

# **KyokushinUniversal-style Competition Rules (English Ver, )**

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# Chapter 1 HITTING About Kyokushin Universal-Style Competition

## Section 1: Purpose and Philosophy of the Competition

1. The purpose of the hitting competition is to pursue the skill of improving and integrating 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 competition, 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 competition "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 of the event, etc.

The name of this event will be "Kyokushin Universal-style." The official name will be "HITTING Kyokushin Universal-Style."

Classes will be set for this event, taking into consideration age, gender, weight, etc.

## Section 3: Basic Rules for Competitors

The basic rules for competitors are as follows.

1. Competitors must adhere to the competition philosophy and regulations of these regulations.
2. Competitors must register with IBMA.
3. Competitors will not be allowed to compete if they have injuries, long hair, nails, or other appearances that may hinder the progress of the competition and cause discomfort to spectators.
4. Competitors suffering from acute inflammatory or infectious diseases will not be allowed to compete.

5. Competitors who are otherwise deemed unfit to compete by the doctor, or who do not comply with the doctor's diagnostic recommendations, will not be allowed to compete.
6. Competitors who do not compete to their full potential or who commit malicious acts such as deliberate foul play will have their player registration cancelled and will not be able to register again. In addition, players will be given an opportunity to explain themselves.
7. Competitors who are late to the start of the competition or the competition time will be disqualified.
8. Protective gear for the instep, shins, knees, torso, head, fists, etc. is mandatory. The types of protectors are specified in the attached document.

#### Section 4 Competition Time

The competition time, main match, and overtime are set out as follows.

1. The competition is basically two rounds of 2 minutes each. However, up to 5 rounds are allowed depending on the competition level (however, this must be announced before the match and overtime is excluded).
2. If the scores are tied after the regular rounds, overtime will be played.
3. Overtime will be played with a 1-minute break in between, and the competition time will be 2 minutes.
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. Regarding competition time, changes to competition time, etc. are permitted if the IBMA approves, such as for junior and senior competitions.

#### Section 5 Competition Grounds

The competition grounds where the competition will be held are set out as follows.

1. The size and shape of the main space of the competition grounds for 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 venue 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. The competition venue must have scoreboards in at least two places 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.

4. Participants in the Hitting Basic competition must use protective gear, head masks, body protectors, shin protectors, fist protectors, etc. approved by IBMA in light of the purpose of the competition.
5. Participants with injuries, long hair, nails, or other conditions that may hinder the competition, or who may cause discomfort to spectators, will not be allowed to compete.
6. Participants suffering from acute inflammatory or infectious diseases will not be allowed to compete.
7. Participants who are deemed unfit to compete by a doctor, or who do not follow the doctor's diagnostic recommendations, will not be allowed to compete.
8. Players who do not play to their full potential or who commit malicious acts such as deliberate fouls will have their player registration cancelled, and will not be able to register with any IBMA-recognized player governing body. However, when this decision is made, the player will be given an opportunity to explain themselves.
9. Participants who are not allowed to register as a player by the IBMA for any legitimate reason will not be allowed to compete.

10. Players who are late to the start of the competition or to the competition time will be disqualified. Any athlete who unilaterally withdraws from a competition after registering (after registering for participation) will be ineligible to register for future competitions sponsored by IBMA (International Budojin Ikueikai).

## Section 8 - Seconds

1. A single athlete is permitted to have up to three seconds, one of whom shall be the chief second. Seconds must abide by the following rules: If you do not comply, you will be asked to leave the ring.
2. Do not use rude language or other insults towards your opponent.
3. Stand in your designated place during the match and do not do anything other than give tactical instructions to the competitors.
4. If a second enters the match area during the match, except in an emergency, that competitor will be disqualified.
5. Seconds must notify the refereeing committee of the name of the chief second before the match.

## Chapter 2: Competition Officials

### Section 1: Referee and Assistant Referees

1. When Kyokushin Universal-style matches are held, one referee and one or more assistant referees must be appointed.
2. The referee will judge and call any foul play by players.
3. After the match ends, the referee will announce the winner and whether overtime will be conducted based on the judges' scores.
4. The referee will judge and call "waza-ari" and call it that. When calling "waza-ari", he must always call "yame" first and then call "waza-ari".
5. If for any reason during the match, the referee needs to seek the opinion of a doctor or assistant referee, he may call "yame" and suspend the match at his discretion.
6. Before the match, if the referee sees any abnormality in a player's clothing that violates these competition rules, such as tears or stains, the referee will call "yame". ,

warn the other player and have them correct the behavior immediately (in this case, both players will be removed from the match).

