

HITTING

Competition Regulations

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Chapter 1: Competition	2
Section 1: HITTING SPORTS Purpose and Philosophy	2
Section 2: Name, etc.	3
Section 3 Athletes	3
Section 4 Competition Time	4
Section 5: Competition Field	4
Section 6: Weigh-in	5
Section 7: Clothing, protective gear, etc.	5
Section 8 Coach	6
Chapter 2: Competition Officials	6
Section 1: Referee and Judges	6
Section 2: Refereeing Committee	8
Section 3 Timekeepers and Scoreboard Officials	8
Section 4 Doctor	8
Chapter 3: Judging	9
Section 1: Judging the winner	9
Section 2: Judging the winner in overtime	9
Section 3: "Yellow Cards" for "Out of Bound" and "Falling", etc.	9
Section 4: "Ippon", "Waza-ari", and other judgements	10

Section 5 "Invalid", "Not Recognized", and Others	12
Section 6: Special Notes	13
Chapter 4: Foul play	14
Section 1: "Verbal warning," "yellow card," and other verdicts	14
Section 2: Yellow Cards for Dangerous Actions	15
Section 3: Yellow Cards and Verbal Warnings for Non-Dangerous Actions	16
Section 4: Disqualification by Red Card	17
Section 5 - Disqualification	17
Section 6: Special Notes	18
Chapter 5: Behavior of Players and Referees	18
Section 1: Behavior of Players	18
Section 2: Referee behavior	19
Section 3: Referee and judge's announcements, behavior, etc.	19
Section 4: Procedure for announcing the winner of a match	21
Chapter 6: Other Special Notes	21
Notes	21

Chapter 1: Competition

Section 1: HITTING SPORTS Purpose and Philosophy

1. The purpose of hitting is to pursue skills that improve and integrate one's mind, technique, and body in the exercise of the martial art of "hitting." Furthermore, the purpose is to cultivate the "spirit of Rei" that protects the dignity of others and at the same time maximizes one's own dignity. Therefore, in this sport, the goal is to avoid inflicting unnecessary damage on oneself and others and to make the best use of one's own and others' skills.

2. We call the will to realize the purpose of this sport "BudomanShip," and with that spirit, we will fuse the martial arts culture nurtured in Japan with diverse cultures and education.
3. This sport conforms to the fundamental spirit of Olympism as stated in the Olympic Charter established in 2011, and aims to enter the Olympic Movement. The Olympic Charter also states that "Olympism is a philosophy of life that aims to develop human beings as a balanced whole, enhancing and integrating the qualities of body, will, and intellect. By fusing sports with culture and education, Olympism seeks to create people who live based on the joy of effort, educational values that set good examples, social responsibility, and respect for universal, fundamental, and ethical principles." Olympism and the "martial arts spirit" that we aim for are of the same root. It is rooted in the wisdom of all humanity, and is the same as the practice of "Taigi (Great justice) " that we at IBMA aim for.

Section 2: Name, etc.

The competition format and classes are determined as follows.

1. The official name of this competition is "HITTING SPORTS competition". In the following regulations, it will be referred to as "HITTING competition". In addition, this competition will have five competition formats, "Kyokushin Do-style", "Kick Boxing-style", "Kyokushin Universal-style", "Kyokushin do-Freestyle STYLE" and "Hitting Stick", depending on the difference in the techniques and equipment that can be used in the competition. In addition, when holding the competition, each class and weight will be set taking into consideration age, gender, weight, etc.
2. The competition rules for "Kyokushin Universal style" and "Hitting Stick" are listed in the attached document.
3. IBMA is the abbreviation for International Martial Arts Association.

Section 3 Athletes

The following is set out regarding athletes.

1. When competing in accordance with these rules, athletes must register with the IBMA in their region.
2. Those with injuries, long hair, nails, or other appearances that may hinder the progress of the competition and cause discomfort to spectators will not be allowed to compete.
3. Those suffering from acute inflammatory diseases or infectious diseases will not be allowed to compete. Others who are deemed unfit to compete by the doctor and those who do not comply with the doctor's diagnosis will not be allowed to compete.
4. Athletes who do not compete to their full potential or who commit malicious acts such as intentional fouls will have their registration cancelled and will not be able to

register again. In addition, athletes will be given an opportunity to explain themselves.

5. Athletes who are not registered with the IBMA in their region will not be allowed to participate in competitions that adopt these competition rules.
6. Athletes who are late to the start of the competition or the competition time will be disqualified.
7. Athletes who do not participate in the competition after completing the participation procedures without a valid reason will not be able to participate in future competitions organized by the IBMA.
8. Protective gear for the instep, shins, knees, torso, head, knuckles, etc. is mandatory. The types of protectors are specified in the attached document.

