

KUDO INTERNATIONAL FEDERATION – TOURNAMENT RULES (U16)

July 31, 2025

SECTION 1 – TOURNAMENT AREA

- Art. 1. The match area shall be elevated by no more than 60 cm above floor level. It shall consist in a square of 13x13 meters, being a 9x9m fight area at the center, and a 2-meter-wide safety buffer zone on the outside. A mark signaling the limit of the match area shall be placed at 90 cm from it. To the extent possible, the match area should be covered by a single sheet, to prevent holes and uneven footing. When the tournament area has 2 or more match areas, there shall be a buffer of at least 4 meters between two match areas.
- Art. 2. At the center of the fight area, two lines materializing the athletes starting position and separated by a 1.8m interval shall be placed. The line on the left side seen from the front of the match area shall be blue, while the line on the right side shall be white.
- Art. 3. Throws being allowed, the match area must be made of mats/tatamis, to have appropriate softness.

SECTION 2 – ATHLETE'S ATTIRE

- Art. 4. Athletes shall be wearing either white or blue kudo uniforms ("kudogi" or "dogi"), as directed by the tournament officials.
- Art. 5. When athletes have been allocated an identification number for the tournament, the athlete with the lower number in a matchup shall wear a blue dogi, while the athlete with the higher number will be wearing white. When no identification numbers are allocated, the athletes shown on top of a vertical matchup table, or on the left of a horizontal matchup table, shall be the one wearing a blue dogi. When bibs are worn, they must be sewn onto the dogi, as directed by the tournament organizers.
- Art. 6. The sleeve length of the dogi jacket must be sufficient to cover the elbow when the arm is extended downwards. The cuff of the sleeves should be wide enough to allow grabbing without pinching the skin. The length of the dogi pant leg should be such that the hem is within 5 cm of the ankle, and the cuff should be wide enough to allow grabbing without pinching the skin. Once tied, the belt should not go below half-thigh.
- Art. 7. A patch may be affixed to the dogi, to the extent its largest dimension does not exceed 18 cm and that it is affixed on the left sleeve. Furthermore, during international tournament, athletes are allowed to affix their national team's emblem on the left side of the chest.
- Art. 8. Athletes must wear approved headgear with face protector, body protector, arm guards, leg guards, and belt holder.
- Art. 9. The headgear must be secured at the back by laces in two places.
- Art. 10. Modifications to the approved dogi or equipment are prohibited.
- Art. 11. Athletes wear approved body protector under the dogi jacket. Under the pants they shall wear underwear and a groin protector.

Note 1: Wearing a single white or black short-sleeved shirt underneath the body protector is permitted.

Note 2: Female athletes shall wear undergarment without hard parts as well as a plain white or black short-sleeved t-shirt and a KIF-approved chest protector under the dogi jacket. They shall wear underwear and a female groin protector under the dogi pants.

Note 3: Athletes with long hair must tie it with a hair tie made of soft material and ensure it does not stick out of the headgear too much.

- Art. 12. Wearing a mouthguard is optional for athletes.

- Art. 13. Athletes are not permitted to wear bandages.
- Art. 14. Athletes wishing to use any other type of garment must submit a request to the organizers and obtain permission beforehand.
- Note : such garment shall be black or white.
- Art. 15. Whether before or during the tournament, if due to injury an athlete needs to use supporters, taping or bandages, prior approval from the tournament doctor must be obtained. If an athlete must wear supporters, a medical certificate must be provided.
- Art. 16. Athletes must use garments and equipment that are clean, with no damage, stain, foul odor.
- Art. 17. Athletes must cut their nail short and refrain from wearing any jewelry or object that may cause harm or injury to their opponent.
- Art. 18. All above items must be checked by a representative of the organizer in charge of athletes prior to entry on the match area.

SECTION 3 – CONDITIONS TO PARTICIPATION (SAFETY CONDITIONS)

- Art. 19. Participants must be aged 14 or 15 as of the designated age reference date.
The age reference date is, in principle, the day of the tournament (or the first day if held over multiple days), but the host country may determine this date depending on the timing of the tournament.
- Art. 20. Athletes having received strong strikes to the head / been knocked down by strikes to the head during a competition of Kudo or other discipline within 14 days from the start of a tournament may not participate in it.
- Art. 21. Athletes having lost consciousness even for a brief moment due to knock-down (for reasons not limited to strikes, but also including strong throws for instance), whether in competition or training, within 90 days before the start of a tournament may not participate in it. Likewise, athletes having suffered injuries to the head for other reasons such as accidents or falls within 90 days before the start of a tournament may not participate in it.
- Art. 22. Regardless of cause, if an athlete was hospitalized due to shock to the head, they may not participate in a tournament without prior submission doctor's consent following medical examination.
- Art. 23. In addition to the above-stated conditions, if an athlete is knocked out (i.e. lost consciousness even for a brief moment due to knock-down) twice within a period of 180 days, participation to any subsequent competition will be prohibited for a period of 120 days following the most recent knock out. If an athlete is knocked out 3 times within a period of one year, participation to any subsequent competition will be prohibited for a period of 150 days following the most recent knock out. Return to tournament following the prohibition period will be allowed only with a medical report indicating doctor's consent following an examination including a CT scan of the head.
- Art. 24. An athlete with a past diagnosis of disease, disorders, malformations etc. of the head, neck, brain, spine (e.g. cervical, thoracic or lumbar spine), heart or other body parts making them more likely to suffer as a consequence of participating to a competition following the rules herein described shall not be allowed to participate, even if they are undergoing treatment. Likewise, athletes having been diagnosed or suspected to carry transmissible diseases such as HIV, viral hepatitis or other diseases transmissible by blood determined by the World Health Organization or the authorities of the organizing country to be highly dangerous or requiring measure such as restrictions to entry into the country or hospitalization, such as Ebola, Crimean-Congo Hemorrhagic Fever, Latin American Hemorrhagic Fever, rabies, shall not be allowed to participate until they are completely cured. The organizers of the tournament shall be held harmless of liability if an athlete suffers an injury and has sequelae to any part of the body, including bones, joints, tendons, ligaments, nerves. Participation to tournaments is

strictly subject to agreement to the above.

