



INF NANBUDO KUMITE (**Light Contact**)
GENERAL RULES (Version 1)

18, avenue Pierre-Odier
1224 Chêne-Bougeries
Genève
Switzerland
www.nanbudosport.com

INTERNATIONAL NANBUDO FEDERATION



INF NANBUDO KUMITE RULES

LIGHT CONTACT FIGHT

VERSION 1. (2013.)



INTRODUCTION

Nanbudo kumite (meaning light contact fighting) is designed for the athletes who would like to try a light contact based on nanbudo techniques. It is designed to fill the gap between non contact (ju randori) combat disciplines and full contact disciplines. In **nanbudo kumite**, the risk of injuries decreases to a minimum unlike full contact matches where a fight can end with a knock out.

Force of strikes in nanbudo kumite is deemed reasonable at less than **20%** of potential power for any category, more than that will be considered excessive and will lead to private or public warnings and/or disqualification. The determination as to how much force was used in any attack shall be the responsibility of the Referee and the Head Judge.

The revision and interpretation of these rules is the sole jurisdiction of the International nanbudo federation.

The guiding principle is to encourage competition among young athletes and ordinary club members without excessive exposure to danger.



Contents:

| | |
|--|----|
| ARTICLE 1 - GENDER CATEGORIES | 3 |
| ARTICLE 2 - COMPETITION DURATION | 3 |
| ARTICLE 3 - COMPETITION AREA | 3 |
| ARTICLE 4 - WEIGHT CATEGORIES..... | 4 |
| ARTICLE 5 - MEDICAL PROCEDURE | 4 |
| ARTICLE 6 - COMPETITOR DRAW FOR PERFORMANCE ORDER..... | 4 |
| ARTICLE 7 - ORGANISATION OF NANBUDO KUMNITE COMPETITIONS | 5 |
| ARTICLE 8 - COMPETITION SITE ENTRANCE PROCEDURE..... | 5 |
| ARTICLE 9 - OFFICIAL EQUIPMENT FOR COMPETITORS | 5 |
| ARTICLE 10 - OFFICIAL DRESS CODE FOR JUDGES..... | 6 |
| ARTICLE 11 - SIGNALS DURING COMPETITION | 7 |
| ARTICLE 12 - STOPPING THE FIGHT | 7 |
| ARTICLE 13 - FORBIDDEN TECHNIQUES | 7 |
| ARTICLE 14 - FOULS, WARNINGS AND PENALTIES | 8 |
| ARTICLE 15 - ABSOLUTE VICTORY..... | 9 |
| ARTICLE 16 - CRITERIA FOR DECISION | 9 |
| ARTICLE 17- THE REFEREE DECISION | 10 |
| ARTICLE 18 - OFFICIAL PROTEST | 11 |
| ARTICLE 19 - JUDGES SIGNALS | 11 |



ARTICLE 1 - GENDER CATEGORIES

Individuals shall compete in tournaments by category, which shall be defined as:

- 1) boys and girls under 10 years of age
- 2) boys and girls 10 - 12 years of age
- 3) boys and girls 12 - 14 years of age
- 4) boys and girls 14 - 16 years of age
- 5) boys and girls 16 - 18 years of age
- 6) boys and girls 18 and above

Each age group may, subject to numbers, be further sub-divided by weight with the agreement of the organisers and Kansa (Chief Head Judge) . This can be achieved at the weighting in session but prior to draw lots.

Each group has to have at least 3 competitors.

If there is a insufficient number of competitors in any level or group they will be merged with a higher group. This does not apply in the other direction.

ARTICLE 2 - COMPETITION DURATION

The duration of each match will be set by the organisers and approved by the rules committee but shall not exceed 2 minutes per round. A match consists of three rounds, the third round only being played if the score is one round each at the end of the second round. The time between rounds shall be one minute.

If the score is still even, the the criteria for proclamation of a winner is:

- a) negative points
- b) weight od the competitor

If the score is even, the winner will be the lighter competitor.