Section 4 Competition Time

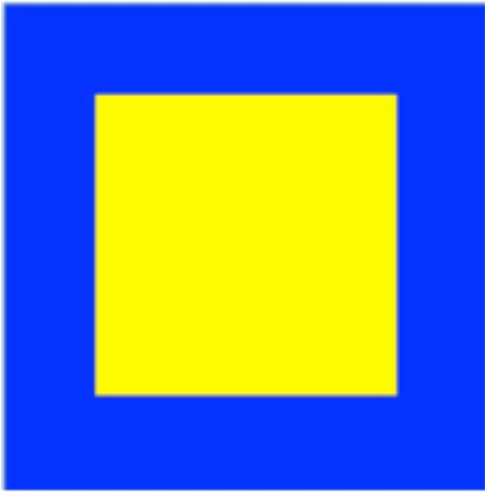
The competition time for "KyokushinDo-style", "KickBoxing-style", and "Hitting/Freestyle", as well as the main competition and overtime, are specified as follows.

1. There are two types of competition: the main match and overtime (including re-overtime).
2. The main match will last 2 minutes. Overtime will be between 30 seconds and 1 minute, and the competition time will be 2 minutes.
3. The competition format will consist of three sets of two-minute matches, and the winner will be the player who wins two sets first (three-set match format).
4. The number of overtimes and re-overtimes may be changed depending on the purpose of the competition and the class. However, in such cases, the time and number of overtimes must be notified to the players before the competition.
5. Competition time may be changed if IBMA Headquarters permits, such as in competitions for juniors and seniors.

Section 5: Competition Field

The competition field where the competition will be held is stipulated as follows.

1. The size and shape of the main space of the competition field in official competitions must be a square with sides of 6 to 8 meters or a circle with a diameter of 6 to 8 meters.
2. The competition field 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 competition venue must be clear to athletes and spectators as shown in the diagram below (the diagram below is an example).



4. The mats used in the competition venue must be thick and hard enough to prevent athletes from getting injured.
5. Scoreboards must be installed in at least two places in the competition venue so that athletes and spectators can see the scores.

Section 6: Weigh-in

1. Athletes participating in weight classes must weigh themselves within the weigh-in time set by the Referee Committee on the day of the competition and obtain the approval of the Referee Committee.
2. Athletes who do not weigh themselves within the weigh-in time or who exceed the designated weight will be disqualified.
3. Athletes must receive a medical examination by a doctor before the competition and prove that they are in good health.

Section 7: Clothing, protective gear, etc.

The following regulations apply to athletes.

1. Those who participate in HITTING competitions must use face masks, body protectors, shin protectors, gloves, and other equipment approved by the local HITTING association in light of the purpose of the competition.
2. Those participating in KickBoxing-style competitions must wear gloves, headgear, protective gear, and shin protectors approved by the local IBMA.
3. The use of body protectors may not be permitted depending on the competition class.
4. When competing in accordance with these regulations, players must register with the athlete governing body recognized by the local IBMA.
5. Those with injuries, long hair, nails, or other appearances that may interfere with the competition, or that may cause discomfort to spectators, will not be allowed to compete.

6. Those suffering from acute inflammatory diseases or infectious diseases will not be allowed to compete.
7. Those who are deemed unfit to compete by a doctor, or those who do not follow the doctor's diagnostic recommendations, will not be allowed to compete.
8. Athletes who do not compete to their full potential or who commit malicious acts such as intentional foul play will have their registration cancelled and will be barred from future IBMA registrations. However, this decision requires approval from the board of directors. Athletes will be given an opportunity to explain themselves.
9. Athletes who are late to the start of the competition or the competition time will be disqualified.
10. Those who are not permitted to register as athletes by IBMA for any legitimate reason will not be allowed to compete.
11. Athletes who unilaterally cancel their participation in a competition after registering for the competition (after registering to participate) will be barred from future IBMA-sponsored competitions.

Section 8 Coach

1. Each player is allowed to have no more than one second. Coaches must abide by the following rules. If they do not comply, they will be asked to leave the field by the referee.
2. Coaches must not use rude language or insults towards the opposing player.
3. Coaches must remain in their designated place during the competition and only give tactical instructions to players.
4. If a coach enters the competition area during a competition, except in an emergency, the player will be disqualified.
5. Coaches must report their names to the IBMA Referee Committee before the competition.

Chapter 2: Competition Officials

Section 1: Referee and Judges

The roles and authority of the referee and judges in the match, as well as other points to note, are set out below.

1. HITTING A Competitions that adopts competition regulations must have a panel of one referee and two to five judges.
2. The judges will judge the validity of the athletes' attacks (techniques) and any foul play during the competition.
3. The referee will judge and announce the athletes' attacks (techniques), foul play, and the winner and loser during the competition.