Note: in SECTION 3 – CONDITIONS FOR PARTICIPATION (SAFETY), “knock down” shall mean any symptom of concussion such as loss of consciousness, memory loss, headache, dizziness, light-headedness, vomiting, bleeding etc. (these can be sign of subdural hematoma). If the time elapsed since the knock down is less than the period prescribed herein, or if regardless of the cause an athlete is hospitalized due to head injury or hematoma, athletes, if they do not present major symptoms and following a Gradual Return To Practice protocol are cleared by a doctor to resume tournaments may submit an application to the organizing body (e.g. KIF, KAJF...), who may approve participation on an exceptional basis.

SECTION 4 - TOURNAMENT ORGANIZATION

- Art. 25. Tournament is held in the tournament area.
- Art. 26. Before the match begins, athletes stand 1.8m apart of each other at the center of the fight area. At the command of the Chief Referee, they salute, in that order, towards the score table, the Chief Referee, and their opponent. They then stand on guard, then start fighting at the Chief Referee's command "HAJIME".
- Art. 27. A match may be composed of: a 2-minute initial round, and a 1.5-minute extension round, between each of which there shall be a 30-second rest period.
- Art. 28. Victory in a match is decided either by winning an “IPPON” through direct strikes (such as punches, kicks) to the whole body, except for prohibited areas, or by winning an “IPPON” through designated chokes or joint locks. Alternatively, the match may be decided by the total number of points earned through “WAZA-ARI,” “YUKO,” or “KOKA.”

Note: For the designated chokes and joint locks, refer to Article 32, Notes 1 and 2

- Art. 29. The match will generally continue without interruption when a technique connects, so as to make the fullest use of match time to decide the outcome, exception being when an athlete is downed by a technique equivalent to WAZA-ARI or more, when athletes go out of the fight area, or at the end of a NEWAZA period.

Note : Offensive and defensive exchanges must be kept within 10 seconds. The Chief Referee must take care to momentarily stop the match around the 10-second mark to prevent prolonged striking exchanges.

- Art. 30. Throws and KIME (simulated strikes) following a throw are also regarded as effective techniques that may lead to points being awarded.
- Art. 31. NEWAZA (ground fighting) is allowed once, for a maximum of 30 seconds, during the initial round and the extension.
- Art. 32. Judging criteria are based not on damage but on points.
- Art. 33. In the case of joint locks and chokeholds, a “MINASHI IPPON (deemed IPPON)” may be awarded.

Note 1: A “MINASHI IPPON” (deemed IPPON) refers to a situation where the technique is fully locked in, and although the athlete does not signal submission (“maitta”), the referee judges that continuing the technique would likely result in serious injury. In such cases, the match is stopped, and IPPON is declared.
This does not mean stopping the match prematurely before the technique is fully applied just because it appears likely to be completed.

Note 2: Permissible joint locks are limited to the following 8 types:

Ude-hishigi (Armbar variations), Juji-gatame (Straight Armbar),
Hiza-gatame (Knee Armbar), Waki-gatame (Armbar from the side),
Ude-gatame (Armbar with shoulder pressure), Hara-gatame (Stomach Armbar),

Ude-garami (Americana, Kimura), Akiresken-gatame (Straight Ankle Lock),
Hiza-juji-gatame (Kneebar)

Note 3: Permissible chokeholds are limited to the following 5 types:

Hadaka-jime (rear naked choke), Juji-jime (cross choke)
Okuri-eri-jime (sliding collar choke), Kata-ha-jime (single wing choke),
Sankaku-jime (triangle choke)

Art. 34. Athletes will be divided into the following categories, depending on the athlete's weight in kilograms.

Male:

- (1) 48kg and under
- (2) 58kg and under
- (3) 68 kg and under
- (4) 78 kg and under
- (5) 88 kg and under
- (6) Over 88kg

Female

- (1) 43kg and under
- (2) 53kg and under
- (3) 63kg and under

SECTION 5 – JUDGES

Art. 35. The judges team is a 5-person team composed of 1 CHIEF REFEREE, 1 DEPUTY CHIEF REFEREE and 3 CORNER JUDGES.

Art. 36. In addition to the judges team, 1 Auditor shall supervise the matches.

Art. 37. The Auditor shall not take part in decided the outcome of the matches, but have the following roles.

- (1) Address queries from the referees such as confirming the number of NEWAZA periods.
- (2) Advice to the chief referee with regards to fouls (such as attacks to prohibited areas of the body) or prohibited behaviors
- (3) Seeking intervention from tournament doctor (power shared with the chief referee and the deputy chief referee)
- (4) Advise and correct situation where judges have used the wrong flag
- (5) Other cases where Auditor's intervention is deemed necessary

Art. 38. The Chief Referee is located in the fight area and is responsible for the progress of the match and the determination of its outcome.

Art. 39. The Deputy Chief Referee assists the Chief Referee. They both supplement each other in observing the athletes, compensating each other's blind spots, to derive a fair and accurate judgment.

Art. 40. Corner Judges shall alert in case of effective technique, foul or exit from the fight area happening in the chief referee or deputy Chief Referee's blind spot.

Art. 41. All judges have a responsibility to ensure athletes compete in a safe and fair environment.

Art. 42. Judges are fully responsible to determine the outcome of a match.

Art. 43. The Chief Referee commands he start ("HAJIME"), interruptions ("MATE"), continuation ("ZOKKO") and end ("YAME") of each round.

