



FEDERATION EURO BUDO vzw

COMPETITION RULES SEMI-CONTACT KARATE

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1. Definition

In competition the competitor gets the opportunity to use their knowledge in reality. The rules are designed so that everyone knows what is acceptable in Semi Contact. The Referees keep control of the fights and award points accordingly to these rules. The competitor with the highest score in the end is declared the winner. There are many different rules, just as there are federations.

There are many different styles in kumite karate, non-contact, semi-contact and full-contact. These different names are not always quite clear and are sometimes misleading.

In these rules, we will go over the specific regulations for Semi-Contact, the Kumite which is practiced by V.V.A.-EURO BUDO

Semi-contact Karate is the free competition form practiced in the modern all style karate, with the emphasis on light contact on a realistic base with the use of all the existing techniques which can be performed with the hands or feet. This competition form requires a high reaction speed and knowledge of a wide variety of combinations. The physical movement is used to its maximum capacity. The techniques which are used are given with a high level of discipline and in a logical combination.

V.V.A.-EURO BUDO organizes on a regular base Semi-Contact Karate tournaments, but also Open Semi-Contact Tournaments, which is an unique opportunity. In an Open Semi-Contact Tournament, are different federations and styles allowed: Tae-kwon-do, Karate, Kickboxing, Wushu, Pencak Silat, etc. This is off course very interesting for participants who all have to adhere to the same rules. Different styles and disciplines can be compared to each other and are all graded in the same way. This way the competitor can try a wide variety of techniques and demonstrate their skill level with a minimal chance on injuries.

In the Semi-Contact kumite we have a high level of attention for the safety of the competitors and the organization does its best to prevent any injuries. The protection of the head and body is very important. There is lots of protective gear available which the competitor is allowed to wear. (Gloves, shin protection, groin guard, chest protection, mouth guard, head guard, ...)
This is to ensure that a lot of combinations and techniques can be used without injuring the opponent.

Semi-contact Karate which has been practiced in our federation since 1981 is considered one of the safest in comparison with other fighting styles.

2. Competition-rules

2.1 Kumite - semi-contact

2.1.1 The referee

The referee is expected to be the person in charge. This means the referee is the person who makes sure the competitors follow the rules and remain sportsmanlike. When a competitor feels he/she is mistreated or disadvantaged, the first reaction is often unsportsmanlike behavior and aggression. It is thus very important that a referee makes the right calls, without giving favors to any competitor. It's very important that a referee is not biased based on teams, nationalities or race. The referee has to stay neutral.

It is very important that the referee, when awarding points, warnings or minus points, does this in a very clear way so there can be no mistakes or misunderstandings between the competitors, coaches, time keeper or other referees. The referee must at all times know what has happened (this could also mean, that the referee has to consult the other 2 referees). It is thus always possible that when the head referee did not see anything occur, the two corner referees can make the head referee award a point, warnings or minus points.

The referee has to know the rules, and needs to apply these rules without any tolerance. It is very important the referee acts firm and immediately, without influences from coaches, supporters, etc. To get respect from the competitors, and to uphold the image of the EUROBUDO referees, the clothes of the referee have to be immaculate. The referee can never act or talk without thinking first. The referee has to act professional at all times.

2.1.1.1 Admission requirements referee course

To participate in a referee course the candidate referee has to meet the following requirements:

The candidate:

- Has a valid license (EUROBUDO vzw Federation)
- Has the minimum age of 16 years old
- Has reached the 3 KYU Karate

Every referee has to participate in a referee course at least every 2 years.

2.1.2 Score values – kumite – semi-contact karate

Hits on the head (side & front of the head).

Hits on the body (chest, ribs, stomach, side of the body, all techniques above the waist). All fist and foot techniques are allowed, but they must be given with the right technique and discipline. They have to hit with the touch surface of the safety equipment. With the fist techniques for example, only hits with the padding of the glove are allowed, so no hammerfist, spearhand, reachhand or open hand are allowed, and with the foot techniques, the competitor is not allowed to hit with the shin, heel or calf.

2.1.2.1 Different ways to win a fight:

- One of the competitors gets disqualified, the other competitor wins automatically.
- One of the competitors forfeits.
- When, due to injury, the opposing competitor can't continue the fight.
- When one competitor reaches an advantage of 5 positive points, without the minus points. (example 0-5 or 2-7).
- Winner is he/she who at the end of the fight time gets the most points, after the deduction of the minus points.