4. If the referee determines that a technique has been executed, he or she will immediately call "Yame". Judges must also immediately call clean hits with their whistles and flags.
5. The referee must not overlook when a judge calls "waza-ari" with their whistles and flags. The referee will call "waza-ari" with the majority of the judges' decisions.
6. The referee must call a foul play during the competition if there is a consensus among the majority of the judges, including the referee and the judges.
7. The referee may, for any reason, call a foul during the competition. When the match becomes deadlocked or when it becomes necessary to seek the opinion of a doctor or judge, the referee may, at his/her own discretion, call out "Yame" and suspend the match.
8. If the referee notices any abnormality in the clothing of a fighter that violates these rules, such as tears or dirt, before the match, he/she will warn the fighter and have them fix it immediately (in which case, both fighters will be removed from the match).
9. The referee will be in charge of the progress of the match and will make seven types of calls: "Hajime", "Stop", "Mukko", "Verbal Warning", "Yellow Card", "Red Card", and "Win". Any other calls or comments may cause confusion among the fighters and should not be used.
10. When judging a match, the referee is obligated to pay the utmost attention to the physical and mental safety of the fighters, and if he/she senses any danger during the match, he/she must immediately suspend the match and seek the advice of a doctor or other person.
11. When the referee calls out "Waza-ari", he/she must call out "STOP" to the fighters and have them take their starting positions. However, if it is determined that the fighter has sustained physical damage, the fighter must remain lying down and seek instructions from the doctor.
12. If a referee observes a foul play as defined in these competition rules, he/she must announce the foul play by announcing a "yellow card" or "red card" in accordance with these competition rules.
13. If a judge observes a fighter committing a foul play such as "waza-ari" or "out of bounds" during the competition, the judge must immediately inform the referee by whistle and flag. However, if the judge is unable to confirm the foul play, he/she must cross his/her flag in front of his/her chest and announce "unconfirmed."
14. When announcing a "clean hit", "foul play", or "waza-ari", the referee must quickly gather the judges' opinions and decide on the content of the announcement by a majority vote, which is the total number of judges plus his/her own vote.
15. Referees and judges in competitions officially recognized by the IBMA must hold IBMA refereeing qualifications.
16. Referees and judges will be those certified by the IBMA and the Refereeing Committee.
17. Referees, judges, and other officials will be certified by the IBMA.
18. IBMA referee qualifications are grades 4, 3, 2, and 1 from the lowest.

19. Referees will be assigned according to the level of the competition.
20. If a referee makes a refereeing error during a competition, he or she may be demoted or have their qualifications revoked.
21. Referees and judges must cooperate to make fairer decisions, taking care not to overlook clean hits or foul play.

Section 2: Refereeing Committee

1. If the Refereeing Committee finds a rule that is deemed to be an unauthorized modification of these regulations, it will report it to the IBMA. If the Refereeing Committee can objectively determine this fact, it will be deemed to be a substantial infringement of copyright.
2. The IBMA Refereeing Committee will discuss and deal with any issues that occur during the competition.

Section 3 Timekeepers and Scoreboard Officials

The roles of the timekeepers and scoreboard officials during the competition are as follows:

1. The timekeeper shall manage the competition time, start the stopwatch when the umpire (referee and judge) commands "start" and stop the stopwatch when the umpire (referee and judge) commands "yame".
2. The scoreboard keeper shall reflect on the scoreboard the points awarded for "waza-ari" and points awarded for "yellow cards" announced by the umpire (referee and judge).

Section 4 Doctor

The competition doctor shall be a physician well versed in sports medicine and shall manage the health of the athletes. The doctor must observe the following obligations:

1. Follow the instructions of the IBMA and conduct regular and irregular examinations of athletes.
2. During the competition, the doctor shall sit in the front row of the competition area, report the results of the diagnosis of injured athletes upon request by the referee, and take first aid in the event of an emergency.
3. During the competition, the doctor may, at his/her own discretion, recommend the referee and the competition organizing committee to stop the competition.

Chapter 3: Judging

Section 1: Judging the winner

1. The competition ends when the difference in points between the competitors in the main match and overtime is 6 points or more. The competition also ends when the specified competition time has been reached.
2. The competition consists of a main match and overtime. Overtime will be held if the difference in points in the main match is not 6 points or more.

Section 2: Judging the winner in overtime

In the "hitting competition", the player who has earned the most points will be declared the winner. In the event of a tie, a 2-minute "overtime" will be played. The overtime period is stipulated as follows.

1. Before the "overtime" period begins, a break of 30 seconds to 1 minute will be given. During this time, players must follow the referee's instructions and wait in a standing position in a designated area within the arena.
2. At the end of the "overtime" period, the player with even one more point will be declared the winner.
3. In the event of a tie in the "overtime", a 2-minute "second overtime" will be played.
4. In the "re-overtime", the "golden point system" is used, with the winner being the player who first scores one point (golden point) through offensive techniques or opponent's foul (action).
5. If the score is tied at the end of the regulation time of the "re-overtime", another "re-overtime" will be played using the "golden point system". If the score is still tied, the same procedure will be repeated with "re-overtime 2", "re-overtime 3", and so on.

Section 3: "Yellow Cards" for "Out of Bound" and "Falling", etc.

1. When one foot goes outside the bounds of the ring, a "yellow card" is announced to the player who has put his foot outside the ring and he is declared "out of bounds". One point is then added to the opponent of the player who was announced the yellow card.
2. If, for any reason, including a fall due to a slip or a failed spinning roundhouse kick, any part of the body other than the soles of the feet touches the floor (excluding

situations where only one hand, one knee, or only one hand and one knee are on the floor), a "yellow card" is not announced, but one point is added to the opponent.