7. The referee and assistant referee must cooperate to make fair judgments on techniques and ensure there are no fouls or oversights.
8. The referee supervises the progress of the match and issues eight types of calls: "Start," "Continue," "Stop," "No," "Verbal warning," "Yellow card," "Red card," and "Win." Any other calls or comments may not be used as they may confuse the players.
9. The referee is obligated to pay strict attention to the physical and mental safety of the players when judging a match and must ensure the safety of the players. If the referee feels that there is any danger during the match, he must immediately stop the match and seek advice from the doctor, assistant referee, or others.
10. When the referee announces "waza-ari," he must announce "yame" to the athlete and have him return to the starting position. However, if it is determined that the athlete is physically damaged, he must remain lying down and seek instructions from the doctor.
11. If the referee sees a foul play as defined in these competition rules, he must announce the foul play by announcing a "yellow card" or "red card" to the athlete in accordance with these rules.
12. The referee must be someone certified by the IBSA.
13. If the referee or judge makes a refereeing error during the match, the IBSA may demote or revoke the qualifications of the referee or judge.
14. The assistant referee assists the referee when it is difficult to judge the technique or foul play. In addition, even during the match, if the referee judges that there is an error in the referee's judgment, he may give instructions.
- 15.

## Section 2: Judges

1. When IBMA and KYOKUSHIN competitions are held, three or more judges must be present.
2. The three judges and the judges themselves must score in accordance with these Hitting Basic Competition Rules.
3. If there is a problem with the referee's "waza-ari" decision, the judges must appeal, promptly discuss the matter, and cooperate to make a fairer decision.
4. The judges' scores must be promptly compiled by the assistant referee after the match and communicated to the referee.
5. Judges must be persons certified by IBMA.

## Section 3: Timekeeper and Scoreboard Operator

The roles of the timekeeper and scoreboard operator in competitions are as follows.

1. The timekeeper must manage the competition time, start the stopwatch when the "start" command is issued, and temporarily stop the stopwatch when the "stop" command is issued.
2. The scoreboard clerk shall reflect on the scoreboard the points awarded for "waza-ari" and the points awarded for "yellow cards" to the side with the most colored flags indicated by the judges.

#### Section 4: Doctor

The competition doctor is a physician well versed in sports medicine who manages the health of the athletes. The doctor must observe the following obligations:

1. Following the instructions of the competition organizing committee, the doctor shall conduct regular and special examinations of athletes.
2. During the competition, the doctor shall sit in the front row of the competition area and, upon request of the referee, shall report the results of the examination of injured athletes.
3. In the event of an emergency, first aid must be administered.
4. During the competition, the doctor may, at his own discretion or to the tournament executive committee, recommend the suspension of the competition.

## Chapter 3: Judging Method

#### Section 1: Judging the Winner

1. The competition will end when the required number of 2-minute rounds have been completed (main rounds 2-5).
2. Judgements will be made for each round according to the basic scoring method of IBMA-KYOKUSHIN competitions, and the winner will be the one with the highest total score for all rounds.
3. If the scores are tied after the required number of rounds, an overtime match will be played.
4. If the opponent uses an offensive technique other than a foul during the match and it becomes impossible to continue, the match will be declared "shochi-ari, ippon".
5. If a waza-ari is declared two or more times during the match, the match will be declared "ippon (shochi-ari, ippon)".

#### Section 2 Scoring Method

To determine the winner, both fighters are given 10 points in advance, and the score is decided based on the 10-10 score system, with points deducted according to the

established scoring criteria. Scoring will be done based on the following criteria, in order of priority from 1 to 4.

1. The one with the most clean hits (effective hits) The one with the most clean hits (effective hits) will be considered the winner (10:9). However, a clean hit is a thrust or kick that damages the opponent and is not a foul (10:9).
2. The one with an aggressive attacking attitude If the number of clean hits is the same or there are no clean hits at all, the winner will be determined by whether the one is aggressive in attacking (10:9). However, if an attacking technique is not accurately aimed at the hit point, or if the fighter is simply moving forward with their guard up, this will not be considered an attack.
3. Those with defensive skills: If there is no clear winner in terms of clean hits or aggressive attacking, the one with the better defensive skills to neutralize the opponent's attacks will be deemed the winner (10:9). However, a fighter who does not use offensive techniques and focuses on defense, or who uses footwork to run away, will not be considered a defensive player.
4. Those with initiative: If there is no clear winner in terms of clean hits, aggressive attacking, or defensive skills, the one who has the most initiative in the match will be deemed the winner (10:9).

