an appearance that does not conform to the present regulations, he/she will be given 2 minutes to change it, otherwise he/she will lose the match by forfeit.

Athletes' Uniform:

Wearing shoes is forbidden.

a) Gi Uniform (GI, PS, RS, CV, CK, BV)

a) Athletes must wear a clean and presentable uniform.

b) The athletes called first to the mat shall wear red belt and black Gi jacket (kimono) with white pants, and the athletes called secondly to the mat shall wear blue belt and black Gi jacket with white pants.

c) The Gi Uniform must be made of cotton or similar material and in good condition. It may not be unusually thick or stiff to the point of obstructing the opponent. The jacket must be longer than the hips, but no longer than the thighs. When extending the arms forward, the distance between the sleeves and the wrists must not exceed 5 cm. The pants must be of proper size and reach to the ankles in upright position. The pants may not be unusually tight or loose to the point of affecting the opponent's ability to make holds or move. The belt shall be tied tight around the waist to secure the jacket. Women may wear a rash guard of black colour, or of any other neutral colour, underneath their Gi jacket.

b) No Gi Uniform

a) Athletes must wear a clean and presentable uniform.

b) The first athlete called shall appear on the edge of the tatami (mat) in red rash guard and black shorts, the second athlete called in blue rash guard and black shorts.



c) The rash guard shall be tight-fitting, with short sleeves, and contain at least 70% of the assigned colour. Mixture of red and blue on rash guards is forbidden. The board shorts shall not be excessively baggy or have pockets or button/snaps that may be unsafe during competition. For both men and women, wearing shorts is required, even if the athlete wears tight-fitting clothes.

c) Rash Guard Uniform

a) Athletes must wear clean and presentable uniform.

b) The athlete called first to the tatami (mat) shall wear red belt and red rash guard with white Gi pants, and the athlete called in second to the mat shall wear blue belt and blue rash guard with white Gi pants.

c) The rash guard shall be tight-fitting, with short sleeves, and contain at least 70% of the assigned colour. Mixture of red and blue on rash guards is forbidden. The board shorts shall not be excessively baggy or have pockets or button/snaps that may be unsafe during competition. The pants must be of proper size and reach to the ankles in upright position. The pants may not be unusually tight or loose to the point of affecting the opponent's ability to make holds or move.

d) Uniforms and protection gear according to the events

- In case of Technical Events (FS, FH, WS, WH, SD)

a) Athletes must wear a Gi Uniform.

b) The Gi Uniform can be fully black or black jacket with white pants. The belt colour does not matter.

- In case of Combat Events (GI, PS, RS, CV, BV)

a) Athletes must wear Gi Uniform. The colour of the visible protector gears should be correspondent to the assigned colour (corner) red or blue.

b) Compulsory protectors in case of PS, RS, CV events: 10 oz boxing gloves, in case of BV event -84kg and lower weight classes minimum 10 oz, for -92kg min 12 oz, for -100kg minimum 14 oz, for +100kg min 16 oz, shin guards, foot guards (do not have to cover the heel), head guard, mouth guard, groin guard (men), chest protector (women).

c) Compulsory protector in case of RS event: upper body (torso) protector is for all athletes below 14 years old.

d) Optional protector in case of RS: chest protector (women).

e) Optional protectors in case of GI events: groin guard, mouth guard, chest protector (women).

- In case of Combat Events (NG, AV)

a) Athletes must wear No Gi Uniform. The colour of the visible protector gears should be correspondent to the assigned colour corner (red or blue).

b) Compulsory protectors in case of AV events: -84kg and lower weight classes minimum 10 oz, for -92kg min 12 oz, for -100kg minimum 14 oz, for +100kg min 16 oz, foot guards (do not have to cover the heel), mouth guard, groin guard (men), chest protector (women). Optional protectors in case of AV events: shin guards, head guard. Head guards with rigid face protectors are not allowed.

c) Optional protector in case of NG events: groin guard, mouth guard, chest protector (women).



- In case of Combat Events (KK)

- a) Athletes must wear Rash Guard Uniform. The colour of the visible protector gears should be correspondent to the assigned colour corner (red or blue).
- b) Compulsory protectors: 4 oz, fingered (MMA) gloves (able to grab), foot guards (do not have to cover the heel), mouth guard, groin guard (men), chest protector (women).
- c) Optional protectors: shin guards, head guard. Head guards with rigid face protectors are not allowed.

- Referees' Uniform:

- a) The referees and judges must wear the official uniform designated by the Competition Committee. This uniform should be wear in all competitions and courses. The official uniforms will be constituted by:
Black polo/T-shirt with UWSKF logo,
Black pants,
Black shoes or sneakers.
- b) The referees and the judges will have an exemplary hygiene, short and clean fingernails and toenails and clean and gathered hair (if long) with an elastic headband.

Challenge:

The athlete is not allowed to challenge the referee's decision. The Team Leader or coach, if leader is not present, can challenge in written format within 15 minutes after the match or performance. Challenge fee has to be paid, as described in the proclamation.

Only following subjects can be challenged: misconduct/mismanagement of the competition (event); incorrect result; referee's foul, or right of an athlete to enter an event.

Referee decisions – except faults – are absolute and unimpeachable (not subject to challenge).

Valid challenges presented to the referee after 15 minutes will not be considered.

Bad quality or disputable video footage is not taken into consideration during the decision-making process.

Final decision maker: Head Referee.

Nordic System Competition:

There is a Nordic System Competition in Combat Category events when there are three athletes.

The undefeated athlete is the overall winner.

If there is no undefeated athlete, the final winner is calculated based on the below criteria/points which is calculated for all matches' result

1. (7 points) win by KO (if there are more than one win by KO win, the KO the earlier finish time is prioritised)
2. (6 points) win by submission (if there are more than one win by submission, the earlier finish time is prioritised)
3. (5 points) win by technical KO (TKO)
4. (4 points) win over points



If there are more than one win over points, the athlete with most total scores needs to be prioritized.

5. (3 points) win due to disqualification of the opponent
6. (2 points) win due to non-appearance of the opponent
7. (1 point) win due to doctor stoppage

If the winner cannot be decided based on the above calculation, extra time is required.

In case the score is still tie after overtime, the referees must come to a forced decision.

Note:

If the referee stops the fight because of a head punch or head kick with no counting applied, the athlete will be prohibited from further competition on that event.

Note:

In all Combat Events, other than in Stop Semi-Contact, the winner is established using the following rules:

Win:

- Win by "unanimous-decision" - 3 judges score for one athlete.
- Win by "split-decision" - 2 judges score for athlete A / 1 judge scores for athlete B.
- Win by "majority-decision" - 2 judges score for athlete A / 1 judge decides a draw.

Draw: The bout continues to extra-time.

- 1 judge scores for athlete A or B / 2 judges decide a Draw.
- 1 judge scores for athlete A / 1 judge scores for athlete B / 1 judge decides a draw.
- All three judges decide a draw.

2. Empty Hands Forms

Male and female athletes will compete in separate categories.

- Uniform: Gi Uniform (see Paragraph 1.1.3.).

If the number of registered athletes in the competition does not justify the creation of a certain division by age or gender, the Competition Committee shall notify the coaches of these athletes, and if they agree, the athletes in question move into the next category that is the closest to their original division.

The performances cannot be longer than 3 minutes. If the time limit is exceeded, the athlete is disqualified.

Athletes' presentation:

- The center referee calls in order of demonstration, all athletes in one category to the next competition area, check-in.
- When the athlete's name is announced first by the referee, he/she must line up in the side of the tatami (mat).
- When the athlete's name is announced for the second time, the athlete must enter the tatami (mat) facing the refereeing table to start the form.



- When the center referee signals the athlete, he/she must place himself/herself on the tatami (mat) in the place where the performance is going to begin. When ready to begin the performance, the athlete salutes one more time the refereeing table and starts immediately his/her performance.
- When the performance ends, the athlete stays on the tatami (mat) until the center referee and side judges finish scoring. After the score, the center referee signals the athlete so that he/she can respectfully leave the Competition Area.

Judging:

For each Competition Area there is designated a refereeing table formed by:

- a) Center referee,
- b) 4 judges,
- c) There will also be a designated table for the confirmatory referee and for the assistant(s) (timekeeper, scorekeeper and announcer).

Before each presentation the center referee inspects and approves the athletes' material. The center referee (responsible for that Competition Area), seats close to the perimeter of the Competition Area, facing the athletes. The other two judges sit on the center referee's left and right.

Scoring Criteria:

- a) Presence – Respectful attitude, introduction and spirit shown by the athlete.
- b) Execution – Precision of open handed and fist techniques, coordination, focused look, every technique originates from the hip.
- c) Application – Realistic demonstration of the meaning of the form.
- d) Technique – Gestures, regardless of style, must be defined, clear and understandable for all the experts.
- e) Energy – Correct execution of the techniques showed.
- f) Breathing – Correct breathing applied to the execution of the technique.
- g) Posture – Correct positioning of the body in executing the techniques. During turns and spins, the head goes first and drives the other parts of the body.
- h) Balance – Keeping the balance of the body during the execution of the form.
- i) Rhythm – Fluidity of the different form rhythms.
- j) Difficulty – Level of difficulty of the form execution considering the age and graduation of the athlete.



Scoring:

The center referee and the judges evaluate the performances from 0-10 points and can be used decimal scores as well. The referees show their scores to the athlete, to the spectators and finally to the assistants who record the points in the competition log or in the system.

When the total score is calculated, the lowest and highest points are excluded, and the remaining three scores are added together. (Total scores must be presented when requested.)

In case of tie between two or more athletes, the lowest score (which was originally excluded) should be added to the total score to determine the winner. In case the winner still cannot be determined due to still equal total scores the highest score (which also was originally excluded) should be added to the total score to determine the winner. If the scores are still tie than the athletes must present their form one more time.

Forms must be presented and winner must be determined based on evaluating the scores even if only two athletes compete.

In case the number of athletes in one division is over 10, two rounds should be arranged. After the first round, the four athletes with the highest scores will continue to the second round (final). In the second round the athletes must present the same form one more time. If the number of athletes is more than 20, two divisions must be created.

In expert divisions of more than 10 athletes, the top four will be merged into one final division. The winner of this division will be the final winner. If there is a tie, then it will go to judge's decision.

2.1 Empty Hands Forms in Soft Style (FS)

Chinese type forms (Kung-fu-like forms).

During the competition, athletes may execute forms from the official technical program of his/her Method/Style with the alterations and/or variations they should fit.

2.2 Empty Hands Forms in Hard Style (FH)

Japanese type forms (Karate-like forms).

During the competition athletes may execute forms from the official technical program of his/her Method/Style with the alterations and/or variations they should fit.

2.3 Weapon Forms (WS and WH)

All the regulations apply as it is described under Empty Hands Form (see Paragraph 2.). Additional rules:

- In Soft Weapon Form (WS) and the Hard Weapon Form (WH) the athlete shows his/her skill with a form with weapon of his/her choice. The weapon can be any traditional or modern weapon.
- No sharpened cutting blades or stinging sticks are allowed.
- Breaking or dropping the weapon automatically disqualifies the athlete.



2.4 Street Self-Defense (SD)

Uniform: Gi Uniform (see Paragraph 1.1.3.).

