

# HITTING-SPORTS

## competition regulations

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# Chapter 1 Competition

## Section 1 Purpose and philosophy of HITTING SPORTS competition

1. The purpose of holding HITTING competitions conducted in accordance with these regulations is to pursue the principles of making the best use of one's own and others' body and mind through competitive matches using martial arts. Therefore, the first priority is to develop offensive and defensive skills that are consistent with the principles of utilizing techniques. Furthermore, this competition is not intended to determine winners and losers based on the level of ability. The goal is for competitors to learn together the principles of BU (bu), which utilizes self and others, and to improve their offensive and defensive skills. In addition to improving their offensive and defensive skills, competitors must intuitively find ways to avoid unnecessary damage to each other, and at the same time create ways to avoid doing so. We call this will the "Budo Man Ship", and we will contribute to the coexistence of diverse humankind by cultivating that spirit and fostering and interacting with martial artists who can make the most of themselves.

## Section 2 Name, etc.

The competition format and classes will be determined as follows.

1. The official name of this competition is "Hitting Sports Competition". Hereinafter, this competition will be referred to as "Hitting competition" in these regulations. In addition, this competition has five competition formats: "HITTING", "IBMA KICKBOXING", "IBMA · KYOKUSHIN", "HITTING · Freestyle", and "HITTING · STICK", depending on the difference in technique and the presence or absence of tools that can be used in the competition. Set. When conducting competitions, each class will be set taking into consideration age, gender, weight, etc.
2. The competition regulations for "IBMA · KYOKUSHIN" and "HITTING · STICK" are listed in a separate sheet.

## Section 3 Players

Regarding players, the following rules apply.

1. When competing in accordance with these regulations, athletes must register with their local IBMA.
2. Persons with injuries, long hair, fingernails, or other appearance that may cause discomfort to spectators who may interfere with the progress of the competition will not be permitted to compete.
3. Competitors are not allowed to compete if they are suffering from an acute inflammatory disease or infectious disease. Other persons deemed unfit for

competition by the doctor and persons who do not comply with the doctor's diagnostic recommendations will not be permitted to compete.

4. Athletes who do not compete to the best of their ability or commit malicious acts such as intentional foul play will have their player registrations canceled and will no longer be able to register as players. In addition, players will be given an opportunity to explain themselves.
5. Athletes who have not registered with their local IBMA will not be permitted to participate in competitions that adopt these competition regulations.
6. Athletes who are late for the competition start time or competition time will be disqualified.
7. Athletes who do not participate in a competition without a valid reason after completing the competition participation procedure will no longer be able to participate in competitions sponsored by IBMA.
8. It is mandatory to wear protective gear that protects the insteps, shins, knees, torso, head, fists, etc. The types of protectors, etc. are specified in the attached sheet.

## **Section 4 Competition time**

The competition times for "Hitting", "IBMA · Kickboxing " and "Hitting · Freestyle", as well as the main round and overtime are determined as follows.

1. There will be two types of competition: the main game and overtime (including additional overtime).
2. The duration of the main match will be 2 minutes. Overtime will be played with a one-minute interval, and the playing time will be two minutes.
3. For competitions other than tournament-style competitions, it is also possible to have three sets of two-minute matches, with the winner being the side that wins two sets first (3-set match format).
4. The number of overtime and re-overtime may be changed depending on the purpose of hosting the competition and the class. However, in that case, the duration and number of overtime periods must be notified to the athletes before the competition.
5. Regarding competition times, changes to competition times, etc., are permitted if FIHA headquarters gives permission, such as in competitions for youth and seniors.

## **Section 5 Stadium**

The stadium where the competition will be held is determined as follows.

1. The size and shape of the main space of the stadium for official competitions shall be a square with a side of 6 to 8 meters or a circle with a diameter of 6 to 8 meters.
2. The stadium must have a main space and an outside space.

3. The outside space must be at least 2m wide. The main space and outside space of the stadium should be clearly visible to athletes and spectators as shown in the diagram below (the diagram below is an example).



4. Stadium mats must be thick and hard enough to prevent injury to athletes.
5. Scoreboards must be installed in at least two locations in the stadium so that athletes and spectators can see the scores.

## **Section 6 Measurement**

1. Athletes participating in weight classes must weigh in on the day of the competition within the weigh-in time set by the referee committee and obtain approval from the referee committee.
2. Athletes will be disqualified if they do not weigh in within the weigh-in time or if they exceed the weight limit.
3. Before competing, athletes must undergo a medical examination to prove that they are in good health.

## **Section 7 Clothes, armor, etc.**

Regarding players, the following rules apply.

1. Those participating in HITTING SPORTS competitions must use designated equipment such as face armor, body protectors, shin protectors, and fist protection equipment (gloves) approved by the IBMA in each region, in light of the purpose of the competition. I will use something.
2. Those participating in IBMA · Kickboxing competitions must wear gloves, headgear, armor, and shin protectors approved by the local IBMA.
3. Body armor may not be used depending on the competition class.
4. When competing in accordance with these regulations, athletes must register with the athlete governing body certified by the IBMA in each region.