### Section 3: Notes on scoring method

#### Regarding waza-ari

1. If a fighter receives one waza-ari, two points will be automatically deducted (10:8).
2. If a fighter receives a yellow card and the scores are the same in the main round and overtime, the one with the most yellow cards will be declared the loser. In the case of a final overtime, the scores will be the same.

### Section 4: Judging the winner in overtime

In Kyokushin Universal-Style, the player with the most points in each round is declared the winner, but if the total points are tied, an overtime will be played. The rules for overtime are as follows:

1. Before the overtime, a 30-second to 1-minute rest period will be given. During this time, fighters must follow the instructions of and wait standing up in a designated area within the ring.
2. If the score is tied in the overtime, a 2-minute "second overtime" will be played.
3. As a rule, overtime will not exceed 3 rounds. In addition, the final overtime will be scored using the "10 vs. 9 must system" (10 vs. 10 may also be used in overtime).

### Section 5: Yellow cards for "out of bounds" and "falls", etc.



1. When one of the fighters' feet is outside the ring, the referee will announce the yellow card to the fighter who has stepped outside the ring and declare him "out of bounds".
2. If the opponent uses a lot of spinning roundhouse kicks and falls frequently, the referee may announce a "yellow card" at his discretion.

#### Section 6: "Waza-ari", "Ippon", etc.

1. In competition, if an opponent is temporarily unable to counterattack or loses the will to fight due to an attacking technique that is not a foul, the referee must judge it as "waza-ari".
2. The judge may appeal against the referee's decision of "waza-ari" or "shochi-ari/ ippon". However, appeals may only be made immediately after the referee announces "waza-ari". When an appeal is made, the referee, assistant referee, and all judges must consider the merits of the decision, and if the majority approves, the decision will be recognized as "waza-ari".
3. Those who are declared "waza-ari" will have two points deducted (10:8). If a "waza-ari" is declared twice, the match ends and the match is declared "shochi-ari, ippon".
4. If a contestant is unable to fight for five seconds or more due to an attack by the opponent (excluding foul play), the referee shall judge (judge) and declare "shochi-ari, ippon".

#### Section 7 Special Notes

The following items are special notes for the competition.

1. In judging a striking technique, a clean hit (effective hit) is determined when the following five items are met: "the striking technique is accurately landed" on the designated hit point (accuracy/required condition), "speed" and "weight transfer (impact)" are met, "timing (opportunity)" is captured, and "spirit" is fully poured into the strike.
2. Thrusting techniques to the "upper middle level" may also be considered as clean hits. "Upper middle level" refers to the midline between the collarbone and the mammary glands.
3. When judging a clean hit to the "middle level", "middle level" refers to the "solar plexus" and the "left and right sides of the abdomen". However, the flank is defined as above the belt and below the line of the mammary glands.

4. When judging a clean hit as a "lower level," the term "lower level" refers to the area around the middle of the thigh (quadriceps) from the knee to the hip bone.
5. When judging whether an attack is "out of bounds," "if any part of the sole of one foot is on the outside line, it is not judged as out of bounds. Also, if one foot crosses the outside line but is in the air, it is not judged as out of bounds (Chapter 3, Section 5, Clause 1).
6. Any attack made after the referee has declared "yame" must be judged as a foul.

## Chapter 4: Foul Play

### Section 1: Announcement of "Verbal Warning," "Yellow Card," and "Red Card"

The following stipulates the criteria and method for the referee to issue a warning when a player is found to have committed a foul during a match.

1. When the referee judges that a player has committed a minor foul that does not cause damage, he or she must first issue a "verbal warning" to warn the player about the foul play.
2. A verbal warning may only be given once for each type of foul.
3. The referee must announce fouls as specified in these regulations by blowing the whistle and waving the flag of the player who committed the foul.
4. A player who receives a yellow card will have one point deducted.
5. The referee must immediately announce a red card or disqualify a player with a prescribed action for intentional fouls or fouls that cause significant damage to the opponent.
6. The referee may only announce a yellow card or warn a player with a prescribed action two times, and any subsequent fouls, even minor ones, will result in disqualification.

### Section 2: Yellow Cards for Dangerous Actions

A player who commits a dangerous act that could cause serious damage to the opponent during a match must be announced with a yellow card or declared with a prescribed action that a foul is committed. In that case, one point will be added to the opponent. The details are as follows:

1. A strike to the head with a thrust or elbow.
2. Strikes to the opponent's throat or neck.
3. Strikes to the collarbone.
4. Attacks to the groin and eyes.

