



Official Rules and Regulations

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Full Contact Karate

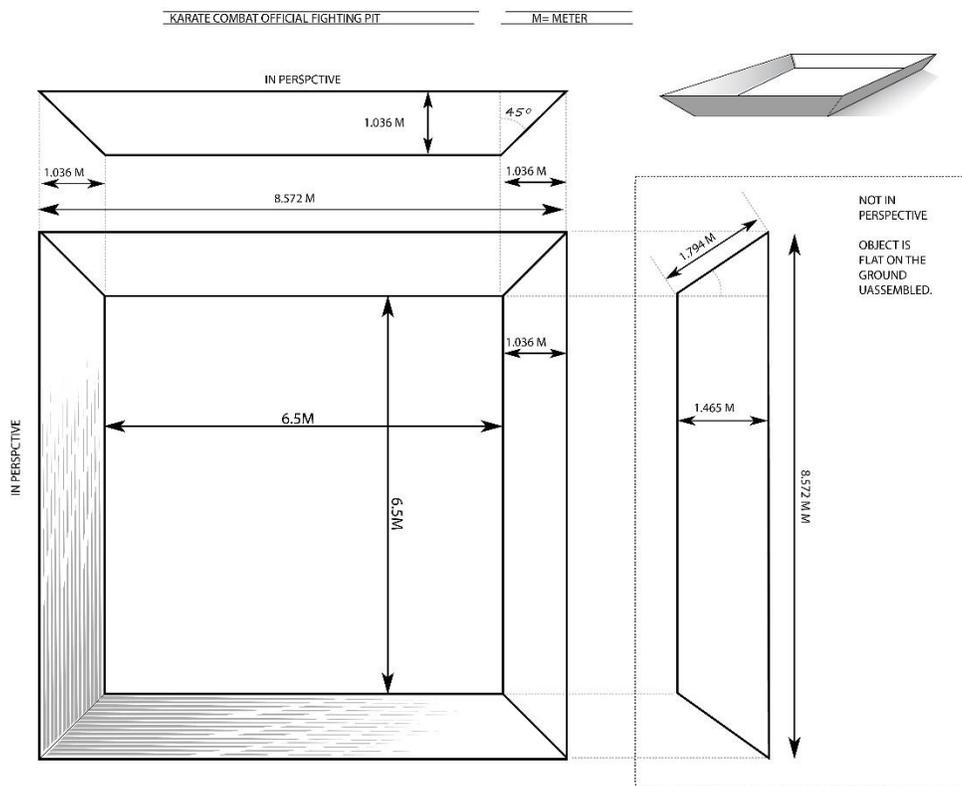
Unified Rules and Regulations

Contestants are expected to behave according to the karate-do etiquette and show a fighting spirit from the beginning till the end of the bout.

1) Definitions

- a) "Karate" means unarmed combat involving the use of a combination of the traditional karate techniques subject to any applicable limitations set forth in these "Unified Rules" and other regulations of the applicable Commission. These techniques, in this competition, mean that any form of blow can be struck which may reasonably be expected to inflict injury. The "Commission" is the appropriate athletic commission or regulatory body in conjunction with "Karate Combat" (a league operated by KOKO Sports Management LLC) which will jointly oversee the bouts, exhibitions or competitions of Karate. In areas with no recognized athletic commission for Karate matches or regarding items not regulated by the athletic commission, "Commission" shall mean Karate Combat.

2) Ring / Fighting Area Requirements and Equipment



3) Equipment

- a) For each bout, the promoter shall provide a clean water bucket, a clean plastic water bottle, a stool and any other supplies as directed by the Commission, in each corner.

4) *Specifications for Hand Wrapping*

- a) In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth of not more than 15 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.
- b) Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.
- c) The bandages shall be evenly distributed across the hand.
- d) Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the Commission and in the presence of the manager or chief second of his or her opponent.
- e) Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the Commission is received.
- f) Digital biometric measurement sensors may be placed under the hand wrap by the promoter.

