

# **CONDENSED RULES**

## **Kumite**

### Scoring

Submission – instant win

10 points lead – instant win

Clean strike or flurry (atemi) – 1 Point

Dominating throw – 4 points

Non-dominating throw – 2 points

Clear hold-down – side position, top position and back control (5 seconds each) – 2 points

Clear escape from hold or the guard – 2 points

*Mouthguards, padded gloves and shin guards (including instep) must be worn. Semi contact strikes allowed from above the knee. Light strikes to the head are permitted. Strikes not permitted once grappling begins.*

**Prohibited techniques in all divisions:** Gouging, pinching, fish hooking, face locks, digital pressure to the face and neck, small joint manipulation, striking to the eye area, neck, groin, inner thigh, spine, knee or below the knee, locks or positions that put pressure on any part of the spine, particularly the neck, slams from the guard and dangerous throws. The eyes and groin are not targets or contact areas at any time.

Match time and allowable techniques differ for each division.

## **Self Defence Demonstration**

Two competitors pair up to form a team to perform a demonstration. The pair will be judged and scored as a team. The team is given a time to perform a self defence demonstration, switching uke and tori roles halfway through. E.g. in a 2 minute round, roles will immediately switch at 1 minute without a break.

At least one judge will score the contest with placings in a division determined by the final score. More advanced divisions must include defences from weapons attacks.

Teams are judged on criteria including energy, execution, skill, presence and posture, effectiveness, realism, power, speed, difficulty, commitment, smoothness, eye contact, zanshin and confidence.