3. After a fall, a "yellow card" is announced or a "Caution" is given in a prescribed manner. If the opponent does not get up within three seconds, two points are added to the opponent. If the opponent gets up within three seconds, one point is added to the opponent.

Section 4: "Ippon", "Waza-ari", and other judgements

1. In competition, a "clean hit" is made when a strike technique that is accompanied by "unity of mind, technique, and body" and "zanshin" is applied to the opponent. In competition, this is judged and declared as "waza-ari".
2. Points are awarded to the side that used the technique that is judged as "waza-ari".
3. The competition ends when the competition time decided before the competition has reached.

[Ippon]

4. The referee must call "Ippon" and end the competition in the following cases.
5. If a magnificent technique that meets the criteria for waza-ari is executed and the majority of the judges judge that the technique caused serious damage to the opponent if no protective gear is used, the technique is judged as "Ippon".
6. If the majority of the judges decide that the contestant has lost the will to fight due to the opponent's attack, or if the majority of the judges decide that continuing the match would result in physical injury, the judge will declare "Syobuari Ippon."
7. If the point difference (score difference) between the contestant and the opponent is 7 points or more. However, in this case, the judge must declare "Syobuari Ippon."

[Judgment of Waza-ari]

8. If a contestant lands a clean hit with a non-foul technique and spirit on a hit point set out in these rules, the judge will declare "Waza-ari." When announcing "Waza-ari," the referee will do so using the gestures set out in the appendix to these competition rules.
9. The points awarded for a "Waza-ari" are 2 points for a kick to the lower level, 2 points for a thrust to the middle level, 2 points for a kick to the middle level, 2 points for a thrust to the upper level, and 3 points for a kick to the upper level.

<Waza-ari with kicks to the upper level>

10. If a front kick, roundhouse kick, back roundhouse kick, heel drop, reverse roundhouse kick, or knee kick is landed cleanly on the hit point to the upper level (head), as permitted by the competition rules, it is deemed a "waza-ari" and 3 points are awarded. However, if the kick is only lightly hit and is not deemed a clean hit, or if the opponent loses balance and falls after landing a kick, it is deemed "invalid."

<Waza-ari with thrusts to the upper level>

11. In "KyokushinDo-style" and "Hitting-Freestyle," a direct thrust or key thrust that cleanly hits the "chin (front, side)" or "temple" areas of the upper level (head/face) is deemed a "waza-ari" and 2 points are awarded.

<Waza-ari with kicking technique to the middle level>

12. If a "front kick", "roundhouse kick", "side kick", "back kick" or "knee kick" with a stepping motion is landed cleanly on the "solar plexus" or "left or right flank (above the hip bone)", it is considered a "waza-ari" with a mid-level kick, and two points are awarded. However, if it is only a light hit, it is not considered a clean hit. Also, if the opponent loses their balance and falls after landing with a kick or kick, it is considered "invalid".

<Waza-ari with thrusting technique to the middle level>

13. If a "jun chyokutsuki", "gyaku chokutsuki", "jun chyokutsuki" or "gyaku getsuki" with a stepping motion is landed cleanly on the "solar plexus" or "left or right flank (above the hip bone)", it is considered a "waza-ari" with a mid-level thrust.

<Waza-ari with a low kick>

14. If a low roundhouse kick with a stepping in makes a clean hit on the thigh from the knee to the hip bone (both the inner and outer thigh), the low kick is considered "waza-ari" and two points are awarded. However, kicks that only hit lightly are not considered clean hits and are considered "invalid." Also, if the opponent loses balance and falls after landing a kick, it is also considered "invalid."

<Waza-ari with a knockdown>

15. "KyokushinDo-style" "KickBoxing-style" In Hitting-Freestyle, if the referee takes down the opponent using a method that is not a foul technique, such as a leg sweep or an iri-mi-otoshi, it is considered a waza-ari and two points are awarded. However, it is invalid unless the referee has "sufficient control over the downed opponent (positioning himself within one meter of the opponent's center and being able to attack at any time)."

<Waza-ari by taking the opponent from behind>

16. In Hitting-Freestyle, if the referee determines that the opponent has taken a position behind the opponent, it is considered a waza-ari and two points are awarded.

<Waza-ari by taking the opponent down>

17. If you knock your opponent off balance with a "throwing technique" or "kicking technique" that does not fall under the rules, and put anything other than the soles of your feet on the floor (excluding situations where only one hand, one knee, or only one hand and one knee are on the floor), and you take "zanshin", it is a "waza-ari". However, if after knocking your opponent down, anything other than the soles of your feet touches the floor (excluding situations where only one hand, one knee, or only one hand and one knee are on the floor), the technique is "invalid". If the fall is due to your own negligence and not the result of an attack, it is "invalid".

<There are techniques that result from consecutive attacks. >

18. When a player attacks using consecutive thrusts and kicks, and two or more consecutive thrusts that qualify as waza-ari are successful, the most effective strike

will be judged as waza-ari. However, consecutive strikes using thrusts alone are limited to three. In addition, any strikes made after the referee calls "yame" will be considered invalid or a foul.

