













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

Age category	Protective equipment	Specific rules in each category
<p><b>Kids</b> <b>Male / Female</b> Age 7, 8-9 years</p> <p><b>Kids</b> <b>Male / Female</b> Age 10-11 years</p> <p><b>Younger cadets</b> <b>Male / Female</b> 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 Mawashi geri chudan, Mae geri chudan, Ushiro geri chudan, Yoko Geri chudan, Hiza geri and their Tobi variations</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>• In helmet is allowed only soft contact by Mawashi geri, Uchi haisoku geri, Ushiro Mawashi geri, Kake geri and their Tobi geri variants with control = 2 points;</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>- 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>Older Cadets Male / Female Age 14-15 years</b></p> <p><b>Younger Juniors Male / Female Age 16 – 17 years</b></p>	<p><b>Required:</b></p> <ul style="list-style-type: none"> <li>• Helmet</li> <li>• Breasts protector (female)</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>• Knock out to the legs, to the body and to the arms for more than 3 seconds = "Ippon";</li> <li>• Full contact kicks are allowed to the body with Mawashi geri chudan, Mae geri chudan, Ushiro geri chudan, Yoko Geri chudan, Hiza Geri and their Tobi variations;</li> <li>• In helmet is allowed only soft contact by Mawashi geri, Uchi haisoku geri, Ushiro Mawashi geri, 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> -Older Cadets: 2' – 1'– weighing (5 kg) – 1'; -Younger Juniors: 2' – 1'30"– weighing (5 kg) – 1'</li> </ul>