



NITI Aayog



सत्यमेव जयते

युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS



BASIC TOURNAMENT GUIDELINES

***FINAL DECISIONS ARE TAKEN BY COUNTRY REPRESENTATIVE**



30th - 31st December 2023



**Seth Anandram Jaipuria
School, Cantt, Kanpur, U.P.**



BASIC GUIDELINES

Dogi

Clean and Ironed Dogi.
All logos attached



Discipline

Need to maintain the decorum,
throughout the event



No Regalia

Ear-rings, Rings, Chain
Kada, etc are not allowed



Groin Guard

Participants should bring
their own groin guard



Time for Bouts

Women

Below 14 - 1 Minutes
14-18 Years - 1.5 Minutes
18+ Years - 2 Minutes



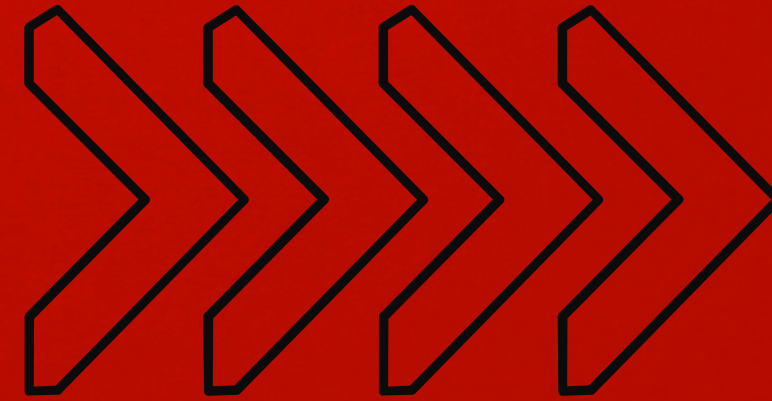
Time for Bouts

Men

Below 14 - 1.5 Minutes
14-18 Years - 2 Minutes
18+ Years - 2.5 Minutes



JUDGING GUIDELINES



- Five referees, including the chief referee, will oversee the match. The Head Judge has the final say.
- Decisions, such as IPPON, WAZA-ARI, and HANSOKU, require the agreement of at least three out of the five referees. If fewer than three referees agree, or only the chief referee agrees, the decision is not valid. Any referee can request a review of a decision, and video footage may be consulted.
- Referees must be present during the pre-competition weight check.
- If a competitor can't continue due to an opponent's action, the tournament doctor can stop the match after discussing with the referees or the Head Judge.
 - If the action was a foul, the offender loses. The other competitor wins but can't advance.
 - If the action was a valid attack and the opponent can't continue in the next round, they lose.
- The tournament schedule must be adhered to. However, if necessary, the Tournament Committee Chairman can adjust it after consulting the Head Judge.





KUMITE GUIDELINES

- A competitor wins by scoring a full point (IPPON), earning a decision (including a half point - WAZA-ARI), benefiting from an opponent's foul, or if the opponent is disqualified.
- Competitors should enter from opposite ends of the mat and stand at designated red and white lines in the center. They should adopt the FUDODACHI stance and face forward. From the official viewpoint, the competitor for Red (AKA) stands on the left, and the competitor for White (SHIRO) stands on the right.
- The bout begins with the Main Referee's "HAJIME" command and concludes with the "YAME" command.
- The Main Referee can halt the bout if there's an accident.
- If the Main Referee signals "Time", the bout pauses. It resumes when the "ZOKKOU" (continue) signal is given.

SCORING GUIDELINES



FULL POINT VICTORY (IPPON-GACHI)

- A win is awarded for techniques like thrusts (TSUKI), kicks (KERI), or elbow strikes (HIJI UCHI) that knock down the opponent for 3 seconds or more, excluding fouls.
- If the opponent loses the will to continue for 3 seconds or more.
- Achieving two half-points (WAZA-ARI) equals one full point (IPPON).

HALF-POINT (WAZA-ARI)

- Techniques that knock down the opponent for less than 3 seconds, after which they continue.
- If the opponent hesitates but resumes within 3 seconds.
- If the opponent is destabilized but doesn't fall.
- A precise downward punch (GEDAN TSUKI) after a foot sweep (ASHI-BARAI) or evading a rolling kick (DOMAWASHI-KAITEN-GERI).

OUT OF BOUNDS (JOGAI)

- Stepping out of the competition area with both feet is considered JOGAI.
- JOGAI is declared upon the Main Referee's stop command (YAME).

SCORING GUIDELINES



DECISION CRITERIA (HANTEI)

- If there's no IPPON or disqualification, a decision backed by 3 or more of the 5 referees stands.
- A half-point (WAZA-ARI) takes precedence in decisions.
- If no half-points, the extent of damage is considered.
- Without damages, effective techniques (YUKO-DA) that aren't half-points are considered.
- If techniques are equal, the competitor with more varied techniques wins.
- If techniques are still equal, the more aggressive competitor wins.
- In a final extension, dominance determines the winner.
- If a warning (CHUI) is given, refer to the "Judging Criteria".

WARNING (CHUI)

- A foul results in one warning (CHUI ICHI).
- Deliberate or harmful fouls can lead to two warnings (CHUI NI) immediately.
- Four warnings (CHUI YON) lead to disqualification (SHIKKAKU).

SCORING GUIDELINES



FOULS (HANSOKU)

- Hand or elbow strikes to the face or neck. Even slight contact can be a foul, but feints are allowed.
- Groin kicks (KINTEKI-GERI).
- Head thrusts (ZU-TSUKI).
- Grabbing the opponent's uniform or limbs (TSUKAMI).
- Grappling or hooking the opponent's upper body (KAKE).
- Pushing with hands, head, or body (OSHI). Even one-handed pushes are fouls.
- Holding the opponent with hands or arms (OSAE).
- Hugging and holding (KAKAEKOMI). The initiator gets the foul.
- Attacking while leaning against the opponent.
- Attacks from behind.
- Attacking a downed opponent.
- Feigned attacks while retreating (KAKENIGE).
- Joint kicks and throwing the opponent (KANSETSU-GERI).
- Continuously stepping out of bounds (JOGAI).
- Avoiding contact for over 10 seconds, even after the "continue" (ZOKKOU) command.
- Unsportsmanlike conduct.
- Attacking post "stop" (YAME) command.
- Any other actions deemed fouls by referees.