- Art. 44. The Chief Referee interrupts the match by the command "MATE" and takes the appropriate measures in the following cases:
- (1) One or both athletes have exited the fight area.
 - (2) An athlete commits or attempts to commit a prohibited action.
 - (3) An athlete is hurt or injured.
 - (4) To order athletes to adjust their dogi or equipment.
 - (5) In other cases when the judges deem necessary.
- Art. 45. The Chief Referee, Deputy Chief Referee and Corner Judges shall indicate their judgment of YUKO, KOKA, WAZA-ARI, IPPON, foul, exit of fight area and decision as to the outcome by the appropriate gestures.

SECTION 6 - SECONDS

- Art. 46. Each athlete must have 1 or 2 seconds to assist them in each match.
- Art. 47. The seconds come with the athlete at each match, give them instructions during the fight and provide advice during intervals.
- Art. 48. When an athlete is led by 4 points and they show intent to carry on the match, their second is responsible to determine whether the damage accumulated is such that the athlete may continue or whether they should stop.
- Art. 49. The second is responsible for providing the athlete's medical certificates when so required by the chief referee.
- Art. 50. The second may assist their athlete in putting on their headgear before each round.
- Art. 51. The seconds must wear the designated jackets identifying them as such and sit in the designated second seats.
- Art. 52. While seconds can encourage and cheer their athletes during the match, they must do so with restraint. Behavior such as standing up, striking the mat, criticizing judgement, arguing or verbally abusing the judges or opponent is prohibited.
- Art. 53. Seconds may not assist their athlete during intervals.
- Note 1: in the above, assistance includes, treatment of injury, massage, supply of drinks or food.
- Note 2: in note 1), drinks extend to both drinks provided by the tournament organization and others.
- Art. 54. Violation of rules by seconds will be considered to be violations by the athletes, who may be penalized as such.

SECTION 7 – TOURNAMENT DOCTOR

- Art. 55. Every fight area will have at least one tournament doctor on duty.
- Art. 56. When an athlete has received a strong shock to the head or back (spine), or when the Chief Referee judges the athlete may be injured, the Chief Referee calls the tournament doctor for advice. The tournament doctor shall attend to the athlete promptly and advise the Chief Referee as to whether the match can resume or should be stopped.
- Art. 57. When an athlete is bleeding, the Chief Referee shall seek the tournament doctor's advice. The athlete will not be allowed to resume fighting until the bleeding has been stopped.
- Art. 58. In addition to the Chief Referee, the Deputy Chief Referee and the Auditor may seek the tournament doctor's intervention.

SECTION 8 - THE MATCH

Art. 59. The outcome of a match can take one of the 3 following forms, decided by a majority of judges (at least 3 out of 5 judges).

- (1) Immediate victory (IPPON-GACHI). Immediate victory may also be obtained by reaching a total of 8 points by accumulation of YUKO, KOKA, WAZA-ARI, or through penalties given to the opponent.
- (2) Victory by decision (HANTEI GACHI) :
 - a. If one of the athletes is leading by point count, noting that WAZA-ARI is worth 4 points, YUKO 2 points, KOKA 1 point, and foul (HANSOKU) results in the opponent being awarded 1 point each time.
 - b. Based on the contents of the fight.
- (3) Disqualification or forfeit of the opponent

Note 1: For decision based on points, the side with the more points wins, including points obtained as a result of penalty to the opponent.

Note 2: In case the point count is the same, the side with higher-value points wins (WAZA-ARI > YUKO > KOKA). The higher-value points are called "Big Point".

Art. 60. IPPON is given in the following cases. It is worth 8 points.

- (1) The opponent is down for 2 seconds or more.

Note: The match ends after a single knockdown equivalent to a "WAZA-ARI" or higher. The judgment between "WAZA-ARI" and "IPPON" is made depending on the duration of the knockdown.
- (2) Even if not down, the opponent is unwilling to fight for 4 seconds or more.
- (3) The opponent is not down or unwilling to fight but received a series of Strike & Kick for more than 4 seconds without responding.
- (4) The opponent is not down or unable to fight, but after WAZA-ARI was called by the chief referee or indicated by 3 flags, they either go down or turn their back and escape out of the fight area.
- (5) The opponent is caught in an effective joint lock or choke and either signals they surrender - verbally (by saying "MAITTA" or "STOP") or by tapping out (tapping with the hand at least twice in rapid succession the mat, their opponent or themselves) - or lose consciousness.

Note 1: Or when the Chief Referee deems the ball to be in a pinch. This also includes a deemed decision by three or more corner judges.

Note 2: For the designated joint locks and chokeholds, refer to Article 66, 2 and 3.

- (6) When the athlete has accumulated 5 points through WAZA-ARI, YUKO, KOKA or penalties given to their opponent.
- (7) Regardless of whether a knockdown occurs, the referee team may stop or end the match if they judge the situation to be dangerous.

Note 1: On the above "down" refers to the athletes touching the mat with any body part (hand, elbow, knee, buttocks, etc.) other than the sole of the feet due to damage incurred from the opponent's attack or as a consequence of their own attack. In U16 category, a single knockdown (WAZA-ARI) or a cumulative 5 points in the match results in termination of the bout.

Note 2: Unwillingness to fight is the state where the athlete does not show any attempt to defend or attack.

Note 3: "Strike" (DAGEKI) means strikes from the upper limbs (punches, elbow strikes, head-butts, palm strikes, back-hand, etc.) and from the lower limbs (kicks and knees).

Note 4: "Strike & Kick" (KAGEKI) includes all kicks, in addition to the Strike.

Note 5: "Attack" (KOGAKI) includes throwing techniques, ground techniques, choking techniques, joint techniques, in addition to Strike & Kick.