Section 5 "Invalid", "Not Recognized", and Others

1. During the competition, in the following cases, the referee will declare the match "invalid" or "cancelled" with the prescribed actions (listed in the attached document).
2. If the referee judges that an incorrect decision has been made, he or she will call "cancel" and then make the correct call.
3. A thrust or kick will be judged as "waza-ari" only if it is deemed a "clean hit (valid hit)".
4. A clean hit (valid hit) is an attack that is deemed to have been performed with sufficient accuracy, speed, timing, weight transfer, and spirit at the hit point, and that would have caused damage to the opponent if the opponent had not been wearing protective gear. Therefore, a thrust or kick that hits lightly will not be recognized as a clean hit (valid hit).
5. Thrusts and kicks that appear to have hit by chance may be deemed invalid (not recognized as waza-ari).
6. The weight transfer required for a thrust to be judged as "waza-ari" is a thrust that has been stepped on sufficiently and that has the hips engaged. In addition, a certain level of power must be observed.
7. A "waza-ari" for a throw-down technique will only be considered in the "situation in which the downed opponent is fully under control" as stated in Article 30, paragraph 9, and any other situation will be deemed "invalid".
8. A "push thrust" without a pull is not judged as a clean hit.
9. Decoy thrusts for a finishing thrust (such as the one thrust of a one-two) are excluded from the judgement of "waza-ari".
10. Decoy techniques (such as a feint thrust or kick) and breaking techniques (such as a push thrust, a feint kick, a low roundhouse kick to the inner thigh) to make a kicking technique land cleanly are allowed, but are excluded from the judgement of "waza-ari".
11. Even if a roundhouse kick hits the center of the opponent's thigh (quadriceps) from the knee to the hip bone, if the roundhouse kick hits the back of the opponent's supporting leg at almost the same time, it is invalid as an "invalid draw".
12. Thrusts and kicks that are judged to have been launched after receiving an opponent's thrust or kick are excluded from the judgement even if they land a clean hit on the opponent. However, striking techniques that are launched after fully seeing through the opponent's thrust or kick and are off-point are eligible for judgement. In addition, if a punch or kick is launched after defending using a defensive technique such as "shin block," "elbow block," "Harai Uke," or "dodge Use," it will be judged as "waza-ari" (see the chapter on judging for the criteria for judging waza-ari).

- 13.If both sides' punches or kicks hit the opponent at almost the same time, the technique that is judged as "waza-ari" by more than half of the judges will be judged as "waza-ari."
- 14.If a player knocks down his opponent with a leg sweep or other technique, but also falls down himself, the technique will be declared "invalid."
- 15.If the referee sees a foul play, he can issue a "verbal warning" or "warning" on his own.

Section 6: Special Notes

The following items are special notes for the competition.

1. When judging striking techniques, a "clean hit" is judged to be a technique that satisfies the elements of "accuracy," "speed," "weight transfer," and "timing (control)" at the designated hit point. At the same time, a technique that is deemed to have "unity of mind, technique, and body" and "zanshin" will be judged as "waza-ari."
2. Striking techniques are judged in the same way as attacks with a knife. Therefore, accuracy is the most important factor in judging a clean hit (effective hit).
3. In junior matches, in addition to accuracy, speed, weight transfer, and timing (control), "spirit" is also important. Techniques with "spirit" may be judged as "waza-ari" even if the "speed" and "timing" are inexperienced (but only in junior matches). "Spirit" refers to the call that is made when landing an attacking technique, and the way to do it is to put force into the abdomen and yell "ei" loudly. Any other "spirit" is not recognized as spirit.
4. The concept of a "clean hit" is to land an attacking technique by catching the "kimae" (front of the body) where a defensive reaction is not possible.
5. "Upper middle level" refers to the midline between the collarbone and the mammary glands.
6. "Middle level" refers to the "solar plexus" and the "left and right sides of the abdomen." However, the sides are defined as above the belt and below the line of the mammary glands.
7. "Gedan" refers to the area around the middle of the thigh (quadriceps) from the knee to the hipbone.
8. Detailed rules regarding the movements and other aspects of "zanshin" and "kimetsuki" are set out in a separate document.
9. "Zanshin" means that after executing a technique, "you are in a natural kumite stance with jodan's hand posture," "when you have performed kime-tsuki," or "when you are in a position where you can immediately land an attack on your opponent."
10. "Zanshin" refers to when the opponent is in a "state of mind" when the opponent is more than 1 or 2 meters away from the opponent's center (below the navel).
11. When the opponent is down and a "kime-tsuki" is delivered without any delay, the "zanshin" is considered to be in place. However, the kime-tsuki must not hit the opponent's body and must be stopped just short.