5) *Mouthpieces*

- a) All contestants are required to bring and wear a mouthpiece during competition and provide an alternate. The mouthpiece shall be subject to examination and approval by the attending physician.
- b) The round cannot begin without the mouthpiece in place.
- c) If the mouthpiece is involuntarily dislodged during competition, the referee can call time, clean the mouthpiece, and reinsert the cleaned mouthpiece at the first opportune moment without interfering with the immediate action. Alternatively, the referee may call for the alternate mouthpiece.

6) *Protective Equipment*

- a) Male Karate contestants shall bring and wear a groin protector of their own selection, of a type approved by the Commissioner.
- b) Female Karate contestants are prohibited from wearing groin protectors.
- c) Female Karate contestants may bring and wear a chest protector during competition. The chest protector shall be subject to approval of the Commissioner.
- d) Contestants shall wear customized Karate Combat mitts with net weight of four ounces.

7) *Apparel*

- a) Male contestants must wear a karate uniform when entering the PIT fighting area. During the fight contestants will only wear the karate trousers.
- b) The karate uniform will be of official design and material sanctioned by Karate Combat.
- c) The national emblems, flags of the country and labels will be decided by the Commission.
- d) The contestants must wear Karate Belts approved by the Commission.
- e) The trousers must be long enough to cover at least two thirds of the shin and must not reach below the anklebone. Trouser legs may not be rolled up.

- f) Female contestants must wear Karate Combat approved attire
- g) Shoes and any type of footwear are prohibited during competition.
- h) Coaches and other accompanying personnel must wear promoter approved apparel.

8) Appearance

- a) Each unarmed combatant must be clean and present a tidy appearance.
- b) The excessive use of grease or any other foreign substance may not be used on the face or body of an unarmed combatant. The referees or the Commission shall cause any excessive grease or foreign substance to be removed.
- c) The Commission shall determine whether head or facial hair presents any hazard to the safety of the unarmed combatant or his opponent or will interfere with the supervision and conduct of the contest or exhibition. If the head or facial hair of an unarmed combatant presents such a hazard or will interfere with the supervision and conduct of the contest or exhibition, the unarmed combatant may not compete in the contest or exhibition unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of the Commission.
- d) An unarmed combatant may not wear any jewelry or other piercing accessories while competing in the contest or exhibition.
- e) Contestants must have short fingernails and must not wear metallic or other objects which might injure their opponents. The use of metallic teeth braces must be approved by the Commission, the referee and the Official Doctor. The contestant accepts full responsibility for any injury.

9) Round Length

- a) Each karate contest will be 3 rounds, each round 3 minutes in duration, with a rest period of 1 minute between each round. For championship fights, Karate Combat will work with the combatants to determine if there will be an additional 2 rounds.

10) Stopping Contest

- a) The referee is the sole arbiter of a contest and is the only individual authorized to stop a contest. The referee may take advice from the ringside physician and/or the Commission with respect to the decision to stop a contest.
- b) The referee and the ringside physician are the only individuals authorized to enter the PIT fighting area at any time during competition other than the rest periods and subsequent to the contest ending.
- c) The fighter's coach is permitted to throw a white karate belt (brought to the event by the fighter's staff) into the PIT and inform the closest judge of their desire to stop the and concede to their opponent.
- d) The fighter is permitted to concede the match to their opponent at anytime during the bout by the following:
 - i) Tapping their hand continuously on any area of the PIT
 - ii) Placing one knee on the ground and one hand above the head
 - iii) Verbally submitting to the referee

11) Judging/Scoring

- a) All bouts will be evaluated and scored by 3 judges who shall evaluate the contest from different location around the PIT fighting area. The referee may not be one of the 3 judges.