Art. 61. WAZA-ARI is given in the following cases. It is worth 4 points.

- (1) The opponent is down for less than 2 seconds.

Note 1: The match ends with one down equivalent to or greater than WAZA-ARI, but the judge will decide whether it is WAZA-ARI or IPPON depending on the length of the downtime.

Note 2: Depending on the degree of impact, it may also be considered "YUKO."

Note 3: The Chief Referee shall prioritize the safety of youth athletes who are still in the growth stage, and if a knockdown or significant damage is observed, the match may be stopped earlier than in the general division.

- (2) Even if not down, the opponent is unwilling to fight for more than 2 seconds and up to 4 seconds.
- (3) The opponent is not down or unwilling to fight but received a series of Strike & Kick for more than 2 seconds and up to 4 seconds without responding.
- (4) The opponent is not down or unable to fight, but after YUKO was called by the Chief Referee or indicated by 3 flags, they either go down or turn their back and escape out of the fight area.

Art. 62. YUKO is given in the following cases. It is worth 2 points.

- (1) A knockdown is, in principle, judged as "WAZA-ARI" or higher, but depending on the degree, it may also be considered "YUKO."

Note: The Chief Referee shall prioritize the safety of youth athletes in their developmental stages, and if a knockdown or damage is confirmed, the match shall be stopped earlier than in the adult division.

- (2) Even if not down, the opponent is unwilling to fight for up to 2 seconds.
- (3) When a kick to the head (or mainly the head) lands, with enough force.
- (4) When a kick or strike to the midsection or lower body causes damage that is recognized even through protective gear.
- (5) When there is neither knockdown nor loss of will to fight, but 4 to 6 effective attacks are delivered one-sidedly.
- (6) The opponent is not down or unable to fight, but after KOKA was called by the Chief Referee or indicated by 3 flags, they either go down or turn their back and escape out of the fight area.

Art. 63. KOKA is given in the following cases. It is worth 1 point.

- (1) KOKA given following a strike to the body or legs:
When a strong strike lands accurately on an unguarded upper, middle, or lower part of the opponent's body, even if it is a single blow.
- (2) KOKA given following a throw:
The throw is clear and strong, and it is judged that in the absence of the mat, the opponent would have incurred damage. "Clear" means that the athlete performs the throw without losing good posture and with vigor.

Note : Permitted throws are limited to tackles, foot sweeps, Ouchi-gari (major inner reap), Kosoto-gari (minor outer reap), Ko-uchi-gari (minor inner reap), and Sasae-tsurikomi-ashi (propping lifting foot sweep).

- (3) KOKA given following KIME (see Art. 65 on KIME):
In the following situations, the athlete performs the KIME movements while they are standing, or standing back up after throwing, and their opponent is down:

- after throwing the opponent
Note : If the opponent is spun or dragged down and a "kime" (finishing move) is applied afterward, it will not be recognized as effective.
- after stopping a tackle
- when the opponent goes into turtle position

(4) KOKA given in NEWAZA (ground fight)

The athlete directs 4 or more non-contact (SUNDOME) strikes from the upper limbs (punches or elbow strikes) to the upper body of the non-defending opponent, when in mounted position or controlling the opponent with the knee. To be counted as effective, the 4 or more strikes must be given in rapid succession, indicatively within the time of a breath exhalation.

Note 1: in the above, mounted position means a position where the athlete sits with the opponent between the legs, while their own leg are not entangled by the opponent's leg. The opponent may be facing up, down or be on their side.

Note 2: KOKA from KIME in NEWAZA can be given only once every 30 seconds within a ground fighting phase.

(5) For Strike & Kick as defense against tackle attempts, see Art.67.

(6) The following table summarizes the rules pertaining to KOKA, YUKO, WAZA-ARI and IPPON.

Effectiveness type of technique	KOKA (1 point)	YUKO (2 points)	WAZA-ARI (4 points)	IPPON (8 points)
The opponent is down either due to attack from the athlete, or self-inflicted damage when attempting to attack	A down is, in principle, considered to be "WAZA-ARI" or higher, but depending on the degree, it may also be judged as "YUKO".		down for up to 2 seconds	down for 2 seconds or more
The opponent is incurring damage but no down either due to attack from the athlete, or self-inflicted damage when attempting to attack	A single, powerful kick that accurately strikes an unguarded upper, middle, or lower area.	the opponent is unwilling to fight, or receives a series of Strike & Kick without responding for up to 2 seconds.	the opponent is unwilling to fight, or receives a series of Strike & Kick to the head without responding for more than 2 seconds and up to 4 seconds.	the opponent is unwilling to fight, or receives a series of Strike & Kick without responding for more than 4 seconds.
	See Art. 70, Note 4			
Clear and strong throw	Without KIME: KOKA 1, followed by KIME: KOKA 2			
KIME when the opponent falls or was thrown	KOKA 1			
Punches from the mounted position	See Art. 63, point 4	————	————	See Art. 60, point 5

The first time an offense is committed, a warning ("KEIKOKU") is given. Warnings have no impact on points.	At the second occurrence of a prohibited behavior (either the same or not) in the same match, a penalty (HANSOKU 1) is given, and the opponent receives 1 point.	At the third occurrence, a second penalty (HANSOKU 2) is given resulting in the opponent receiving 2 points.	At the fourth occurrence, a third penalty (HANSOKU 3) is given, and the athlete is disqualified.	-----
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Note 1: the attribution of KOKA, YUKO, WAZA-ARI, IPPON following Strike & Kick depends on how long the effect is lasting.