12. Of the mid-level "back kicks," only the spinning back kick is judged as "waza-ari."
13. Before the referee's "yame" or the judge's "whistle" announcement, the kick is considered "invalid."
14. If both thrusts or kicks land clean hits at almost the same time, the kick or the counterattack is deemed "invalid" or the majority decision of all the judges is valid. However, attacks made after the referee's "yame" or the judge's "whistle" announcement are considered "invalid" or "foul," and are not judged as "waza-ari."
15. During the match, it is prohibited to grab the opponent's karate uniform, but grabbing the opponent's wrist or leaning on the opponent with your hand is not considered a foul.
16. When judging whether a player is "out of bounds," "if any part of the sole of one foot is on the out-of-bounds line, it is not judged as out of bounds. Also, if one foot is in the air even after crossing the out-of-bounds line, it is not judged as out of bounds.
17. In "KyokushinDo-style" and "Hitting -Freestyle," it is permitted to grab the opponent's wrist momentarily and to hold down the opponent's fist with the palm of the hand.
18. Attacks made after the referee has called "yame" must be judged as foul play. When judging a series of blows, if a valid blow is landed and both players' strikes collide, the referee will decide which strike is valid. In that case, a "mutual blow invalid" or a majority decision by all the referees will be considered valid.

Chapter 4: Foul play

Section 1: "Verbal warning," "yellow card," and other verdicts

The following stipulates the criteria and method for umpires to call when a player is found to be committing a foul during a match.

1. The referee must warn a player of a foul play by issuing a verbal warning or a yellow card.
2. If a player commits a minor foul play that does not result in damage, other than a fall or going out of bounds, the referee may issue a verbal warning using a prescribed action.
3. The authority to issue a verbal warning is given only to the referee. However, a verbal warning may only be issued once per type of foul play.
4. The judge will warn a player of an out of bounds foul play as defined in these regulations by blowing a whistle and using the flag of the player who committed the foul play.
5. In accordance with the previous clause, if the majority of all judges agree, the referee must issue a yellow card or issue a foul play using a prescribed action.

However, the yellow card is used to prevent injuries and accidents during the competition and to ensure that the competition is in accordance with its principles and objectives.

6. The referee may immediately issue a "red card (disqualification)" for intentional fouls or fouls that cause serious damage to the opponent.
7. After issuing a "red card," the referee will announce the player as "disqualified" using a set action.
8. A "yellow card" will be issued as a "warning" only for the second time, and any fouls after the second time will result in disqualification, even if they are minor.

Section 2: Yellow Cards for Dangerous Actions

During a match, a player who commits a dangerous act that could cause serious damage to an opposing player must be announced with a "yellow card" or be announced as a "foul" using a set action. In that case, one point will be added to the opposing player. The details are as follows:

In KyokushinDo-style and Hitting-Freestyle, a foul is declared by announcing a yellow card for "uncontrolled hitting (see Chapter 4, Section 6)" that causes excessive damage to the opponent's head.

1. Hitting with the hand on any part of the headgear other than the shield (reinforced plastic)
2. Strikes to the opponent's throat or neck.
3. Strikes to the collarbone.
4. Attacks to the groin and eyes.
5. Attacks by headbutting.
6. Biting the opponent.
7. Scratching the opponent.
8. Strikes to the head by grabbing the opponent's leg (allowed in Hitting-Freestyle).
9. Strikes from behind the opponent.
10. Strikes to the opponent's back.
11. Attacks to the opponent's knee joint.
12. Strikes to the area 10 cm above, below, to the left and right of the kneecap.
13. Front kicks and side kicks to the thigh.
14. Gripping or holding the opponent's head with your hand.
15. Strikes to the head with a hand on the opponent's neck (mid-level is allowed).
16. Crab-style pinch to the leg.
17. Grabbing the opponent's karate uniform (allowed in Hitting-Freestyle).
18. Knocking the opponent down by cutting or sweeping the supporting leg of the kick (allowed in Hitting-Freestyle).
19. Front, side, and heel kicks to the thigh.

20. Gripping or holding the neck.
21. Strikes while grabbing the opponent's competition uniform.
22. Persistent attacks such as thrusts to the mammary glands or collarbone are prohibited. However, this does not include unavoidable hits within the flow of the competition (at the discretion of the referee and judges).
23. Attacking after the referee has called "Yame".
24. If any other dangerous behavior is observed, the referee will call for a foul by announcing a "yellow card." If the same behavior is repeated after the call, a "red card" will be called for disqualification. In addition, the IBMA and the Referee Committee may decide separately on foul play for juniors and seniors.

Section 3: Yellow Cards and Verbal Warnings for Non-Dangerous Actions

The referee will issue a yellow card or a foul play in the following cases, other than dangerous actions. In such cases, one point will be added to the opponent of the player who received the yellow card. However, only in cases where the foul play has only a minor impact on the match, a verbal warning may be issued to warn the opponent of the foul play, and only for the first time. In such cases, no points will be added to the opponent.

1. A maximum of two consecutive thrusts to the upper level (head) of the opponent may be landed on the opponent. (However, this does not include combinations with thrusts to the middle level. Also, thrusts as a seduction or decoy do not count as one point.)
2. Using strange noises.
3. Failing to follow the referee's instructions (such as an attack after the referee has called "yame")
4. Going outside the ring (when one foot is completely outside the ring line).
5. A verbal warning will be given to those who make an exaggerated appeal to the referee for a foul that does not cause damage. However, if the referee clearly overlooks it, the warning will be revoked.
6. Body-thrusts, double palm strikes, and double fist pushes near the outside of the ring (within 1 meter of the outer ring line), as well as pushing the opponent out (one-handed palm strikes and fist pushes outside the ring are permitted).
7. If the referee judges that the opponent has not made any offensive moves such as stepping in to punch or kick for more than 8 seconds, and that the opponent is passive and shows no intention of attacking, the referee will issue a verbal warning or a yellow card. The referee will decide whether to issue a verbal warning or a yellow card depending on the situation. If the referee announces a yellow card, one point will be added to the opponent.