The athletes have to present four scenarios. One defender against one attacker, one by one. Any kind of weapons is prohibited to use during the first three scenarios (see below). No music and no speeches are allowed between the presenters during the demonstration. The entire demonstration cannot be longer than 3 minutes.

- 1st scenario against an optional punch or punches,
- 2nd scenario against an optional kick or kicks,
- 3rd scenario against an optional grab,
- 4th scenario is to show a self-defense against a group of attackers, where the attack must be continuous as well. The attackers have to attack in the same time.

All techniques must be performed once and with realistic speed. Weapons may be used only at the 4th scenario in case of the group of attackers. The weapon can be used in both side in the attacker and/or the defensive side. **The most important consideration while judging is how effective and how life-like the action is.**

Note: For example, an 8-year-old child's self-defense against a strong build adult could only be presented in Show category and not in this event!

Scoring criteria:

- a) Presence – Respectful attitude, introduction and spirit showed by the athlete,
- b) Execution – Correct sequence of the demo, coordination,
- c) **Application – Realistic demonstration,**
- d) **Technique – Defined, realistic techniques,**
- e) Energy – Correct execution of the techniques showed,
- f) Breathing – Correct breathing, whooping applied to the execution of the technique,
- g) Posture – Correct positioning of the body in executing the techniques,
- h) Balance – Keeping the equilibrium during the execution of the demo,
- i) Rhythm – Fluidity of the different demonstration rhythms.

Scoring:

The center referee and the judges evaluate the performances from 0-10 points and can be used decimal scores as well. The referees show the scores to the athlete, to the spectators and finally to the assistants who record the points in the competition log or in the system.

When the total score is calculated, the lowest and highest points are excluded, and the remaining three scores are added together. (Total scores must be presented when requested.)

In case of tie between two or more athletes, the lowest score (which was originally excluded) should be added to the total score to determine the winner. In case the winner still cannot be determined due to still equal total scores the highest score (which also was originally excluded) should be added to the total score to determine the winner. If the scores are still tie due to than the athletes must present their form one more time.

Forms must be presented and winner must be determined based on evaluating the scores even if only two athletes compete.



In case the number of athletes in one division is over 10, two rounds should be arranged. After the first round, four athletes with the highest scores will continue to the second round (final). In the second round the athletes must present the same form one more time. If the number of athletes is more than 20, two divisions must be created.

In expert divisions, if the number of athletes is more than 10, the four athletes with highest scores in each division must be merged into one final division and the final winner will be determined based on that. In case of further tie, judges will discuss between themselves and make a decision.



3. Light Contact Fight

3.1 Rumble Sparring (RS)

Continuous fight, the athletes must execute quality techniques with control of the impact force (under 14-year-old age divisions).

- Uniform: Gi Uniform (see Paragraph 1.1.3.).
- Compulsory protectors: head guard, mouth guard, groin guard (boys), boxing gloves (Kid I: 6 oz, Kid II: 8 oz, Kid III and Novice: at least 10 oz), foot guards, shin guards, upper body (torso) protector.
- Optional protector: chest protector (girls), upper body protector (body shield).
- Bout time: 2x1.5 minutes, the break between the rounds lasts 1 minute.
- Overtime: 1 minute in case of draw. In case of overtime the scoring starts from zero and the earlier scored points are deleted. Second draw is not permitted after the overtime so the center referee has to consult the judges to decide who win the bout.

Targets and legal techniques (controlled impact force)

a) Head area as target: touch contact is permitted

- Punches: NOT allowed.
- Kicks: roundhouse kick (*mawashi geri*), semi-hook kick (*ura mawashi geri*) with the sole of the foot only, exterior kick (*kaiten geri*), inner kick (*mikazuki geri*).

b) Body (torso) area as target: half power contact is permitted

- Punches: straight direct punch, hook, uppercut, reverse punch.
- Kicks: roundhouse kick (*mawashi geri*), front kick (*mae geri*), side kick (*yoko geri*), back kick (*ushiro geri*), semi-hook (*ura mawashi geri*) with the sole of the foot only, exterior kick (*kaiten geri*), inner kick (*mikazuki geri*).

c) Legs area as target: half power contact is permitted

- Punches: NOT allowed.
- Kicks: roundhouse leg kick to inner or outer side of the leg are both allowed.

Grabbing is allowed in standing position for 5 seconds, during this time the legal strikes and kicks are allowed. After 5 seconds the center referee will separate the athletes.

Ground fight: NOT allowed.

Points:

- Legal kick to the head – 2 points,
- Legal punch to the body (torso) – 1 point,



- Legal kick to the body (torso) and leg – 1 point.

Illegal targets: Eye, spine, collarbone, throat, neck, back, back of the neck, groin, knee.

Illegal techniques:

- Elbow and knee technique,
- Bite,
- Headbutt,
- Straight/frontal kick (*mae geri*, *yoko geri* and *kakato geri*) to the head and the leg,
- Punching or kicking the grounded opponent,
- Using of not controlled, i.e. "blind" technique,
- Spinning fist punch,
- Choke or any kind of stretch,
- Takedown, throw,
- Grabbing.

Cases when the center referee makes decision about penalty and/or disqualification:

- Attack with more power than allowed,
- Attack on a non-permitted area,
- Attack with non-permitted technique,
- Fleeing the fight or leaving the Fighting Area/Zone (see Paragraph 5.2.) to avoid the fight,
- Continuing the fight after the center referee stopped it,
- Attack with "blind" technique,
- Insulting official personnel,
- Unsportsmanlike behavior,
- After his/her third call the athlete doesn't show up within 60 seconds at the tatami (mat) ready to fight,
- If one of the athletes leaves the Fighting Area due to be pushed by the other athlete but without following by a legal attacking technique, the athlete who pushed the opponent out needs to be penalised.

Penalties:

If the used illegal technique was dangerous so the athlete can't continue the fight immediate disqualification has to be announced. In case of the opponent is able to continue the fight:

- 1st case (Verbal Warning),
- 2nd case (Caution 1) – 2 points to the opponent,
- 3rd case (Caution 2) – 4 points to the opponent,
- 4th case (Caution 3) – Disqualification.

Judging:

- There is one center referee on the tatami (mat) and there are three judges at the corners of the tatami (mat).



- **Center referee's tasks:** Leading the fight, ensure that the rules are kept, ensure the fair play, can stop fight, can punish in case of violation of rules, follows judges' decisions, announce all official decisions loudly and clearly, makes decisions in accordance with judges (in case of penalties also) can ask for the head referee's help in uncertain cases, can stop the fight (to arrange clothing, to clear up uncertain cases among judges, to announce points and faults, in case of injuries, and to find official and right complaint for the questionable problem). The center referee announces step-outs and stops the fight. He/she also signals if any of the athletes is more aggressive than allowed. When an athlete leaves the Central Fighting Zone, the center referee stops the fight, calls athletes to the middle of the tatami (mat), and restarts the fight in standing position.
- **Judges' tasks:** (if there is no electronic score board and counter) to sign, awarding of points with mechanic counters that equipped with two different colour flags (blue and red). At the end of rounds they sign the current result. At the end of matches they sign the final result to the center referee's call. Their movements cannot interrupt the center referee and athletes. In the case of violation of rules judges have to announce to the center referee.

Winner:

The athlete wins if:

- The opponent gives up the fight,
- The center referee defines significant superiority and stops the fight (Technical Knock Out = TKO)
- The coach/corner of the opponent throws the towel in (giving up by the corner),
- The doctor announces that the opponent is unable to continue the fight (doctor stoppage),
- The time runs out and the center referee stops the fight, decision to be made according to the scoring,
- The opponent is disqualified.

Giving up:

Submission by word, by tapping out on the tatami (mat) or on the opponent's body and by throwing in the towel (surrender by towel can only be performed by the coach/corner of the athlete).

3.2" C Viadal" (CV)

Continuous fight, the athletes must execute quality techniques with control of the impact force.

- Uniform: Gi Uniform (see Paragraph 1.3.1.). Exception in case of gloves that is different according to the different age divisions.
- Compulsory protectors: head guard, mouth guard, groin guard (boys), boxing gloves (Kid I: 6 oz, Kid II: 8 oz, Kid III and above: at least 10 oz), foot guards, shin guards, chest protector (girls).
- Optional protector: upper body (torso) protector.
- Bout time: 2x1.5 minutes, the break between the rounds lasts 1 minute.



- Overtime: 1 minute in case of draw. In case of overtime the scoring starts from zero and the earlier scored points are deleted. Second draw is not permitted after the overtime so the center referee has to consult the judges to decide who win the bout.

Targets and legal techniques (controlled impact force)

a) Head area as target: touch contact is permitted

- Punches: straight direct punch, hook, uppercut and reverse punch are allowed.
- Kicks: roundhouse kick (*mawashi geri*), semi-hook kick (*ura mawashi geri*) with the sole of the foot only, exterior kick (*kaiten geri*), inner kick (*mikazuki geri*) and spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only.

b) Body (torso) area as target: half power contact is permitted

- Punches: straight direct punch, hook, uppercut, reverse punch.
- Kicks: roundhouse kick (*mawashi geri*), front kick (*mae geri*), side kick (*yoko geri*), back kick (*ushiro geri*), semi-hook (*ura mawashi geri*) with the sole of the foot only, exterior kick (*kaiten geri*), inner kick (*mikazuki geri*) and spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only.

c) Legs area as target: half power contact is permitted

- Punches: straight direct punch, hook, uppercut, reverse punch are allowed.
- Kicks: roundhouse thigh kick to inner or outer side of the leg are both allowed.

Grabbing is allowed in standing position for 5 seconds, during this time the legal strikes and kicks are allowed. After 5 seconds the center referee will separate the athletes.

Ground fight:

All throws, takedowns, chokes and joint stretches in either standing or grounded position are allowed, except the throws that are used to extend the joints beyond the normal angle (throw combined with joint stretch). The center referee stops the fight in the case of passivity or after 10 seconds grounded position. The fight has to restart in standing position. If an athlete performs a submission attempt during the 10 seconds of ground fight time, he/she could get additional 10 seconds for ground fight to finish the action.

A legal technique starting inside, but finishing outside of the Fighting Area (but still in the Protection Zone) (see Paragraph 5.2.), the center referee does not stop the match, unless the action can cause any harm.

Definition of grounded position: when at least 3 points of his/her body in contact with the ground or lying on the ground in front or back or side.

Note: Both feet and only fingers/hand touching the tatami (mat) is still considered a standing position (fake grounded position).



If one or both fighters are on the ground punch or kick is not allowed!

Note:

- Kid I-II-III (6-11 years) categories: athletes can use only take down and hold techniques.
- Novice and schoolboy/schoolgirl (12-15 years) categories: athletes cannot use guillotine or any type of leg locks.

If one of the athletes escapes outside of the Fighting Area to avoid a submission technique (without using a real defense), the center referee should not stop the fight until the action is not complete/finished or until both athletes are in the Border Zone or if any part of any athletes is outside of the Border Zone. In this case, the athlete who left the Fighting Area to avoid a submission technique without real defense should be disqualified immediately.

Points:

- Legal kick to the head – 2 points,
- Legal punch to the head – 1 point,
- Legal punch or kick to the body (torso) and leg – 1 point,
- Hold down, control in any dominant position for 10 seconds – 2 points,
- High amplitude throw – 3 points,
- Low amplitude throw, takedown – 2 points.