	Up to 2 seconds	More than 2 and up to 4 seconds	More than 4 seconds	
Opponent is down	WAZA-ARI (or YUKO)	IPPON		
Opponent is not down	YUKO	WAZA-ARI	IPPON	
The opponent goes down equivalent to "YUKO" during a series of attacks, or turns their back and escape out of the fight area	See. Art. 62 point 6	See. Art. 61 point 4	See. Art. 60 point 4	

Note 2: even if KOKA or YUKO are called, the athlete should not stop their attack until the Chief Referee gives the command MATE. By continuing the attack, the athletes may obtain YUKO, WAZA-ARI and IPPON.

Note 3: as punches and kicks cannot be immediately stopped when launched, the athletes shall not stop to protect themselves even if the Chief Referee commands MATE or YAME. To the extent it does not result from an attack voluntarily launched after the command to stop, damage incurred will be taken into account in the judgement.

Art. 64. When standing, the athletes can grab their opponents for up to 5 seconds.

- (1) The action of grabbing ("TSUKAMI") means holding the opponent's dogi sleeve, lapel, hem, arm, leg, pushing/pulling with the palm, hooking, etc. to prevent the opponent's actions or to make them lose balance.
- (2) Strikes to the upper level while holding the opponent are only permitted in the form of roundhouse kicks (including spinning heel kicks).
- (3) The clinch is considered to be part of TSUKAMI.
- (4) Below, TSUKAMI and KUMIWAZA are used interchangeably, to describe moments when one or both opponent is holding onto their opponent's body or dogi while standing.
- (5) When due to TSUKAMI the athlete's uniform is not in order, they will promptly (within about 10 seconds) rearrange it at the instruction of the Chief Referee.

Art. 65. The KIME movement refers to the action of simulating strikes towards the fallen down opponent's upper body. The KIME must be executed at appropriate distance to show the athletes could carry an actual attack, and can make use of straight punches, elbow strikes, kicks in a consecutive series of 2 or more. However, in the U16 category, a KIME (finishing move) will only be recognized as "effective" if it is performed on an opponent who has been

thrown using one of the designated throwing techniques.(Refer to the note under Article 61, Paragraph 2 for the five permitted throwing techniques.)In the above fall down means, regardless of the cause (deliberate action, accident , etc. included), touching the mat with any body part (hand, elbow, know, hips, etc.) other than the sole of the foot.

- (1) In the case of U16, a falling down means a situation in which any part of the body other than the soles of the feet (such as the hands, elbows, knees, or buttocks) touches the tatami (mat) as a result of a designated throwing technique.
- (2) Following a clear and strong throw (which in the absence of protective Tatami (mat) would have resulted in damage), KIME directed to the thrown opponent will be given 2 KOKA, as a combination of a throw and a KIME.
- (3) If the fallen down opponent defends themselves from the ground / bottom, so that there would not be 2 or more effective simulated strikes, no KOKA is given.

Note: Kicking the head from the front with a linear motion kick such as a front kick, side kick, back kick, or knee kick is considered a foul (see Art. 72, 2).

- (4) If the fallen down opponent defends themselves from the ground / bottom and the standing athlete incurs damage as a result, the opponent may be given points depending on the effectiveness of the attack.
- (5) If the athlete loses balance while designated throwing, or goes to the ground together with their opponent, the mere fact to quickly stand up on their feet and do the KIME movement while not be considered effective. Likewise doing KIME while staying in the same position following a foot sweep ("ASHI BARAI") will be considered affective.
- (6) KOKA can be given only once in the same action / for the same KIME.

Art. 66. Joint locks and chokes are allowed only during ground fight (NEWAZA)

- (1) NEWAZA is a state when one of the opponents is touching the mat with any body part (hand, elbow, know, hips, etc.) other than the sole of the foot.
- (2) Permitted joint lock techniques are limited to the following seven types:
Ude-hishigi (including juji-gatame, Hiza-gatame, Waki-gatame, Ude-gatame, Hara-gatame), Ude-garami, and Akiresken-gatame (see Appendix for details).
- (3) Permitted choking techniques are limited to the following five types:
Hadaka-jime, juji-jime, Okuri-eri-jime, Kata-ha-jime, and Sankaku-jime (see Appendix for details).
- (4) NEWAZA is allowed once, for a maximum of 30 seconds each time(initial round and extension).
- (5) In ground fighting situations (NEWAZA), neither the top nor the bottom athlete is allowed to deliver strikes.

Note 1: "Strikes" in this context refer to direct contact techniques; therefore, techniques such as non-contact (pulled) strikes used to control the opponent while mounted or while pinning with the knees are not included.

Note 2: Striking is only permitted to prevent the opponent from executing a kime (submission technique) from a standing position more than once.

Note 3: For details on prohibited strikes, refer to the note under Art. 65, 3.

Art. 67. In addition to the five designated "throws," tackles to transition to NEWAZA are recognized as a type of technique that causes the opponent to fall. (For the five types of throws, see the note in Art. 63, 2.)

- (1) Tackle is considered an attack.
- (2) In response to a tackle, only the initial strike is permitted to target areas other than the head with kicks. Additionally, strikes to areas other than the head are allowed. If, as a result of such strikes, the opponent releases their grip with both hands or touches the floor, or if there is an overall sign of collapse or lack of resistance (including the state of the hold), it will be considered a "down." (For prohibited acts, see Art. 72, 2.).
- (3) When one of the opponents is touching the mat with any body part (hand, elbow, knee, hips, etc.) other than the sole of the foot and grabs the standing opponent to attack them, the standing opponent is allowed to strike back. For prohibited behaviors, see Art. 74. Point 2.

Art. 68. Rules applying to disqualification / forfeit are as follows.

- (1) When an athlete is disqualified due to prohibited behavior in the sense of Art 72 and including delayed disqualification, their opponent is granted 4 points.
- (2) When an athlete forfeits during a match due to an injury or accident, their opponent is granted the higher of the points they have won in the action, and 4 points (equivalent to WAZA-ARI).
- (3) When an athlete forfeits before the fight to the Chairman of Referees, their opponent is given 4 points.
- (4) If the winner of a match forfeits before the following match, if the winner and Chairman of Referees so approves, their losing opponent can be given the chance to advance to the following match. In such case, the new opponent is given 1 point.