8. Tactics such as lowering the head and closing the distance will be subject to a verbal warning or a yellow card. The referee will decide whether to issue a verbal warning or a yellow card depending on the situation. In addition, if the referee issues a "yellow card," one point will be added to the opponent.
9. A verbal warning will be issued if the designated "match etiquette" is not observed before the start of the match or after the end of the match (a verbal warning will be issued only once, and a yellow card or a "warning" will be issued with a designated action from the second time onwards).

Section 4: Disqualification by Red Card

For serious foul play during the match, or for actions that go against the principles of the IBMA and the competitive principles of these regulations, the referee will issue a "red card" or issue a "disqualification" with a designated action. The actions that will result in a "red card" or a "disqualification" with a designated action are as follows:

1. When a player uses abusive language or behaves in an ungentlemanly manner toward the referee or an opposing player.
2. When a player does not follow the referee's instructions and the referee considers the player to be dangerous or malicious.
3. When a player attacks an opponent with both hands or knees on the floor with a striking technique, or when the player makes an attacking motion. However, a thrust to finish the match is excluded.
4. When a foul play is repeated, or when the referee judges it to be serious.
5. When a player has been shown a "yellow card" or a "warning" twice, any foul play from the third time onwards will automatically be called for a "red card" and the player will be "disqualified."
6. When a player fails to perform the rules correctly after receiving a "verbal warning," the player will be "disqualified."

Section 5 - Disqualification

1. When a "red card" or "disqualification" is shown, the match ends. Players who have been shown a "red card" or "disqualified" must follow the referee's instructions and leave the arena with proper procedure.
2. If a player is disqualified during a match, the opponent of the disqualified player will be declared the winner.
3. If a player is disqualified or leaves the match without following the rules of the match, the player will be subject to penalties such as revoking his/her player status or suspending the match.
4. A player who is disqualified may be subject to severe penalties such as permanent suspension, depending on the deliberations of the Referee Committee and IBMA.

Section 6: Special Notes

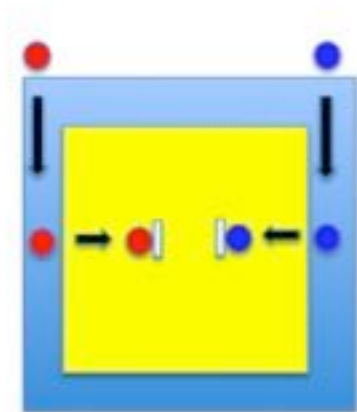
1. The referee must call "Yem" and stop the match when a series of strikes is taking place, or when the exchange of strikes has been repeated for approximately 3 seconds or more.
2. If a player does not comply with the referee and judge's call to "Yem" during a series of strikes, it will be judged as a foul.

Chapter 5: Behavior of Players and Referees

Section 1: Behavior of Players

The following are the basic behavior of players before the start of a match. However, some changes are permitted.

1. When entering the arena, players perform a "rei" (standing bow) from the corner of each player's side (viewed from the front, red players are on the left side, blue players are on the right side). They then advance through the outer space of the arena and perform a "rei" (standing bow as specified in a separate document) from the center of each player's side of the competition area before entering the main space (see diagram below).
2. Players stand motionless in the center of the arena, facing their opponents with a distance of about 2m between them, and wait for instructions from the referee.
3. When the referee announces "bowing to each other," players perform a "rei" (standing bow as specified in a separate document).) and then take a step forward with their left foot and assume a fudo-dachi stance. They assume their stance when the referee announces "Kamaite," and the match begins with the signal "Hajime."



4. After each athlete has finished their match, they return to the starting position facing each other in fudo-dachi, and the referee announces the winner.

5. After the announcement, the athletes shake hands, return to the starting position facing each other in fudo-dachi, and then both athletes coordinate their movements, take a step back with their right foot and perform a Ritsu-rei. They then turn right to exit the arena. When leaving, they perform the "ichi-rei (standing bow)" just as they did when they entered. Players will perform a "standing bow" from the center of each player's side, exit the outer space, and exit through the corners of the blue and red sides.

Section 2: Referee behavior

Referee behavior when entering and exiting the competition area is set out below.

〈Entry behavior〉

1. When entering, referees will enter the competition area before the players.
2. When entering, they will face the front, with the referee on the far right in front of the boundary line of the competition area, and the judges will line up next to the referee in order (front means the direction of the officials' seats).
3. After entering When the referee commands "bowing to the front," all the lined up referees perform a "Rits-Rei" and enter the competition space.
4. When entering, each referee takes their place and waits for the players to enter.
5. At the start of a match, when bowing to each other, the referee, judges, and players all perform a "Rits-Rei."
6. When leaving the competition space, the referee stands at the far right, and the judges line up to the side, and when the referee commands "bowing to the front," they all perform a "Rits-Rei" and exit the competition space.
7. When leaving the competition space, all the referees bow, with the referee at the front. After that, they will exit the ring in order from the red corner.
8. For details of the referee's behavior, please refer to the separate document.

