













## Specific rules and equipment in KUMITE K.O.

| Age category  | Protective equipment  | Specific rules in each category   |
|---|---|---|
| <p><b>The youngest</b><br/><b>Male / Female</b><br/>Age 6-7 years</p> <p><b>Younger Kids</b><br/><b>Male / Female</b><br/>Age 8-9 years</p> <p><b>Older Kids</b><br/><b>Male / Female</b><br/>Age 10-11 years</p> <p><b>Younger Cadets</b><br/><b>Male / Female</b><br/>Age 12-13 years</p> | <p><b>Required:</b></p> <ul style="list-style-type: none"> <li>• Helmet</li> <li>• Trunk protector (full cover the solar plexus, chest and ribbons)</li> <li>• Gloves</li> <li>• Groin guard</li> <li>• Foot and shin protectors</li> </ul>      <p><b>Optional:</b></p> <ul style="list-style-type: none"> <li>• Mouth guard</li> </ul>  | <ul style="list-style-type: none"> <li>• Full powered punches and kicks is only allowed to the trunk protector. Individual technique or their series that opponent stops or moves backwards = 1 point;</li> <li>• Full contact kicks are allowed into the body guard with the Mawashi geri chudan, Mae geri chudan, Ushiro geri chudan, Yoko Geri chudan techniques and their Tobi variations;</li> <li>• In helmet is allowed only soft contact by Mawashi geri, Uchi haisoku geri, Ushiro Mawashi geri or Kake geri and their Tobi geri variants = 2 points;</li> <li>• Knock down to the trunk protector for 3 seconds = 2 points;</li> <li>• Knock out to the trunk protector for more than 3 seconds = 4 points and win;</li> <li>• Knock down in head is prohibited = "Shikaku";</li> <li>• Punches and kicks to the legs is prohibited = "Chui" (warning);</li> <li>• Second "Chui" = "Genten" (penalty) and 1 point for opponent;</li> <li>• Fourth "Chui" = "Shikaku" (disqualification);</li> <li>• Winner is whoever first reaches 4 points or has more points after the regular time or by referees decision in the case of unresolved result after the second extension;</li> <li>• Duration of the fight: <ul style="list-style-type: none"> <li>- The youngest: 1' – 30'' - weighing (2 kg) – 1';</li> <li>- Younger Kids: 1'30'' – 1' – weighing (3 kg) – 1';</li> <li>- Older Kids: 1'30'' – 1' – weighing (4 kg) – 1';</li> <li>- Younger Cadets: 2' – 1' – weighing (5 kg) – 1'</li> </ul> </li> </ul> |

| Age category  | Protective equipment  | Specific rules in each category  |
|---|---|--|
| <p><b>Cadets</b><br/><b>Male / Female</b><br/>Age 14-15 years</p> | <p><b>Required:</b></p> <ul style="list-style-type: none"> <li>• Helmet</li> <li>• Breasts protector (for girls)</li> <li>• Gloves</li> <li>• Groin guard</li> <li>• Foot and shin protectors</li> </ul>      <p><b>Optional:</b></p> <ul style="list-style-type: none"> <li>• Mouth guard</li> </ul>  | <ul style="list-style-type: none"> <li>• Full powered punches and kicks to the legs, to the body and to the arms are allowed;</li> <li>• Knock down to the legs, to the body and to the arms for 3 seconds = "Wazari";</li> <li>• Full contact kicks are allowed with Mawashi geri chudan, Mae geri chudan, Ushiro geri chudan, Yoko Geri chudan and their Tobi versions = 1 point;</li> <li>• Half-contact kicking into the opponent's helmet is allowed exclusively with Mawashi geri jodan, Uchi haisoku geri jodan, Ushiro Mawashi geri Jodan, Ura Mawashi geri Jodan and Kake geri jodan techniques and their Tobi versions = 2 points;</li> <li>• Knock out to the legs, to the body and to the arms for more than 3 seconds = "Ippon";</li> <li>• In helmet is allowed only soft contact by Mawashi geri, Uchi haisoku geri, Ushiro Mawashi geri or Kake geri and their Tobi geri variants = "Wazari"</li> <li>• Knock down in head is prohibited = "Shikaku";</li> <li>• Winner is whoever first reaches Ippon or has advantage by Wazari after the regular time or by referees decision;</li> <li>• <i>Duration of the fight:</i><br/>-Cadets: 2' – 1' – weighing (5 kg) – 1';</li> </ul> |