ARTICLE 3 - COMPETITION AREA

The competition area shall be a maximum of 8 x 8 meters with a 2 meter safety zones around it. This area shall be covered with mats.

The size of the area can be reduced if agreed by the Organisers and the Kansa (Chief Head Judge). The area will have two parallel lines (the competitors standing lines), each a meter



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long, shall be drawn at a distance of 1.5 meters from and on either side of the centre point of the fighting area. The Referee will be facing the Head Judge's table.

ARTICLE 4 - WEIGHT CATEGORIES

At international competitions each category has a 5 kg. spread between the lightest and the the heaviest competitor.

- 60kg - 65kg
- 65kg - 70kg
- 70kg - 75kg
- 75kg - 80kg
-

Individuals shall be divided by gender in weight categories. For national competitions each weight group may, subject to age, gender or weight, be further sub-divided with the agreement of the organisers and Kansa.

Under 14 years, a max of 5Kg variance between lightest and heaviest competitor is allowed. Over 14 year, a maximum of 8 Kg variance between lightest and heaviest team members is allowed.

ARTICLE 5 - MEDICAL PROCEDURE

All athletes must be available for medical inspection including dope testing as and when required by the International nanbudo federation. INF documents (passport) must be brought during weighing and be checked for any medical entry by an authorised person. Official doctor has to be present at all competitions.

ARTICLE 6 - COMPETITOR DRAW FOR PERFORMANCE ORDER

Lots will be drawn to pair off competitors before the event in accordance with any adjustments made to the categories by the organisers. The drawing of lots will be carried out in the presence of a INF recognised official appointed in conjunction with the competition organisers.



ARTICLE 7 - ORGANISATION OF NANBUDO KUMNITE COMPETITIONS

There shall be two principle types of competition:

- **league** (sometimes referred to as pool)
- **direct elimination** (sometimes referred to as a cup sistem)

League – this involves each member of a pool (group) of competitors taking it in turn to compete with every other competitor in their pool. The winners of the pool will go against each other for the first place.

Direct elimination – under this method the two competitors compete and the winner of the round goes forward to meet the next competitor in the next round until the final round is reached and the winner declared.

ARTICLE 8 - COMPETITION SITE ENTRANCE PROCEDURE

Competitors and their seconds will be led into a designated place. Both competitors will go onto the contest area upon the notified signal of the referee. When called, the respective competitors will stand upright and give the salute to the public and to the Kansa (Shomen ni Rei). Before the contest starts and when finished, the competitors will salute each other (Otagai ni Rei) and the Referee (Shinban ni Rei).

The same procedure will be repeated in reverse when leaving the area.

ARTICLE 9 - OFFICIAL EQUIPMENT FOR COMPETITORS

Competitors must wear a white karate/nanbudo gi and a red (AKA) and black (KURO) protective equipment. The red one (AKA) must wear obligatory red body armour and red head guard while the black one (KURO) wears the same equipment in black color. Other equipment has to be in the same color, but if that is not possible, competitor can compete in other color providing that equipment is aproved by an INF recognised official.

The official INF emblem will be worn on the center of the body armour.

Competitor wearing red equipment (AKA) must be positioned on the lef side of a competition area, oposite from him (on the right side) has to be the competitor wearing black equipment (KURO).



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Compulsory Equipment:

- head guard
- body armour
- groin cup protector (ladies may use a chest protector under their top)
- lower leg and feet protector
- approved amateur mma gloves
- gum shield
- nanbudo gi and a belt

Failure to comply with this rule will mean disqualification of the competitor from the competition. The competitors must provide clean and well presented equipment.

Spectacles, hard contact lenses and dentures must not be worn. All jewellery, including such items as; rings, earrings, studs, pendants and necklaces must be removed. Injured athletes will not be permitted to take part.

