



BERGEN KARATE KLUBB

HATLEVEIEN 3 - 5038 BERGEN

Org. nr. 883 804 082 Stiftet 1. september 1969

www.kyokushin.no

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Summary of the Norwegian fullcontact rules

REQUIREMENTS FOR PARTICIPANTS:

- Competitor must meet the requirements for fight participation organized by NKF.
- Competitors shall not be under 18 and over 34 years.
- Competitor must have a minimum of 4th kyu in Kyokushin karate or a minimum of 2 years' experience in other martial arts.
- Competitors must have membership pass, controlled before the tournament.
- All competitors must undergo medical consultation of Official Doctor for validation before fights starts.
- Competitors must submit a medical certificate / medical report to Official Doctor.
- The medical certificate must not be more than one year old, issued by a physician and based on the following:
 - A full clinical examination
 - A neurological examination
 - Information about previous injuries and illness of importance for participation in organized fight activity allowing knockout.
- Provisions concerning health certificate and member pass also apply to foreign performers.
- It's not allowed to have the sleeves rolled up.
- Competitor use his or her own belt.
- Use of glasses during the fight not allowed.

PROTECTIVES

- Groin protection is mandatory for men.
- Chest protectors are mandatory for women.
- Tooth protectors are mandatory.
- No other protection permitted.
- Bandage, tape, etc. not allowed in the first fight.
- The Official Doctor shall approve all bandage, tape, etc.
- If the competitor gets obvious advantage of tape etc., the head referee can refuse further participation.

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TILSLUTTET:
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FULLCONTACT WITH LIMITATION

- Competitors from 18 years. Addition to protection:
- Shin and instep guards.
- Gloves (minimum thickness 15 mm).
- The fight consists of one round and shall have a minimum of 2 minutes and a maximum of 3 minutes duration.
- Additional criteria for prohibited acts and techniques:
- Kicks to the head that causes concussion. Only light contact allowed.
- Front kick against the head (mae geri), not allowed.
- Knee kick towards the head (Hiza geri), not allowed.
- Additional criteria for awarding points.
- Half points (Waza-ari) can be awarded if a technically well-executed kick to the head, only touched.
- It is not necessary for competitors to undergo a medical consultation.

JUNIORS

- Competitors from 15 – 17 years.
- Addition to protection:
- Helmet designed for martial arts.
- Additional criteria for prohibited acts and techniques:
- Kicks to the head, where touch not covered by the helmet.

YOUNGER JUNIOR:

- Competitors from 13 – 14 years.
- There will be a lower threshold to obtain points, warning than in the junior class.
- Timeframe 3 seconds does not apply. Here will be given a full point (ippon) at:
- The slightest sign of concussion.
- The slightest sign of reducing fighting spirit.
- Half points (Waza-ari) may be given if the technique to torso is correctly performed with good timing and power.

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WEIGHT CLASSES:

Senior, men:

- Lightweight – 70 kg
- Middleweight 70-80 kg
- Light heavyweight 80-90 kg
- Heavy weight + 90 kg

Ladies:

- Lightweight – 60 kg
- Middleweight 60-70 kg
- Heavyweight +70 kg

Juniors 15-17, boys:

- Lightweight – 65 kg
- Middleweight 65-75 kg
- Heavyweight +75 kg

Girls:

- Lightweight – 60 kg
- Middleweight 60-70 kg
- Heavy weight + 70 kg

Younger juniors 13-14, boys:

- Lightweight – 55 kg
- Heavyweight + 55 kg

Girls:

- Lightweight -50 kg
- Heavyweight + 50 kg

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