2.1.2.2 Points valuation

2.1.2.2.1 Awarding of 1 point

- Fist technique to the head or body.
- Foot technique to the body.
- Sweep technique which makes the opponent fall to the floor. These techniques can only be given on the foot protection of the opponent, and only from the outside to the inside, so the competitor doesn't slide open. A forward standing sweep or backwards standing sweep is allowed, but no scissor sweeps. The person performing the sweep had to keep control over the sweep at all times. When the fighting area has no tatami's, sweep techniques will not be allowed.
- When the opponent runs into a controlled technique, the competitor giving this controlled technique will still be awarded 1 point.

2.1.2.2.2 Awarding of 2 points

- Foot technique to the head.
- Flying foot technique to the body. (The leg which is not kicking, has to be at the height of the knee of the opponent to be awarded the 2 points)
- Sweep technique with a follow up technique. This follow up technique has to follow immediately after the sweep and has to hit before the opponent reaches the ground. The follow up technique had to be given with reasonable force and control. When the fighting area had no tatami's, sweep techniques will not be allowed.

2.1.2.2.3 Awarding of 3 points

- Flying foot technique to the head. (The leg which is not kicking, has to be at the height of the waist of the opponent to be awarded the 3 points)

Only the first scored point gets awarded. All the techniques must meet the prescribed requirements to obtain a point. This means all techniques must be given as accurate as possible with the right amount of force and control.

2.1.2.2.4 Awarding of minus points

- Hits on the back of the head. (From neck to skull)
- Hits under the belt and above the knee.
- Hits after a break. If the hit after the break is an illegal technique, 2 minus points will be awarded
- Attacking/hitting the forbidden hit areas, for example the back, spine, neck.
- Attacking a downed opponent.
- Talking or cursing to a referee, opponent or jury.
- Attacking with open hand or fingers stretched out.
- Uncontrolled techniques, kneekicks, elbows, headbutts, hammerfist, shuto's, throws, lifts, holding or clinching, hits while turned (without looking at the opponent), hits with the inside of the hand.
- Deliberately hitting or kicking with the intention of hard contact.
- Wearing the groin guard over the pants. If the competitor enters the tatami without wearing the groin guard and gets inspected, the competitor get disqualified for that fight. (in some cases there can be a deliberation with the organization.)
- Wearing jewelry. (example tape earrings, and no hard hairpins, etc.)
- Incorrect clothing.
- Kicks to the calves. There is a difference however, in a deliberate kick to the calf or a sweep which goes wrong. If it's a sweep gone wrong there will be a warning given, if it's a deliberate hit on the calf, which is forbidden, a minus point will be awarded.

With all these techniques and instances, a minus point will be immediately awarded without a warning.

Turning your back, fake an injury, not doing techniques for a long period of time, running away/avoiding the fight, exiting the fighting area, holding the opponent, etc. will all be punished by a warning first. If a competitor does the same violation again, a minus point will be awarded. There won't be 2 warnings for the same violation.

To award a minus point, the referee must always have the majority rule. However, if only one referee has noted the violation, he can hold the other referees to account, and point out to them that they must be observant. This applies to both the corner referee and the head referee. Do this as inconspicuously as possible.

2.1.3 Universal

2.1.3.1 Fight time

Level of fight	Fight time
Preliminaries	2 minutes
Finals	3 minutes

-If the fight is undecided an extra 1 minute round will be added. The competitors will first get 1 minute rest before the start of this extra round. If the fight is still undecided after this extra round, the competitor who scores the first point is awarded the win. (This point must also be made within 1 minute.)

-The timekeeper has to make sure to stop the time every time the head referee calls for a break, so that the exact fight time is always 2 or 3 minutes.

-If with team fights there is no decisive winner, the coach has to appoint one competitor from the team for a tie breaker match. Without regards for the weight classes. If the fight is still undecided an extra 1 minute round will be added. The competitors get 1 minute rest before the start of the extra round.

If the fight is still undecided after this extra round, the competitor who scores the first point is awarded the win. (This point must also be made within 1 minute.)

-If after all the extra time, there still is no winner, the winner will then be decided by 'Hantei'.