- b) Judges shall evaluate karate techniques, such as effective striking, effective takedown, control of the PIT fighting area, effective aggressiveness and defense.
- c) Effective striking is judged by determining the total number of legal strikes landed by a contestant.
- d) Effective takedown is judged by considering the amount of successful executions of a legal takedown and finishing technique.
- e) Fighting area control is judged by determining who is dictating the pace, location and position of the bout.
- f) Examples of factors to consider are countering a fighter's attempt at takedown by remaining standing and legally striking.
- g) Effective aggressiveness means moving forward and landing a legal strike.
- h) Effective defense means avoiding being struck or taken down while countering with offensive attacks.
- i) A 10-point must system will be used during the bout (based on aggressiveness, number of effective kicking techniques, effective striking, dominance, damage, and control - in that order). An additional judge will be the scorekeeper. All scores may be presented to the audience at the end of each round with the score displayed for each fighter calculated as 10 – Opponents Score. For instance, a 10-8 round would be displayed as 2 points for the winning fighter and 0 points for his opponent. When they are not displayed to the audience, each score card will be collected at the end of each round. Final results will be announced at the end of the bout.

12) Effective techniques

- a) Scoring advantage will be given to aggressive fighters who attempt to strike more often with greater impact than their opponent. Proper Karate techniques that have immediate or cumulative impact with the potential to contribute towards the end of the match.
- b) Effective kicking and advanced techniques will be weighed more heavily than effective punching techniques.
- c) Offensive techniques will be weighed more heavily than defensive techniques.
- d) Takedowns in the case of executing an impact technique on the grounded opponent: A maximum of 5 seconds will be allowed to strike the grounded opponent – if there is no knock down the referee will separate the two contestants and the grounded opponent must stand up immediately. During takedowns the contestant always must have full control of the opponent. The contestant must show full awareness of the technique.
- e) When a knockdown occurs from a legal maneuver other than a takedown, the standing opponent may follow through with immediate action on the grounded opponent. If the grounded opponent stands up, the bout continues. If the grounded opponent defends himself intelligently, he will be allowed to stand up. If the grounded opponent is unable to protect himself on the ground from additional blows, the bout will be ended by the referee.

13) Allowed techniques

- a) Arm techniques
 - i) Straight punch (Kizami tsuki, gyaku tsuki)
 - ii) Back fist strike (Uraken uchi – must be a round technique)
 - iii) Ridge hand strike (Haito uchi – open hand, round technique)
 - iv) Roundhouse Punch (Mawashi tsuki)
 - v) Hammer hand strike (Tetzui uchi – must be a round technique, the face cannot be attacked from the front)
 - vi) Spinning back fist (Uraken uchi – must be a round technique)
 - vii) Flying karate techniques
- b) Foot techniques
 - i) Straight kicks (Mae geri, yoko geri)
 - ii) Round kicks (Mawashi geri, ura mawashi geri, mikatzuki geri – must be a round kick)
 - iii) Spinning kicks (Ushiro geri, ushiro ura mawashi geri – must be a round kick)
 - iv) Jumping kicks (Any kick mentioned above with a jump)
- c) Takedowns

- i) Leg sweep
 - ii) Throwing opponents with one or two hands
 - iii) Single leg takedowns (one or two hands must always control the opponent's body)
- d) Clinching the opponent is allowed only when followed by immediate action such as a throw. Any clinching that is performed to limit one's opponents action will be deemed a foul. The first clinching foul will result in a warning (the bout does not have to be paused to issue the warning). Each subsequent clinching foul will result in a 1-point penalty issued by the referee to the judges (Again, the bout does not have to be stopped to issue a penalty).
- e) A fighter is considered grounded (downed) when:
- i) Both hands or fists are placed on the floor of the PIT
 - ii) Both hands or fists are placed on the wall of the PIT with the fighter completely facing the wall of the PIT
 - iii) The fighter back is against the PIT floor

When an opponent is grounded only Arm techniques can be executed by the non-grounded competitor.

