

Rules for Senior competitions at the World Cup in July 2025

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KIF received opinions from 4 people from Japan and 4 people from other countries.

After considering those opinions, KIF had decided to conducted under the following rules.

The international rules for Senior competitions are planned to be established in time for the 7th World Cup, so competitions at this World Cup will be conducted under "provisional rules."

We look forward to seeing many players participate.

- ① There will be two age categories: 1,[45+]= 45 to 54, 2,[55+]=55 and up.
 - * There was an opinion that 5-year increments would be better, but we would like to do so if possible after looking at the number of participants.
- ② If there are any female applicants, a competition will be held in the above ① age categories.
- ③ There will be no limit on the number of participants from each country.
- ④ Try to arrange the matches within 10 PI difference in each age category.
- ⑤ It will be decided whether to hold as a tournament format or one-match format depending on the number of participants.
 - *2 participants = one-match.
 - *3 participants = round-robin.
 - *4 or more participants, the matches will be made based on a tournament format.
 - *6 participants = 2 groups of round-robin, then final match.
 - *9 or more participants in the same category, will divide it into two by PI.
- ⑥ If players are close in age, matches may be scheduled with a priority on having a PI difference of no more than 10 points, rather than sticking to the 45+/55+ age category.
 - *If the number of participants is small, match may be scheduled based on the principle of PI difference should not be more than 10. For example, 51-year-old vs 58-year-old in close PI. In this case, the consent of the players will be obtained in advance.
- ⑦ Match time. [45+] = 3 minutes (ground fight=up to 2 times), [55+] =2 minutes (ground fight=1 time).
- ⑧ Can not avoid Overtime fight, but the Deputy chief referee will not rule the match a draw.
 - *For the one-match fight, if either side does not have more than 2 points, it will go into an overtime.
 - *The overtime will be half the time of the main match, and ground fight will be limited to one time.
- ⑨ Players must wear Shin guards and Knee supporters.
 - *Since there is no official protective gear, the use of equipment equivalent to that specified as a sample is permitted.
 - *Please see the attached image showing standard and ideal protective gear.
 - *Shin guards must be made of a soft material similar to that used in Junior competitions. Pads for the shin area only are acceptable.
 - *Knee pads should be made of a soft material similar to that of the shin guard.
- ⑩ In ground fight, the referee may award a deemed IPPON for joint lock.
- ⑪ The standards for "KOKA" point by strike will be the same as for the regular division.
- ⑫ If a down occurs due to a strike, longer than 2 seconds = waza-ari or higher, the match ends at that point.
- ⑬ When the points reach "3", the match ends.
- ⑭ The match ends with "penalty x 2" and the person who commits the penalty loses.
- ⑮ The rules will be reviewed following the trials at this World Cup.

Image of standard and ideal shin guards



Image of standard and ideal knee pads