Illegal targets:

Eye, spine, collarbone, throat, neck, back, back of the neck, groin, knee.

Illegal techniques:

- Elbow and knee technique,
 - Bite,
 - Headbutt,
 - Straight/frontal kick (*mae geri*, *yoko geri* and *kakato geri*) to the head and the leg,
 - Punching or kicking the grounded opponent,
 - Using of not controlled, i.e. "blind" technique,
 - Spinning fist punch,
 - Backbone or neck stretching,
 - Choke or any kind of stretch performed inappropriately (with uncontrolled speed),
 - Inside or outside heel hook,
 - Ankle lock combined with twisting outward,
 - Slam,
 - Throw combined with joint stretch
 - Pretending of injury
- Take down or throw where the opponent is thrown to the ground with excessive force and with intent to cause injury (body slam).

Note: In case of any stretch performed, the attacker must allow enough time for the opponent to give up the fight.



Cases when the center referee makes decision about penalty and/or disqualification:

- Attack with more power than allowed,
- Attack on a non-permitted area,
- Attack with non-permitted technique,
- Fleeing the fight or leaving the Fighting Area/Zone (see Paragraph 5.2.) to avoid the fight,
- Continuing the fight after the center referee stopped it,
- Attack with "blind" technique,
- Insulting official personnel,
- Unsportsmanlike behavior,
- After his/her third call the athlete doesn't show up within 60 seconds at the tatami (mat) ready to fight,
- If one of the athletes leaves the Fighting Area due to be pushed by the other athlete but without following by a legal attacking technique, the athlete who pushed the other needs to be penalised.

Penalties:

If the used illegal technique was dangerous so the athlete can't continue the fight immediate disqualification has to be announced. In case of the opponent is able to continue the fight:

- 1st case (Verbal Warning),
- 2nd case (Caution 1) – 2 points to the opponent,
- 3rd case (Caution 2) – 4 points to the opponent,
- 4th case (Caution 3) – Disqualification.

Judging:

- There is one center referee on the tatami (mat) and there are three judges at the corners of the tatami (mat).
- **Center referee's tasks:** Leading the fight, ensure that the rules are kept, ensure the fair play, can stop fight, can punish in case of violation of rules, follows judge's decisions, announce all official decisions loudly and clearly, makes decisions in accordance with judges (in case of penalties also) can ask for the head referee's help in uncertain cases, can stop the fight (to arrange clothing, to clear up uncertain cases among judges, to announce points and faults, in case of injuries, and to find official and right complaint for the questionable problem). The center referee announces step-outs and stops the fight. He/she also signals if any of the athletes is more aggressive than allowed. When an athlete leaves the Central Fighting Zone, the center referee stops the fight, calls athletes to the middle of the tatami (mat), and restarts the fight in standing position.
- **Judges' tasks:** (if there is no electronic score board and counter) to sign, awarding of points with mechanic counters that equipped with two different colour flags (blue and red). At the end of rounds they sign the current result. At the end of matches they sign the final result to the center referee's call. Their movements cannot interrupt the center referee and athletes. In the case of violation of rules judges have to announce to the center referee.



Winner:

The athlete wins if:

- The opponent gives up the fight,
- The center referee defines significant superiority and stops the fight (Technical Knock Out = TKO),
- The coach/corner of the opponent throws the towel in (giving up by the corner),
- The doctor announces that the opponent is unable to continue the fight (doctor stoppage),
- The time runs out and the center referee stops the fight, decision to be made according to the scoring,
- The opponent is disqualified.

Giving up:

Submission by word, by tapping out on the tatami (mat) or on the opponent's body and by throwing in the towel (surrender by towel can only be performed by the coach/corner of the athlete)

3.3 Point Sparring (PS)

Non-continuous fight, the athletes must execute quality techniques with control of the impact force. All strikes have to be executed without power.

- Uniform: Gi Uniform (see Paragraph 1.1.3.).
- Compulsory protectors: head guard, mouth guard, groin guard (men), boxing gloves: (6-7years: 6oz, 8-9 years: 8oz, 10years: 10oz), foot guards, shin guards, chest protector (women).
- Bout time: 1x1.5 minutes.
- Overtime: 30 seconds in the case of draw. In case of overtime the scoring starts from zero and the earlier scored points are deleted. In the case of draw after the overtime the fight is continued until the first legal hit.

Targets and legal techniques:

a) Head area as target: touch contact is permitted

- Punches: direct, hook, uppercut, reverse (back fist) punch.
- Kicks: roundhouse kick (*mawashi geri*), semi-hook kick (*ura mawashi geri*) with the sole of the foot only, exterior kick (*kaiten geri*), inner kick (*mikazuki geri*), spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only.

b) Body (torso) area as target: touch contact is permitted

- Punches: direct, hook, uppercut, reverse (back fist) punch.
- Kicks: roundhouse kick (*mawashi geri*), front kick (*mae geri*), side kick (*yoko geri*), back kick (*ushiro geri*), semi-hook kick (*ura mawashi geri*) with the sole of the foot only, exterior



kick (*kaiten geri*), inner kick (*mikatzuki geri*), spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only.

c) Legs area as target: half power is allowed

- Sweep the front leg below the ankle.

Points:

- Legal jumping kick to the head or body (torso) – 2 points,
- Legal punch or kick to the head or body (torso) – 1 point,
- Sweep – 1 point.

The fight is over if the difference between the scores of the athletes reaches 7 points.

Illegal targets:

Eye, spine, collarbone, throat, neck, back, back of the neck, groin, knee, thigh, leg (except sweep below ankle).

Illegal techniques:

- Punch or kick the grounded opponent,
- Elbow and knee technique,
- Bite,
- Headbutt,
- Straight/frontal kick (*mae geri*, *yoko geri* and *kakato geri*) to the head and the leg,
- Using of "blind" technique,
- Spinning fist punch,
- Takedown, throw, grabbing, (except sweep below ankle on first leg)
- Grabbing, pushing,
- Any kind of attack to the leg,
- Any kind of choke or stretch,
- Kick performed with heel,
- Pretending of injury.

Cases when the center referee makes decision about penalty and/or disqualification:

- Attack with more power than allowed to the head,
- Attack on a non-permitted area,
- Attack with non-permitted technique,
- Fleeing the fight or leaving the Fighting Area/Zone (see Paragraph 7.2.) to avoid the fight,
- Continuing the fight after the center referee stopped it,
- Attack with "blind" technique,
- Insulting official personnel,
- Unsportsmanlike behavior,
- After his/her third call the athlete doesn't show up within 60 seconds at the tatami (mat) ready to fight.



Penalties:

If the used illegal technique was dangerous so the athlete can't continue the fight immediate disqualification has to be announced. Only in case the opponent is able to continue the fight.

- 1st case (Verbal Warning),
- 2nd case (Caution 1) – 1 point to the opponent,
- 3rd case (Caution 2) – 2 points to the opponent,
- 4th case (Caution 3) – Disqualification.

Judging:

- There is one center referee on the tatami (mat), there are two or three judges at the corners of the tatami (mat) and there is an assistant for counting the points. If there are two judges, the center referee also has to sign the hits, if there are three judges the center referee is leading the fight without scoring the hits. Right after each effective attack the center referee will stop the fight to score the action.
- **Center referee's duties:** leading the fight, ensure that the rules are kept, ensure the fair play, can punish in case of violation of rules, follows judge's decisions, announce all official decisions loudly and clearly, makes decisions in accordance with judges (in case of punishment also) can ask for the head referee's help in uncertain cases, can stop the fight (to arrange clothing, to clear up uncertain cases among judges, to announce points and faults, in case of injuries, and to find official and right complaint for the questionable problem). The center referee announces step-outs and stops the fight. He/she also signals if any of the athletes is more aggressive than allowed. When an athlete leaves the Central Fighting Zone, the center referee stops the fight, calls athletes to the middle of the tatami (mat) and restarts the fight in standing position.
- **Judges' tasks:** awarding of points with colour flags (blue and red) after every action. In case of techniques awarded by two points, it needs to be verbally said to the center referee. Their movements cannot interrupt the center referee and athletes. In the case of violation of rules, judges have to announce to the center referee.

Winner:

An athlete wins if:

- The opponent gives up the fight,
- He/she has more points by 7 than the opponent in the bout time,
- The coach/corner of the opponent throws the towel in,
- The doctor announces that the opponent is unable to continue the fight (doctor stoppage),
- The time runs out and the center referee stops the fight, decision to be made according to the scoring,
- The opponent is disqualified.

Giving up:

Submission by word, by tapping on the tatami (mat) or the opponent's body and by throwing in the towel (surrender by towel can only be performed by the the coach/corner of the athlete).



4. Full Contact Fights

4.1 "B Viadal" (BV)

Continuous fight, the athletes must execute quality techniques without control of the impact force to the body (torso) and with control to the head area.

- Uniform: Gi Uniform (see Paragraph 1.1.3.).
- Compulsory protectors: head guard, mouth guard, groin guard (men), gloves minimum of 10 oz for -84kg and lower weight classes, minimum 12 oz for -92kg, minimum 16 oz for -100kg minimum 14 oz, for +100kg min 16 oz, foot guards (covering the fingers) and chest protector (women).
- Optional protector: shin guards.
- Bout time: 2x2 minutes, the break between the rounds is 1 minute long.
- Overtime: 1 minute in case of draw. In case of overtime the scoring starts from zero and the earlier scored points are deleted. Second draw is not permitted after the overtime the center referee has to consult the judges to decide who win the bout.

Targets and legal techniques:

a) Head area as target: half power is allowed

- Punches: direct, hook, uppercut, reverse punch.
- Kicks: roundhouse kick (*mawashi geri*), semi-hook kick (*ura mawashi geri*) with the sole of the foot only, descending (sole of the foot only), exterior kick (*kaiten geri*), inner kick (*mikazuki geri*), spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only.

b) Body (torso) area as target: full power is allowed

- Punches: direct, hook, uppercut, reverse punch. Elbow technique is only allowed without grabbing.
- Kicks: roundhouse kick (*mawashi geri*), front kick (*mae geri*), side kick (*yoko geri*), back kick (*ushiro geri*), semi-hook (*ura mawashi geri*) with the sole of the foot only, descending (sole of the foot only), exterior kick (*kaiten geri*), inner kick (*mikazuki geri*), spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only. Knee kick technique is only allowed without grabbing.

c) Legs area as target: full power is allowed

- Punches: direct, hook, uppercut, reverse. Elbow technique is only allowed without grabbing.
- Kicks: roundhouse kick (interior and exterior). Heel kick to calf. Knee kick is only allowed without grabbing.



Grabbing is allowed in standing position for 5 seconds, during this time legal strikes and kicks are allowed. After 5 seconds the center referee will separate the athletes.

Ground fight:

All throws, takedowns, chokes and joint stretches in either standing or grounded position (see Paragraph 5.1.) are allowed, except the throws that are used to extend the joints beyond the normal angle (throw combined with joint stretch). The center referee stops the fight in case of passivity or after 10 seconds of ground fight. The fight has to restart in standing position. If an athlete performs a submission attempt during the 10 seconds of ground fight time, he/she could get additional 10 seconds for ground fight to finish the action.