14) Fouls

- a) The following acts constitute fouls in a contest or exhibition of Karate and may result in warnings, at the discretion of the referee, if committed:
- i) Clinching as described in "Allowed Techniques."
 - ii) Butting with the head
 - iii) Eye gouging of any kind
 - iv) Biting
 - v) Spitting at an opponent
 - vi) Hair pulling
 - vii) Fish hooking
 - viii) Groin attacks of any kind
 - ix) Putting a finger into any orifice or any cut or laceration of an opponent
 - x) Small joint manipulation
 - xi) Uppercuts
 - xii) Striking using the point of the finger or thumb
 - xiii) Striking using the knee or elbow
 - xiv) Striking using a flying knee
 - xv) Striking the knee of the opponent
 - xvi) Striking with an open hand technique (except ridge hand strike)
 - xvii) Striking to the spine or the back of the head
 - xviii) Kicking to the kidney with a heel
 - xix) Throat strikes of any kind, including, without limitation, grabbing the trachea
 - xx) Clawing, pinching or twisting the flesh
 - xxi) Grabbing the clavicle
 - xxii) Kicking a grounded opponent
 - xxiii) Stepping or stomping a grounded opponent
 - xxiv) Holding the karate gi or mitts of an opponent
 - xxv) Using abusive language in fenced ring/fighting area
 - xxvi) Engaging in any unsportsmanlike conduct that causes injury to an opponent
 - xxvii) Attacking an opponent on or during the break
 - xxviii) Attacking an opponent who is under the care of the referee
 - xxix) Attacking an opponent after the bell has sounded the end of the round
 - xxx) Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
 - xxxi) Throwing opponent over the head
 - xxxii) Throwing opponent out of ring/fighting area
 - xxxiii) Throwing opponent intentionally on the head or neck
 - xxxiv) Jumping or throwing oneself on the grounded opponent

- xxxv) Flagrantly disregarding the instructions of the referee
- xxxvi) Spiking an opponent to the canvas on his head or neck
- xxxvii) Interference by the corner
- xxxviii) Applying any foreign substance to the hair or body to gain an advantage
- xxxix) Avoiding combat as a means of preventing the opponent having the opportunity to score
- xl) Passivity
- xli) Grabbing the opponents head with both hands
- xlii) Double leg takedowns
- xliii) Low kicks between the knee and the hip

- b) Contestants will be separated by the referee when clinching or grabbing to the opponent. If a foul is committed:
 - i) The referee shall call timeout (“Yame”).
 - ii) The referee shall order the offending contestant to a neutral location.
 - iii) The referee shall check the fouled contestant's condition and safety.
 - iv) The referee shall then assess the foul to the offending contestant and deduct points if the referee deems it appropriate, and notify the commission, the corners, the official scorekeeper of his decision on whether the foul was accidental or intentional and whether a point is to be taken away.
 - v) Low Blow Foul: A fighter who has been struck with a low blow is allowed up to 5 minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest.
 - vi) If the fighter states that they can continue on before the five minutes of time have expired, the referee shall, as soon as practical, restart the fight.
 - vii) If the fighter goes over the 5 minute time allotment, and the fight cannot be restarted, the contest must come to an end with the outcome determined by the round and time in which the fight was stopped.
- c) Accidental fouls: If a bout is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.
- d) Illegal fouls: If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. Unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use, at their discretion, and must continue the fight when instructed to by the referee.
- e) For a foul other than a low blow, if the injured fighter is deemed not fit to continue, by the referee, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue, by the referee, even though some of the 5 minute foul time is still remaining, the fighter cannot avail himself of the remaining time and the fight must be stopped.
- f) If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed 5 minutes. If 5 minutes is exceeded, the fight cannot be re-started and the contest must end.

