

Kyokushin Cup 2026 The 10th All UK Open Karate Tournament

Incorporating 1st International Cup

Kumite Rules for Open, Novice and Veteran

(1) CATEGORIES

Open

- Men-Lightweight - Open -70kg
- Men-Middleweight-Open -80kg
- Men-Heavyweight-Open +80kg
- Women-Lightweight - Open -65kg
- Women-Heavyweight-Open +65kg

Novice - UK and Ireland participants only

- Men-Lightweight - Novice -70kg
- Men-Middleweight- Novice -80kg
- Men-Heavyweight- Novice +80kg
- Women-Lightweight - Novice -65kg
- Women-Heavyweight- Novice +65kg

Veteran

- Veteran (Men) Lightweight - Under 75kg.
- Veteran (Men) Heavyweight - Over 75kg.

(2) Requirement for competitors

1. Competitors should present a medical declaration document at the weigh-in and medical declaration that approve participating in full contact fighting.
2. All competitors must provide information and registration requests through your chief Instructor, area Branch Chief or Country Representative.
3. It is the Competitor's total responsibility to make a specific insurance for knock down fighting. The Sekai Budo Karate-do Renmei Kyokushin Karate and Kyokushin Karate Fernando Dojo will not in any way be responsible for any injury or accident that may come about during the Kyokushin Cup All UK Open Karate Tournament.

(3) GENERAL RULES

The following rules and regulations apply for Men's, Women's and Veteran Divisions:

1. The participation in the Kyokushin Cup All UK Open Karate Tournament is on the competitors' responsibility only.
2. Competitors should be a minimum of 18 years of age on the date of the tournament; and at least 8th Kyu with 2 years' experience in Karate.
3. Competitors should attend to the weigh-in.
4. All competitors must provide information and registration requests through their Instructor/ Branch Chief.
5. It is the Competitor's total responsibility to make a specific insurance for knock down fighting. The Kyokushin Budo Karate Shakai International, Kyokushin Karate Fernando Dojo will not in any way is responsible for any injury or accident that may come about during the Tournament.
6. For NOVICE categories UK and Ireland participants only. Participants from **10th Kyu to 1st Kyu** only and **NO more than 4 previous tournaments** in Novice category.

(4) DURATION OF MATCH

1. Each Kumite shall last 3 minutes - Final Round: 2 minutes for open categories only.
*However, the organiser of the tournament can change the duration.
2. 1st extension -2 minutes.
3. Weight (If there is more than 3 kg weight difference, the lighter competitor shall be declared the winner)
4. If there is less than 3 Kg difference a draw is declared and a final extension will held.
5. Final extension 2 minutes.

(5) MATCH AREA

The match area shall be 8 x 8 meters, with a one-meter safety perimeter.

(6) COMPETITOR SAFETY

The competitors' safety should always be the main priority of the match officials.

In a case of an accident the referee must stay calm and act promptly to check the state of the competitor and if necessary, call the tournament doctor/first aids.

(7) PROTECTORS

1. All fighters Groin Guard (optional for female fighters)
2. Shin & Instep Guards (Shin pads must be made of cloth or cotton) No other material will be accepted
3. All female fighters - Chest Shield (cup type, no breastplate) inside the dogi
4. Gum Shield (Optional)

(8) COMPETITION RULES

The rules will be International Knock-down competition by the rules of Kyokushinkaikan and Kyokushin Budo Karate Shakai International.

TECHNIQUES ALLOWED (YUKO WAZA)

1. Hand techniques: Tsuki, Hiji, Shuto to the body
2. Kicks techniques: Hiza geri, Mae geri, Yoko geri, Mawashi geri, Ushirio geri, Ushirio mawashi geri, Kakato geri, Uchi mawashi geri, Dohoa mawashi kaitan geri and all Tobi geri to the legs, body legs and head.
3. Sweep techniques followed by an authorized technique.

FOULS (HANSOKU)

Prohibited Techniques Leads to Hansoku (official warning) and Shikakku (disqualification)

1. Any attack to opponents head, face, groin or neck with open hand, fist or any part of the arm
2. Kicks to the groin
3. Kicks to the kneecap
4. Head thrusts or butts
5. Any attack to an opponent's back
6. Any attack to a downed opponent, apart from a noncontact hand technique immediately following a sweep
7. Grabbing or holding an opponent or his gi
8. Failing to obey the referee's instructions during a match
9. Frequently retreating from or out the contest area or moves that waste time
10. Persistent bad behaviour or violence

Full-Point (Ippon) Victory

1. Excluding the techniques listed as fouls, a thrust (tsuki), kick (geri), elbow strike (hiji ate), etc. which vigorously downs the opponent for more than three seconds or results in the opponent's loss of his will to fight scores one full-point.

Half-Point (Waza-ari) Awarding

1. Excluding the techniques listed as fouls, a thrust (tsuki), kick (geri), elbow strike (hiji ate), etc. which downs the opponent or results in the opponent's loss of his will to fight for less than three seconds after which he stands up and resumes the fight scores one half-point.
2. Similarly, when one opponent loses his balance but does not fall down as a result of the other contestant's thrust (tsuki), kick (geri), elbow strike (hiji ate), etc. one half-point is declared.
3. When an opponent is downed with any technique, including foot sweep (ashi-kake), and a well-focused, but non-contact, downward punch (gedan tsuki) follows immediately as part of a combination one half-point might be awarded on the basis of the timing and other criteria.
4. Two declarations of half-point constitute a full-point victory.

Victory by Decision (Hantei)

1. When no clean one-point victory has been made, the victory is awarded by decision.
2. The decision is valid when it is based on the judgement of at least three referees, out of the, one main referee and the four assistant referees.

(9) WINNING BOUT:

The decision is valid when it is based on the judgement of at least three of five judges.

The decision will be made according to the following order of priority:

1. Ippon (full point)
 2. Two Waza-Ari (2 half points make Ippon)
 3. By Hantei (decision of the judges and/or referee)
 4. By obtaining a Kiken (opponent gives up or does not appear)
 5. By Shikkaku (opponent is disqualified)
 6. The competitor who made effective attacks more than the opponent.
 7. The competitor who fought out the spirit more than the opponent.
- Any competitor not wearing correct protective equipment may be disqualified.
 - All supports (Shin pads) must be made of cloth or cotton. No other material will be accepted.
 - All participants must wear a white Karate gi.

(10) DISQUALIFICATIONS

The following circumstances may result in disqualifications Shikkaku:

1. In the case of second penalisation Genten-ni
2. Constant disobeying the referee's instructions.
3. All actions regarded as absolute violence or intentional fouls.
4. Any contender who refuses to engage in fighting during a match after the referee has appealed to the fighter to do so 3 times.
5. If both contenders show unwillingness to engage in fighting for more than 30 seconds, both fighters will be disqualified.
6. No show. If a competitor does appear when called in for a bout within 2 minutes.
7. If a competitor is disqualified in one match, he will have to withdraw from the entire tournament.