SECTION 9 – DECISIONS

Art. 69. Judges grant KOKA, YUKO, WAZA-ARI and IPPON depending on the degree of damage the incurred by the opponent as the result of the athletes' attacks.

Art. 70. Criteria for judgment are summarized below.

Initial Round		Extensions
<ol style="list-style-type: none"> 1) If at least one of the opponents has 2 points or more and there is a difference in the point count, the athlete with the higher point count wins. 2) If both opponents have two or more points, and the same point count, the side with the higher value points wins (WAZA-ARI, YUKO > KOKA. For instance, 4 points from 1 WAZA-ARI wins over 4 points obtained through an accumulation of YUKO and KOKA). 3) If a decision can still not be made, the side with the lower number of penalty wins. 4) Regardless of the contents of the match, if both athletes have 1 point or less, it will not be enough to determine the outcome, which be left to the judges' decision and will either be a victory for the athlete with the higher number of point, or an extension (the athlete with the higher number of point cannot lose the match). 	<p>30 seconds rest between rounds</p>	<ol style="list-style-type: none"> 1) The athlete with the more point accumulated at the end of the initial round and extension wins (even by 1-0). 2) If the point count is the same, the side with the higher value points wins. 3) If a decision can still not be made, the side with the higher number of points won in the extension wins. 4) If a decision can still not be made, the side with the lower number of penalty accumulated during the initial round and the extension wins. 5) If a decision can still not be made, the side with warning (KEIKOKU) during the initial round and the extension loses. 6) If a decision can still not be made, the outcome is decided by judges' decision. <ol style="list-style-type: none"> a. In accordance with Art. 73, the side with the most effective techniques won by, in order of precedence, Strike & Kick > throws > NEWAZA, wins. b. If a decision can still not be made, the side who dominated the second half of the extension wins. <p>A decision must be reached in any case. No further extension is allowed.</p>

Note 1: in the above, "Strike & Kick" shall mean strikes from the upper limbs (punches, elbow strikes, head-butts, palm strikes, back-hand, etc.) and from the lower limbs (kicks and knees).

Note 2: when an athlete is being led by 3 points, out of safety reason the Chief Referee will interrupt the fight and check with the second whether the athlete can continue, even if the athlete themselves shows a willingness to do so. Therefore, it is imperative that all athletes have a least one second to assess their ability to keep fighting.

Note 3: if following the situation described in note 2, an athlete is then being led by 4 points or more, the Chief Referee will form an opinion as to whether the athletes can carry on or not. If the Chief Referee decides that the athletes must stop, the point count stays as it is and the opponents is declared winner by WAZA-ARI.

Note 4: in case of accident or injury during the match, the following applies.

- If the athlete shows no willingness to fight, their opponent is given YUKO, WAZA-ARI, then IPPON. Times are in accordance with Art. 63, point 6.
- In case of bleeding, the Chief Referee suspends the fight and calls the tournament

doctor. The time needed to stop the bleeding will be considered as interruption of the match (subject to Art. 72, point 7).

Art. 71. In case there is no difference in point count or penalty count as shown in Art. 69, dominance shall be assessed by giving precedence, in that order, to the following actions.

- (1) Number of strikes & kicks whether in isolation or combination.
- (2) If (1) above is not sufficient to determine dominance, number of designated throws.
- (3) If (2) above is not sufficient to determine dominance, intensity/effectiveness of ground fights.

Note: judgement rendered under this article is clearly shown by the Chief Referee, Deputy Chief Referee, and judges' flag when decision is ("HANTEI") is announced. During the match, no assessment of dominance is made.

SECTION 10 – PROHIBITED BEHAVIORS

Art. 72. The following behaviors are prohibited. At first occurrence, they receive a warning (KEIKOKU), then penalties (HANSOKU).

Note 1: At first occurrence if a prohibited behavior, a warning (KEIKOKU) is given. At the second occurrence of a prohibited behavior (either the same or not) in the same match, a penalty (HANSOKU 1) is given, and the opponent receives 1 point. At the third occurrence, a second penalty (HANSOKU 2) is given resulting in the opponent receiving 2 points. At the fourth occurrence, a third penalty (HANSOKU 3) is given, and the athlete is disqualified.

Note 2: for the purpose of determining the 3rd and 4th ranks, or in the case of an absolute tournament the 5th to 8th ranks, an athlete winning a fight because their opponent are disqualified will be counted 4 points.

Note 3: in case a prohibited behavior is deliberate or causes great damage, a penalty (HANSOKU 1) can be given at the first occurrence. In that case the opponent receives a point.

Note 4: in case a prohibited behavior is particularly malevolent deliberate or causes particularly great damage, the Chairman of Referees and Deputy Chairman of Referees may decide to give HANSOKU 2 (2 points to the opponent) or even HANSOKU 3 (4 points to the opponent and disqualification of the athlete) even at the first occurrence.

Note 5: an athlete having incurred damage as a consequence to their opponent's prohibited action will not be allowed to fight immediately. After being given time to rest, they may resume fighting after 2 matches, if they, their seconds and the Chief Referee agree.

Note 6: if the tournament doctor rules that an athlete having incurred damage as a result of their opponent's prohibited action cannot resume fighting even after resting for the time of two matches, their opponent will be disqualified. However, if there is no doubt that the action was unintentional and the Chairman of Referees and Judge Team assesses that author of the prohibited actions is sincerely sorry, they may exceptionally be allowed to resume fighting at the next match. In that case, their new opponent receives 2 points.

