

# HITTING-SPORTS

## Competition Rules

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# 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 courtesy" 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 in the Olympic Charter established in 2011, and aims to enter the Olympic Movement. The Olympic Charter states that "Olympism is a philosophy of life that aims to develop a balanced whole, with the body, will, and intellect enhanced and integrated. By combining sports with culture and education, Olympism seeks to create a life based on the joy of effort, educational values that set a good example, 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" 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", "Keri Boxing-style", "Kyokushin Universal-style", "Hitting-Freestyle" 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", "KeriBoxing-style", and "Hitting/Freestyle", as well as the main competition and overtime, are specified as follows.

1. There will be two types of competition: the main match and overtime (including re-overtime).
2. The main match will last two minutes. Overtime will be between 30 seconds and 1 minute, and the competition time will be two minutes.
3. The competition format may be three sets of two-minute matches, with the winner being the team that 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 gives permission, such as for junior and senior competitions.

## 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 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 field must have a main space and an outside space.
3. The outside space must be at least 2 meters wide. The main and outside spaces of the arena must be clearly visible to athletes and spectators, as shown in the diagram below (the diagram below is an example).



4. The mats used in the arena must be thick and hard enough to prevent athletes from getting injured.
5. The arena 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 in within the weigh-in time set by the Referee Committee on the day of the competition and receive approval from the Referee Committee.
2. Athletes who do not weigh themselves in 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 is set forth regarding athletes.

1. Athletes participating in HITTING competitions must use face protectors, body protectors, shin protectors, gloves, and other equipment approved by the local HITTING association in light of the purpose of the competition.
2. Keriboxing-style competitors must wear gloves, headgear, protective gear, and shin protectors approved by the IBMA in their region.
3. Torso protective gear may not be used depending on the competition class.
4. When competing in accordance with these regulations, athletes must register with the athletes' governing body approved by the IBMA in their region.
5. Injuries, long hair, nails, or other conditions that may hinder the competition, or appearances that may cause discomfort to spectators, will not be allowed to compete.
6. Competing will not be allowed if the athlete is suffering from acute inflammatory or infectious diseases.
7. Other athletes 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. Athletes who do not compete to their full potential or who commit malicious acts such as intentional fouls will have their athlete registration cancelled and will not be able to register with the IBMA in the future. However, this decision requires the approval of the board of directors. Athletes will also 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 a player by IBMA for any valid reason will not be allowed to compete.
- 11.
12. Any player who unilaterally cancels their participation after registering for a competition (after registering for participation) will not be able to register for any competitions organized by IBMA in the future.

## **Section 8 Coaches**

1. A maximum of one second is permitted for each player. Coaches must abide by the following rules. If they do not comply, they will be asked to leave the competition by the referee.
2. They must not use rude language or other insulting language towards the opposing player.
3. They must sit in the designated place during the competition and only give tactical instructions to the players.
4. If a coach enters the competition area during the 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 Referees and Judges

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

1. A tournament that adopts HITTING competition rules must have 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" (stop). 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. When calling foul play during a competition, the referee must call a foul if there is a consensus of the majority of the judges, including the referee and the judges.
7. If the match becomes deadlocked or the referee needs to ask the doctor or judge for advice, the referee may call "STOP" and suspend the match at his/her own discretion.
8. If the referee notices any abnormality in the uniform of a player that violates the rules of the match, such as tears or dirt, before the match, he/she will warn the player and have them fix it immediately (in that case, both players 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", "Mukoo", "Verbal Warning", "Yellow Card", "Red Card", and "Win". Any other calls or statements may cause confusion among the players and should not be used.
10. The referee is obligated to pay the utmost attention to the physical and mental safety of the players when judging a match, and if he/she senses any danger during the match, he/she must immediately suspend the match and ask the doctor or others for advice.
11. When the referee calls "Waza-ari", he/she must call "YAME" to the player and have the player take the starting position. 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 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 Timekeeper and Scoreboard Official**

The roles of the timekeeper and scoreboard official during the competition are as follows:

1. The timekeeper shall manage the competition time and shall start the stopwatch when the umpire (referee and judge) gives the command "Start."
2. The stopwatch shall be started and the stopwatch shall be temporarily stopped at the command "Yame".
3. The scoreboard clerk shall reflect on the scoreboard the points announced by the umpire (referee & judge) for "waza-ari" and the points added for "yellow cards".