5. Persons with injuries, long hair, fingernails, or other appearance that may interfere with the competition, or persons with appearance that may cause discomfort to spectators, will not be permitted to compete.
6. Competitors are not allowed to compete if they are suffering from an acute inflammatory disease or infectious disease.
7. Other persons deemed unfit for competition by the doctor and persons who do not comply with the doctor's diagnostic recommendations will not be permitted to compete.
8. Athletes who do not compete to the best of their ability or commit malicious acts such as intentional foul play will have their player registration canceled and will no longer be able to register as a player with the IBMA. However, this decision requires the approval of the Board of Directors. In addition, athletes will be given an opportunity to explain themselves.
9. Athletes who are late for the competition start time or competition time will be disqualified.
10. No one will be allowed to compete if the IBMA does not allow athlete registration for any legitimate reason.
11. Athletes who unilaterally cancel their participation in a competition after registering for a competition (after registering to participate) will no longer be able to register for competitions sponsored by the IBMA.

## **Section 8 Second**

1. No more than three seconders are allowed per player, one of whom shall be the chief seconder. Seconds must comply with the following: If you do not comply, you will be ordered to leave by the umpire (referee and judge).
2. Players must not use disrespectful words or actions toward opposing players that may slander them.
3. During the competition, please remain seated in your designated area and do nothing other than give tactical instructions to the athletes.
4. During the competition, except in an emergency, if a second player enters the arena, the athlete will be disqualified.
5. The second must provide the name of the chief second to the referee committee before the competition.

# Chapter 2 Competition officials

## Section 1 Referee and Judge

The roles and authority of referees and judges in competitions, as well as other precautions, are set out below.

1. Competitions that use the HITTING SPORTS Competition Regulations must have one referee and two to five judges.
2. During the competition, judges judge the effectiveness of athletes' attacks (skills) and judge foul play.
3. During the competition, the referee makes judgments on athletes' attacks (skills), foul acts, and declares the winner and loser.
4. If the referee determines that the technique has been decided, he/she shall immediately declare "Yame". Additionally, the judge must immediately declare a clean hit using the whistle and flag.
5. The referee must make sure not to overlook when the judge announces "Waza-ari" using the whistle and flag. The referee shall declare "Waza-ari" upon the declaration of a majority of the judges.
6. Referees must declare a foul during a competition if a majority of the referees, including themselves and the judges, agree to do so.
7. During the competition, if for some reason there is a stalemate, or if there is a need to seek the opinion of a doctor or judge, the referee can call a "stop" and interrupt the competition at his or her own discretion. shall be.
8. Before the competition, if the referee notices any abnormality in a player's clothing that violates these competition rules, such as tears or stains, he/she must call attention to it and have the player fix it immediately (in that case, both players will be temporarily removed from the competition).
9. During a competition, the referee controls the progress of the competition and makes eight types of announcements: "Start (Hajime) ," "Stop (Yame) ," "Disallow (Mitomezu) ," "Verbal Warning," "Yellow Card," "Red Card," and "Win (Kachi) ." Any other declarations or statements may confuse the players and must not be used.
10. Referees are obligated to pay the utmost attention to the physical and mental safety of athletes when officiating a competition, and if they feel that there is any danger during the competition, they must immediately stop the competition and seek advice from a doctor or others. Must be.
11. When announcing "Waza-ari", the referee must announce "Yame" to the athlete and have the athlete move to the starting position. However, if it is determined that there

is damage to the athlete's body, the athlete must be left lying on the spot and receive instructions from a doctor.

- 12.If a referee observes a foul act stipulated in these competition regulations, he/she must declare the foul act to the athlete by issuing a "yellow card" or "red card" in accordance with these regulations.
- 13.If a judge observes a "Waza-ari) " or "foul act" by an athlete during the competition, he or she must immediately notify the referee by whistle and flag. However, if the judge is unable to confirm the violation, the flag will be crossed in front of the contestant's chest to announce that the violation cannot be confirmed.
- 14.When making decisions such as "clean hit " and "foul" and announcing "techniques," the referee quickly summarizes the decisions of the judges and makes the decision based on the majority decision, which is the total number of judges plus one vote of his own. The content must be determined.
- 15.Referees and judges in competitions sanctioned by the HITTING Association shall be those who have referee qualifications from the HITTING Association.
- 16.Referees and judges shall be persons certified by the HITTING Association and Referee Committee.
- 17.Certification of referees, judges, and umpires shall be performed by the HITTING Association.
- 18.The level of HA referee qualification is 4th, 3rd, 2nd, and 1st grade from the lowest.
- 19.Umpires shall be assigned according to the level of the competition.
- 20.If an umpire commits an officiating error during a competition, the umpire may be demoted or his/her qualifications may be revoked.
- 21.Referees and judges must work together to ensure that no clean hits or foul play are overlooked, and to make fairer decisions.

