








Specific rules and equipment in FULLCONTACT COMBAT

Age category	Protective equipment	Specific rules in each category
<p>Boys / Girls Age 8-9 years</p> <p>Older kids Boys / Girls Age 10-11 years</p> <p>Younger cadets Male / Female Age 12-13 years</p>	<p>Required:</p> <ul style="list-style-type: none"> • helmet with visor (blue, red) • kids gloves 8 oz (blue, red) • groin guard (male) • Foot and shin protectors (blue, red) • mouth guard     	<ul style="list-style-type: none"> • Competitors in the 8-13 age group must perform half-contact strikes. • Permitted TE WASA hand punches: <ul style="list-style-type: none"> - punch from the bottom up – Ura Age Tsuki - a blow to the back of the fist – Uraken Uchi - punch straight – Oi Tsuki in Gyako Tsuki - a semicircular punch – Mawashi Tsuki • Permitted GERI WASA foot techniques: <ul style="list-style-type: none"> - direct kicks – Mae Geri - direct kicks with a turn back – Ushiro Geri - half circular kicks from the side – Mawashi Geri - circular kicks – Ushiro Mawashi Geri - kicks from top to bottom with heel – Age Kakato Geri - wrapped kicks with the instep of the foot – Uchi Haisoku Geri - side kicks – Yoko Geri - semicircular kicks with the inside of the foot - Ura Mawashi Geri – Kake Geri - kicks in the jump – Tobi Geri, Kaiten Geri • Scoring techniques: <ul style="list-style-type: none"> - Hand punch to the head = 1 point - Hand punch to the body = 1 point - Kicks to the legs = 1 point - Kicks to the body = 2 points - Kicks in the head = 3 points - Tobi geri techniques in body = 2 points - Tobi geri techniques in head = 3 points - Clearing and throwing the opponent = 1 point - Hitting the opponent on the ground = max 3 points • Technique that is partially removed or blocked or just touches, crawls, or pushes an opponent is NOT scored • Penalties for violating HANZAI rules will be imposed for the duration of the fight: HANZAI <ul style="list-style-type: none"> 1th offense - internal warning of the Chief Judge - verbal reprimand 2nd offense - Chief Judge's warning - CHUI 3rd offense - Chief Judge's warning Judge - HANSOKU CHUI 4th offense - Chief Judge's warning - HANSOKU = DISQUALIFICATION • Penalties for exiting JOGAI from the battlefield will be imposed for the duration of the fight: JOGAI <ul style="list-style-type: none"> 1th Exit - internal warning of the Chief Judge - verbal reprimand 2nd Exit - Chief Judge's warning - CHUI 3rd Exit - Chief Judge's warning - HANSOKU CHUI