5. Attacking with a headbutt.
6. Biting the opponent.
7. Scratching the opponent.
8. Strikes to the head by grabbing the opponent's legs.
9. Strikes from behind the opponent.
10. Strikes to the opponent's back.
11. Attacks on the opponent's knee joint.
12. Strikes to the area 10 cm above, below, to the left and right of the center of the kneecap.
13. Gripping or holding the opponent's head with your hands.
14. Strikes to the head by grabbing the opponent's neck with your hands (mid-level is allowed).
15. "Crab pin" to the legs.
16. Grabbing the opponent's karate uniform.
17. Gripping or holding the neck.
18. Strikes while grabbing the opponent's competition uniform.
19. 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 referee's discretion).
20. Attacking after the referee has called "stop."

### 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, the person who received the yellow card will be penalized one point. However, if 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 penalized.

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, feints and decoy thrusts do not count as one thrust.)
2. Using strange noises.
3. Not following instructions (such as an attack after the announcement of "yame")
4. Going outside the ring (when one foot is completely outside the ring line).
5. A verbal warning will be issued for exaggerated appeals to the referee for non-damaging foul play. However, if the referee clearly overlooks something, the decision will be rescinded.
6. Body slams, palm strikes, and pushes with both fists near the outside of the ring (within 1 meter of the outer ring line), as well as pushing the opponent out (palm strikes with one hand and pushes with fists outside the ring are permitted).

7. If the opponent is judged to have made no offensive moves such as stepping in to punch or kick for 5 to 10 seconds or more, and to have a passive attitude with no intention to attack, a verbal warning or yellow card will be issued. The referee will decide whether to issue a verbal warning or yellow card depending on the situation. Anyone who is issued a yellow card will have one point deducted.
8. Tactics such as lowering the head and closing the distance will be subject to a verbal warning or yellow card. The referee will decide whether to issue a verbal warning or yellow card depending on the situation. If a yellow card is issued, one point will be added to the opponent.
9. 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 given (only one verbal warning will be given, and from the second time onwards, a yellow card or a "warning" will be given with a designated action).

#### Section 4 Disqualification by Red Card

For serious foul play during the match and for acts that go against the competitive principles in these regulations, a "red card" will be shown or a "disqualification" will be given with a designated action. The following actions will result in a "red card" or a "disqualification" with a designated action.

1. When a player uses abusive language or behaves unsportingly towards the referee or the opposing player.
2. When a player does not follow instructions from the referee and is deemed dangerous or malicious by the referee.
3. When a player attacks an opponent with a striking technique while both hands or knees are on the floor, or when a player makes an attacking motion. However, this does not include a thrust to finish off a match.
4. If a foul play is repeated or is deemed serious by the .
5. If a player has been shown a "yellow card" or a "warning" twice, any foul play from the third time onwards will be disqualified with a "red card".
6. If a player does not follow the rules correctly after receiving a "verbal warning" as stated in Article 37, paragraph 9 of these regulations, he will be disqualified.

#### Section 5: Disqualification

1. If a player is declared "disqualified" during a match, the opponent of the disqualified player will be declared the "winner."
2. If a player is declared "disqualified" or leaves the match without following the rules of the match, he or she will not be able to participate in the subsequent matches.
3. Disciplinary actions will include revoking the qualifier's qualifications and suspending the contest.

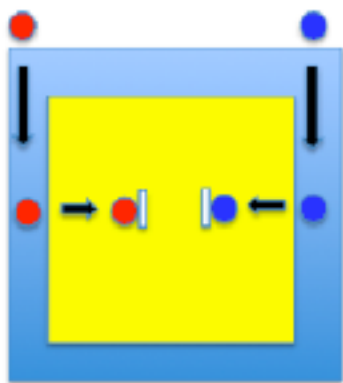
4. A contestant who is declared "disqualified" may be subject to severe disciplinary action, such as a permanent suspension, at the discretion of the Refereeing Committee and the IBMA Kyokushin Kaikan Shihankai.

## Chapter 5: Athlete and Referee Behavior

### Section 1: Athlete Behavior

The following is a general rule regarding the behavior of athletes before the start of a competition. However, some modifications are permitted.

1. When entering the competition area, athletes perform a "first bow (standing bow)" from the corner of each athlete's side (when viewed from the front, red is the left corner, blue is the right corner). They then advance through the outer space of the competition area and perform a "standing bow (specified in a separate document)" from the center of each athlete's side of the competition area before entering the main space (see diagram below).
2. Athletes stand motionless in the center of the competition area, about 1.5m to 2m from their opponent, and wait for instructions to face each other.
3. When the announcer says "Boy to each other," athletes perform a "standing bow (specified in a separate document)," take a step forward with their left foot and assume a fixed stance. When the announcer says "Kamaite," they take their stance, and when the signal "Hajime" is given, the competition begins. After the players have finished their matches, they face each other in a Fudo-dachi stance, facing each other in the starting position, and are declared the winner.