Competitors must commence the event in a clean non body odour manner with all hand and foot nails cut short and filed smooth.

ARTICLE 10 - OFFICIAL DRESS CODE FOR JUDGES

Judges will at all times present themselves in a clean and tidy appearance.

Judges shall wear the prescribed attire by INF-a:

- white shirt (short or long sleeves)
- black or grey trousers
- clean shoes
- black socks
- tie with the official INF emblem

THE REFEREE PANEL:

1. Judges in the competition area:

A. MAIN JUDGE (Shushin)

B. POINT JUDGES (3 OR 5) (Fukushin)



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2. Table judges:

- A. CONTROL JUDGE (Kansa)
- B. ANNOUNCER JUDGE (Shiai Gakari)
- C. TIME REGISTER JUDGE (Kado Gakari)

Only the Shushin (main judge) gives points for throws and all non sportive behavior at the competition. Fukushima (point judges) shall carry two pens (one as a spare) and a paper to record their scores, they have to have two score count devices and three score bats. Judges give points only for clear techniques.

ARTICLE 11 - SIGNALS DURING COMPETITION

An agreed signal will be given 10 seconds before each round begins and at the end of each round. The competitors and their seconds will obey the calls and hand signals of the Shushin. unconditionally. Kansa will stop the fight if there is any problem during the round.

At the end of each round Kansa will signal and the Fukushima will show their score by awarding a win to one or other of the competitors or show a draw. All Judges must show their scores at the same time. The Score Keeper will note all points given by judges at the end of every round.

ARTICLE 12 - STOPPING THE FIGHT

Shushin will stop the fight when:

- a contestant has fallen down or out of the area
- a contestant is penalised for a foul
- a contestant is injured
- there is continuous contact between the competitors for more than 3 seconds
- there is passivity
- the Kansa finds reason to stop the bout (there is any danger during the bout)

ARTICLE 13 - FORBIDDEN TECHNIQUES

The following techniques are strictly prohibited:

- knee strikes
- elbow strikes
- head strikes
- clinch strikes
- direct attacks to limbs and joints

- back of the head strikes
- uppercut chin strikes
- dangerous throws - any throw that is likely to cause serious injury (neck, stomach and shoulder high throws).
- throws which cause a contestant to land awkwardly on a vulnerable part of the anatomy (head, neck, spine, shoulder, knee or other joint etc...).
- throws with a falling height from above the attackers chest level
- over head throws
- choke or strangle techniques
- grappling or clinching for more than 3 seconds
- biting, scratching, hair pulling, spitting etc...
- continuous hitting to any part of the body especially the head

ARTICLE 14 - FOULS, WARNINGS AND PENALTIES

If a foul or other prohibited act is committed the Shushin or Kansa may give warnings or penalties. When the sum of penalties awarded reaches or exceeds the maximum permitted for the specific match either 3 points for a single round bout or 6 points for a best of 3 round bout an automatic disqualification shall apply to that bout. When a contestant has committed a prohibited act the Shushin will assess the seriousness of the act and award either. A minor penalty Fujubun (-1 point), a full penalty Chui (-2 points), a disqualification Hansoku Chui (-6 points).

The Kansa can disqualify any participant from any part or from the whole event (Shikaku) if a competitor is deemed to show repeated fouling to gain advantage even if less than the 6 penalty points are recorded.

Coaches who repeatedly offend the spirit of the competition by ignoring the sideline coaching rule may either be awarded a penalty (1 or 2 points) against their athlete, or dismissed from the competition, in which case they must leave or their team may be disqualified by the Kansa.

Warnings and Penalties:

- attacking an opponent before the Shushin gives the signal to start.
- attacking an opponent after the Shushin gives the signal to stop
- attacking in a vicious or malicious manner
- continuously holding an opponent
- escaping from fighting by turning the back to the opponent
- if there is passivity
- pretending pain or injury to gain advantage
- disrespect to opponent or officials



- spitting the gum shield out or other discarding of equipment, which gains rest time or wastes time

The Shushin will warn the contestant when they commit any foul or penalty mentioned above and they will receive either a warning or a one or a two point penalty, which will be added to their opponents score.