## **Section 4: Doctor**

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

1. Perform regular and emergency examinations of athletes as instructed by the IBMA.
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 measures in the event of an emergency.
3. During the competition, the doctor may, at his/her discretion, recommend to the referee and the competition organizing committee that the competition be discontinued.

## **Chapter 3: Judging**

### **Section 1: Judging of Victory and Loss**

1. The competition ends when the difference in points between the athletes in the main match and overtime reaches six or more points. The match ends when the specified time has been reached.
2. The match consists of a main match and an overtime. An overtime will be played if the points difference in the main match does not reach 6 points or more.

### **Section 2: Determining the winner in overtime**

In the "hitting match," 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 following rules apply to overtime.

1. Before the overtime, a 30-second to 1-minute break will be given. During this time, players must follow the referee's instructions and wait standing in a designated area of the arena.
2. At the end of the overtime, 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 "re-overtime" will be played.
4. In the "re-overtime," the "golden point system" will be used, in which the player who first scores one point (golden point) through an offensive technique or an opponent's foul (action) will be declared the winner.
5. If the score is tied at the end of the regular time of the "second overtime", another "second overtime" will be played using the "golden point system". After that, if the score is still tied, "second overtime 2", "second overtime 3", and so on will be repeated in the same way.

## **Section 3: "Yellow Cards" for "Out of Bound" and "Falls", etc.**

1. When one foot is outside the bounds of the ring, a "yellow card" will be announced to the player who has placed his foot outside the bounds of the ring and he will be declared "out of bounds". One point will be added to the opponent of the player who has been announced the yellow card.
2. If, for any reason, including a fall due to a slip or a failed spinning roundhouse Keri, 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" will not be announced, but one point will be added to the opponent.
3. After a fall, a "yellow card" will be announced or a "warning" will be announced using the prescribed action. In that case, if the athlete does not get up within 3 seconds, 2 points are added to the opponent. If the athlete gets up within 3 seconds, 1 point is added to the opponent.

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

In competition, a clean hit is made when a strike is applied to the opponent with "unity of mind, technique, and body" and "zanshin". In competition, this is judged and declared as "waza-ari".

1. Points are awarded to the side who used the technique judged as "waza-ari".
2. The competition ends when the competition time decided before the competition is reached.

### **[Ippon]**

3. The referee must call "Ippon" and end the competition in the following cases.
4. When the majority of the judges judge that the competitor is temporarily unable to continue the competition due to the opponent's attack, or when the majority of the judges judge that "continuing the competition would result in physical injury". In that case, the referee will call "Syobuari Ippon". This temporary judgement will last for approximately 3 seconds or more.
5. When the point difference (score difference) between the competitor and the opponent is 7 points or more. However, in that case, the referee will declare "Syobuari · Ippon".

### **[Judgment of Waza-ari]**

6. If a contestant lands a clean hit point on a hit point defined in these rules with a striking technique other than a foul technique, the referee will declare "Waza-ari".

When declaring "Waza-ari", the referee will do so using the gestures defined in the appendix to these competition rules.

7. Points awarded for "Waza-ari" are 1 point for a Keri to the lower level, 1 point for a Keri to the middle level, 2 points for a Tsuki to the middle level, 2 points for a Tsuki to the upper level, and 3 points for a Keri to the upper level.

#### **<Waza-ari with Keris to the upper level (High Keri • JyodanGeri)>**

8. If a contestant lands a clean hit point on the upper level (head) with a "front Keri", "roundhouse Keri", "back roundhouse Keri", "heel drop", "reverse roundhouse Keri", or "knee Keri" permitted in these competition rules, the result will be "Waza-ari" and 3 points will be awarded. However, if the Keri only makes a light hit and is not recognized as a clean hit, or if the opponent loses their balance and falls after landing a Keri, it is considered "invalid."

#### **<Waza-ari with Chyokuzuki or Kagizuki to the upper level (Jodan zuki)>**

9. In KyokushinDo-style and Hitting-Freestyle, if a Chyokuzuki or Kagizuki is performed cleanly on the "chin (full, side)" or "temple" area of the upper level (head/face), it is considered "waza-ari" and one point is awarded.

#### **<Waza-ari with a Keri to the middle level (ChudanGeri) >**

10. If a "front Keri," "roundhouse Keri," "side Keri," "back Keri," or "knee Keri" with a step in is performed cleanly on the "solar plexus" or "left or right flank (above the hip bone)," it is considered "waza-ari" with a mid-level Keri and one point is awarded. However, if the hit is only light, it is not recognized as a clean hit. Also, if the opponent loses their balance and falls after landing a Keri or Keri, it is considered "invalid."