A legal technique starting inside, but finishing outside of the Fighting Area (but still in the Protection Zone), the center referee does not stop the match, unless the action can cause any harm.

Definition of grounded position: when at least 3 points of his/her body in contact with the ground or lying on the front, back, side.

If one or both fighters are on the ground punch and kick is not allowed!

Note: Both feet and only fingers/hand touching the tatami (mat) is still considered a standing position (fake grounded position).

Note: Novice and schoolboy/schoolgirl (12-15 years) categories: athletes cannot use guillotine or any type of leg locks.

If one of the athletes escapes outside of the Fighting Area to avoid a submission technique (without using a real defense), the center referee should not stop the fight until the action is not complete/finished or until both athletes are in the Border Zone or if any part of any athletes is outside of the Border Zone. In this case, the athlete who left the Fighting Area to avoid a submission technique without real defense should be disqualified immediately.

Knock down:

The center referee makes decision by stopping the fight and starting the 10-second count, for one athlete maximum twice in a round. The center referee can stop the fight anytime, when he/she finds that the athletes could get hurt.

Points:

- Legal kicks to the head – 2 points,
- Legal punches to the head – 1 point,
- Legal punches or kicks to the body (torso) and leg – 1 point,
- Hold down, control in any dominant position for 10 seconds – 2 points,
- High amplitude throw – 3 points,
- Low amplitude throw, takedown – 2 points,
- Knock down and 10-second count has started – 4 points.



Illegal targets:

Eye, spine, collarbone, throat, neck, back, back of the neck, groin and knee.

Illegal techniques:

- Elbow and knee technique to the head,
- Bite,
- Headbutt,
- Straight/frontal kick (*mae geri*, *yoko geri* and *kakato geri*) to the head and the leg,
- Punching or kicking the grounded opponent,
- Using of "blind" technique,
- Spinning fist punch,
- Backbone or neck stretching,
- Choke or any kind of stretch performed with sudden movement,
- Inside or outside heel hook,
- Throw combined with joint stretch,
- Kick performed with heel.
- Take down or throw where the opponent is thrown to the ground with excessive force and with intent to cause injury (body slam).

Note: In case of any stretch performed, the attacker has to allow enough time for the opponent to give up the fight.

Cases when the center referee makes decision about penalties and/or disqualification:

- Attack with more power than allowed to the head,
- Attack on a non-permitted area,
- Attack with non-permitted technique,
- Fleeing the fight or leaving the Fighting Area/Zone (see Paragraph 5.2.) to avoid the fight,
- Continuing the fight after the referee stopped it,
- Attack with not controlled technique,
- Insulting official personnel,
- Unsportsmanlike behavior,
- After his/her third call the athlete doesn't show up within 60 seconds at the tatami (mat) ready to fight
- If one of the athletes leaves the Fighting Area due to be pushed by the other athlete but without following by a legal attacking technique, the athlete who pushed the other needs to be penalised.

Penalties:

If the used illegal technique was dangerous so the athlete can't continue the fight immediate disqualification has to be announced. Only in case of the opponent is able to continue the fight:

- 1st case (Verbal Warning),
- 2nd case (Caution 1) – 2 points to the opponent,



- 3rd case (Caution 2) – 4 points to the opponent,
- 4th case (Caution 3) – Disqualification.

Judging:

- There is one center referee on the tatami (mat) and there are three judges at the corners of the tatami (mat).
- **Center referee's tasks:** Leading the fight, ensure that the rules are kept, ensure the fair play, can stop fight, can punish in case of violation of rules, follows judges' decisions, announce all official decisions loudly and clearly, makes decisions in accordance with judges (in case of punishment also) can ask for the head referee's help in uncertain cases, can stop the fight (to arrange clothing, to clear up uncertain cases among judges, to announce points and faults, in case of injuries, and to find official and right complaint for the questionable problems). The center referee announces step-outs and stops the fight. He/she also signals if any of the athletes is more aggressive than allowed. When an athlete leaves the Central Fighting Zone, the center referee stops the fight, calls athletes to the middle of the tatami (mat), and restarts the fight in standing position.
- **Judges' tasks:** (if there is no electronic score board and counter) to sign, awarding of points with mechanic counters that equipped with two different colour flags (blue and red). At the end of rounds they sign the current result; at the end of matches they sign the final result to the referee's call. Their movements cannot interrupt the referee and athletes. In the case of violation of rules judges have to announce to the referee.

Winner:

An athlete wins if:

- The opponent gives up the fight,
- The opponent is knocked out,
- The center referee defines significant superiority (TKO),
- The coach/corner of the opponent throws the towel in,
- The doctor announces that the opponent is unable to continue the fight (doctor stoppage),
- The time runs out and the center referee stops the fight the decisions to be made according to the scoring,
- The opponent is disqualified,
- The opponent is knocked down third time in the round (TKO).

Giving up:

Submission by word, by tapping out on the tatami (mat), or on the opponent's body and by throwing in the towel (surrender by towel can only be performed by the coach/corner of the athlete).

4.2 "A Viadal" (AV)

Continuous fight, the athletes must execute quality techniques without control of the impact force.

- Uniform: No Gi Uniform (see Paragraph 1.1.3.)
- Compulsory protectors: mouth guard, groin guard (men), head guard in beginner division, gloves minimum of 10 oz for -84kg and lower weight classes, minimum 12 oz for -92kg, minimum 16 oz for -100kg minimum 14 oz, for +100kg min 16 oz, foot guards, chest protector (women).
- Optional protectors: shin guards, head guard (advanced and expert/master divisions).
- Bout time: 3x2 minutes, the breaks between the rounds are 1 minute long.
- Overtime: 1 minute in case of draw. In case of overtime the scoring starts from zero and the earlier scored points are deleted. Second draw is not permitted after the overtime so the center referee has to consult the judges to decide who win the match.

Targets and legal techniques:

a) Head area as target: full power is allowed

- Punches: direct, hook, uppercut, reverse punch, reverse punch with turn.
- Kicks: roundhouse kick (*mawashi geri*), semi-hook kick (*ura mawashi geri*) with the sole of the foot only, descending (sole of the foot only), exterior kick (*kaïten geri*), inner kick (*mikazuki geri*), spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only. Knee kicks to the head are only allowed without grabbing the opponent (except in beginner division).

b) Body (torso) area as target: full power is allowed

- Punches: direct, hook, uppercut, reverse punch, reverse punch with turn. Elbow technique is allowed with grabbing.
- Kicks: roundhouse kick (*mawashi geri*), front kick (*mae geri*), side kick (*yoko geri*), back kick (*ushiro geri*), semi-hook (*ura mawashi geri*) with the sole of the foot only, descending (sole of the foot only), exterior kick (*kaïten geri*), inner kick (*mikazuki geri*), spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only. Knee kick technique is allowed with grabbing.

c) Legs area as target: full power is allowed

- Punches: direct, hook, uppercut, reverse punch, reverse punch with turn. Elbow technique is allowed with grabbing.
- Kicks: roundhouse kick (interior and exterior), heel kick to calf. Knee kick is allowed with grabbing.

Grabbing is allowed in standing position for 5 seconds, during this time legal strikes and kicks are allowed. After 5 seconds the center referee will separate the athletes.



Ground fight:

All throws, takedowns, chokes and joint stretches in either standing or grounded position (see Paragraph 5.3.) are allowed, except the throws that are used to extend the joints beyond the normal angle (throw combined with joint stretch). Hold-downs are also allowed. The center referee stops the fight in the case of passivity or after 30 seconds ground fight. Fight has to restart in standing position.

If any of the athletes gets the ground, they both can use punches to the body and the legs. If both athletes get the ground, they both can use punches and kicks to the body (torso) and the legs.

A legal technique starting inside, but finishing outside of the Fighting Area (but still in the Protection Zone), the center referee does not stop the match, unless the action can cause any harm.

Definition of grounded position: when at least 3 points of his/her body in contact with the ground or lying on the front, back, side.

Note: Both feet and only fingers touching the tatami (mat) is still considered a standing position (fake grounded position).

If one of the athletes escapes outside of the Fighting Area to avoid a submission technique (without using a real defense), the center referee should not stop the fight until the action is not complete/finished or until both athletes are in the Border Zone or if any part of any athletes is outside of the Border Zone. In this case, the athlete who left the Fighting Area to avoid a submission technique without real defense should be disqualified immediately.

Knock Down:

The center referee makes decision by stopping the fight and starting the 10-second count, for one athlete maximum twice in a round. The center referee can stop the fight anytime, when he/she finds that the athletes could get hurt.

Points:

- Legal kick to the head – 2 points,
- Legal punch to the head – 1 point,
- Legal punch or kick to the body (torso) and leg – 1 point,
- Hold down, control in any dominant position for 10 seconds – 2 points,
- High amplitude throw – 3 points,
- Low amplitude throw, takedown – 2 points,
- Knock down and the 10-second count has started – 4 points.

Illegal targets:

Eye, spine, collarbone, throat, neck, back, back of the neck, groin and knee.

Illegal techniques:

- Punching and kicking the head area of the grounded opponent,
- Any type of falling elbow on the ground (otoshi empi uchi, otoshi mawashi empi uchi),
- Elbow technique to the head,



- Bite,
 - Headbutt,
 - Straight/frontal kick (*mae geri*, *yoko geri* and *kakato geri*) to the head and the leg,
 - Using of "blind" technique,
 - Any type of punch with the lower part of the fist (*tettsui uchi*, hammerfist punch)
 - Spinning fist punch,
 - Backbone or neck stretching,
 - Choke or any kind of stretch performed inappropriately,
 - Inside or outside heel hook,
 - Slam,
 - Throw combined with joint stretch,
 - Pretending of injury
- Take down or throw where the opponent is thrown to the ground with excessive force and with intent to cause injury (body slam).

Note: In case of any stretch performed, the attacker has to allow enough time for the opponent to give up the fight.

Cases when the center referee makes decision about penalties and/or disqualification:

- Attack on a non-permitted area,
- Attack with non-permitted technique,
- Fleeing the fight or leaving the Fighting Area/Zone (see Paragraph 7.2.) to avoid the fight,
- Continuing the fight after the referee stopped it,
- Attack with "blind" technique,
- Insulting official personnel,
- Unsportsmanlike behavior,
- After his/her third call the athlete doesn't show up within 60 seconds at the tatami (mat) ready to fight,
- If one of the athletes leaves the Fighting Area due to be pushed by the other athlete but without following by a legal attacking technique, the athlete who pushed the other needs to be penalised.

Penalties:

If the used illegal technique was dangerous so the athlete can't continue the fight immediate disqualification has to be announced. Only in case of the opponent is able to continue the fight:

- 1st case (Verbal Warning),
- 2nd case (Caution 1) – 2 points to the opponent,
- 3rd case (Caution 2) – 4 points to the opponent,
- 4th case (Caution 3) – Disqualification.

Judging:

- There is one referee on the tatami (mat) and there are three judges at the corners of the tatami (mat).