## **Section 2 Referee committee**

1. If the Referee Committee finds a rule that is deemed to have been altered without permission, it will report it to the HITTING Association. If the fact can be determined objectively by the appeal committee, it will be considered as a substantial copyright infringement.
2. The HA Referee Committee will discuss and deal with various issues in the competition.

## **Section 3 Timekeeper and scoreboard staff**

The roles of timekeepers and scoreboard personnel in competitions are defined as follows.

1. The timekeeper shall manage the competition time, and will operate the stopwatch when the umpire (referee and judge) commands "start" and temporarily stops the stopwatch when the umpire (referee and judge) commands "stop".

2. The scoreboard staff must reflect on the scoreboard the scores announced by the umpire (referee and judge) for "waza-ari" and the additional points for "yellow cards."

## **Section 4 doctor**

A competition doctor is a doctor who is familiar with sports medicine and manages the health of athletes. Doctors must comply with the following obligations:

1. Conduct regular or temporary medical examinations of athletes in accordance with the instructions of the HITTING Association.
2. During the competition, participants must sit in the front row of the stadium, report the results of the diagnosis of injured athletes if requested by the referee, and take first aid measures in the event of an emergency.
3. During the competition, the doctor may, at his/her discretion, recommend the referee and tournament executive committee to cancel the competition.

## **Chapter 3 Judgment**

### **Section 1 Judgment of victory or defeat**

1. The competition ends when the difference between the points scored by the competitors in the main match and overtime reaches 6 points or more. The competition ends when the specified competition time is reached.
2. The competition has a main round and an overtime round. Extra time will be played if the difference in points does not reach 6 points or more in the main game.

### **Section 2 Judgment of victory or defeat in overtime**

In the "HITTING SPORTS competition", the winner is the person who has earned the most points. In case of a tie, there will be a 2 minute extra period. Regarding overtime, the following rules apply:

1. Before starting overtime, players will be given a break of 30 seconds to 1 minute. At that time, athletes must follow the referee's instructions and wait in a standing position in the designated area of the stadium.
2. At the end of the overtime period, the winner is the team with the most points.
3. If the score is tied in overtime, a 2 minute re-overtime period will be played.
4. The "re-overtime" will be held using a "golden point system" in which the winner is the one who first scores one point (golden point) based on offensive techniques and fouls (acts) by the opponent.
5. If the score is tied at the end of the specified time for "re-overtime," another "overtime" will be played using the "golden point system." Thereafter, in case of a tie, the same procedure will be repeated as "Re-overtime 2" and "Re-overtime 3".



## Section 3 “Yellow card” for “outside the field” and “fall”, etc.

1. When one foot goes out of bounds, the player whose foot goes out of bounds is given a “yellow card” and declared “out of bounds”. Then, one point will be added to the opponent of the player who was notified of the yellow card.
2. For any reason, including a fall due to a slip or a failed rotational kick, if the sole of your foot is on the floor (excluding one hand, one knee only, or only one hand and one knee on the floor), A “yellow card” will not be announced, but one point will be added to the opponent's side.
3. After a fall, a “yellow card” is announced or a “caution” is issued by a prescribed gesture. At that time, if the opponent does not stand up within 3 seconds, 2 points will be added to the opponent's side. If a player stands up in less than 3 seconds, one point will be added to the opponent's side.

## Section 4 “Ippon”, “Waza-ari”, and other judgments

1. In competitions, in accordance with these regulations, a technique that is determined to be a “clean hit” will be determined to be a “technique.”
2. Points will be awarded to the side that makes full use of the techniques that are determined to be “technical”.
3. The competition ends when the competition time determined before the competition is reached.

### [IPPON]

4. In the following cases, the referee must call “Ippon” and end the competition.
5. If a masterful technique that meets the criteria for waza-ari is performed, and a majority of all judges believe that the technique would have caused serious damage to the opponent had he not used the protective equipment, that technique will be considered “Ippon.” judge.
6. If a majority of the referees determine that the contestant has lost the will to fight due to an opponent's attack, or if the majority of referees determine that the contestant will suffer physical injury if the contest continues. In that case, it is declared “Syobuari · Ippon”.
7. If the point difference (score difference) with the opponent is 7 points or more. However, in that case, declare “Syobuari-Ippon”.

### [Judgment of Waza-ari]

8. If a competitor makes a clean hit with a batting technique other than an illegal technique to the hit point specified in these regulations, it will be considered a

"Waza-ari". In addition, when making a declaration of "waza-ari", the referee shall do so in accordance with the behavior specified in the appendix of these competition regulations.

9. The points for "waza-ari" are 2 points for a lower kick technique, 2 points for a middle punch, 2 points for a middle kick, 2 points for an upper punch, and 3 points for an upper kick.

〈Waza-ari include kicking to the upper stage〉

10. If you make a clean hit on the upper stage (head) with the "front kick," "roundhouse kick," "back roundhouse kick," "heel drop," "back roundhouse kick," and "knee kick" that are permitted under these competition regulations, you will be able to complete the "technique". ``Yes" and 3 points will be awarded. However, if the kick is only a light hit and is not recognized as a clean hit, or if the kick hits the opponent and then loses balance and falls down, the kick will be considered invalid.