#### **<Waza-ari with Tsuki technique to the middle level (ChudanZuki) >**

11. If you land a clean hit with a "jun chokutsuki", "gyaku chokutsuki", "jun getsuki" or "gyaku getsuki" with a stepping forward on the "solar plexus" or "left or right flank (above the hip bone)", it is a "waza-ari" with a middle level Tsuki and one point is awarded.

#### **<Waza-ari with Keri technique to the lower level (GedanGeri)>**

12. If you land a clean hit with a low level roundhouse Keri with a stepping forward on the "thigh area from the knee to the hip bone (both the inner and outer thighs)", it is a "waza-ari" with a low level Keri and one point is awarded. However, Keris that only lightly hit the opponent are not considered clean hits and are considered "invalid". Also, if you lose your balance and fall after landing a Keri, it is also considered "invalid".

#### **<Waza-ari with Takedown technique>**

13. "KyokushinDo-style" "KeriBoxing-style" In "Hitting-Freestyle," if you knock down your opponent using a method that is not considered a foul, 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 you have "sufficient control over the downed opponent (position yourself within one meter of the opponent's center and be able to attack at any time)."

#### **<Waza-ari by Higo-Tori (taking the opponent from behind) >**

14. In "Hitting-Freestyle," if the referee judges that you have taken a position behind your opponent, it is considered a "waza-ari" and two points are awarded.

#### **<Waza-ari by Rengeki (consecutive attacks) >**

15. When you attack using consecutive Tsukis and Keris, and two or more Tsukis that qualify as waza-ari are landed in succession, all of those techniques are judged as "waza-ari." However, consecutive attacks using only Tsukis are limited to three consecutive hits. In addition, any striking techniques that are performed after the referee has called "yame" (declared) are considered invalid or illegal.

## **Section 5 - "Mukko(Invalid) ", and Others**

1. During a match, the referee will declare "Invalid" or "Cancelled" with the prescribed gestures (listed in the attached document) in the following cases: .
2. If the referee determines that an incorrect decision has been made, he or she will call "cancel" and then make the correct call.
3. A Tsuki or Keri will only be judged as "waza-ari" 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 were not wearing protective gear. Therefore, a Tsuki or Keri that hits lightly will not be recognized as a clean hit (valid hit).
5. Tsukis and Keris that appear to have hit by chance may be deemed invalid (not recognized as waza-ari).
6. The weight transfer required for a "Tsuki " to be judged as "waza-ari" is one in which there is sufficient stepping in and the hips are used.
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 Tsuki" without a pull is not judged as a clean hit.
9. Decoy Tsukis for a finishing Tsuki (such as the one Tsuki of a one-two) are excluded from the judgement of "waza-ari".
10. Decoy techniques (such as a feint Tsuki or Keri) and breaking techniques (such as a push Tsuki, a feint Keri, a low roundhouse Keri to the inner thigh) to make a Keriing technique land cleanly are allowed, but are excluded from the judgement of "waza-ari".
11. Even if a roundhouse Keri hits the center of the opponent's thigh (quadriceps) from the knee to the hip bone, if the roundhouse Keri hits the back of the opponent's supporting leg at almost the same time, it is invalid as an "invalid draw".
12. Tsukis and Keris that are judged to have been launched after receiving an opponent's Tsuki or Keri 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 Tsuki or Keri and are off-point are eligible for

judgement. In addition, if a punch or Keri is launched after defending using a defensive technique such as "shin block," "elbow block," "barai block," or "dodge block," 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 Keris 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. In 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.
2. 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."
3. Striking techniques are judged in the same way as attacks with a "small knife." Therefore, accuracy is the most important factor in judging a clean hit (effective hit).
4. The aim of KyokushinDo-style offense and defense is to "Kizen" to attack and respond accordingly.
5. The concept of a "clean hit" is to land an attacking technique by catching the "kimae" (the area in front of the opponent's body) where a defensive reaction is not possible.
6. "Upper middle level" refers to the midline between the collarbone and the mammary glands.
7. "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.
8. "Gedan" refers to the area around the middle of the thigh (quadriceps) from the knee to the hipbone.
9. Detailed rules regarding the movements and other aspects of "zanshin" and "kimetsuki" are set out in a separate document.
10. "Zanshin" means when, after executing a technique, you are "in a natural kumite-dachi position with the hands in jodan," "when you have performed kimetsuki," or "when you are in a position to immediately land an attack on the opponent." In that case, if you are more than about 1 or 2 meters away from the opponent's center (below the navel), it is not considered that you have "zanshin."