- **Center referee's tasks:** Leading the fight, ensure that the rules are kept, ensure the fair play, can stop fight, can punish in case of violation of rules, follows judge's decisions, announce all official decisions loudly and clearly, makes decisions in accordance with judges (in case of punishment also) can ask for the head referee's help in uncertain cases, can stop the fight (to arrange clothing, to clear up uncertain cases among judges, to announce points and faults, in case of injuries, and to find official and right complaint for the questionable problem). The center referee announces step-outs and stops the fight. He/she also signals if any of the athletes is more aggressive than allowed. When an athlete leaves the Central Fighting Zone, the center referee stops the fight, calls athletes to the middle of the mat, and restarts the fight in standing position.
- **Judges' tasks:** (if there is no electronic score board and counter) to sign, awarding of points with mechanic counters that equipped with two different colour flags (blue and red). At the end of rounds they sign the current result. At the end of matches they sign the final result to the center referee's call. Their movements cannot interrupt the center referee and athletes. In the case of violation of rules judges have to announce to the center referee.

Winner:

An athlete wins if:

- The opponent gives up the fight,
- The opponent is knocked out, the center referee defines significant superiority (TKO),
- The coach/corner of the opponent throws the towel in,
- The doctor announces that the opponent is unable to continue the fight (doctor stoppage),
- The time runs out and the center referee stops the fight the decisions to be made by the scoring,
- The opponent is disqualified,
- The opponent is knocked down third time in the round.

Giving up:

Submission by word, by taping out on the tatami (mat) or on the opponent's body and by coach/corner throwing in the towel (surrender by towel can only be performed by the coach/corner of the athlete).

4.3 "Viadal" - Kempo Knock Down Fight (KK)

Continuous fight, the athletes must execute quality techniques without control of the impact force. Punches are not allowed to the head area.

- Uniform: Rash Guard Uniform (see Paragraph 1.1.3.).
- Compulsory protectors: mouth guard, groin guard (men), head guard in beginner division, foot guards, chest protector (women). The athletes under the age 18 have to wear head guard, shin guards, (at least) 4 oz, fingered (MMA) gloves (able to grab).
- Optional protectors: shin guards, head guard (advanced and expert/master divisions). Note, head guards with rigid face protectors are not allowed.
- Any kind of equipment are forbidden to use on the hands, except official bandages under the gloves. The referees can inspect the bandages any time.
- Bout time: Junior and Senior age divisions - 1x5 minutes, Schoolboy/Schoolgirl and Cadet age divisions - 1x3 minutes and Veteran age divisions – 1x4 minutes.
- Overtime: 1 minute in the case of draw. In case of overtime the scoring starts from zero and the earlier scored points are deleted. Second draw is not permitted after the overtime so the center referee has to consult the judges to decide who win the match.

Targets and legal techniques:

a) Head area as target: full power is allowed exception Schoolboy/Schoolgirl and Cadet (14-17 years)

- Punches: forbidden.
- Kicks: roundhouse kick (*mawashi geri*), semi-hook kick (*ura mawashi geri*) with the sole of the foot only, descending (sole of the foot only), exterior kick (*kaiten geri*), inner kick (*mikazuki geri*), spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only. Knee kicks to the head are only allowed without grabbing (except in beginner division).
- For Schoolboy/Schoolgirl and Cadet age divisions only half power (semi-contact) is allowed.

b) Body (torso) area as target: full power is allowed

- Punches: direct, hook, uppercut, reverse punch. Elbow technique is allowed with grabbing.
- Kicks: roundhouse kick (*mawashi geri*), front kick (*mae geri*), side kick (*yoko geri*), back kick (*ushiro geri*), semi-hook (*ura mawashi geri*) with the sole of the foot only, descending (sole of the foot only), exterior kick (*kaiten geri*), inner kick (*mikazuki geri*), spinning back hook kick (*ushiro ura mawashi geri*) with the sole of the foot only. Knee kick technique is allowed with grabbing.

c) Legs area as target: full power is allowed

- Punches: direct, hook, uppercut, reverse. Elbow technique is allowed with grabbing.



- Kicks: roundhouse kick (interior and exterior). Heel kick to calf. Knee kick is allowed with grabbing.

Grabbing is allowed in standing position for 5 seconds, during this time legal strikes and kicks are allowed. After 5 seconds the center referee will separate the athletes.

Ground fight:

All throws, takedowns, chokes and joint stretches in either standing or grounded position (see Paragraph 5.3.) are allowed, except the throws that are used to extend the joint beyond the normal angle (throw combined with joint stretch). Hold-down is allowed. The center referee stops the fight in the case of passivity or after 30 seconds of ground fight and fight has to restart in standing position.

Note: Novice and schoolboy/schoolgirl (12 - 15 years) categories: athletes cannot use guillotine or any type of leg locks.

If any of the athletes gets the ground, they both can use punches to the body (torso) and the legs.

If both athletes get the ground, they both can use punches and kicks to the body (torso) and the legs.

A legal technique starting inside, but finishing outside of the Fighting Area (but still in the Protection Zone), the center referee does not stop the match, unless the action can cause any harm.

Definition of grounded position: when at least 3 points of his/her body in contact with the ground or lying on the front, back, side.

Note: Both feet and only fingers touching the tatami (mat) is still considered a standing position (fake grounded position).

If one of the athletes escapes outside of the Fighting Area to avoid a submission technique (without using a real defense), the center referee should not stop the fight until the action is not complete/finished or until both athletes are in the Border Zone or if any part of any athletes is outside of the Border Zone. In this case, the athlete who left the Fighting Area to avoid a submission technique without real defense should be disqualified immediately.

Knock down:

The center referee makes decision about the 10-second count, for the same athlete maximum twice in a round. The center referee can stop the fight anytime, when he/she finds that the athletes could get hurt.



Points:

- Legal kick to the head – 2 points,
- Legal punch or kick to the body (torso) and leg – 1 point,
- Hold down, control in any dominant position for 10 seconds – 2 points,
- High amplitude throw – 3 points,
- Low amplitude throw, takedown – 2 point,
- Knock-down, 10-second count has started – 4 points.

Illegal targets:

Eye, spine, collarbone, throat, neck, back, back of the neck, groin and knee.

Illegal techniques:

- Punch to the head,
- Bite,
- Headbutt,
- Any type of falling elbow on the ground (otoshi empi uchi, otoshi mawashi empi uchi) ,
- Straight/frontal kick (*mae geri*, *yoko geri* and *kakato geri*) to the head and the leg,
- Punching or kicking the lying opponent,
- Using of "blind" technique,
- Spinning fist punch,
- Backbone or neck stretching,
- Choke or any kind of stretch performed inappropriately,
- Inside or outside heel hook,
- Slam,
- Throw combined with joint stretch,
- Finger use for chokes at trachea,
- Catch his/her mouth and nose,
- Pinch the skin, pulling hair or ears,
- Catch less than 4 fingers,
- Pretending of injury
- Take down or throw where the opponent is thrown to the ground with excessive force and with intent to cause injury (body slam).

Note: In case of any stretch performed, the attacker has to allow enough time for the opponent to give up the fight.

Cases when the center referee makes decision about penalties and/or disqualification:

- Attack on a non-permitted area,
- Attack with non-permitted technique,
- Fleeing the fight or leaving the Fighting Area/Zone (see Paragraph 5.2.) to avoid the fight,
- Continuing the fight after the referee stopped it,
- Attack with "blind" technique,
- Insulting an official person,



- Unsportsmanlike behavior,
- After his/her third call the athlete doesn't show up within 60 seconds at the tatami (mat) ready to fight
- If one of the athletes leaves the Fighting Area due to be pushed by the other athlete but without following by a legal attacking technique, the athlete who pushed the other needs to be penalised.

Penalties:

If the used illegal technique was dangerous so the athlete can't continue the fight immediate disqualification has to be announced. Only in case the opponent is able to continue the fight:

- 1st case (Verbal Warning),
- 2nd case (Caution 1) – 2 points to the opponent,
- 3rd case (Caution 2) – 4 points to the opponent,
- 4th case (Caution 3) – Disqualification.

Judging:

- There is one referee on the tatami (mat) and there are three judges at the corners of the tatami (mat).
- **Center referee's tasks:** Leading the fight, ensure that the rules are kept, ensure the fair play, can stop fight, can punish in case of violation of rules, follows judge's decisions, announce all official decisions loudly and clearly, makes decisions in accordance with judges (in case of punishment also) can ask for the head referee's help in uncertain cases, can stop the fight (to arrange clothing, to clear up uncertain cases among judges, to announce points and faults, in case of injuries, and to find official and right complaint for the questionable problems). The center referee announces step-outs and stops the fight. He also signals if any of the athletes is more aggressive than allowed. When an athlete leaves the Central Fighting Zone, the center referee stops the fight, calls athletes to the middle of the tatami (mat), and restarts the fight in standing position.
- **Judges' tasks:** (if there is no electronic score board and counter) to sign, awarding of points with mechanic counters that equipped with two different colour flags (blue and red). At the end of rounds they sign the current result; at the end of matches they sign the final result to the center referee's call. Their movements cannot interrupt the referee and athletes. In the case of violation of rules judges have to announce to the center referee.

Winner:

An athlete wins if:

- The opponent gives up the fight,
- The opponent is knocked out,
- The referee defines significant superiority (TKO),
- The trainer, or the ring helper of the opponent throws the towel in,
- The doctor announces that the opponent is unable to continue the fight (doctor stoppage),
- The time run out and the referee stops the fight the decisions will be made by the scoring,
- The opponent is disqualified,



- The opponent is knocked down third time in the round (TKO).

Giving up:

Submission by word, by tapping out on the tatami or on the opponent's body and by throwing in the towel (surrender by towel can only be performed by the trainer and the ring helper of the athlete).

4.4 Chikara Kurabe

Continuous fight in three rounds with three different fighting events. The athletes must execute quality techniques with control of the impact force.

Round 1: Standing fight: In accordance to the competition rules, it can be "C viadal" (CV), "B viadal" (BV), "A viadal" (AV).

Round 2: Throw fight

Round 3: Ground fight

- Uniform: No Gi Uniform (see Paragraph 1.1.3.)
- Bout time: 3x1 minute, the breaks between the rounds are only for changing the protective gears.
- Overtime: In case of tie at the end of the 3rd round, the score of the 1st round is taken into consideration. If the 1st round is also tie, 1 minute "C/B/A viadal" overtime comes. In case of overtime the scoring starts from zero and the earlier scored points are deleted. Second draw is not permitted after the overtime so the center referee has to consult the judges to decide who win the match.
- If the winner of the 1st and 2nd round is the same, then the 3rd round is cancelled.
- If the 1st round is not, but the 2nd round is a tie, then the 3rd round is cancelled.

Round 1 - Standing fight:

- In accordance to the competition rules, it can be "C viadal" (CV), "B viadal" (BV), "A viadal" (AV)
- Bout time – 1 minute

Ground fight: NOT allowed.

Illegal techniques:

- Throw or takedown,
- Kick or punch to an opponent who is on the ground.



Round 2 - Throw fight:

- Compulsory protectors: groin guard (men),
- Optional protector: mouth guard, chest protector (women)
- Bout time – 1 minute.

All throws, takedowns in either standing position are allowed, except the throws that are used to extend the joint beyond the normal angle (throw combined with joint stretch).

Points:

- High amplitude throw – 3 points,
- Low amplitude throw – 2 points,
- Takedown – 1 point.

High amplitude throw: takedown, when the athlete, lifting the opponent over his/her own waist level, while remaining standing before completing the takedown and **able to maintain controlled position for 3 seconds.**

Illegal targets:

Eye, spine, collarbone, throat, neck, back, back of the neck, groin, knee.