〈There is a Waza-ari using a thrust technique to the upper stage〉

11. In the "HITTING" and "HITTING FREESTYLE" competitions, if you make a clean hit with a direct punch to the hit point around the "chin" or "temple" on the upper part (head/face), it will be considered a "technique" and you will receive 2 points. Grant. However, if the attack is only a light hit and is not recognized as a clean hit, it will be invalidated.

〈Waza-ari include kicking to the middle stage〉

12. If you make a clean hit with a "front kick", "roundhouse kick", "side kick", "back kick", or "knee kick" that involve stepping into the "stomach" or "left and right flanks (above the hip bones)", you will receive a "Waza-ari" with a middle kick. And 2 points will be awarded. However, if it is only a light hit, it will not be considered a clean hit. Additionally, if a player loses his balance and falls after hitting an opponent with a kicking technique or a kick, it will be considered "invalid".

〈There is a technique using a thrust technique to the middle stage〉

13. If you make a clean hit with a "Gyakuchudan Zuki", "Jodanzuki", or "Gyaku Shita Zuki" that involve stepping into the "sleeve of the stomach" or "left and right flanks (above the hip bones)", it will be considered as a "Waza-ari" due to the middle punch. However, if a thrust is not recognized as a clean hit, such as a thrust that hits lightly without speed or pull, it will be invalidated.

〈Techniques include kicking to the lower stage〉

14. If you perform a clean hit with a lower roundhouse kick that involves stepping on the middle part of the thigh (quadriceps) from the knee to the hipbone (both the inner and outer thighs), the lower kick will be considered a "Waza-ari" kick. 2 points will be awarded. However, if the kick hits the opponent only lightly, it will not be recognized as a clean hit and will be considered "invalid". In addition, if the kick hits the opponent and loses balance and falls down, it will also be considered "invalid". do.

〈Techniques include knockdown techniques〉

15. In "HITTING" and "HA · KICK BOXING," if an opponent is knocked down by a method that does not qualify as a foul technique, such as a "leg sweep" or "entering body drop", it will be considered a "Waza-ari" and 2 points will be awarded. However, this

will be invalid unless you have "sufficient control over the defeated opponent (position within 1 meter from the opponent's center and be able to attack at any time) ”.

〈There is a technique by getting behind〉

16. In "HITTING FREESTYLE", if the referee determines that the opponent has taken a position behind the opponent, it will be considered a "waza-ari" and 2 points will be awarded.

〈Techniques include knockdown techniques〉

17. Using "knockdown techniques", "kicking techniques", etc. that do not fall under the law, cause the opponent to lose their balance and make the opponent touch the floor with only the soles of their feet (excluding situations where only one hand, one knee, or only one hand and knee are on the floor). ), if you take "zanshin", it is considered "waza-ari". However, if after defeating the opponent, any part other than the sole of your foot touches the floor (excluding situations where only one hand, only one knee, or only one hand and one knee are on the floor), that technique will be "invalid". If the fall is not due to an offensive technique but due to one's own negligence, the fall will be considered "invalid".

〈Techniques include consecutive attacks〉

18. When an attack is performed using a series of thrusting techniques or kicking techniques, and two or more consecutive striking equivalent to waza-ari are made, the most effective blow is determined to be waza-ari. However, consecutive attacks using only thrusting techniques are limited to three consecutive attacks. In addition, any striking technique performed after the referee's call to stop is either invalid or considered a foul.

## **Section 5 “Invalidity” “Not recognized” and others**

1. During the competition, in the following cases, the referee will cross his arms in front of his chest and declare him invalid, inadmissible, unconfirmed, or canceled.
2. If the referee determines that an incorrect technique judgment, etc. has been made, the referee shall declare "cancellation" and then make the correct declaration.
3. A thrusting or kicking technique is judged to be "Waza-ari" only if it is recognized as a "clean hit" (effective hit).
4. A clean hit (effective hit) is one in which the five items of "accuracy," "speed," "timing," "weight shift," and "spirit" to the hit point are fully recognized, and it is assumed that the hit would have caused damage to the opponent without armor. This refers to attacks that can be performed. Therefore, a punch or kick that hits lightly will not be considered a clean hit (effective hit).
5. A punching or kicking technique that is hit by chance may be invalidated (not recognized as a technique).
6. The weight shift required for a thrust to be judged as having "Waza-ari" is a thrust with sufficient depth and hip involvement. It is also assumed that a certain amount of power can be seen.

