



ISKA Knockdown Karate Rules

1. Rounds

- 1 round of 2 minutes
- If no winner is appointed, one 1-minute extension
- No further rounds permitted

2. Contest Area

- Contest may be held on Tatami mats or in a Boxing Ring

3. Protection

- Groin guard (optional for females)
- Hard-style shin & instep pads
- Gum shield (mandatory)
- 7oz Shooto-style MMA gloves
- Open-face tournament headguard
- Female chest protector (mandatory)

4. How a Participant Wins

- Knock-down
- Knock-out
- Ippon (declared by referee)

Scoring:

- Waza-ari: Down < 8 seconds
- Ippon: Two Waza-ari
- Ippon: Down \geq 8 seconds

5. Techniques Allowed

- Punches and elbow strikes to the body and legs only
- Knees to the body and legs only
- Kicks to the body, legs and head
- Sweeps followed by a legal non-contact follow-up

6. Prohibited Techniques

- Knees to the head
- Hand, fist, forearm or elbow strikes to the head, face, groin or neck
- Kicks to the groin
- Kicks to the kneecap
- Headbutts or head thrusts
- Attacks on the back

- Attacking a downed opponent (except non-contact after sweep)
- Ignoring referee instructions
- Excessive retreating or stalling
- Persistent bad behaviour or violence
- Cadets: Kicks only to protected area of the head — no face contact

7. Extensions

- If no winner after regulation time: 1 minute extension
- Referees must appoint a winner — no draws
- No weight checks used to determine winners

8. Minimum Age

- 15 years old on the day of competition

9. Tamishiwara

- No board breaking permitted

10. Eligibility

- Open to all styles and grades

11. Coaches

- One coach per competitor
- Coach must wear sports shoes and training suit

12. Organisation Adjustments

- The organisers may adjust rules if needed under special circumstances

13. Weight Divisions (As per ISKA Registration System)

Ages 15–17 – Male

- -60.5 kg
- 60.6–70.5 kg
- 70.6–80.5 kg
- 80.6–90.5 kg
- +90.6 kg

Ages 15–17 – Female

- -60.5 kg
- 60.6–70.5 kg
- 70.6–80.5 kg
- 80.6–90.5 kg
- +90.6 kg

Ages 18+ – Male

- -60.5 kg
- 60.6–70.5 kg
- 70.6–80.5 kg
- 80.6–90.5 kg
- +90.6 kg

Ages 18+ – Female

- -60.5 kg
- 60.6–70.5 kg
- 70.6–80.5 kg
- 80.6–90.5 kg
- +90.6 kg

14. Licensing

- All fighters must hold a current ISKA licence only