Note 7: Refer to Art. 60 Note 3 to 5 for the meaning of Strike, Strike & Kick, and Attack.

(1) Prohibited attacks

- Further attack (including strikes, throws, NEWAZA) to the opponent when they are down corresponding to WAZA-ARI or more.

- Any attack to the spine, regardless whether when standing or in NEWAZA

Note 1: Attacks that stress the spine, such as strongly bending or twisting it are considered particularly vicious attacks.

Note 2: Grabbing the opponent's head in NEWAZA is only allowed if it is not considered a choke or an attack on the cervical spine.

(2) Prohibited Strike & Kick.

- Strikes to the head
- Strike & Kick to the back of the head
- Strike & Kick to the top of the head
- Strike & Kick to the throat
- Strike & Kick to the kidney
- Kicking to the front or side of the knee joint

Note : It is allowed to strike to the back of the knee in the direction of natural flexion of the joint.

- Striking the head with techniques other than roundhouse kicks or spinning roundhouse kicks, regardless of whether the opponent is grabbed.

Note: Kicks with a straight trajectory (such as front kicks, side kicks, back kicks, or knee strikes) that strike the head from the front are considered fouls.

- Jumping kicks performed with a running start.
- Strike & kick to the groin
- Any strikes during ground fighting (NEWAZA) are prohibited.

Note 1: However, if one competitor has fallen and the standing opponent is approaching to attempt a kime or ground technique, it is permitted for the downed athlete to use a kick to prevent it. If this kick causes damage, it may also be considered in the scoring (see Article 65, Paragraph 4).

Note 2: Even in such cases, kicking the opponent's face directly from the front is not allowed (see the note under Article 65, Paragraph 4).

- Kicks to an opponent attempting a tackle are permitted only as a single initial strike to areas other than the head; any additional kicks beyond the first are prohibited.
- A strike by the athlete who stands up first during ground fighting (NEWAZA) against an opponent attempting a tackle or a technique from below is considered an illegal kick. However, a delayed strike to areas other than the head is permitted. This time is considered part of the ongoing ground exchange, and the timer shall continue without reset.
- When only one of the opponents is standing, any Strike & Kick to the bottom athlete unless they show intent to tackle or attack.

(3) Prohibited action when grabbing the opponent's dogi or body (TSUKAMI)

- Grabbing the opponent's dogi or body for the purpose of striking, throwing, tackling, etc. for more than 10 continuous seconds.
- Grabbing any piece of protective gear (headgear, body protector, fist guards, leg guards, foul cup), hair, throat, groin.

Note: Clinching with the arms around the headgear, for instance for the purpose of using knee strikes, is allowed.

(4) Prohibited actions when throwing

- Throws other than ashi-barai (foot sweep), o-uchi-gari, ko-soto-gari, ko-uchi-gari, sasae-

tsurikomi-ashi, and tackles.

Note: Techniques such as o-soto-gari and any throws with a strong forward dropping motion (e.g., neck throws, seoi-nage, tai-otoshi, harai-goshi) are considered violations even if not completed, once the throwing motion has been initiated.

- Either voluntarily or by negligence, actions to throw in such a manner that it results in important damage to the head or spine (for instance to the extent the opponent cannot immediately stand back up)

Note 1 : Even if the opponent resists the throw and fall on their head or face, the action is considered prohibited.

Note 2 : If the opponent clinches the attacking athlete's body to avoid being thrown and ends up falling on the head or face, the opponent too is deemed to have done a prohibited action.

- Even in the absence of damage, throws causing the opponent to first connect with the mat with the head or back to head without ending up on their back.

Note 1: Throws that pose a high risk of causing serious damage to the head or cervical vertebrae - such as backdrops - will be considered particularly malicious violations, even if the throw is not completed and only the motion is initiated.

Note 2: A throw where the torso connects last with the ground due to the natural rotation of the body are allowed.

- Even in the absence of damage, a throw flinging the head or face of the opponent connecting first with the mat.

Note 1: Dangerous actions that could cause significant damage to the head or cervical spine - such as forcefully pulling the opponent into groundwork from a standing position in a manner that causes the top of the head to hit the mat (as in a guillotine choke), or throwing the opponent backward while maintaining a choke - will be regarded as particularly malicious violations, even if the throw is not executed and only the motion is initiated.

Note 2: If the opponents cannot be thrown and lands by themselves on the head or face, there is no foul.

Note 3: A throw where the torso connects last with the ground due to the natural rotation of the body are allowed.

- Deliberately or not, any throw where the whole body weight is applied to the opponent and may cause serious damage to the chest or abdomen (for instance to the extent the opponent cannot immediately stand back up)

Note 1 : Even if the opponent resists the throw and ends up having the athlete's body weight on them, the action is considered prohibited.

Note 2 : If the opponent clinches the attacking athlete's body to avoid being thrown and ends up with the athletes weight falling on them, the opponent too is deemed to have done a prohibited action.

- Even if no damage is inflicted, actions that involve throwing by dropping one's body weight onto the opponent will be considered violations. In particular, wrapping or rolling techniques (makikomi) will be regarded as especially malicious violations even if the throw is not executed and only the motion is initiated .

(5) Prohibited actions when applying chokes or joint locks.

- Any joint locks or chokes other than the five permitted choking techniques and the seven permitted joint lock techniques.

Note: Permitted joint locks and chokes are strictly limited to their standard forms as defined in the rules. Even if the technique is among the permitted types, applying it in a modified or altered form is considered a foul.

- Hiza-juji-gatame (Knee bar).
- Any manipulation / lock of the knee or ankle using rotation of the heel or grasping the toe.

Note: E.g. heel hold, ankle hold.

- Any choke or joint lock finished when standing.

Note: starting the choke or lock when standing and finishing (locking) after bringing the fight to the ground (NEWAZA) is allowed.