2.1.3.2 Protective equipment

Mandatory protective equipment:

-Gloves: 10 oz. Thumb has to be attached to the glove and no laces, gloves have to be closed.

Kids up until the age of 10 are allowed to fight with 8oz. gloves

-Mouth guard.

-Groin guard. (has to be worn under the pants): children and adults.

Women also have to wear a groin guard.

-Foot protections: these have to engulf the whole foot with the exception of the sole and can't have any hard surfaces or dangerous binds like tape, laces, etc.



Permitted protective equipment:

-Head guard without mask.

-Shin protections: these can't contain hard surfaces.

-Chest protection: Women but also men can wear chest protection. It is advised to use chest protection for children.

Forbidden protective equipment:

-Hand wraps are not allowed unless medically cleared.

2.1.3.3 Fighting area

The regular size for a fighting area is 8m x 8m. The starting positions for the competitors are spread 2m apart. There has to be a safety zone of 1m around the tatami which has to be clearly marked. The minimum surface of a fighting area is 6m x 6m

2.1.3.4 Clothing

-Traditional karate-gi. (no shirt allowed under the gi, except for girls/women)

-T-shirts and pants are allowed but only if the whole team wears the same outfit.

-If you participate in a team fight, the clothing has to be in unison.

-The clothing must be protective and cannot be too small or too big.

-The sleeves of the gi have to cover more than half of the underarm.

-The length of the trousers of the gi have to cover more than half of the calf.

-It is forbidden to roll up your trousers or sleeves. (This will be punished by a minus point)

-No hand wraps allowed.

-The clothing has to be clean and can't be torn.

-Personal hygiene is required. (Toenails are clipped, no open wounds, etc.)

2.1.3.5 Fighting area entourage

The fighting area entourage consists of:

- 2, 3 or 5 referees with equal assessment power. Only the head referee in the center of the fighting area will speak in public.
- 1 Coordinator who arranges the position switches of the referees
- Time keeper

2.1.4 Disqualification

- a. If the competitor receives 3 minus points.
- b. If the competitor loses control and self-discipline.
- c. 2 times hitting after stop/break.
- d. Entering the fighting area without a groin guard.
- e. Deliberate knockout punch/kick.
- f. Deliberately punching/kicking a downed opponent.

There is a difference between a disqualification for 1 match or for the whole tournament.

- A, B, C and D result in a disqualification for the match in which these violations happen.
- E and F can result in a disqualification for the whole tournament.

A disqualification can only be decided by the majority of the referees on the fighting area, with the exception of A, C and D where the head referee can enforce the disqualification without consulting the corner referees.

Only the head referee can announce the disqualification.

2.1.5 Injuries

In case of an injury the match get stopped immediately. The referees must make a judgement if the injury is real or simulated. If needed the head referee can call for the first aid team or doctor to help the competitor.

-If the injury is due to the competitors own fault and the match ends, the opponent gets awarded the win.

-If the injury is due to the opponents fault and the match ends, the opponent gets disqualified for that match.

- If the injury is due to the opponents fault and the injured competitor can't continue in the tournament, the opponent gets disqualified for the entire tournament.

When the first aid team/doctor decides that the competitor can't continue the fight, the fight gets stopped no matter what the coach or competitor wants.

2.1.6 Weight classes

2.1.6.1 Individual

Category	Gender	Age	Weight classes (kg)									
Juniors	Boys	-15 y.	- 25	- 30	- 35	- 40	- 45	- 50	- 55	- 60	- 65	+ 65
Juniors	Girls	-15 y.	- 35	- 40	- 45	- 50	+ 50					
Seniors	Men	+16 y.	- 60	- 65	- 70	- 75	- 80	- 90	+90			
Seniors	Women	+16 y.	- 55	- 65	- 75	+ 75						

At the weigh-in there will be a tolerance of 200grams.

A fighter is allowed to fight a maximum of 2 divisions above his own division.

The organization is allowed to start from lower weight classes, for example -20, -25, etc.

The organization is also allowed to merge categories when there are not enough competitors in one category.

2.1.6.2 Team

Category	Teams must have 1 competitor of every weight class (3 to 7 competitors/team) – Weight classes (kg)						
Women	- 55	- 65	- 75	+ 75			
Men	- 60	- 65	- 70	- 75	- 80	- 90	+ 90

2.1.7 Forfeiting

Following people can decide to forfeit:

- The competitor.
- The coach of the competitor.
- The first aid team/doctor at the tournament.