7. A "Waza-ari" from a knockdown technique can only be used in a "situation in which the defeated opponent is sufficiently controlled" as stipulated in Article 30, Paragraph 9, and is otherwise considered "invalid".
8. A "push thrust" with no pull is not considered a clean hit.
9. Decoy thrusting techniques for decisive thrusts (such as one-two and one-throwing thrusts) are excluded from the determination of "techniques".
10. The use of decoy techniques (such as feints of thrusts and kicks) and breaking techniques (such as push thrusts, feint kicks, lower roundhouse kicks to the inner thighs, etc.) to achieve a clean hit with a kicking technique is allowed, but it is judged as "Waza-ari". Exclude from.
11. Even if a roundhouse kick hits the middle of the opponent's thigh (quadriceps) from the knee to the hipbone, if the roundhouse kick hits the back of the opponent's pivot leg at almost the same time, the roundhouse kick will be invalidated as an "invalid trade". do.
12. "Pushing techniques" and "kicking techniques" that are judged to have been attempted after being hit by the opponent's thrusting or kicking techniques will be excluded from the judgment even if they are a clean hit on the opponent. However, striking techniques that miss the point by fully overlooking the opponent's "thrust techniques" and "kicking techniques" will be subject to judgment. In addition, if a punch or kick is attempted after defending using defensive techniques such as "Shin Uke", "Elbow Uke", "Harai Uke", or "Dodge Uke", it will be judged as a "Waza-ari" (judgment of "waza-ari"). (See the Judgment section for criteria).
13. If the opponent's thrusting and kicking techniques hit the opponent at almost the same time, the technique for which more than half of the referees said it was "waza-ari" will be judged as "Waza-ari".
14. Even if the assistant referee (judge) announces some kind of foul play, if the number is less than a majority (including the referee) , they will declare "not allowed".
15. If the referee observes foul play, he or she may issue a "verbal warning" or "caution" on his own.

## Section 6 Special notes

The following items are special notes for the competition.

1. When determining a batting technique, determining a clean hit (effective hit) is based on the premise (accuracy/requirement) that the batting technique hits the predetermined hit point accurately, and also depends on speed, weight shift, etc. The following five items must be met: " (Impact) ," seize the "timing (control/opportunity) ," and fully incorporate "spirit."
2. Think of striking techniques in the same way as judging attacks with a short sword.
3. Therefore, accuracy is most important in determining a clean hit (effective hit). In the previous section, we assumed that "accuracy" is a necessary condition, and that if only one item of "speed", "weight shift (power)", "timing (control/opportunity)", and

"spirit" is missing, the other items are sufficient. If the technique satisfies the requirements, it may be determined that the technique is present.

4. "Kiai" is a shout when performing an attack technique, and the way to do this is to put pressure on your abdomen and loudly say ``Ei". Any other type of ``kiai" is not recognized as "kiai."
5. The concept of a ``clean hit" is to catch the opponent ``before the enemy can make a defensive reaction" and then apply an attack technique.
6. "Upper middle" refers to the midline between the collarbone and the mammary glands.
7. "Middle stage" refers to the "sleep of the stomach" and "left and right flanks." However, the flank should be above the obi and below the mammary gland line.
8. The "lower section" refers to the area around the middle of the thigh (quadriceps) from the knee to the hipbone.
9. Detailed regulations regarding the actions related to ``Zanshin" and ``Gokumituki" are provided separately.
10. ``Having zanshin" means ``when you are in the state of natural kumite with upper hand stance" after deciding on a technique, ``when you perform a kyokutsuki", and ``when you immediately attack your opponent." "When you are in a state where you can apply." At that time, if you are more than 1-2 meters away from the other person's center (below the navel), it will not be recognized as ``Zanshin".
11. A state in which you defeat your opponent and immediately perform a "Kyokutsuki" attack is considered to be "Zanshin". However, the ultimate thrust should not be applied to the opponent's body, but should be used to stop the opponent.
12. For the mid-stage "back kick," only the spinning back kick is judged to have "techniques."
13. It is considered invalid before the referee's "Yame" or the judge's "whistle".
14. If both players make clean hits with punching or kicking techniques at almost the same time, the decision to ``void the exchange" or a majority vote of all judges will be valid. However, attacks made after the referee's "Yame" or the judge's "whistle" are declared "invalid" or "foul" and will not be judged as ``technical".
15. During the competition, grabbing an opponent's karate gi is prohibited, but grabbing the opponent's wrist or leaning on the opponent's hand is not considered a foul.
16. When determining "out of bounds," "If part of the sole of one foot is on the outside line, it will not be determined to be out of bounds. Also, if one foot is in the air even after crossing the outbound line, it will not be determined to be out of bounds."
17. In HITTING and HITTING FREESTYLE, it is possible to momentarily grab the opponent's wrist and suppress the fist with the bottom of the palm.
18. Attacks made after the referee calls for a stop must be considered a foul act.
19. When judging consecutive strikes, if the batting techniques of both sides are mixed after a valid one stroke has been determined, the valid batting technique will be determined by the judgment of the referee. In that case, the decision that the match is invalid, or a decision made by a majority of all judges, will be valid.

# Chapter 4 Fouls

## Section 1 “Verbal warning” “Yellow card” and other sentences

· The criteria and method for making a pronouncement by the referee in the event that a player commits a foul act during a competition is stipulated as follows.