11. When you have knocked down your opponent and immediately executed a kimetsuki, you are considered to have "zanshin." However, in the case of kimetsuki,
12. The Keri must be stopped just short of hitting the opponent's body. Of the mid-level "back Keris", only a spinning back Keri will be judged as "waza-ari". If a Tsuki or Keri hits both opponents cleanly at the same time, the result will be "Ai-Uchi Mukko", or a decision that receives a majority vote of all judges will be considered valid. However, attacks made after the referee's "Yame" or the judge's "whistle" will be considered "invalid" or a "foul" and will not be judged as "waza-ari".
13. During the match, it is prohibited to grab the opponent's karate uniform, but grabbing the opponent's wrist or leaning on them with your hand is not considered a foul.
14. When judging whether a player is "Jougai(out of bounds) ," if any part of the sole of one foot is on the out-of-bounds line, the player is not judged as being out of bounds. Also, if one foot is in the air even after crossing the out-of-bounds line, the player is not judged as being out of bounds.
15. 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.
16. Attacks made after the referee has called "yame" must be judged as foul play.
17. When judging a combo, if a valid strike is landed and both players' strikes collide, the judge will decide which strike is valid. In that case, a "Aiuchi-Mukko" or a majority decision by all judges will be considered valid.

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## About the challenge system

18. Players are given the right to "challenge" a decision as a "dispute." A "challenge" is a request to the "executive referee" to "re-judge" a move that the referee and judges have judged as "waza-ari" or not during the match. However, if the change in decision is not approved by the "challenge", a second "challenge" will not be allowed (if it is approved, the "challenge" can be made again).

## Chapter 4: Fouls

### Section 1: "Verbal Warning", "Yellow Card", and Other Announcements

The criteria and methods for the referee to announce a foul to a player when a foul is observed during a match are set out below.

1. The referee must announce the foul to the player by a "verbal warning" or "yellow card".
2. If a player commits a minor foul other than "falling" or "out of bounds" and does not cause damage, the referee may issue a "verbal warning" by a prescribed action.

3. The authority to issue a "verbal warning" is given only to the referee. However, a "verbal warning" is limited to one time per type of foul.
4. The judge will announce the "out of bounds" foul as stipulated in these regulations by blowing the whistle and using the flag of the player who committed the foul.
5. In the case of the previous article, if the majority of all the judges agree, the referee must announce a "foul" by announcing a "yellow card" or by a prescribed action. However, the "yellow card" is used to prevent injuries and accidents during the game and to ensure that the game is in accordance with its principles and objectives.
6. The referee may immediately announce a "red card (disqualification)" for intentional fouls or fouls that cause great damage to the opponent.
7. After announcing the "red card," the referee must announce "disqualification" to the player by a prescribed action.
8. The referee may only announce a "warning" by announcing a "yellow card" twice, and any fouls after the second time will result in disqualification even if they are minor.

## **Section 2: Yellow Cards for Dangerous Behavior**

During the game, the referee must announce a "yellow card" or by a prescribed action to announce a "foul" to a player who commits a dangerous act that could cause great damage to the opponent. In that case, one point is added to the opposing player. The details are as follows:

1. 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.
2. Hitting with the hand on any part of the protective gear worn on the head other than the shield (reinforced plastic)
3. Strikes to the opponent's throat or neck.
4. Strikes to the collarbone.
5. Attacks to the groin and eyes.
6. Attacks by headbutting.
7. Biting the opponent.
8. Scratching the opponent.
9. Strikes to the head by grabbing the opponent's leg (allowed in Hitting-Freestyle).
10. Strikes from behind the opponent.
11. Strikes to the opponent's back.
12. Attacks to the opponent's knee joint.
13. Strikes to the area 10 cm above, below, to the left and right of the center of the kneecap.
14. Front Keris and side Keris to the thigh.
15. Gripping or holding the opponent's head.

16. Striking the head with a hand on the opponent's neck (mid-level is allowed).
17. Crab-style leg hold.
18. Grabbing the opponent's karate uniform (allowed in Hitting-Freestyle).
19. Knocking the opponent by sweeping or slashing the supporting leg of a Keri (allowed in Hitting-Freestyle).
20. Front, side, and heel Keris to the thigh.
21. Gripping or holding the neck.
22. Striking while grabbing the opponent's competition uniform.
23. Resistent attacks such as Tsukis to the mammary glands or collarbone are prohibited. However, this does not include unavoidable hits within the flow of the match (at the discretion of the referee and judges).
24. Attacking after the referee has called "stop".
25. If any other dangerous behavior is observed, the referee will call for a foul by announcing a "yellow card." If the same action is repeated after the announcement, the referee will announce a "red card" and disqualify the player. In addition, the IBMA and the Referee Committee may decide separately on foul play for juniors and seniors.

