

III. **Semi Contact rules**

1. Referees composition

Referees board consists at least of:

- The referee
- The mat referee (mat manager)- the number of mat referees is adequate to number of mats
- 2 or 4 linesmen (side referees) on each mat
- 1 timekeeper
- 1 mat secretary

2. The referee's board equipment:

- the competition's regulations
- the overall regulations
- the regulation's enclosures
- blank forms for coaches in case of applying probable objections
- white and red flags to show notes
- a beanbag or another article to signal finish of the fight
- the red belt to mark the competitor
- a stopwatch
- the tournaments scheme and the list of competitors and (or) the scoreboard pens, pencils, ect.

2. The fight area:

- Mat size is optimum 8x8 meters, can be scaled down to a minimum 6x6 meters,
- safe area among mat should be a minimum 1 meter
- places where competitors start the fight should be marked by 2 lines. First one should be 2 meters away from the second one (in the middle of the mat)
- beyond the mat the area is reserved for coach and preparing competitor

3. The tournaments structure:

a) Events for women and men are always played separately. In the tournament the competitors are not categorized according their level of advance. Starting from the national tournament the weight categories cannot be joined together. In the lower-range tournaments in special cases the categories can be joined only after agreement with individual coaches.

b) weight categories:

- children (up to 10 years)- according to the Polish law the fights in this category cannot be taken
- juniors 12 up to 15 years (according to the Polish law). Female and male weight categories: -45kg, -50kg, -55kg, -60kg, +60kg
- Female (+16 years) : -50kg, -55kg, -60kg, -65kg, +65kg,
- Male (+16 years): -60kg, -65kg, -70kg, -75kg, -80kg, -85kg, -90kg, +90kg

c) team weight categories:

In team competition candidates are put up one of each weight category. It is possible to put up a competitor from lower category to higher one, in accordance with the rule that one competitor can fight in only one fight.

5. Duration of a match:

The fight is leaded by the referee, the mat referee or one of side referees.

a) Beginning/termination of a match:

- Making sure the signs given by the linesmen are compatible
- checking competitor's clothing and equipment according to the regulations
- command to take sides by competitors
- command to bow for referees from competitors and competitors to each other
- making sure, that linemen, timekeepers and the score referees are ready to begin the fight (clock should show zero and scoreboard has to be clean)
- command to fight
- after fight: command for competitors to bow each other and to bow towards the referees board, counting points and selecting winner
- the winner is the competitor, who gathered more points (awarding and penalty points). By KO the winner is this one, who before passing the fight time has 5 points predominance (without penalty points)

- b)** Command to start and finish is given only by the mat manager and only his command is obligatory. Side referee give only signs with flags (patterns of flags in enclosure to the regulations). The command STOP is given by the mat manager in case of individual decision or by sign of at least one of side referee. The command must be loud and clear. Mat manager awards or penalts the competitor according to referee's points majority in pointing interruption. Exception is the situation, when all side referees show: „no score“, than the mat manager may give point, take the point or warn individually. Verdict must be delivered immediately on the score table.
- c)** Time must be stopped after every STOP command, the match is stopped only in following situations:
- termination of the time (signalized by throwing a beanbag to the Tatami by the timekeeper)
 - finishing the fight by the KO
 - always when one of side referees is pointing (awarding or penalting) or warning the competitor
 - in case of contusion/injury of competitor, correcting/fixing safety equipment, stumbling or falling down one of fighters
 - in reasonable cases to introduce discipline on Tatami or its surroundings
 - in case of noticing by one of referees flagrant irregularity
 - in case of violating discipline by coach (details ch.III point 11b)

6. The fighting system:

- a)** Individual fights are lead in a cup system with consolation tournament. Its system is enclosed to the overall regulations.
- c)** Team Competition: Winners of each fight receive 2 points, defeated 0 points. There is no extra-time in case of a draw - both of fighters receive 1 point. The winner is the team which received the most points. If there is a draw the coach of every team assigns one fighter (weight category is meaningless). Decisive fight is leaded on individual fight rules.

7. The lenght of fight:

The fight lasts 2 minutes. In international championship the final fight lasts 3 minutes. In case of a draw follows 1 minute extra-time. If after extra- time still is a draw the fight is continued until the first received point by one of the fighters.

8. A protective equipment:

During the fight every fighter has to wear the obligatory protective equipment, the additional protective equipment is permissible only if it agrees with the regulation's requirements.

a) The obligatory protective equipment:

- Groin protection for men and women. The groin protection has to be wear under clothes.
- Feet protection should cover foot from toes to ankle. It should be made of elastic and smooth material without any metal, plastic, hard and tough elements. Finger and toenails must be clean and cut short
- Gloves (100Z) must be closed with a thumb permanently joined with glove. It must be made of elastic, smooth material without any hard and tough elements

b) The additional protective equipment:

- shin protector should protect shins from food protector up to knees. They should be made of elastic and smooth material without any metal, plastic and hard and tough elements. Shin protectors have to be wear under clothes
- breast protector for women shall be made of elastic and smooth material without any metal, plastic and hard and tough elements
- mouth protector
- helmet

c) Prohibited elements of clothing:

- loose bands (using hairbands is permissible only if it is not made of hard and tough elements)
- bracelets, earrings, rings (in every part of the body) and other elements of jewellery are definitely prohibited
- glasses
- T-shirts under „gi“ top may be worn only by women

9. Coaches and competitors uniforms and outfit:

a) competitors: uniform should be adequate to a shown style. It is permissible to have club`s or federation`s logo on „Gi“ only if it is fastened permanently. Rolled up sleeves are prohibited unless they are fastened permanently to the cloth. The competitors should be worn in Karate Gi or a club suit (long pans and t-shirt equal for every competitor from one team). T-shirts with advertisements (ex. coca-cola) are prohibited, unless there is sponsor`s logo on it. Long hair shall be braced and not disturb during the fight.

b) coaches: uniforms should differ from the competitor's and referee's ones. Coaches shall wear special official identification and have special sport shoes.

