

## **VKKA - One Match Rules**

One Match events shall be held between two selected opponents. Competitors shall be matched against similarly skilled opponents of around the same age, height weight, ability, experience and rank.

Each competitor must be informed of his/her prospective opponent and must agree to the match.

All competitors must be informed of the judges and referees for the match.

Matches will be fought under International Kyokushin rules, with the following differences:

### **1. Number or rounds:**

Matches may be 2 rounds or 3 rounds as agreed between the competitors;

### **2. Duration of Matches:**

Male: The first round shall be of 3 minutes duration and the following round/s of 2 minutes duration;

Female matches, all rounds shall be of 2 minutes duration;

### **3. Break between rounds.**

There shall be a 1 minute break between each round;

### **4. Safety:**

a. Groin protectors and mouth guards are compulsory;

b. Females may wear breast protectors but they must be of an acceptable type approved by the Head Official;

### **5. Scoring:**

Normal scoring, fouls and penalties under VKKA Kyokushin rules shall apply. An ippon (or 2 waza ari) scored in any round constitutes victory. A fighter receiving shikkaku in any round forfeits the match.

Scores or penalties do not carry forward into the next round, eg. A competitor scoring a waza ari in 1 round and then another waza ari in the next round do not have both added together to give ippon.

Genten: 2 genten in any round constitutes disqualification, 3 genten over 3 rounds also constitutes disqualification (technical shikkaku).

## 6. Colts.

Colts matches shall be for 2 minutes duration with either 2 or 3 rounds (must be agreed between the fighters).

Colts shall wear mouthguard, groin guard, Leg/instep protectors, gloves and head protectors. The gloves and head protectors shall be supplied by the tournament.

## 7. Scoring.

The judges and referee shall score the match on a “**Must Score 10**” point system.

	Red	White
Neither fighter has a clear advantage	10	10
Close round with Red having a slight advantage	10	9
Red clearly controlled the round but there was no score	10	8
Red scored a waza ari OR White received a genten	10	7
Red scored 2 waza ari in the same round	Red wins	
Red scored an ippon in any round	Red wins	
White received 2 genten in the same round	Red wins	
White received 3 genten over 3 rounds	Red wins	

In the final round of each match the judges and referee are forbidden to score 10/10

## 8. Decision.

If the match goes the full distance the decision is made according to the total number of points scored. The decision will be announced in the usual way (judges using their flags). Scorecards will be collected and verified after the decision has been announced.

## 9. Drawn match.

In the event of a draw the match will be awarded to the fighter who scored the most waza ari.

If the result is still a draw the fighter who had the most genten must lose.

If the match is still drawn an extension of 1 minute will be fought.

This extension will be decided by the judges using flags only (the must score 10 point system will not apply).

## 10. Weight.

In the event of a competitor weighing in more than 5kg above the weight stated that they would be competing at, the opponent has the choice to either go ahead with the match or cancel the match.

**IF** the opponent chooses to go ahead with the match the competitor weighing in heavy will be penalized 1 point per round.