ARTICLE 15 - ABSOLUTE VICTORY

When there is great disparity in techniques between two competitors the Shushin may seek the approval of the Kansa to proclaim the stronger athlete the winner of the bout.

When a contestant accumulated the maximum allowed number of penalty points in a bout; 6 penalty points in a bout of 3 rounds. In such a case the other side shall automatically be declared the winner of the bout.

When a coach throws in a towel into the ring to signal that the fight is over.

If a contestant is forced out of the area or off the platform 3 times in a round the round shall be awarded to the other side.

ARTICLE 16 - CRITERIA FOR DECISION

3 POINT will be awarded when (IPPON):

- executing an effective kick to the head
- a clean safe throw while remaining standing or leg sweeping technique finished with a punch to the body or to the head

2 POINTS will be awarded when (WAZZARI):

- executing an effective kick to the valid area of the body (chest)
- a clean safe throw while remaining standing or leg sweeping technique without a punch to the body or to the head
- when an opponent is forced out of the fight area by a clean safe throw while remaining standing

1 POINT will be awarded when (YUKO):

- executing an effective punch to the head (jab, cross or a hook)
- executing an effective punch to the body (jab, cross or a hook)
- executing a effective kick to the leg
- when both competitors attempt simultaneous throwing techniques, the contestant who hits the ground first will have a point awarded against them (if he is on top of him)
- pushing an opponent out of the fight area while remaining standing inside the area



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NO SCORE will be awarded when (TORIMASEN):

- when both competitors attempt simultaneous throwing techniques, and the contestants are not on top of each other when fallen down
- both competitors fall out of (or leave) the fight area
- any technique that does not land clearly or cleanly
- exchanging punches and kicks during clinches
- jumping side kick or falling whirlwind kick where the body lands on the floor as part of the technique
- executing an effective throw after holding an opponent for more than 3 seconds

Penalty -1 point (FUJUBUN):

- force of strikes is deemed reasonable at less than 20% of potential power for any category, more than that will be considered excessive
- complaining to or disobeying the Shushin's instruction or decision by the competitor
- unsporting behavior
- complaining to or disobeying the Shushin's instruction or decision by the coach (-1 point to the competitor)
- deliberate passivity more than 8 seconds

Penalty -2 points (CHUI):

- consistently complaining to or disobeying the Shushin's instruction or decision
- consistently executing dangerous techniques

ARTICLE 17- THE REFEREE DECISION

The Shushin shall make such decisions as seen fit to ensure objectivity and safe conduct of the competitors and coaches.

The decision of winner of a bout will be by the majority award of the Judges who are scoring the bout, they also have to ensure objectivity giving the scores. They will on request simultaneously show their award either; BLACK or RED as winner or DRAW.

The Score Keeper will record these scores and the Kansa will announce the result of the round and subsequently if more than one round the result of the bout. Only the Shushin gives negative points.

Any time the Shushin or Fujubun have a question regarding the bout they can consult the Kansa who shall give a ruling. The decision of the Kansa shall be final and binding in all respects excluding appeals.

ARTICLE 18 - OFFICIAL PROTEST

Only the registered team leader of a competitor may make an appeal against a decision and such an appeal must be put in writing and submitted to the Kansa via the appeal table or other such designated point that has been announced as being set up for that purpose within 15 minutes of the decision. An appeal costs 50 euro and this money will be refunded if the appeal is upheld and forfeit to the INF if the appeal goes against the appellant.