Section 3: Referee and judge's announcements, behavior, etc.

1. The referee and judge's announcements and behavior during the match are as follows.
2. At the start of the match, the referee must stand still in the designated position and wait for the athletes.
3. At the start of the match, the referee must have the athletes take their positions, and after giving the command "boi to each other," they must perform a "Rits-Rei." At

this time, the referee and judge must also perform a "Rits-Rei." After that, the referee must give the command "Komaete" → "Hajime" to start the match.

4. When the "match ends" signal is given, the command "Yame" must be given immediately, and the athletes must quickly stand facing forward in their starting positions. After that, the winner is determined based on the number of points the athletes have earned.
5. If a "Waza-ari" or "Jogai" is observed, the judge will announce it with a whistle and flag. The referee will also call "Yame" and temporarily stop the match to check the judge's call, and if the majority of the judges, including the referee, agree, he will make the call verbally or by showing a card.
6. If the judges call "Waza-ari", "Jogai", or other calls with their whistles and flags, the referee must call "Yame", temporarily stop the match to check the judge's call, and if the majority of the judges agree, he will call "Hanso" verbally or by showing a card.
7. If the judge is unable to confirm "Waza-ari" or "Hanso", he must say "Unconfirmed".
8. When calling "Waza-ari", the referee will first call "Yame" and have the players return to the center before making the call. After calling "Waza-ari", the referee will have the players take their stances in the starting positions, and then call "Zokko" to allow the match to continue.
9. When the judges have ruled a win as "waza-ari," the referee must call "Yame." This must be done as quickly as possible, and the referee must return to the center before calling it. However, if the majority of the judges do not agree, the referee must call "Mukko" and allow the match to continue. In that case, the referee must have the athlete return to his starting position and call "continue" to continue the match.
10. During the match, the referee and judges must constantly change positions so that they do not turn their backs to the seats in front of them, and must move around to make it easier to see the athlete's techniques.
11. When calling a "Caution" or "Warning," the referee must call "Yame" and return the athlete to the starting line before making the call.
12. When making a decision on an "Ippon," the referee must first call "Yame," check the athlete's condition, and then make the decision. The safety of the hands must be given priority before making any announcements.
13. If the offense and defense between the players becomes deadlocked at close range, the referee will announce "Yame" to halt the match, return the players to the starting line, announce "Zokko" to resume the match, and allow the match to resume.
14. The judge will assist the referee in deciding foul play. In addition, if a foul play other than "outside the ring" is observed, the judge will blow the whistle twice while waving the flag of the player who committed the foul.
15. For other details on the actions of the referee and judge, please refer to the separate document.

Section 4: Procedure for announcing the winner of a match

In competition, The referee's method of announcing the winner is as follows:

1. When the buzzer sounds to end the match, the referee will call out "stop" and have the athletes quickly return to their starting positions facing forward.
2. In accordance with these rules, the referee will raise the flag of the athlete who is deemed to have won 90 degrees upwards and loudly announce "Red or Blue wins."
3. The referee's actions when announcing the winner are as detailed in the separate document.

Chapter 6: Other Special Notes

1. For all of KyokushinDo-style, KickBoxing-style, and Hitting-Freestyle, a special rule will be established that does not require the use of torso protective gear, and is only available to those who have progressed in the sport.
2. Competitors, as well as the organizations to which the athletes (players) belong, and related parties, will pledge to abide by these regulations and not lodge any complaints about the competition.
3. The contents of these regulations will be revised if it is deemed necessary to realize the ideals and purposes of the IBMA and these competition regulations.
4. These regulations are based on a competition method devised from Masuda Akira's martial arts ideals and philosophy. Therefore, you must pledge not to misuse them in any way that is considered to differ from these ideals and philosophy. Furthermore, you must not use the name, any other conversion, or a similar name without permission. Furthermore, you must not make any changes without permission.

Notes

- May 22, 2019
- November 6, 2019: Partial revision: Addition of Article 28 / Article 32-17 / Article 36-17
- September 3, 2021: Partial additions and corrections.
- October 6, 2021: Added and revised Chapter 1, Section 1
- October 26, 2021: Changed Section 4, Clause 2
- August 2022: Added to Chapter 3, Section 4, Clause 8 (both inner and outer thighs)
- August 28, 2022: Added wording to Chapter 4, Section 3, Clause 7
- July 4, 2023: Partially revised
- September 2, 2023: Partially revised
- December 17, 2023: Name revised
- February 18, 2024: Umpire (referee & judge) → Referee, and other notations revised.
- March 3, 2024: Name change of competition category
- August 7, 2024: Change of competition philosophy, name change

- Chapter 3, Section 4, Clause 1 revised. Clauses 13 and 14 revised. Section 6, paragraphs 1 and 3
- September 11, 2024: Partially revised

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