15) Warnings and Penalties

- a) Fouls may result in the referee giving a warning or a penalty to the offending contestant.
- b) Warning can be directly imposed for a rules infraction and shall be given when the foul does not diminish the opponent's chances of winning. If the foul is repeated during the bout, the first time the referee shall give a warning without stopping the bout, the second time the referee shall stop the bout and increase the severity of the warning, the third time the referee stops the bout and a penalty shall be imposed.
- c) Penalty shall be given when the contestant violates the rules causing the chances of opponent to diminish, a combination of committed fouls or after a flagrant foul at the discretion of the referee. Penalties will result in technical point deduction or disqualification.
- d) The official scorekeeper will deduct the points from the offending contestant's score. The scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction.

- e) Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own and should not factor such into their scoring calculations.
- f) In the event that a foul occurs, it is the referee's duty to ensure that action continues immediately thereafter.
- g) If the fight is stopped due to warning, penalty, passivity, etc., the referee will subsequently immediately attempt to begin action at the position in the PIT where the stoppage occurred.
- h) Coaches are permitted to speak directly to their representative fighter throughout the bout. At no time should they address any of the judges or referees without the judge or referee addressing them first during the bout. In the event that a coach does address a judge or referee during the bout, they will be warned for the first occurrence then removed from the event for subsequent occurrences. In the event there is an administrative error, the coach can address the corner judge to inform them of the possible error.

16) Injuries Sustained by Fair Blows and Fouls

- a) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.
- b) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.
- c) If an injury is sustained during competition as a result of an intentional foul, as determined by the referee, and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two technical points from the contestant who committed the foul.
- d) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the scorecards. If the injured contestant is even or behind on the scorecards at the time of stoppage, the outcome of the bout shall be declared a technical draw.
- e) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.
- f) If an injury sustained during the first or second round as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest.
- g) If an injury sustained during the third round as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the scorecards at the time the bout is stopped.
- h) Incomplete rounds should be scored utilizing the same criteria as the scoring of other rounds up to the point said incomplete round is stopped.

17) Types of Contest Results

- a) Knockout by:
 - i) When Referee stops the contest (TKO)
 - ii) When an injury as a result of a legal maneuver is severe enough to terminate a bout (TKO)
 - iii) When contestant being rendered unconscious due strikes or kicks (KO)
- b) Decision via the scorecards, including:
 - i) Unanimous Decision - When all three judges score the contest for the same contestant
 - ii) Split Decision - When two judges score the contest for one contestant and one judge scores for the opponent
 - iii) Majority Decision - When two judges score the contest for the same contestant and one judge scores a draw
 - iv) Point Decision – If a double KO occurs during the second or third round the decision will be made according to the finish bouts' score. If these scores are equal the points awarded during the bout will be taken into account
- c) Draws, including:

- i) Unanimous Draw - When all three judges score the contest a draw
 - ii) Majority Draw - When two judges score the contest a draw
 - iii) Split Draw - When one judge scores a draw and the other two judges score for in favor of different contestants
 - iv) Double KO draw – if occurred, in the first round it is a draw
- d) If the regulation bout is scored a draw, one additional round will occur in an attempt to determine a winner. If the result of the additional round remains a draw, the bout will be scored a draw.
- e) No contest – Declared when an accidental illegal strike causes the recipient of the blow to be unable to continue, that decision will be made by the referee, doctor, the fighter or his corner. Each fighter receives a no contest counted in their record and is scored as neither a win nor a loss. Blows from intentional illegal strikes that force a fighter to be unable to continue are not declared a no contest, but as a win and a loss by disqualification for the appropriate fighters.
- f) Disqualification
- g) Forfeit
- h) Technical Draw
- i) Technical Decision
- j) No Decision

18) Officials

- a) During the rest period between each round the contestant's team will be allowed in the PIT fighting area. The following staff members are allowed to be with the contestant in the rest area:
- i) one (1) coach
 - ii) one (1) coach assistant
 - iii) one (1) cutman