

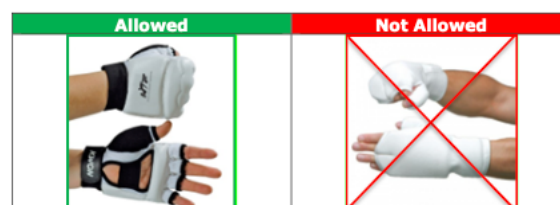
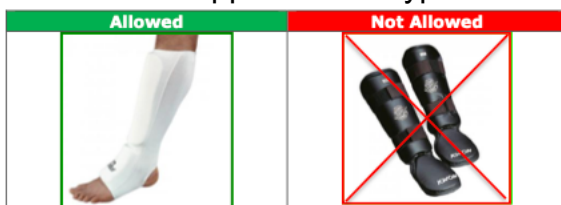
## Protective equipment

Equipment Category	Sex	Shin pads	Groin guard	Chest protector (Cup)	Body armour (body vest)	Hand protector	Head gear	Gum shield
Juniors (U14) 12 to 13 Year	Boys	Compulsory	Optional	Not Applicable	Compulsory	Compulsory	Compulsory	Optional
	Girls	Compulsory	Optional	Optional	Compulsory	Compulsory	Compulsory	Optional
Juniors (U16) 14 to 15 Year	Boys	Compulsory	Compulsory	Not Applicable	Not Applicable	Compulsory	Compulsory	Optional
	Girls	Compulsory	Optional	Compulsory	Not Applicable	Compulsory	Compulsory	Optional
Cadets (U18) 16 to 17 Year	Male	Compulsory	Compulsory	Not Applicable	Not Applicable	Not Applicable	Optional	Optional
	Female	Compulsory	Optional	Compulsory	Not Applicable	Not Applicable	Optional	Optional
Adults U21 18 to 20 Year	Male	Optional	Compulsory	Not Applicable	Not Applicable	Not Applicable	Not Applicable	Optional
	Female	Compulsory	Optional	Compulsory	Not Applicable	Not Applicable	Not Applicable	Optional
Adults +21 21 Year and above	Male	Optional	Compulsory	Not Applicable	Not Applicable	Not Applicable	Not Applicable	Optional
	Female	Compulsory	Optional	Compulsory	Not Applicable	Not Applicable	Not Applicable	Optional

- For male athletes – groin guards (groin guards must be worn under the KARATE GI trousers)
- For female athletes – chest protector of approved IFK type (it must not cover the upper part of the chest or any part of the abdomen)



- Protectors of approved IFK type



- Headgear without visor and headgear with grilles or plastic visor are allowed



- Body Armour is provided by the organizer (no others are allowed)



**All protective equipment must be IFK approved and is checked and stamped at the fighter check-in**

! When at the weigh-in procedure it is discovered that the weight of a competitor exceeds the upper limit of the weight category they applied for, the competitor will be given the opportunity to lose the excess if unable to do so they will be disqualified. If the weight of a competitor is less than the lower limit for this weight category, they can participate in the competition but the weight of the competitor shall be considered as equal to the lower limit of his weight category !

## Duration of bouts

Category	Sex	Sequence and duration of the fight			
		Elimination to Semi-Finals		Finals	
Juniors 12 to 13 Year	Boys	1st Round Sai-Shai Weight	1.5 min 1.5 min	1st Round Sai-Shai Weight	1.5 min 1.5 min
	Girls	Encho-Sen	1.5 min	Encho-Sen	1.5 min
Juniors 14 to 15 Year	Boys	1st Round Sai-Shai Weight	1.5 min 1.5 min	1st Round Sai-Shai Weight	2.0 min 1.5 min
	Girls	Encho-Sen	1.5 min	Encho-Sen	1.5 min
Cadets 16 to 17 Year	Men	1st Round Sai-Shai Weight	2.0 min 2.0 min	1st Round Sai-Shai Encho-Sen	2.0 min 2.0 min
	Women	Encho-Sen	2.0 min		
Adults U21 18 to 20 Year	Men	1st Round Sai-Shai Weight	2.0 min 2.0 min	1st Round Sai-Shai Encho-Sen	3.0 min 2.0 min
	Women	Encho-Sen	2.0 min		

- A rolling clock system will be used.
- Any competitor who will not comply with the requirements will be refused the right to compete and the opponent shall win the contest by KIKEN-GACHI, if the competitor will not be able to remedy matters within 1 minute
- The competitors that do not present themselves when called within 1 minute will be disqualified (KIKEN)

Category	WAZA-ARI time to award	IPPON time to award
Juniors 12 to 15 Year	Up to 3 seconds	3 seconds and more
Cadets 16 to 17 Year		
Adults U21 / +21 18 Year and above	Up to 5 seconds	5 seconds and more

In JUNIOR categories ONLY two Jodan kicks are allowed:

- Controlled Jodan Mawashi Geri
- Controlled Jodan Uchi Haisoku Geri

In CADET and ADULT categories all Jodan kicks are allowed.

## Prohibited Behavior

- Hand and elbow strikes to the face. And even finger touches to the face may be considered as the infraction.
- Hand and elbow strikes to the throat, sides or back of the neck;
- Strikes to the groin;

- Head butts;
- Attacking and making contact to fallen opponent;
- Strikes to the spine;
- Hooking opponent's neck, head and shoulder. In case of knee strikes (HIZA-GERI) all the arm above elbow is considered to be the shoulder;
- Grasping opponent's KARATE GI, hands or legs;
- Pushes (OSHI) to the body and shoulders with palms, forearms, fists, shoulders or throwing techniques, which require the opponent to be held, seized, or pushed, are prohibited.
- Moving towards the opponent bringing hands or body into contact to trap or cover hands, arms or to unbalance or prevent them from striking
- Kicks to the knee joint when the foot is on the floor, this may result in a penalty or a disqualification ;
- For JUNIOR categories there are no through kicks to the head
- Feigning, or exaggerating injury received due to prohibited techniques;
- Exit from the competition area (JOGAI) not caused by the opponent.
- The use of bandages, padding, or supports during the first bout (later on the use of strapping, bandages, or supports because of injury bandages can only be applied by the Tournament Doctor and must be signed and stamped by him)
- Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behaviour towards the refereeing officials, or other breaches of etiquette.
- Any discourteous behaviour from a member of an official delegation can earn the disqualification of a competitor, the entire team, or delegation from the tournament.
- Celebrating the victory ON the Tatami

**In Kyokushin competitions etiquette must be rigorously observed. Therefore showing any disrespect towards opponents or any of the refereeing panel or officials shall A: not be allowed in the competition area, B: be penalised or C: result in a disqualification.**

**No kind of demonstration or political, religious or racial propaganda is permitted at any IFK sanctioned event. This includes any verbal or written demonstrations (including but not limited to statements on flags, posters etc). Anyone found in breach of this will forfeit any placing and award at the event and may further be suspended from participation at future IFK sanctioned events.**

Join our WhatsApp channel at the following link and never miss any news from the World Championship:

<https://www.whatsapp.com/channel/0029Vb5cVpZEVccDLDIbER18>

The complete set of rules can be found under the following link:

<https://www.ifk-kyokushin.com/downloads>