10. Coach during semi contact fight:

- a)** during the fight coach is not allowed to enter the fighting area. He should stay at the agreed by the referee appointed place and he should not stand. The fighter may have only one coach who helps in putting on protective equipment. Coaches' duty is to observe the fight and to maintain order in compliance with regulations (by his competitor). Only coach can lodge complain or protest in case of breaching law by referee or competition's organizer.
- b)** Coach is obliged to obey the mat referee's recommendations, should be a good example for competitors and obey BUDO etiquette. In case of breaching regulations the mat referee is obliged to stop the match and to lecture a coach. If regulations are breached again, the mat referee may order to move the coach away from the sport hall and disqualify the competitor. When coach behaves disrespectfully to a referee, opposite team, has got a foul mouth, does not obey BUDO etiquette, mat referee may stop the match, order to move the coach away from the sport hall and disqualify the competitor.

11. Injuries and contusions:

In the case of an injury the fight should be stopped. Another fighter must take place on his corner with his coach. Eventually treatment must be completed within 2 minutes. If the fight must be stopped for longer than 2 minutes the match must be terminated. The winner is indicated by referees after discussion according to the established criteria:

- competitor is not able to fight because of an injury made by his own fault- the winner is opposite fighter, regardless of gained points
- injury was caused by an illegal technique - the winner is the injured competitor, and the contusion maker is disqualified. If the injury is permanent and the injured cannot fight, the contusion maker cannot compete in next matches.

12. Giving up

Beside competitor only coach may give up by throwing a towel to the mat. In this case the opponent is a winner.

13. Protest:

Only coach may lodge an official protest. The protest is lodged to referee through the mediation of the mat referee. The protest is concerned only in case of breaching the regulations by the organizer or the referee. The referee takes a decision about the protest and gives a solution of it. The referees' decision is definitive. The protest must be lodged on a special blank form with 25 Euro charge (caution). If the protest is accepted the charge is returned, in other case the charge falls on the Association.

14. The fighting rules:

Semi contact competition is proceeded according to all-style semi contact rules with light and well-controlled contact. Two fighters fight with the primary goal of scoring greater points using controlled legal techniques with speed and focus.

1. The legal target area:

It is divided into three target areas:

- a) middle area:** front side of torso up to shoulders below larynx
- b) upper area:** face up to ears

Beside those areas using fighting techniques is prohibited.

2. The legal and illegal techniques:

a) hand techniques:

- all techniques with back fist are permitted
- all techniques with hooks, strikes from the top to the bottom, from the bottom to the top and with edge of a hand are prohibited

b) leg techniques:

all known techniques are permitted; beside strike from the top to the bottom.

c) other prohibited techniques:

- attacks with elbow, knee, head
- falling or dropping to the floor

Techniques must be controlled if a fighter wants to be awarded with a point. During moving back points are not admitted.

3. Scoring:

All verdicts are given according to the majority rule beside such cases as:

- all side judges show „No score“ („I have not seen“) or one of them has seen an action like the mat referee
- fighter's penalty or disqualify in case of violation the fighting regulations During awarding or penalting fighters come back to their initial positions. If the referee sees an action that he considers to be a valid point, he will command STOP and as fast as it is possible shall signal his point. He may give 1,2 or 3 awarding points, 1 or 2 penalty points and warning point. It is possible to give the points to both fighters by one referee.

a) awarding points:

1 point

- hand techniques to legal target areas
- leg techniques to torso

2 points

- kick to head
- jumping kick to torso

3 points

- jumping kick to head

b) warnings: (admitted by mat referee or all judges)

- attacks to the opponent's larynx, back of head, legs, backbone (without contact), attacks beneath the belt level, turning around, pretending injury or contusion, stepping out the mat, avoiding fight, catching without action, uncontrolled techniques, attacks with prohibited techniques

c) penalty points: (mat referee decision)

1 point

- talking during the fight
- unsuitable clothing
- third warning or second warning for the same mistake
- attacks to the opponent's larynx, back of head, legs, backbone (without contact)
- attacks beneath the belt level
- continuation of the fight after the STOP command striking or kicking an opponent who has fallen attacks with open hand
- uncontrolled techniques
- illegal technique`s attack

2 points

- continuation of the fight after the STOP command which in effect gives 1 point penalty

d) disqualification: (mat referee decision)

- third penalty point
- full contact
- losing control, violence
- making knockout or injury that makes an opponent unable to fight
- disrespectful behaviour
- wearing jewellery, glasses too long fingernails
- failing to obey the referee's instructions during a match
- approaching to fight without necessary protective equipment
- after third invocation not coming to the fight

1 point penalty (on majority decision)

- attacks to back of opponent's legs, backbone, larynx, back of head
- attacks beneath the belt level
- continuation of the fight after the STOP command
- attacking an opponent who has fallen
- attack with an open hand
- uncontrolled techniques
- illegal technique`s attack
- too hard contact

2 points penalty (on majority decision)

Continuation of the technique after the STOP command, that consequences in 1 point penalty.