### **Section 3: "Yellow Card" and "Verbal Warning" for Non-Dangerous Actions**

The referee will announce a "yellow card" or announce a "foul" 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 impact of the foul play is minor, a "verbal warning" may be given 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. Only two Tsukis to the upper part (head) may be landed on the opponent in succession. (However, this does not include combinations with Tsukis to the middle part. Also, Tsukis as a seduction or decoy do not count as one point.)
2. Using strange noises.
3. Not following the referee's instructions. (Attacking after the announcement of "Yame" etc.)
4. Going out of 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-Tsukis, palm strikes, and pushes with both fists near the outside of the ring (within 1 meter of the 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 referee judges that there is no attacking movement such as Tsukis or Keris by stepping in for more than 8 seconds, and that the opponent is passive and shows no intention to attack, 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 issues a yellow card, the opponent will be given one point.

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 a yellow card depending on the situation. If the referee issues a yellow card, one point will be added to the opponent.
9. A verbal warning will be issued if the player does not follow the designated match etiquette before or after the start of the match (verbal warnings 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 competition principles of these regulations, the referee will issue a red card or 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 towards the referee or an opposing player.
2. When a player does not follow the referee's instructions and is deemed dangerous or malicious by the referee.
3. When a player uses a striking technique to attack an opponent who is on the floor with both hands or knees, or when he or she makes an attacking motion. However, a finishing Tsuki is excluded.
4. When a player commits a foul repeatedly, or when the referee deems it to be malicious.
5. If a player has received 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. If a player fails to perform the rules correctly after receiving a "verbal warning," the player will be "lost by disqualification."

## **Section 5 - Disqualification**

1. When a "red card" is called or a "disqualification" is called, the match ends. In addition, players who receive a "red card" or are declared "disqualified" must follow the referee's instructions and leave the arena with proper manners.
2. If a "disqualification" is declared during a match, the opponent of the disqualified player will be declared the winner.
3. If a player is declared "disqualified" or leaves the arena without following the rules of the match, the player will be punished by having his/her player qualifications revoked or suspended from competition.

4. A player who is declared "disqualified" may be subject to severe punishment, such as a permanent suspension, after deliberation by the refereeing committee and IBMA, etc.

## **Section 6: Special Notes**

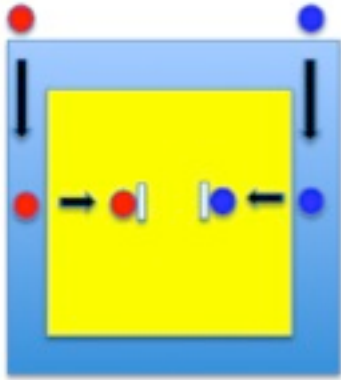
1. The referee must call "stop" and stop the match when a series of blows is taking place and the exchange of blows has been repeated for approximately 3 seconds or more.
2. If a player does not follow the referee and judge's "stop" order during a series of blows, it will be judged as a foul.

## **Chapter 5: Player and Referee Behavior**

### **Section 1: Player Behavior**

The following is the general rule for players' behavior before the start of a match. However, slight modifications are permitted.

1. When players enter the arena, they make a "rei" (standing bow) from the corner on each player's side (the left corner for red players and the right corner for blue players when viewed from the front). They then advance through the outer space of the arena, make a "rei" (standing bow as specified in the attached document) from the center of each player's side of the competition area, and enter 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. Players must wait for instructions from the referee. After declaring "Let's bow to each other," they perform a "standing bow (specified in a separate document)," take a step forward with their left foot, and assume a fudo-dachi stance. They assume a standing 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 coordinate their movements, taking a step forward with their right foot. They step back and bow. Then they turn right to exit the arena. When leaving, they must bow in the same way as when they entered. Players must bow from the center of their side, go outside the arena, and exit from the corners of the blue and red sides.

## Section 2: Referee Manners

The referee's manners for entering and exiting the arena are as follows.

### 〈Entry Manners〉

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

## Section 3: Referee and Judge Announcement Method, Behavior, etc.

The referee and judge's announcement method and behavior during the competition are set out as follows.