The head referee has to be informed in the event of a forfeit.

2.1.8 Protest

The coach has the right to protest when a referee violates the rules, and only when the fight is on-going. All referees are expected to know the rules and to apply this knowledge in the matches. If the referee is in violation, an appropriate sanction will follow for the referee.

2.1.9 The Coach

- The coach has to register along with all his/her competitors and is expected to stay for the whole tournament. He/she cannot be replaced during the course of the tournament.
- The coach is expected to know the rules. (Attending a referee seminar once every 2 years is recommended)
- For every team, one coach is allowed, unless otherwise allowed by the organization.
- At the individual fights, only one coach is allowed.
- The coach is expected to carry a towel with him/her.
- The coach checks the clothing of his/her competitor before the fight. This includes aid in tying the obi(belt), red or white. Red always gets called first on the tatami.
- The coach must wear a karate-gi, official fight outfit or a tracksuit
- The coach has to stay at the indicated area next to the tatami. He/she can give instructions to his/hers competitor in an appropriate manner.
- If the referee decides the instructions towards the coaches fighter are abusive, obstructive or offensive, the coach gets a warning. If the coach keeps behaving badly, he/she will be removed from the fighting area and his/her fighter has the chance to get 1 minus point.
- If the coach shows unsportsmanlike behavior, he/she will be removed immediately from the fighting area. (For example telling his/her fighter to do illegal contacts.)

2.1.10 Clothing of the referees

2.1.10.1 Clothing referees

International:

The clothing for all Belgian referees on international tournaments has to be uniform. The regulations for the clothing of the referees is nationally prescribed.

For Belgium:

- Pants: light grey in one color.
- Shirt: white with the EUROBUDO-Referee-emblem with the national flag on the left breast pocket.
- Tie: blue (V.V.A.)
- Blazer: black with on the left breast pocket the EUROBUDO-Referee-emblem.
- Shoes: white or black gym shoes with a white sole (so it doesn't mark the fighting area)

2.1.11 For all tournaments

For all tournaments the use of the same brackets with K.O.-system is used.

For all team tournaments the use of the same brackets with a double K.O.-system is used.

It is possible for the organization to use the Brazilian system. (Repechage)

Participating in a tournament happens on the competitors own risk. The organization can't be held accountable in case of an injury or theft. (Every fighter is expected to have a valid insurance in his/her own federation.)

The participation of underage competitors has to be allowed by the parents/guard.

2.1.12 Terms

All conversation between, referees, coordinators, time keeper and competitors happen in English with the exception of words used in the Budo etiquette like "rei", greeting and "hantei", ask for judgement of the referees.

Terms for the referee	
Explanation	Terms
Side of the competitor	Red or white
Get ready to fight	Fighting stance or stand by
Start fighting	Fight
Time gets stopped	Time
Stop fighting and return to your side	Break
Point gets awarded	Point
Minus point gets awarded	Minus point
Warning is given	Warning
Exiting the area	Running away, stepping out
Turning your back to the opponent	Turning your back
Not fighting	Passive fighting
Not doing techniques in the fight	Avoiding the fight
Preventing your opponent to fight	Holding your opponent
Turn to your coach and kneel down	Turning your back and sit down

These commands must be given loudly and clear. There can be no misunderstandings with the awarding of the points. There can be no misunderstandings between the competitors, coaches, entourage, referees and supporters.

2.1.13 Miscellaneous

Procedure of a semi contact fight:

- Call for the competitors;
- The corner referees inspect the equipment of the competitor;
- Competitors greet each other;
- Competitors greet the jury;
- Competitors assume the fighting stance;
- Head referee checks awareness of the corner referees;
- Head referee checks awareness of the time keeper;
- Head referee starts the fight;
- Head referee appoints the winner and sends the winner to the jury.

When the head referee calls the corner referees to consult, the competitors have to assume seiza. (Kneel while looking at their coach.)

Weight classes:

When there are less than 3 participants in a category, it is possible that the organization merges 2 categories together.

Weight checks remain possible at the tournament. (The organization is allowed to check the weight of the competitor on the day of the tournament.)