Illegal techniques:

- Any kick or punch,
- Bite,
- Headbutt,
- Any kind of stretch or choke,
- Spike (standing throw onto the head or neck),
- Poking of eye(s),
- Pretending of injury
- Take down or throw where the opponent is thrown to the ground with excessive force and with intent to cause injury (body slam).

Cases when the center referee makes decision about penalty and/or disqualification:

- Attack with more power than allowed,
- Attack on a non-permitted area,
- Attack with non-permitted technique,
- Fleeing the fight or leaving the Fighting Area/Zone (see Paragraph 5.2.) to avoid the fight,
- Continuing the fight after the center referee stopped it,
- Insulting official personnel,
- Unsportsmanlike behavior,
- After his/her third call the athlete doesn't show up within 60 seconds at the tatami (mat) ready to fight.

Penalties:

In case of the opponent is able to continue the fight:

- 1st case (Verbal Warning),
- 2nd case (Caution 1) – 2 points to the opponent,
- 3rd case (Caution 2) – 4 points to the opponent,
- 4th case (Caution 3) – Disqualification.

If the used illegal technique was dangerous so the athlete can't continue the fight immediate disqualification has to be announced.

Judging:

- There is one center referee on the tatami (mat) and there are three judges at the corners of the tatami (mat).
- **Center referee's tasks:** Leading the fight, ensure that the rules are kept, ensure the fair play, can stop fight, can punish in case of violation of rules, follows judge's decisions, announce all official decisions loudly and clearly, makes decisions in accordance with judges (in case of penalties also) can ask for the head referee's help in uncertain cases, can stop the fight (to arrange clothing, to clear up uncertain cases among judges, to announce points and faults, in case of injuries, and to find official and right complaint for the questionable problem). The center referee announces step-outs and stops the fight. He/she also signals if any of the athletes is more aggressive than allowed. When an athlete leaves the Central Fighting Zone, the center referee stops the fight, calls athletes to the middle of the tatami (mat), and restarts the fight in standing position.
- **Judges' tasks:** (if there is no electronic score board and counter) to sign, awarding of points with mechanic counters that equipped with two different colour flags (blue and red). At the end of rounds they sign the current result. At the end of matches they sign the final result to the center referee's call. Their movements cannot interrupt the center referee and athletes. In the case of violation of rules judges have to announce to the center referee.

Winner:

The athlete wins if:

- The opponent gives up the fight,
- The center referee defines significant superiority and stops the fight (TKO),
- The coach/corner of the opponent throws the towel in (giving up by the corner),
- The doctor announces that the opponent is unable to continue the fight (doctor stoppage) (this is the end of the fight),
- The time runs out and the center referee stops the fight, decision to be made according to the scoring,
- The opponent is disqualified (this is the end of the fight).



Giving up:

Submission by word, by tapping out on the tatami (mat) or on the opponent's body and by throwing in the towel (surrender by towel can only be performed by the coach/corner of the athlete)

Round 3 - Ground fight:

It is conducted according to the Submission rules.

Note: The fight starts from kneeling position.

Note: There is no overtime in case of tie ground fight round

Note: No punch allowed.

5. Kempo Submission – Gi and No Gi (GI, NG)

- Gi Uniform rules (see Paragraph 1.1.3.),
- No Gi Uniform (see Paragraph 1.1.3.).
- Optional protectors: groin guard, mouth guard, chest protector (women only).

5.1 The Match

Duration of the Matches:

- Kid I-II-III age divisions' matches last 2 minutes,
- Novice, Schoolboy/Schoolgirl and Veteran age divisions' matches last 3 minutes,
- Cadet, Junior and Senior age divisions' matches last 4 minutes.

Note: Kid I-II-III athletes can use only takedown techniques (see Paragraph 7.8.3.).

Note: Novice and Schoolboy/Schoolgirl athletes are not allowed to make Guillotine and any kind of foot locks and leglocks (see Paragraph 7.8.3.).

Call and Start of the Matches:

- Both athletes' names shall be called in a loud clear voice to the tatami (mat). Athletes shall be called 3 times with at least a 30-second time interval between each call. If **after the third call** an athlete has not checked in at the tatami (mat), he/she shall be **disqualified** and default the match.
- When their name has been called, the athletes shall stand in the corner corresponding to their assigned colour and wait for the center referee to call them to his/her side. The center referee shall **inspect their competition uniform** and give them 2 minutes to change them in case they are not compliant with the present regulations. In case an athlete **does not come back** to the tatami (mat) with a satisfactory uniform **within 2 minutes**, he/she shall **lose the match by forfeit**. The center referee shall also inspect the athletes to make sure that their skin is not covered with any greasy or sticky substance, or with perspiration. After the center referee has completed his/her inspection, the two athletes shake hands and begin the match at the referee's command, or whistle.

5.2 Central Fighting Zone – Border Zone – Protection Zone

Central Fighting Zone: the area surrounded by the Border Zone (a red circle or rectangle).

Border Zone: part of the Fighting Area, the belt which makes the Central Fighting Zone (1 m wide).

Fighting Area: Central Fighting Zone + Border Zone (minimum 8 m x 8 m).

Protection Zone: the zone out of the Fighting Area covered by the tatami (mat).

Competition Area: Fighting Area + Protection Zone (10 m x 10 m).
It can be any distinguishable color.



Definition of Out of Bounds:

- **Standing position:** If an athlete is forced out of bounds and **touches the Border Zone with one foot while not in a submission attempt** the center referee shall break the action and bring the athletes back to center of the tatami (mat).
- **Ground fight:** When the athletes are fighting on the ground, out of bounds is intended when **no body part is touching the Border Zone** (red belt) or when **any body part goes out of the Protection Zone** (tatami/mat). When either situation occurs, the center referee shall break the action and order the correct restart position.

If a submission action, or setting up of a dominant position is in progress and any body part goes out of the Protection Zone (tatami/mat), then the center referee gives 3-5 seconds to finish it.

Note: If an athlete **forces the action out of bounds** in an attempt to escape a submission **using valid defense technique**, without fleeing the Protection Zone, the fight will not be stopped until the action will be finished, or until **any part of the body is out of the Protection Zone**. In that case the center referee stops the athletes, **awards 1 point** for action (see Paragraph 7.4.) to the athlete attempting the submission and restarts the match according to the restart position criteria (see Paragraph 7.3.).

5.3 Start and Restart Positions

Note: In Kid I-II-III divisions in case of no takedown or throw during the first minute of the match, the center referee stops the fight and the athletes should continue from kneeling-position.

All start and restart positions occur at the center of the tatami (mat).

Standing (Re)start Position

This is the **neutral position**. Occurs at the beginning of the regular period. Both athletes stand opposite one another in the center of the tatami (mat) with one foot touching the inner circle and wait for the center referee's command or whistle to start ground fight. This position is ordered when match need to be restarted, because of both athletes went out of bounds while the action was in **stand up, or occurred a takedown without points**.



Other cases of Standing Restart Position:

- Knock Down and counting,
- Caution because of illegal technique
- Injury or doctor's check.

Open Guard Restart Position

The bottom athlete on his/her back, the hands resting on his/her thighs and his/her feet flat on the tatami (mat). The top athlete kneels in front his/her feet and places his/her hands on the bottom athlete's kneecaps.





The "Open Guard Restart" is ordered when:

- One of the athletes goes out of bounds after a technique for which the referee has scored point(s).
- Both athletes go out of bounds during a ground fight and it was clear who was in top position. If it was not clear who was in top position, the fight must restart in a standing position.

The progressive scoring will reset to zero in both restart scenarios.

Definition of Guard

Guard is the position of the bottom athlete that use one or both legs to control the opponent and block him/her from reaching dominant position (Side, Full or Back Mount).

- **Half Guard** is the guard where the athlete on bottom is lying on his/her back or side and has one of the top positioned athlete's legs trapped between his/her legs.
- **Open Guard** happen when the athlete on bottom has the athlete on top between his/her legs with the feet or legs are not crossed or in contact.
- **Closed Guard** happen when the athlete on bottom has the athlete on top between his/her legs with the feet or legs are crossed or in contact.

Definition of controlled position (see takedown, reversal, dominant positions):

- when the athlete on top is able to keep the opponent on the ground with the back or the side facing the ground at an angle less than 90° while maintaining contact with him/her,
- in case of the opponent landing frontal (with belly towards the tatami (mat), when is able to keep him/her down with 3 points of contacts between arms and knees controlling him/her from behind/side, having passed the control of his/her arms.

Note: The athlete on top is not considered in controlled position if he/she is under a submission attack of the opponent. To be considered in control he/she must first escape the submission attempt (3-second count starts then).

5.4 Scoring

- **Straight punch to the body (torso) – 1 point**

Punches are allowed only in *Junior, Senior and Veteran A* age divisions.

One (1) point is awarded if the top positioned athlete strikes with a full strength, straight punch to the torso of bottom positioned athlete laying on his/her back or side. The top athlete's positions can be the following:

- a) Standing position.
 - b) Knee On Belly position.
 - c) Full Mount position.
- Only 1 point can be awarded for multiple punches in a single top position. Further points can only be awarded for further punches on the body (torso) from top position, if the athlete in the top position, changes side or position.
 - No point for the bottom athlete awarded for punches to the torso of the athlete on the top.



- Elbow strikes are legal, but no point awarded.
- Punches to the thighs are legal, but no point awarded (see Paragraph 7.8.)
- Punches are allowed for both athletes if at least one of them is on the ground (touches the ground by at least 3 points).

- **Knock Down – 4 points**

The center referee makes decision about the 10-second count, for one athlete maximum twice in a round. The center referee can stop the fight anytime, when he/she finds that the athletes could get hurt. After the 10-second count, if the athlete is unable to continue the fight he/she will lose the match. If the athlete is able to continue the fight, the referee has to restart the match in standing position. If an athlete is knocked down for the third time in a round, he/she lost the match by TKO.

Note: If both athletes are in standing position, no strikes, punches, elbow or forearm hits are allowed. If it occurs then it has to be considered as "illegal action" and the center referee has to stop the fight and announce a caution and penalty point for the infraction. The match has to restart in neutral standing position (see Paragraph 7.8.).

- **Takedown – 2 or 3 points**

Two (2) points are awarded to any situation in which the action starts standing (for both athletes) and finishes on the ground and one athlete manages to **maintain controlled position for 3 seconds**.

If an athlete – after establishing contact with the opponent – pulls him/her into guard, the opponent shall be awarded 2 points for takedown if able to maintain controlled position for 3 seconds).

If the athlete – with the takedown – manages to establish a dominant position and able to maintain the control for 3 seconds, he/she will further receive the corresponding points.

Examples: 2+3 for takedown into Side Mount,
2+4 for takedown into Full Mount,
2+5 for takedown into Back Mount,
2+3+1 for throw into Knee on Belly and then one (full strength) punch to the torso.

Three (3) points are awarded if an athlete is able to perform a **high amplitude throw** (when the athlete, lifting the opponent over his/her own waist level, while remaining standing before completing the takedown) and **able to maintain controlled position for 3 seconds**.

Note: After a high amplitude throw, the athlete who initiated it, goes to the bottom and the other athlete is able to maintain the controlled position for 3 seconds, scores 2 points for takedown.

