

# Kyokushinkai

## Rules & Regulations

- **General rules:**

- Matches typically last for a set amount of time, with breaks in between.
- A panel of judges observes the fight, awarding points for effective strikes, knockdowns, and overall fighting spirit.
- The winner is determined by knockout, points, or a judge's decision in the case of a draw.

- **Duration of fight**

Duration of the match and extension procedure

The extension procedure and duration of the bouts will diverge in preliminaries, semi-finals and finals as follows:

- Preliminaries: 2 min; 2 min; 2 min (Final extension)
- Semi-finals and Finals: 3 min; 2 min; 2 min (Final extension)
- Preliminaries: 2 min; 2 min (Final extension)
- Semi-finals and Finals: 2 min; 2 min; 2 min (Final extension)

- **Scoring points**

Victory is awarded to the contestant;

- who has scored one full point.
- who has scored two half points, which make one full point.
- who won by decision.
- whose opponent was disqualified or failed to take part in the bout without good reason.

- **Warning/Penalty**

A. The following situations result in one penalty:

- (1) Two warnings
- (2) Deliberate foul
- (3) Other actions that main judge may consider as a bad attitude towards the contest.

B. Two penalties constitute disqualification.

- **Weight & age classification**

<b>Age</b>	<b>Weight</b>	<b>Division</b>	<b>Gender</b>	<b>Individual</b>
Senior	Lightweight (-70 kg)	Senior	Male	x
	Middleweight (-80 kg)	Senior		
	Heavyweight (+80 kg)			
	Super Heavyweight (+90 kg)			
Senior	Under 65kg	Senior	Female	x
	Over 65 kg		Male	x
16-17	-60kg, -65kg, -70kg, -80kg, +80kg	Junior		
16-17	-50kg, -60kg, +60kg	Junior		
18 and above	Uniform & equipment		Female, Male	