4. After the winner is declared, the players shake hands, face each other in a Fudo-dachi stance, and coordinate their movements, take a step back with their right foot, and perform a standing bow. They then turn right to exit the arena. When exiting, they must perform a "first bow (standing bow)" in the same way as when they

entered. Players must perform a "standing bow" from the center of their respective player's side, go out to the space outside the arena, and exit from the corners of the blue and red sides.

## Section 2: Referee behavior

The referee's behavior when entering and exiting the arena is as follows: The rules for entering the arena are as follows.

### <Entry Manners>

1. When entering, the judges enter the arena before the athletes.
2. When entering, all the judges, starting with the , enter from the red corner of the arena, and the judges line up evenly on both sides with the in the middle.
3. After entering, when the , lined up judges are commanded to "bow to the front," they all perform a standing bow and enter the competition space.
4. When entering, each judge takes their designated position and waits for the athletes to enter.
5. When entering, they face the front, and the judges line up on both sides of the boundary line of the competition space with the in the center (the front is defined as the direction of the officials' seats).
6. When leaving, the judges are to stand in the center with the in the middle. Line up evenly on the left and right, and when the command of "bowing to the front" is made by , all the referees will perform a "standing bow" and exit the competition area.
7. When leaving the competition area, all the referees will line up horizontally in the center, perform a bow, and then leave the competition area in order from the red corner, with in the lead.
8. For details on the referee's behavior, please refer to the separate document.

## Section 3: Referee's announcements, behavior, etc.

The referee's announcements and behavior during the competition are set out as follows.

1. At the start of the competition, the referee must stand still in the designated position and wait for the players.
2. At the start of the competition, the referee will have the players accurately take their positions, and will command "bowing to each other" to perform a "standing bow". After the "standing bow", the referee will have the players take one step forward and stand in a "standing bow". After that, the referee will command "ready to stand" and announce "start" to start the competition.

3. When the "end of the match" signal is given, the referee must immediately give the command "Yame" and have the players quickly face forward and stand in their starting positions. The winner is then determined based on the points the players have earned. The referee then encourages both players to shake hands, and after the handshake, the players are to stand in their starting positions with a standing still.
4. If the referee sees "waza-ari," "foul play," or other actions, the judges will announce them with their whistles and flags. They may also announce "Yame," temporarily halt the match, check the judges' (including assistant referees') announcement, and if the majority of the referees agree, announce the announcement verbally or by announcing a card.
5. When announcing "waza-ari" or "foul play," the referee must always announce "Yame" and halt the match before making the announcement.
6. When announcing "waza-ari," the referee must first announce "Yame" and have the players return to the center before making the announcement. After announcing "waza-ari," the referee shall have the athletes take their starting positions and shall announce "continue" to allow the match to continue.
7. During the match, the referee shall constantly change positions so as not to turn his back to the seats in front of him, and shall referee while moving around to ensure that the athletes' techniques are easily visible.
8. When announcing a "Caution" or "Warning," the referee shall announce "Yame" and return the athletes to the starting line before making the announcement.
9. When deciding whether or not to award an "Ippon," the referee shall first announce "Yame," check the athletes' condition, and make the announcement after prioritizing the athletes' safety.
10. When the offense and defense between the athletes has reached a stalemate at close range, the referee shall announce "Yame" to temporarily halt the match, return the athletes to the starting line, announce "continue," and allow the match to resume.

#### Section 4: Procedure for Referees' Decisions on Matches

The following stipulates the procedures for referees to announce the winner and loser in matches.

1. When the buzzer sounds to end the match, the referee will call out "Stop" and have the athletes quickly take their starting positions facing forward.
2. In accordance with these competition rules, the referee will raise the flag of the color of the athlete who is deemed to have won 90 degrees upward and loudly announce "Red or Blue wins."
3. The referee's actions when announcing a win shall be as detailed below.

## Chapter 6 Other Special Notes

1. IBMA and KYOKUSHIN include classes that do not use torso armor.
2. Competitors, the organizations to which the athletes (athletes) belong, and related parties shall abide by these rules and pledge not to lodge any complaints regarding the competition.
3. IBSA may revise these rules if it deems it necessary to realize the principles and objectives of these competition rules.
4. These competition rules are devised based on the principles and philosophy of Akira Masuda. Therefore, the copyright belongs to Masuda Akira, and you pledge not to misuse it in any way that is considered to be different from his ideals and philosophy. In addition, you will not use the name, other uses, or similar names without permission. In addition, you must not make any changes without permission.

## Notes

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