



Swiss-Shinkyokushin-Association

SSKA

Member of WKO & EKO



**Coach Information
for KUMITE & KATA
Swiss-Open Juniors 2016**



11. Swiss – Open Juniors Championship 2016 - Supporter

Headprotection will be provided !

	for Head	for Shin & instep	for Knee	for Fist	for Groin	For Chest
Boys Cat. 1-13	Must	Must	Optional	Must	Must	
Girls Cat. 1-10	Must	Must	Optional	Must	Optional	Must
Boys Cat. 15	Optional	Must	Optional	Must	Must	
Girls Cat. 15	Optional	Must	Optional	Must	Optional	Must

The hand and leg protection must be made of soft, white material.



The coach is responsible before fighting will start, the competitor have all protection.

2.) Competition-Regulations Kumite:

The competition will be fought with full contact.

All Shin - Kyokushin technique are allowed.

Fighting-time is 2x2 Minutes, Prolongation 1 Minute

Half a point = Waza - Ari. Full point = Ippon.

In order to win, leading half a point is necessary.

If there is hikiwake (equal) there is a first prolongation. After a second equal in the second prolongation, the fighters` weight will be compared.

In categories 1-13 there has to be a difference of 2 kilo in order to win.

In category 15 the weight difference has to be 3 kilos. If the weight difference should be too low in any of the categories, there is one last prolongation which will be decided by the referee.

**The weight control on Friday is decisive for the competition on Saturday.
During the tournament will not be weighed!**

3.) Competition-Regulations Kata:

The kata are ranked according to the rules of the SSKA and WKO.