		<p>4th Exit - Chief Judge's warning - HANSOKU = DISQUALIFICATION</p> <ul style="list-style-type: none"> • It is generally forbidden: <ul style="list-style-type: none"> - Attack on the neck, genitals, joints, groin, and on the back of the head or neck; - Attack with knee, elbow, blow to the head; - Turning the opponent, running, falling, deliberate clinching, blind techniques, wrestling and hitting under the belt; - Attack on an opponent when he is off the battlefield; - Leaving the battlefield without permission; - Continue after the STOP / YAME command or when the signal for the end of the fight has been given; • ASHI WASA - The opponent is allowed to trow, clean, and... on the ground it is allowed to hit the opponent with half the force of a blow with the hand of Tsuki Chudan - in the body. The opponent must stand on both feet while performing the blows, the feet must be on the tatami cushions at the same time • Knock down the head in this age category is NOT allowed; • The winner is the competitor who, after the end of the fight, collects the maximum number of victories of the point side judges (counter), or the winner / s determined by the judge's decision in the event of a tie after the second overtime; • Duration of the fight: <ul style="list-style-type: none"> - boys/girls: 1'30" – 30" - older boys/older girls: 1'30" – 30"; - younger cadets-male/female: 1'30" – 30".
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Age category	Protective equipment	Specific rules in each category
<p data-bbox="129 1043 320 1144">Older Cadets Male / Female Age 14-15 years</p> <p data-bbox="113 1223 320 1323">Younger Juniors Male / Female Age 16-17 years</p>	<p data-bbox="368 427 724 674">Required :</p> <ul data-bbox="368 461 724 674" style="list-style-type: none"> • helmet - white,blue or red • gloves 10 oz • groin guard (male) • Foot and shin protectors • Breasts protector (female) • mouth guard <div data-bbox="437 696 619 875"></div> <div data-bbox="432 887 628 1099"></div> <div data-bbox="421 1111 628 1312"></div> <div data-bbox="437 1335 608 1503"></div> <div data-bbox="456 1514 608 1659"></div> <div data-bbox="461 1682 608 1827"></div> <div data-bbox="480 1872 596 1962"></div>	<ul data-bbox="756 427 1406 2042" style="list-style-type: none"> • Competitors in the 14-15 and 16-17 age group must perform half-contact strikes ; • Permitted TE WASA hand punches: <ul data-bbox="756 551 1246 685" style="list-style-type: none"> - punch from the bottom up – Ura Age Tsuki - a blow to the back of the fist – Uraken Uchi - punch straight – Oi Tsuki in Gyako Tsuki - a semicircular punch – Mawashi Tsuki • Permitted GERI WASA foot techniques: <ul data-bbox="756 752 1390 1111" style="list-style-type: none"> - direct kicks – Mae Geri - direct kicks with a turn back – Ushiro Geri - half circular kicks from the side – Mawashi Geri - circular kicks – Ushiro Mawashi Geri - kicks from top to bottom with heel – Age Kakato Geri - wrapped kicks with the instep of the foot – Uchi Haisoku Geri - side kicks – Yoko Geri - semicircular kicks with the inside of the foot - Ura Mawashi Geri – Kake Geri - kicks in the jump – Tobi Geri, Kaiten Geri • Scoring techniques: <ul data-bbox="756 1178 1326 1469" style="list-style-type: none"> - Hand punch to the head = 1 point - Hand punch to the body = 1 point - Kicks to the legs = 1 point - Kicks to the body = 2 points - Kicks in the head = 3 points - Tobi geri techniques in body = 2 points - Tobi geri techniques in head = 3 points - Clearing and throwing the opponent = 1 point - Hitting the opponent on the ground = max 3 points • Technique that is partially removed or blocked or just touches, crawls, or pushes an opponent is NOT scored. • Penalties for violating HANZAI rules will be imposed for the duration of the fight: HANZAI <ul data-bbox="756 1659 1406 1850" style="list-style-type: none"> 1th offense - internal warning of the Chief Judge - verbal reprimand 2nd offense - Chief Judge's warning - CHUI 3rd offense - Chief Judge's warning Judge - HANSOKU CHUI 4th offense - Chief Judge's warning - HANSOKU = DISQUALIFICATION • Penalties for exiting JOGAI from the battlefield will be imposed for the duration of the fight: JOGAI <ul data-bbox="756 1951 1326 2042" style="list-style-type: none"> 1th Exit - internal warning of the Chief Judge - verbal reprimand 2nd Exit - Chief Judge's warning - CHUI

		<p>3rd Exit - Chief Judge's warning - HANSOKU CHUI 4th Exit - Chief Judge's warning - HANSOKU = DISQUALIFICATION</p> <ul style="list-style-type: none"> • It is generally forbidden: <ul style="list-style-type: none"> - Attack on the neck, genitals, joints, groin, and on the back of the head or neck; - Attack with knee, elbow, blow to the head; - Turning the opponent, running, falling, deliberate clinching, blind techniques, wrestling and hitting under the belt; - Attack on an opponent when he is off the battlefield; - Leaving the battlefield without permission; - Continue after the STOP / YAME command or when the signal for the end of the fight has been given; • ASHI WASA - The opponent is allowed to trow, clean, and... on the ground it is allowed to hit the opponent with half the force of a blow with the hand of Tsuki Chudan - in the body. The opponent must stand on both feet while performing the blows, the feet must be on the tatami cushions at the same time; • Knock down the head in age category 14-15 and 16-17 years is NOT allowed; • The winner is the competitor who, after the end of the fight, collects the maximum number of victories of the point side judges (counter), or the winner / s determined by the judge's decision in the event of a tie after the second overtime; • Duration of the fight: <ul style="list-style-type: none"> - Cadets – male / female: 2' – 1'; - Younger juniors – male/ female: 2' – 1';
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