Note: After a low amplitude throw, regardless who initiated it, the athlete, who is able to maintain the controlled position for 3 seconds, scores 2 points for takedown.

Note: Take down or throw where the opponent is thrown to the ground with excessive force and with intent to cause injury (body slam).

Note: Sitting from a standing position without contact to avoid stand up fight will be penalized by a caution and will award 1 point to the opponent. The center referee shall break the action and bring the athletes back to standing position (see Paragraph 5.3.).

Takedown that makes the opponent fall on his/her neck or head is illegal (see Paragraph 6.2.).

Takedowns:	Not valid Takedowns:
 Back less than 90° from the ground	 Back more than 90° from the ground
 No three points of contacts	 Three points of contacts (knees+hand)
 Top athlete controlling the other from behind/side	 Top athlete is within the reach of the other's arms

- **Reversal – 2 points**

Reversals from a disadvantaged position or any bottom position **without direct establishment of a dominant position** will be awarded 2 points, if maintain controlled position for 3 seconds. Reversals from a disadvantaged position or any bottom position **with direct establishment of a dominant position** will be awarded with 2 points + the points corresponding to the dominant position, if control is maintained for 3 seconds.

Examples: 2+3 for reversal into Side Mount,
2+4 for reversal into Full Mount,
2+5 for reversal into Back Mount.

Situation reversal: the athlete on the top breaks his opponent's (on the bottom) dominant position and goes to a controlled, or dominant position.

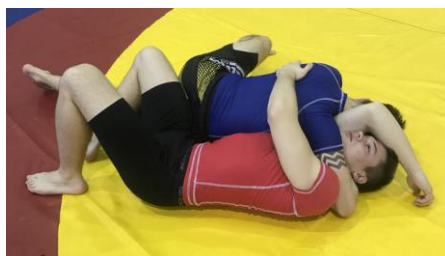
Example: when the athlete on the bottom holds the other athlete in a back mount position. If the athlete on the top, breaks the Back Mount and goes to a Closed Guard or Half Guard and maintains it for 3 seconds.

- **Dominant positions – 3-4 or 5 points**

Side Mount – 3 points:

When an athlete gains control from the top having his/her body outside the control of the opponent's leg defenses (Guard or Half Guard), while keeping the opponent's back to the tatami (mat) for 3 seconds. Back on the tatami (mat) means the hips and the shoulder blades touch the tatami (mat) for at least three points of contact. Side Mount position includes North-South and Knee on Belly positions.

Examples for Side Mount:



Positions that DO NOT score Side Mount:

Back (hips and shoulder blades) touches the tatami (mat) with less than three points of contact

Full Mount – 4 points:

When an athlete controls from the top sitting on the torso of the opponent, pinning his/her back to the tatami (mat), facing the head with both of his/her knees touching the ground on both side of the opponent for 3 seconds. Back on the tatami (mat) means the hips and the shoulder blades touch the tatami (mat) at least three points of contact.

If the athlete has one of the opponent's arms trapped under his/her leg, he/she is only awarded points for the Full Mount, if the knee – trapping the opponent's arm – is not over the line of the armpit.



Example for Full Mount:

Positions that DO NOT score Full Mount:



Knee is over the line of the armpit



Knee is over the line of the armpit



Knee is over the line of the armpit



Just one knee on the mat



Not facing to each other

Back Mount – 5 points:

When an athlete controls the opponent from the back, with his/her chest to the opponent's back and both his/her heels between the opponent's thighs, without crossing his/her legs or feet or, if one of the shins is across in front of the opponent body while the feet is closed under the other knee (body triangle), for the count of 3 seconds.

If the athlete on the bottom is facing down (belly on the tatami (mat)), the top athlete no need to hook the heels to the thighs, but the two knees have to be on the ground on the sides of the athlete on the bottom.

Back mount position is the only dominant position that can be scored on sitting and standing opponent.

Examples for Back Mount:



Positions that DO NOT score Back Mount:





Progressive scoring system for dominant position

To ensure a higher level of submissions, points for dominant control positions will follow a system of progression. This means that positions have to be improved to be awarded points.

Side Mount ➡ Full Mount ➡ Back Mount

Once scored, points for dominant positions will be awarded only when the athlete, which was on the bottom:

- a) completes a reversal and holds it for at least 3 seconds,
- b) regains Closed Guard position,
- c) regains Open Guard position (half guard does not count),
- d) stands up to his/her feet for at least 3 seconds
- e) Restart position as requested by the referee.

Examples:

- Once scored Side Mount points, the athletes can score Full Mount and Back Mount points, but cannot score anymore Side Mount points, unless his/her opponent – at least for 3 seconds – will regain Open or Closed Guard, complete a reversal or stand up to his/her feet for. The progressive scoring will reset to zero if the referee calls for a restart of position.
- Once scored Full Mount points, the athletes can score Back Mount points, but cannot score anymore Side Mount or Full Mount points, unless his/her opponent – at least for 3 seconds – will regain Open or Closed Guard, complete a reversal or stand up to his/her feet. The progressive scoring will reset to zero if the referee calls for a restart of position .
- Once scored Back Mount points, the athletes cannot score any more points for dominant positions, unless his/her opponent will – at least for 3 seconds – regain Open or Closed Guard, complete a reversal or stand up to his/her feet. The progressive scoring will reset to zero if the referee calls for a restart of position.

Note: Scores for punches have no effect on the progressive scoring system. To score a legal punch can be anytime during the match, it does not matter if there was any mount position scored before.

Note: In any position, only one punch can be scored, irrespective of the number of punches (See Paragraph 7.4.).

Example: 3+1+4+1: after a Knee on Belly for 3 seconds, the top athlete punches the body (torso) of the bottom athlete two times, then moves to Full Mount position and after 3 seconds punches again to the body (torso) of the bottom athlete.

Action – 1 point

If an athlete completes a takedown, but:

- did not manage to maintain top position control, or
- the action goes out of bounds and the fight must be stopped, or

- round/fight time is over,

If one of the athletes that carries out a submission attempt (submission lock, armbar, choke, etc.) but:

- The opponent escapes without submission,
- the athlete carries out a submission attempt (submission lock, armbar, choke, etc.), but the time runs out, before the opponent taps out,
- the athlete carries out a submission attempt (submission lock, armbar, choke, etc.), but a part of any athlete's body goes out of the Protection Zone.

It is the center referee's duty to assess how close the submission hold came to fruition. Wristlock attempts do not score action points.

Examples for close submission attempt:



Armbar with arm stretched past 90°



Locked triangle

Examples for not close submission attempt:



Armbar attempt with opponent defending



Loose triangle attempt with opponent defending



Foot lock/ankle lock: completing stretch of the opponent's foot or compression on the tendon



Foot lock/Ankle lock attempt without stretching or compression

5.5 Stoppage Because of Injury or Bleeding (Injury or Blood Time)

The center referee must stop the match and call for injury time if an athlete is temporarily injured due to an incidental blow (e.g. eye poke, head collision). Injury/blood time **per match cannot exceed 2 minutes per athlete**. After the third medical intervention, the center referee shall stop the match. If the center referee feels that an athlete is feigning injury to avoid a submission and/or action, he may declare a disqualification.

Similarly, if an injury occurs as a result of an illegal move, the center referee shall disqualify the athlete at fault.

In the event of an athlete bleeding, the center referee shall stop the match and make the medical staff intervene. Proper cleaning utensils and disinfectant solutions must be readily available at the tatami (mat). It is the head medical officer's duty to determine whether the bleeding and spread of blood have been effectively stopped and whether or not the athlete may continue the competition. The competition cannot resume until all materials used in blood cleanup are properly disposed of and until the medical solution used to clean up the tatami (mat) has dried.

In the case of a bloodied or torn garment that must be replaced, all athletes must have a backup uniform available tatami (mat) side.

In the event of the two athletes being simultaneously injured and incapacitated, the victory is granted to the one who scored the highest number of points. If the score is tied, the refereeing body shall consult and vote to determine the legitimate winner.

Note: In case of vomiting, or any kind of defluxion the same procedures are to be followed like bleeding.

Interruption of the Match:

If for **any reason, like injury/blood time, referees' consultation**, etc., the match must be interrupted; the two athletes shall stand or sit in the center of the tatami (mat) facing the refereeing table, without talking to anyone or taking liquids, and wait for the center referee to call them back and resume the match. The match has to be resumed in the correct restart position.



5.6 Decision Criteria

Except for Senior Continental and World Championships, **the center referee** has full authority **to stop the match if he/she deems** that an athlete is in imminent danger of serious injury or can no longer withstand a submission lock or choke, even if the said athlete did not submit or tap. The athletes' security shall prevail at all times!

In Senior Continental and World Championships, the center judge has full authority to stop a fight in the above circumstances for athletes are under age of 18.

When an athlete abandons the fight, either verbally (by screaming or saying "tap" or "stop"), or physically (by tapping at least twice the opponent or the tatami (mat) with his/her hand or foot), the opponent automatically wins the match, no matter how much points were scored before, or the time of the match.

If an athlete loses consciousness due to a legal hold applied by the opponent or **due to an accident not stemming from an illegal technique or action**, the center referee shall stop the match, help the unconscious athlete regain his/her sense and **declare the opponent winner by submission**.

Note: Athletes who lose consciousness due to head trauma shall be suspended from the rest of the competition and be directed to undergo treatment from medical staff.

Note: If an athlete below 18 years old (Kid I-II-III, Cadet, Schoolboy/Schoolgirl or Novice) loses consciousness during a match, he/she shall be suspended from the rest of the competition as a safety precaution.

When an athlete has scored a 15-point advantage over his/her opponent, the center referee shall stop the match and declare victory by technical superiority.

If at the end of the regulation time, neither of the situations described above occurred, the athlete who scored the highest number of technical points shall be declared winner.

In case of tie in points at the end of the regulation time, the winner shall be determined by the following criteria:

- The athlete that scored the action with the highest value of points.
- If the athletes are still equal: the athlete with the fewest number of cautions.

Note: The number of the highest value actions do not influence the decision.

Example: The match ends with an 8-8 tie. The athlete in the red corner, scored **4-4** points for two Full Mounts; the athlete in the blue corner scored **4** points for a Full Mount, 2 points for a Takedown and 2 points for a Sweep. The match is tie, because both athletes have the same highest value action.

5.7 Overtime

If the score is tie at the end of regulation time and neither of the criterias describe above can determine a winner, the center referee calls for one-minute overtime.

Victory is determined by "golden point", meaning that the first athlete who scores, wins the match. The period starts in either one of the three following positions:

- a) Open Guard bottom,
- b) Open Guard top,



c) Standing.

The athlete who is given the choice of position is determined by coin flip.

If no point is scored after the end of the overtime period, the athlete who was NOT given the choice of position receives 1 point and wins the match, because his/her opponent did not manage to score when being advantaged by the choice of the position.

Note: During the period all the rules are valid, but there is no penalty for passivity.

Note: Athlete who forfeit a match without proper medical certificate is not allowed to proceed throughout the tournament (even in other styles, events) and be withdrawn from the final ranking.

6. Technical Infractions

6.1 Passivity:

It is the athletes' duty to maintain action by continuously working to improve their position or submit their opponent and make an honest attempt to keep the actions in bounds.