1. At the start of the competition, the referee will stand still in the designated position and wait for the players.
2. At the start of the competition, the referee will have the players take their positions, command "bowing to each other," and have them bow. At that time, the referee and judge will also bow (standing). After that, the referee will command "ready to stand" → "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 the starting position. The winner is then determined based on the points the players have earned.
4. If a "waza-ari" or "jogai" is observed, the judge will announce it with a whistle and flag. The referee will also announce "Yame" and temporarily stop the match to check the judge's announcement, and if the majority of the judges, including the referee, agree, he will announce it verbally or by announcing a card.
5. If a judge announces "waza-ari", "jogai", or other terms with a whistle or flag, the referee must always announce "Yame", temporarily stop the match to check the judge's announcement, and if the majority of the judges agree, he will announce "hansoku" verbally or by announcing a card.
6. If a judge is unable to confirm "waza-ari" or "hansoku", he must announce "unconfirmed".
7. When the referee declares "Waza-ari", he must first declare "Yame" and have the athlete return to the center. After declaring "Waza-ari", he must have the athlete return to the starting position and declare "Zokko" to allow the match to continue.
8. When the judge has determined "Waza-ari", the referee must declare "Yame". In that case, he must do so as quickly as possible. Also, he must do so after having the athlete return to the center. However, if the majority of the judges do not agree, they will call the match "Mukko" and allow the match to continue. In that case, the athlete will be placed in the starting position, and the referee and judge will call "continue" and allow the match to continue.
9. During the match, the referee and judges will constantly change positions so that they are not facing away from the front seats, and will officiate while moving around so that the athlete's techniques can be easily seen.
10. When calling a "Caution" or "Warning," the referee will call "Yame" and return the athlete to the starting line before making the call.

11. When making a decision on an "Ippon," the referee will first call "Yame," check the athlete's condition, and then The referee shall make his/her decision after giving priority to ensuring the safety of the players.
12. If the offense and defense between the players becomes deadlocked at close range, the referee shall call "Yame" to halt the match, return the players to the starting line, call "Zokko" to resume the match, and allow the match to resume.
13. The judge shall assist the referee in judging foul play. In addition, if a foul play other than "outside the ring" is observed, the judge shall blow the whistle twice while waving the flag of the player who committed the foul.
14. For other details on the actions of the referee and judge, please refer to the separate document.

## **Section 4: Procedure for Referees to Decide the Winner**

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 competition rules, the referee will raise the flag of the color 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 described separately.

## **Chapter 6 Other Special Notes**

1. In all of the "KyokushinDo-style", "KeriBoxing-style" and "Hitting-Freestyle" competitions, A special rule will be established that does not require the use of torso armor only for those who have reached this standard.
2. Competitors, the organizations to which the athletes (players) belong, and related parties will pledge to abide by these regulations and not to 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 the competition method devised from the martial arts ideals and philosophy of Masuda Akira. Therefore, you must pledge not to misuse them in any way that is considered to be different from these ideals and philosophy. In addition, you must not use the name, other diversions, or similar names without permission. In addition, you must not make any changes without permission.
5. The English spelling of "Kick" is "Keri" and the English spelling of "Thrust" is "Tsuki". Other names unique to HITTING Sports are specified in the attached document.

## Notes

1. May 22, 2019
2. November 6, 2019: Partially revised, adding Article 28, Article 32-17, and Article 36-17
3. September 3, 2021: Partially revised.
4. October 6, 2021: Added and revised Chapter 1, Section 1
5. October 26, 2021: Changed Section 4, Clause 2
6. August 2022: Added to Chapter 3, Section 4, Clause 8 (both inner and outer thighs)
7. August 28, 2022: Added wording to Chapter 4, Section 3, Clause 7
8. July 4, 2023: Partially revised
9. September 2, 2023: Partially revised
10. December 17, 2023: Name revised
11. February 18, 2024: Umpire (referee & judge) → Referee, and other notations revised.
12. March 3, 2024: Name change of competition category
13. August 7, 2024: Change of competition philosophy, name change
14. Chapter 3, Section 4, Clause 1 revised. Clauses 13 and 14 revised. Section 6, items 1 and 3
15. September 11, 2024: Partially revised
16. October 3, 2024: Partial revision of Chapter 3, Section 4 / Changes to Sections 7, 8, and 16 / Revision of Section 5, Section 6 / Addition of Section 6, Section 18

Creator