



NAK OFFICIAL KUMITE RULES

Revised January 2025

Equipment

The correct uniform and protective equipment **MUST** be worn by ALL competitors - gum shield, hand mitts with open fingers and shin/instep protection (NO boot kickers).

Groin guards are compulsory for all male competitors.

Chest protection for females (13+) is compulsory.

Body protectors may be worn for additional protection if desired.

No jewellery, such as earrings, or other visible piercings.

Competitors must wear a traditional Karate Gi or Taekwondo Dobok. No T-Shirts and Kickboxing trousers.

Red and blue pads and belts are advised, however they are not compulsory.

Rounds

All Kumite matches for juniors will be 1 x 1 minute 30 second rounds.

All Kumite matches for adults will be 1 x 2 minute rounds.

In the event of a draw, 30 seconds of extra time will be added. If a draw remains after 30 seconds of extra time, the match will go to sudden death. The first clean point to score will win the match.

Scoring Areas and Contact

All Kumite bouts will be to a maximum score of 10 points or a 7 point gap between scores to decide the winner.

There must be **NO HEAD CONTACT AT ALL** for junior and adult competitors. Techniques directed towards an opponents face/head, must finish with good form 3 inches short of the target.

Competitors may make firm contact with the body providing that the intention of the technique/s is **NOT** to injure their opponent.

Warnings will be immediately awarded for contact if and when it is not allowed, or when the referee deems contact to be excessive.

Disqualification can occur in the very first instance of over contact if the level is severe enough. The referee will make an immediate decision in this case as to disqualify the competitor or not. The referee's decision is final.

1 point (Yuko) =	any punch
2 points (Waza-ari) =	any body kick
3 points (Ippon) =	any head kick, sweep/take down and follow up.

A Kumite score is awarded when one fighter performs a technique which conforms to the following criteria and the blow lands on a relevant scoring area of their opponent's head/body:

- Good form
- Vigorous application
- Good timing
- Accurate distance
- Awareness
- Sporting attitude
- Zanshin (state of awareness and body posture after a technique has been executed)
- Kiai

Illegal Target Areas

Strikes to the groin, hands, feet, legs, arms and throat will not be awarded points. Excessive or continued contact to illegal target areas will result in a warning being given by the centre referee. Continued contact after a warning will result in disqualification.

Points cannot be scored if both or one of the competitor's feet are off of the floor (poor Zanshin).

Further illegal techniques:

- Avoiding the fight by turning and running away.
- Elbows
- Spinning back fist
- Hammer fist
- Strikes to the groin
- Strikes to the head
- Continuously exiting the area.
- Wrestling.
- Ducking below the opponent's waist.
- Attacking an opponent who is on the floor (except when following up on a sweep or takedown).
- Exiting the area.
- Continuing to fight after "stop" or "break".
- Hip/suplex throws
- Heel hooks
- Making contact with an opponent's head.

Comments

Competitors may request that the referee stop time in order to make adjustments to their safety equipment.

Time cannot be stopped in order for the fighter to 'catch their breath' and doing so may result in an official warning.