When the center referee observes that an athlete is exhibiting passivity or stalling, he/she shall attempt to stimulate the athlete **by verbal commands** ("Red/Blue Open!" or "Red/Blue Action!") **without interrupting the match.**

If, after 15 seconds, the athlete continues to remain passive after the verbal commands have been issued, the center referee shall **indicate the passive athlete by raising the arm bearing the corresponding colour band and give him/her a warning.**

If, after other 15 seconds the athlete continues to remain passive **the center referee shall indicate the passive athlete by raising the arm bearing the corresponding colour and give him/her a caution** and so on:

- 1st case (Verbal Warning),
- 2nd case (Caution 1) – 1 point to the opponent,
- 3rd case (Caution 2) – 1 point to the opponent,
- 4th case (Caution 3) – Disqualification.

Every warning/caution must be recorded on the score sheet.

Adjudication of warning and caution happens without the breaking from the fight. In such case, the center referee aims to make sure of the athlete understands the decision. If the athlete still does not understand, the center referee can call the coach/corner to make sure, the athlete understands the reason for the penalty.

If the athlete default such a passivity, which draws immediate caution, later he/she will not get verbal warning.

Note: Cautions for passivity and illegal technique are combined and accumulated.

Example: Two cautions for passivity + one caution for illegal technique = **three cautions, which means disqualification.**

Other cases of passivity:

- Misusing timeouts,
- Holding on in an attempt to neutralize or prohibit action or advancement,
- Delaying action by communicating with coach/corner,
- Leaving the tatami (mat) without permission,
- Taking too much time to go back to the center of the tatami (mat) for restart (e.g. adjusting the uniform and/or the protection gear),
- Incorrect restart position (e.g. Open Guard Restart Position: top athlete grabs the other athlete's pants),
- Stall at the restart and during the interruption of the fight,
- False restart (e.g. action before the center referee's command/whistle),
- Fleeing the position to avoid stand up or ground fighting:
 - if the athlete – from standing position – **sits** to the ground **without contact**. In this case the center referee gives immediately a **caution** and scores **1 point** to the opponent,
 - if the athlete on top stands up during ground fight, not trying to achieve dominant position or a submission on the athlete on bottom,
- **Intentionally fleeing** the tatami (mat) (e.g. fear, stall) either standing or on the ground, and the athletes go out of bounds (see Paragraph 5.2.), the center referee gives immediately a caution and scores **1 point** to the opponent.
- **Intentionally fleeing** the tatami (mat) during a **submission attempt**, either standing or on the ground, the center referee will not stop the match as long as the athletes are not out of bounds (see Paragraph 5.2.).

In that case, the athlete that committed the illegal action will be **immediately disqualified**.

6.2 Illegal Holds and Actions:

If **an athlete** violates the UWSKF Code of Ethics in a **blatant and unsportsmanlike manner**, **the center referee shall disqualify him/her from the match or from the competition**. The center referee shall report the incident to the Head Referee. The Head Referee informs the Competition Committee and every violator goes to membership review.

If an athlete is injured by an illegal technique and cannot continue the match or gives up, the athlete who caused the injury shall lose the match. If the injured athlete is able to continue the fight, this is the order of the following penalties:

- 1st case (Caution 1) – 1 point to the opponent,
- 2nd case (Caution 2) – 1 point to the opponent,
- 3rd case (Caution 3) – Disqualification.

Note: Cautions for passivity and illegal technique are combined and accumulated.

Example: Two cautions for illegal techniques + one caution for passivity = **three cautions, which means disqualification.**



Note: Any illegal action executed to **prevent** the opponent from **completing a submission** attempt (choke, submission lock, armbar, etc.) will result in **immediate disqualification**.

Illegal actions:

- Intentional breaking of bone or joint (e.g. not giving the opponent's enough time to tap out in submission situation),
- Punching and hitting with elbow to the head, neck, back, collarbone, back bone, back, knee, leg (shank), kidney,
- Punching, striking with elbow and forearm in standing position,
- Any type of falling elbow on the ground (otoshi empi uchi, otoshi mawashi empi uchi),
- Kick, knee kick, head butt,
- Biting, picking, pulling of hair, nose, ear, or attacking the groin area,
- Punching the eye, ear or nose gouging; fish hooking, poking of eye(s),
- Spike (standing throw onto the head or neck),
- Slam in defense of submission attempts, if opponent's is above waist level,
- Back splash from standing position with the opponent on the back,
- Combination of joint lock and throw,
- Using of the fingers for throat/trachea choking technique,
- Corking up the mouth, holding the nose,
- Inside or outside heel hook,
- Every leglock, where the knee rotates (e.g. ankle lock with twisting the toe outward (supination)),
- Chin ripping,
- Neck cranks (e.g. Crucifix, Full Nelson, Can Opener),
Note: It is illegal to crank the neck while applying a choke (e.g. during a Guillotine, or a Rear Naked Choke),
- Performing a throw from Guillotine without holding at least one arm. With the exception, if the athlete only sits down,
- Small joint manipulation,
- Holding less than 4 fingers or toes,
- Intentional grabbing of competition uniform (NG),
- Coating the skin with any kind of substance, or using gauzes or any kind of protective materials without the authorization of the Head Medical Officer and in agreement with the referee,
- Arguing/insultation towards anybody present in the competition hall,
- Pretending of injury,
- Using the belt for an action, if it is not tied around the waist
- Take down or throw where the opponent is thrown to the ground with excessive force and with intent to cause injury (body slam).

Use of illegal technique: The match has to be stopped. The center referee announces which athlete is punished and why. The center referee points to the punished athlete with upright forearm, hand in fist and with the other hand shows the point scored to the opponent athlete. Intentional, misconduct will result in immediate disqualification.

Age Restrictions:

- Kid I-II-III are not allowed to make any submission attempts (chokes, armlocks, submission locks, etc.).
- Novice and Schoolboy/Schoolgirl are not allowed to make Guillotine, any foot lock or leglock.

Examples for ILLEGAL actions:



Can Opener



Full Nelson



Crucifix/Neck Crank



Heel hook with Americana grip



Chin ripping



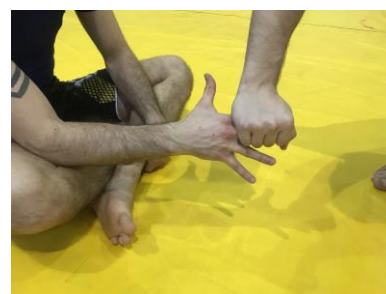
Choking using finger grip



Inside heel hook



Outside heel hook



Holding less than four fingers



6.3 The Refereeing Body

General Duties

The refereeing body shall perform all the duties set forth in the regulations governing kempo submission competitions and in any special provisions that might be established for the organization of a particular competition. The center referee and the confirmatory referee are required to use the basic UWSKF terminology and signals appropriate to their respective roles when conducting the matches. The center referee's main duty consists in starting and interrupting the match, awarding the points, and imposing the penalties in order to determine the legitimate winner and loser in contribution with the confirmatory referee. The center referee's decisions prevail, but in case of doubt he/she may consult the confirmatory referee. In case no agreement can be reached, the **Head Referee** in charge of the competition will have the final say. The center referee and the confirmatory referee are forbidden to speak to anyone during the match, except the confirmatory referee to the assistant and amongst themselves when they must consult so as to perform their tasks properly. All the points shall be announced to the public by the confirmatory referee, either by hand signal, by means of bats and the assistant records the points by an electronic/manual scoreboard and on the score sheet. The score sheets are used to tally all the holds executed by the two opponents, including the points, cautions, and warnings for passivity which shall be recorded with the greatest accuracy in the order corresponding to the various phases of the match.

The Center Referee

The center referee is responsible for the orderly conduct of the match that he/she shall direct according to the official UWSKF rules. He/she shall command the respect of the athletes and exercise full authority over them so that they immediately obey his/her orders and instructions. Similarly, he/she shall conduct the match without tolerating any irregular and outside interventions. His/her whistle or command shall begin, interrupt and end the match. After the execution of a hold (if it is legal and if it has been executed within the Competition Area), he/she shall indicate with his/her fingers the points corresponding to the value of the hold by raising the wrist corresponding to the colour of the athlete who scored.

Center referee's specific duties:

- Shakes the athletes' hands when they enter the tatami (mat) and before they leave it,
- Inspects the athletes' competition uniforms and requires them to change them within 2 minutes in case they are not compliant with the present regulations,
- Inspects the athletes' skin for perspiration or any greasy or sticky substance,
- Does not get too close to the athletes when they are in standing position, but stays close if they are in grounded position,
- He/she is able to change position from one moment to the next, on the tatami (mat) or around it, and in particular move onto the knees or stomach to obtain a better view of an impending submission,
- Does not obstruct the confirmatory referee's view by standing so close to the athletes (particularly if a submission appears imminent),
- Does not turn the back to the athletes at any point and risk to lose control over the situation,



- Stimulates the passive athlete(s) without interrupting the match and gives the necessary cautions,
- Ensures that the athletes do not rest during the match while pretending wiping their bodies, blowing their nose, feigning injury, etc. In such case, the center referee shall stop the match and ask for a caution to be issued to the athlete, or even he/she can disqualify the athlete,
- Brushes off an athlete's hand or gives a verbal warning if he/she is pulling the opponent's uniform during NG events,
- Upholds penalties for violations of the rules or for brutality,
- He/she is ready to blow the whistle, or to give a verbal command, if the athletes approach the edge of the tatami (mat),
- Indicates whether a hold executed at the edge of the tatami (mat) is legal,
- Breaks action and brings the athletes back into starting position when the action goes out of bounds,
- Rapidly and clearly order the position in which ground fight must be resumed,
- Whistles/orders to stop the action after an athlete has signaled submission either physically (by a tap) or verbally. The center referee shall also put a hand on each athlete to further ensure the athletes' acknowledged the end of match signal/command,
- Except for Senior Continental and World Championships, stops the action if, upon observing a submission attempt, the athlete is deemed unable to escape without harm,
- Upon intervention by the confirmatory referee, interrupt the match and proclaim victory by technical superiority when this condition has been met,
- Interrupts the match at exactly the right time when necessary,
- Ensures that the athletes remain on the tatami (mat) until the result of the match is announced,
- After agreement with the confirmatory referee, proclaims the winner by raising the athlete's hand,
- Signs the score sheet at the end of the match.



The Confirmatory Referee

The confirmatory referee shall follow the course of the match very closely without allowing himself/herself to be distracted in any way. Following each action and on the basis of the center referee's indications, he/she shall announce the corresponding points to the assistant.

Confirmatory referee's specific duties:

- Assists in maintaining the proper score and time,
- Makes the center referee aware of any possible scores, infractions, or submissions,
- Declares overtime,
- Confirms the winner to the center referee and the classification points to the assistant,
- Signs the score sheet at the end of the match.

Assistant's specific duties:

- Counts the points,
- Records warnings, cautions and points on the score sheet,
- Keeps the time,
- Warns the confirmatory referee when a specific period (e.g. the round, bleeding time, overtime) is over,
- Warns the confirmatory referee when the difference between the scores of the athletes reaches the amount written in the rules of the specific events.

6.4 Referee's Hand Signals



Start of the match



1 point to red



2 points to red



3 points to red



4 points to red



5 points to red



Standing (Re)start Position



Open Guard Restart Position



Disqualification



Caution for blue, 1 point for red