1. If the referee determines that a player has committed a minor foul that does not cause any damage, he or she will first give a "verbal warning" to the player to warn him or her of the foul.
2. In cases where the preceding paragraph applies, even if a foul is declared by the judge's whistle, it may be treated as a "verbal caution" at the referee's sole discretion.
3. A "verbal warning" is an authority granted only to the referee. However, "verbal warnings" can only be given twice for each type of foul play.
4. Judges must announce any foul play specified in these rules by waving the whistle and the flag of the side committing the foul.
5. Regarding the preceding paragraph, if a majority of all umpires agree, the referee must declare a "foul" by announcing a "yellow card" or by making a predetermined gesture. However, "yellow cards" are used to prevent injuries and accidents during the competition, and to ensure that the competition is in accordance with its philosophy and purpose.
6. The referee shall be able to immediately issue a "yellow card" or "red card" for intentional fouls or foul acts that cause significant damage to the opponent.
7. After announcing a "red card," the referee will declare the player "disqualified" based on a prescribed gesture.
8. A "yellow card" or a "caution" due to a prescribed behavior will only be given for the second time, and any subsequent offense will result in disqualification, even if it is a minor offense.
9. If a judge observes a foul play, he or she must notify the referee by whistle and flag and assist the referee in determining the foul play.

## Section 2 Yellow card for dangerous behavior

During a competition, a player who commits a dangerous act that could cause serious damage to an opponent must be given a "yellow card" or declared a "foul" by performing a designated action. At that time, add 1 point to the opposing player. In addition, the details are defined as below.

1. "HITTING" and "HITTING FREESTYLE" are defined as "Blows that are judged as not controlling the impact of the blow (Uncontrolled Hitting \* Chapter 4, Section 6) that causes excessive damage to the opponent's head. ", a foul will be declared by issuing a yellow card.
2. Do not hit any part of the armor worn on the head other than the shield (reinforced plastic) side with your hands.
3. A blow to the opponent's throat or neck.
4. A blow to the collarbone.
5. Attack on mouth and eyes.
6. Attack by headbutt.
7. To bite an opponent.
8. To scratch an opponent.
9. A technique that takes the opponent's legs and hits them in the head (allowed in HITTING freestyle).
10. A striking technique from behind the opponent.
11. A blow technique to the opponent's back.
12. An attack on the opponent's knee joint.
13. A striking technique that hits the area 10 centimeters above, below, and on either side of the center of the kneecap.
14. Front kick and side kick to the thigh.
15. Placing a hand on the opponent's head or holding it down with your hands.
16. A blow technique to the opponent's head by placing the hand on the opponent's neck (middle stage is allowed).
17. "Crab scissors" for the legs.
18. Grabbing the opponent's karategi (HITTING freestyle is allowed).
19. Defeating an opponent by cutting or sweeping away the main leg of a kicking technique (allowed in HITTING freestyle).
20. Front kick, side kick, and heel kick to the thigh.
21. To hang or hold down the neck.
22. A striking technique that involves grabbing the opponent's competition clothes.
23. Persistent attacks such as thrusting near the mammary glands or collarbone are prohibited. However, this excludes cases where it is unavoidable due to the flow of the competition and the ball hits the ball (this will be left to the discretion of the umpire (referee & judge)).
24. Attack after the referee calls for a stop.

25. If any other dangerous behavior is observed, the referee will declare a foul by issuing a "yellow card". If the same behavior is repeated after the announcement, the athlete will be disqualified with a red card. In addition, with regard to foul acts for juniors and seniors, separate regulations may be determined through consultation between the HITTING Association and the Referee Committee.

### **Section 3 “Yellow card” and “verbal warning” for non-dangerous acts**

In addition to dangerous acts, the referee must issue a yellow card or declare a foul due to a prescribed behavior in the following cases: In that case, 1 point will be added to the opponent's side of the person who received the "yellow card" notice. In addition, only if the impact of the foul play on the match is minor, only for the first time, a "verbal warning" may be given to warn the player against the foul play. In that case, no additional points will be awarded to the opponent.

1. When using upper-level (head) thrusts, you may only land up to two consecutive blows on your opponent. (However, this excludes cases in which thrusting techniques to the middle stage are combined. Also, restraining and decoy thrusting techniques are not counted as one punch.)
2. to make strange noises.
3. Failure to follow the referee's instructions. (Attack after saying "quit", etc.)
4. To go outside the stadium (if one foot is completely outside the outside line).
5. A "verbal warning" should be given to those who exaggerate their appeal to the referee for non-injurious fouls. However, if there is a clear oversight by the referee, the award will be canceled.
6. Body hitting, pushing with both palms, both fists, and pushing the opponent near the outside area (within 1 meter from the outside area) (Pushing with the palm of one hand or fist outside the area outside the area is allowed).
7. If there is no offensive movement such as thrusting or kicking for 5 to 10 seconds, and the referee determines that the player has a passive attitude with no intention of attacking, he will be given a "verbal warning" or a "yellow card." shall be. The referee will decide whether to issue a "verbal warning" or a "yellow card" depending on the situation. Also, if the referee announces a "yellow card", one point will be added to the opponent.
8. Tactics such as lowering your head and closing the gap will result in a "verbal warning" or "yellow card." The referee will decide whether to issue a "verbal warning" or a "yellow card" depending on the situation. Also, if the referee announces a "yellow card", one point will be added to the opponent.
9. If the designated "game etiquette" is not followed before the start of the match and after the end of the match, a "verbal warning" will be given (a verbal warning can



only be given once, and from the second time onwards, a yellow card or a "caution" will be given with a designated action). I do).