ARTICLE 19 - JUDGES SIGNALS



picture 1

picture 2

picture 3

picture 4

Standing at the centre of the platform, extend both arms sideways, palms up and pointing at the competitors (picture 1). As a call on them to mount the platform, bend both arms at the elbow into a right angle, palms facing each other (picture 2). Bend both arms at the elbow into a right angle, palms facing towards the judge's face as a signal to both competitors to salute the judge (picture 3). Place the left hand on top of the right fist in front of the body as a signal to both competitors to salute each other (picture 4).



picture 5

picture 6

picture 7

picture 8

picture 9

picture 10

picture 11

Kansa announcing the first round. Extend one arm forward with the index finger pointing up and the other three fingers and the thumb clenched into a fist (picture 5), Kansa announcing the second round (picture 6), Kansa announcing the third round (picture 7). Kansa calling to get ready for the fight. Extend both arms sideways, palm facing up and pointing at the competitors (picture 8), then cross open palms in front of the abdomen (picture 9) then extend both arms sideways at the 45° angle (picture 10). While calling "Stop!" take a bow stance and insert one extended arm between the two competitors, fingers pointing up and stop the fight (picture 11).



picture 12

picture 13

picture 14

While calling Red side or Black side raise both hands in front of the body, with the small and ring fingers of one hand bent to warn to 8-second passivity (picture 12). Fold the arms in front of the body to warn clinch holding and passivity (picture 13, 14).



picture 15

picture 16

picture 17

picture 18

picture 19

Extend one arm fully stretched towards the competitor, palm side down, to award 1 point (picture 15), raise one arm fully stretched in front of the body to give 2 points (picture 16), raise one hand in front of the body, bend it at the elbow behind the head to give three points

(picture 17), extend both arms horizontally forward and withdraw them to press both palms down to signal both competitors have simultaneously fallen (picture 18) extend both arms and cross them in a swing in front of the abdomen to signal that none point has given (picture 19).



picture 20

picture 21

picture 22

Extend one arm towards the competitor and, while calling Red side or Black side push the other hand forward in a bow stance, fingers pointing up to signal that one side is off the platform (picture 20), take a bow step and push both palms forward, arms fully stretched and fingers pointing up to signal that both sides are off the platform (picture 21), then bend both arms at elbow into a right angle in front of the body, palms facing back, while bringing the feet together to stand upright (picture 22).



picture 23

picture 24

picture 25

picture 26

Extend one arm towards the offender and, while calling Red side or Black side point the other hand at the crotch, palm facing inward to signal kick to the crotch (picture 23), extend one arm towards the offender and, while calling Red side or Black side place the other hand on the back of the head to signal a hit to the back of head (picture 24), Raise one knee and, while

calling Red side or Black side pat the knee with the hand of the same side to signal knee foul (picture 25) bend both arms in front of the chest and, while calling Red side or Black side cover one elbow with the other hand to signal elbow foul (picture 26).



picture 27

picture 28

picture 29

picture 30

Extend one arm fully stretched towards the competitor, fingers pointing up, to award a warning KEIKOKU (picture 27), extend one arm fully stretched towards the competitor, palm side up, extend the other arm fully stretched towards the other competitor, palm side down, to award a penalty -1 point FUJUBUN (picture 28), extend one arm fully stretched towards the competitor, palm side up, bend the other arm in the elbow pointing towards the same competitor to award a penalty -2 poena CHUI (picture 29), then cross open palms in front of the head facing the competitor to disqualify the competitor SHIKKAKU (picture 30).



picture 31

picture 32

picture 33 picture 34

Extend both arms and cross them in a swing in front of the abdomen to signal that none point has given TORIMASEN (picture 31, 32), facing the medical supervision desk, cross forearms in front of the chest, fingers pointing up to call for emergency treatment (picture 33), standing

at the centre of the platform, cross arms in front of the abdomen to signal competitors to exchange positions and be ready to continue the fight (picture 34).



picture 35 picture 36 picture 37

Standing between the competitors, hold the winner's wrist and raise his hand to signal a winner (picture 35, 36), standing between the competitors, hold their wrists and raise their hands to signal a draw (picture 37).



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