- Using the body weight to apply a joint lock when standing.

(6) Prohibited behavior pertaining to combativeness.

- Deliberately and continuously turning one's back to the opponent, not attacking for 30 seconds or more, or other expression of lack of engagement in the match.
- Whether standing or in NEWAZA, exiting the fight area to escape the opponent's attacks.

(7) Behavior causing interruption to the match.

- Interruption of the match without valid reason, for the purpose of recovering from damages or resting such as interacting with the Chief Referee, retie one's belt on purpose, re-arranging one's dogi or equipment without being instructed to do so, spitting out one's mouth piece, spending more than 10 seconds to re-arrange one's dogi when ordered, etc.
- Not showing up ready immediately when called for a match. A warning (KEIKOKU) will be given to athletes not present at the call. After 30 seconds, if the athlete still is not present they will get a penalty (HANSOKU 1), then at 40 seconds another penalty (HANSOKU 2), then at the 50 second mark will be disqualified.
- In case an athlete is bleeding or get injured during a match and medical assistance is needed:
 - After 2 minutes of treatment time the athlete gets a warning (KEIKOKU).
 - At 2 minutes 10 seconds, the athlete gets a penalty (HANSOKU 1, giving 1 point to their opponent)
 - At 2 minutes 20 seconds, the athlete gets another penalty (HANSOKU 2, giving 2 point to their opponent)
 - At 2 minutes 30 seconds, the athlete gets another penalty (HANSOKU 3) and is disqualified.

Note: treatment time is counted from the moment the tournament doctor touches the athlete until the athlete is ready to resume the match with their headgear back on.

(8) Prohibited behavior pertaining to attire and equipment.

- Any breach to the requirements in terms of attire and equipment.

Note 1: In case of multiple breaches with regards to the appropriate wearing or using of foul cup, dogi, bib, mouthpiece, body protector, fist guards, leg guards or belt holder, the penalties will not accumulate. However, if the start of the match must be delayed in order for the athlete to fix the issues, the rules described in Art.72, point 7 on athletes not showing up ready at the call of the match will apply.

Note 2: An athlete's bib falling during a match due to not being affixed as directed by the organizers is a violation of the rules.

- Usage of taping or protective equipment (other than allowed by the rules) not allowed by the tournament medical staff.

Note : If because of the above the start of the match is delayed, the rules described in Art.72, point 7 on athletes not showing up ready at the call of the match will apply.

- Usage of hand-wraps other than the approved ones, or usage of approved hand-wraps on which liquid was used to make them wet, usage of excessive taping, or insertion of an object such a padding in the hand-wrap.

Note : If because of the above the start of the match is delayed, the rules described in Art.72, point 7 on athletes not showing up ready at the call of the match will apply.

- Headgear not being tied by laces at the appropriate two points (upper and lower).

Note 1: If because of the above the start of the match is delayed, the rules described in Art.72, point 7 on athletes not showing up ready at the call of the match will apply.

Note 2: Even if the headgear is tied in two points, if during the match the headgear does not stay in place and it is assessed that it is due to it not being properly or firmly tied, the second time it happens a warning (KEIKOKU) will be given to the athlete. If it happens a third time, a penalty (HANSOKU I) will be given. However if the headgear did not stay in place due to the opponent grabbing it, the above will not apply.

(9) Prohibited behavior pertaining to seconds

- The second(s) are no or do not stay seated at the designated seats during the match.

Note 1: If because of the above the start of the match is delayed, the rules described in Art.72, point 7 on athletes not showing up ready at the call of the match will apply.

Note 2: Violation of rules by seconds will be considered to be violations by the athletes, who may be penalized as such. Penalties so incurred will be added to the athletes penalty count.

- The second(s) are not able to provide the athlete's medical certificate when so required by the Chief Referee.

Note : If because of the above the start/restart of the match is delayed, the rules described in Art.72, point 7 on athletes not showing up ready at the call of the match will apply.

- The second(s) have a discourteous attitude such as going away from their designated seats during the match, slapping or hitting the mat, criticizing or antagonizing the athletes or judges, raising their voice beyond reasonable, etc.

(10) Other prohibited behavior

- Hindering breathing by covering the holed part of the headgear's visor.
- Scratching with the fingernails, grabbing, pinching, twisting the skin.
- Putting fingers in the opponent's body orifices.
- Not obeying judges' instructions, or aggressing the judges either verbally or physically.
- Criticizing or arguing of the judges' decisions by the athletes or second.
- In addition to the above any action deemed particularly vicious or inadequate by the judges.
- When actual weight at the time of checking by the tournament organizer exceeds the weight declared at registration.

- If the excess is less than 1kg the athlete gets a warning (KEIKOKU).
- If the excess is 1kg or more, but less than 2kg, the athlete gets a penalty (HANSOKU 1, giving 1 point to their opponent)
- If the excess is 2kg or more, but less than 3kg, the athlete gets a penalty (HANSOKU 2, giving 1 point to their opponent)
- If the excess is 3kg or more the athlete gets a penalty (HANSOKU 3) and is disqualified.

Art. 73. When techniques or behaviors that have not been observed in the past or are not subject to the rules herein, they will be assessed from the stand-point of safety, BUDO spirit and sportsmanship, under the condition that at least 3 of the following parties agree on whether they are acceptable or not: chairperson of the tournament organizing committee, chairperson of the review committee, Chairman of Referees, Tournament Auditor, Chief Referee.

At a later stage, the decision will be discussed and integrated to the rules as deemed necessary.

SECTION 11 – MISC.

Art. 74. In addition to athletes, seconds must abide by KIF Anti-Doping Code.

The original language of this document is Japanese. The English version is a translation provided for reference. In case of inconsistency or conflict of interpretation between versions, the Japanese version shall prevail.