## **Section 4 Disqualification due to red card**

Regarding foul acts during the competition, the referee will issue a "red card" or "disqualify" by a predetermined gesture for serious foul acts and acts that violate FIHA's principles and the principles of competition set forth in these regulations. declare. The actions that will result in a "disqualification" due to the announcement of a "red card" or a predetermined gesture are defined as follows.

1. If a player uses abusive language or exhibits an ungentlemanly attitude towards the referee or an opponent player.
2. If the referee does not follow the referee's instructions and the referee deems it dangerous or malicious.
3. When attacking an opponent with a striking technique while both hands or knees are on the floor, or when making an attack movement. However, this excludes the ultimate attack.
4. If the foul act is repeated many times, or if the referee deems it to be malicious.
5. A player who has been notified of a "yellow card" or a "caution" twice will be "disqualified" if he is notified of a third or subsequent foul play and will be given a "red card" unconditionally.
6. If a contestant is unable to follow the proper etiquette after receiving a verbal warning, the contestant will lose by disqualification.

## **Section 5 Disqualification**

1. The competition ends when a "red card" or "disqualification" is announced. Athletes who have been notified of a "red card" or have been declared "disqualified" must follow the instructions of the referee, strictly abide by the rules for leaving the stadium, and leave the stadium.
2. If a player is declared disqualified during the competition, the opponent of the disqualified athlete will be declared the winner.
3. If a player is declared "disqualified" or leaves the match without observing proper etiquette, that player will be subject to disciplinary action such as revocation of subsequent player qualifications or suspension.
4. A player who is declared "disqualified" may be subject to severe punishment, such as permanent suspension of player eligibility, based on the deliberations of the referee committee and the HITTING Association.

## **Section 6 Special notes**

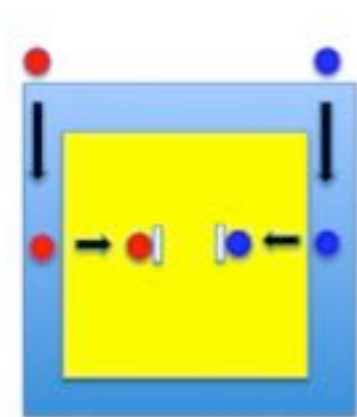
1. When repeated blows are being exchanged for more than 3 seconds, the referee must call "Yame" and stop the match.
2. If you do not follow the referee's and judge's command to stop during a series of attacks, it will be considered a foul.

## Chapter 5 Actions of athletes and referees

### Section 1: Athletes' movements

In principle, the actions of athletes before the start of the competition are determined as follows. However, slight changes are allowed.

1. When entering the stadium, athletes enter from each athlete's side (red is on the left corner, blue is on the right corner when viewed from the front) and then enters after bowing. Walk forward, perform a standing ceremony (specified in the attached sheet) from each athlete's side and center of the competition area, and enter the main space (see the diagram below).
2. Athletes face their opponents in an upright, immovable position at a distance of approximately 1.5m to 2m in the center of the stadium and listen to instructions from the referee.
3. When the referee declares "respect to each other," the athletes perform "Ritsurei" (Standing bow), take a step with their left foot, and take a stance in Fudo-dachi. At the referee's command, "Kate," the players take their stance, and at the signal, "Start," the competition begins.



4. After the athletes have finished their competition, they face each other in their starting position, facing forward in a fudo-dachi position, and receive the referee's announcement of victory or defeat.

5. After the winner is announced, the athletes shake each other's hands, face each other in the starting position in a fudo-dachi position, and both athletes move in unison, taking a step back from their right foot in a standing bow. Then turn around and exit the stadium. When leaving, please bow in the same manner as when entering. Players should perform a "Ritsu-Rei" from the center of each player's side, go to the outside space, and exit from the blue side and red side corners.

## Section 2 Referee's actions

The behavior of referees when entering and exiting the stadium is determined as follows.

<Entrance gesture>

1. At the time of entry, the referee will enter the stadium before the athletes enter.
2. When entering, all judges enter from the red side corner of the stadium, with the referee in front, with the referee on the far right, followed by the judges in order.
3. After entering the venue, the judges line up and, in response to the referee's command to "stand in front", all perform a "Ritsu-Rei" and enter the competition space.
4. At the time of entry, each referee will take a fixed position and wait for the players to enter.
5. When entering, face the front, with the referee on the far right in front of the boundary line of the competition space, and then the judges line up next to the referee in order (the front is in the direction of the officials' seats).
6. When leaving, the judges line up next to each other with the referee on the far right, and upon the referee's command to bow to the front, everyone performs a standing bow before exiting the competition space.
7. **When leaving, all umpires bow with the referee first, and then exit from the red side corner in order.**
8. For details on the actions of the judges, please refer to the separate section.

## Section 3: Referee and judge's pronouncement methods, actions, etc.

The method and behavior of referees and judges during competitions are determined as follows.

1. At the start of the competition, the referee must wait for the athletes in a designated position, standing upright and motionless.
2. At the start of the competition, the referee has the athletes stand in precisely the designated positions, commands them to "bow to each other," and has them perform a "Ritsu-rei (standing bow) ." After the "Ritsu-reii," have the players take a

step forward and stand in "Fudo-dachi." After that, the command "Stand up" is given, and the competition begins with the announcement "Hajime".

3. When the signal for "end of the competition" is given, immediately give the command "stop" and immediately have the athletes stand facing the competition starting position. After that, the winner or loser is determined based on the points earned by the players. Furthermore, both players are encouraged to shake hands, and after shaking hands, the players are asked to stand in the starting position of the competition.
4. If the referee sees a "Waza-ari" or "foul act" or something else, the judge will use the whistle and flag to announce it. In addition, the referee will declare "stop", temporarily stop the match, confirm the judge's declaration, and if a majority of the referees, including himself, agree, he will declare it verbally or by notice on the card.
5. If the judge announces a "Waza-ari", "foul act", or something else using the whistle and flag, the referee will always declare "stop (Yame) ", temporarily stop the match, and then confirm the judge's declaration, with the consent of a majority of the judges. If there is, a "foul" will be announced orally or by a notice on the card.
6. If the judge cannot confirm that there is a "Waza-ari" or "foul act," the judge must say "cannot confirm."
7. When the referee declares "Waza-ari", he must first declare "Yame" and have the athletes return to the center. After declaring "waza-ari", have the athlete stand in the competition starting position and announce "continue" to continue the competition.
8. The referee must always call "Yame" if the judge judges "Waza-ari". In that case, do so as soon as possible. Also, do this after letting the players return to the center. However, if a majority of the judges do not agree, the contest will be declared "not approved" and the competition will continue. In that case, have the athlete stand in the competition starting position and announce "Continue" to continue the competition.
9. During the competition, referees and judges should constantly change their positions without turning their backs to the front seats, and judge while moving to make it easier to see the athletes' skills.
10. When issuing a "caution" or "warning," the referee must declare "Yame" and return the athletes to the starting line before making the announcement.
11. When making a decision on "Ippon," the referee must first call "Yame," check the condition of the athlete, and give priority to ensuring the athlete's safety before making the announcement.
12. If a stalemate occurs in the near future between athletes, the referee will temporarily stop the competition by calling "Yame", return the athletes to the starting line, and then announce "Continue" to resume the competition. shall be made to do so.
13. The judge assists the referee in determining foul play. In particular, be aware of the referee's blind spots, accurately see the techniques, and judge them.
14. If there are three judges, there will be two judges in front of the referee. Position yourself in two corners (either the left or right corner of the playing field) with one

person behind you. If it is a 4-a-side game, take positions at the four corners of the playing field.

15. For other details on the actions of the referee and judges, please refer to the separate notes.

## **Section 4 Announcement etiquette for judging the match by referees**

The method by which referees declare victory or defeat in competitions is stipulated as follows.

1. When the buzzer sounds to end the competition, the referee will give the command "stop (Yame) " and immediately have the athletes arrive at the starting position facing forward.
2. In accordance with these competition regulations, the flag of the color of the athlete judged to be the winner will be extended 90 degrees upwards and loudly announced, "Red or Blue wins."
3. Please refer to the separate section for the referee's actions when declaring victory.

## **Chapter 6 Other special notes**

1. For both HITTING, HA/KICKBOXING, and HITTING FREESTYLE, there is a special rule that does not require the use of body armor only for those who have become proficient in this competition.
2. Competitors, the organizations to which they belong, and their related parties pledge to comply with these regulations and not to make any complaints regarding the competition.
3. The contents of these regulations will be revised if deemed necessary to realize the philosophy and purpose of FIHA and these competition regulations.
4. These rules are based on the match method devised from Akira Masuda's martial arts philosophy. Therefore, we pledge not to misappropriate this information in any way that is considered to be different from that ideal or philosophy. Also, do not use the name, other diversions, or similar names without permission. Also, no changes may be made without permission.

## **remarks**

- May 22, 2019
- November 6, 2019: Partial revision: Addition of Article 28/Article 32-17/Article 36, Paragraph 17
- September 3, 2021: Some additions and corrections.
- October 6, 2021: Added and revised Chapter 1, Section 1

- October 26, 2021: Changed Section 4, Paragraph 2
- August 2022: Added to Chapter 3-4-8 (both inner and outer thighs)
- August 28, 2022: Added text to Chapter 4-Section 3-7
- July 4, 2023: Some corrections
- September 2, 2023: Partial revision
- December 17, 2023: Name revised
- February 18, 2024: Umpire (referee & judge) → Referee, and some other descriptions have been revised.

Author