



NAK OFFICIAL KUMITE RULES

Revised March 2023

Equipment

The correct uniform and protective equipment **MUST** be worn by ALL competitors - gum shield, hand mitts with open fingers and shin/instep protection (NO boot kickers).

Groin guards are compulsory for all male competitors.

Chest protection for females (13+) is compulsory.

Body protectors may be worn for additional protection if desired.

No jewellery, such as earrings, or other visible piercings.

Competitors must wear a traditional Karate Gi or Taekwondo Dobok. No T-Shirts and Kickboxing trousers.

Red and blue pads and belts are advised, however they are not compulsory.

Kumite style hand pads and shin and instep pads are compulsory. Boxing gloves or semi contact points gloves will not be accepted.

Rounds

All Kumite matches for juniors will be 1 x 1.5 rounds.

All Kumite matches for adults will be 1 x 2 minute rounds.

In the event of a draw, 30 seconds of extra time will be added. If a draw remains after 30 seconds of extra time, the match will go to sudden death. The first clean point to score will win the match.

Scoring Areas and Contact

All Kumite bouts will be to a maximum score of 10 points or a 7 point gap between scores to decide the winner.

There must be **NO HEAD CONTACT AT ALL** for junior competitors (under 18). Techniques directed towards an opponents face/head, must finish with good form 3 inches short of the target (juniors only).

Competitors may make firm contact with the body providing that the intention of the technique/s is **NOT** to injure their opponent.

Warnings will be immediately awarded for contact if and when it is not allowed, or when the referee deems contact to be excessive.

Disqualification can occur in the very first instance of over contact if the level is severe enough. The referee will make an immediate decision in this case as to disqualify the competitor or not. The referee's decision is final.

1 point (Yuko) =	any punch
2 points (Waza-ari) =	any body kick
3 points (Ippon) =	any head kick, sweep/take down and follow up.

A Kumite score is awarded when one fighter performs a technique which conforms to the following criteria and the blow lands on a relevant scoring area of their opponent's head/body:

- Good form
- Vigorous application
- Good timing
- Accurate distance
- Awareness
- Sporting attitude
- Zanshin (state of awareness and body posture after a technique has been executed)
- Kiai

Illegal Target Areas

Strikes to the groin, hands, feet, legs, arms and throat will not be awarded points. Excessive or continued contact to illegal target areas will result in a warning being given by the centre referee. Continued contact after a warning will result in disqualification.

Points cannot be scored if both or one of the competitor's feet are off of the floor (poor Zanshin).

Further illegal techniques:

- Avoiding the fight by turning and running away.
- Elbows
- Spinning back fist
- Hammer fist
- Strikes to the groin
- Strikes to the head
- Continuously exiting the area.
- Wrestling.
- Ducking below the opponent's waist.
- Attacking an opponent who is on the floor (except when following up on a sweep or takedown).
- Exiting the area.
- Continuing to fight after "stop" or "break".
- Hip/suplex throws
- Heel hooks
- Making contact with an opponent's head.

Comments

Competitors may request that the referee stop time in order to make adjustments to their safety equipment.

Time cannot be stopped in order for the fighter to 'catch their breath' and doing so may result in an official warning.



NAK OFFICIAL ALL STYLES KATA/FORMS RULES

Revised January 2020

Equipment

All competitors must wear the correct uniform that is representative of their style and club. Uniforms must be clean and in good repair.

All competitors must wear a belt or sash denoting their rank.

Length

Kata/forms performances must not be longer than 4 minutes.

If a performance is less than 30 seconds in length, the minimum score will be awarded.

Divisions

Competitors can compete in their own age division and/or the division above their own if they wish.

In team events, the team must compete in the category in which the eldest team members age falls.

Movement

All Kata/Forms movements must capture the traditional essence of Martial Arts.

Acrobatic and gymnastic movements are not allowed.

Competitors must not leave the marked area when performing.

Scoring Criteria

Before making any decisions, the judges must take into consideration the following:

- Correct sequence of techniques
- Power of execution
- Control of limbs and techniques
- Speed and rhythm control
- Difficulty of techniques and overall Kata/Form
- Movement of the head and eyes
- Coordination
- Balance
- Endurance
- Pace
- Correct breathing
- Hesitations

Adaptations of Kata/Form will be acceptable (adjustments to timing, etc) as long as the moves remain traditional and the original essence of the Kata/Form is not lost.

Scoring

All performances will be scored by 3 judges and marked on a points system.

Each judge will be scoring separate elements of the Kata/Form. These are:

1. Power and balance
2. Neatness and accuracy (including correctness)
3. Confidence and presentation

Points will be deducted from a final score for the following:

- Competitor interrupts their performance, hesitates or starts again.
- Loss of coordination
- Loss of balance
- Incorrect movements
- Poor execution of technique, including stances.
- Missing or no Kiais

The scores from all 3 judges will be added together at the end of the performance and the average will be taken.

The competitor with the highest score will be deemed the winner.

In the event of a draw, the competitors must perform again.

Lower grade competitors (up to and including 5th Kyu) may repeat the same Kata.

Higher grade competitors (5th Kyu and above) must perform a different Kata to the one performed in the previous round.

2nd and 3rd place will be awarded accordingly.



NAK OFFICIAL SPORTS SWORD RULES

Revised January 2020

Equipment

All competitors must wear a head guard, face cage and gum shield.
All competitors must wear a t-shirt and Kickboxing/Gi trousers.
Groin guards are compulsory for male competitors.
Chest protection is compulsory for female competitors (13+).
Body protection is optional for all competitors.
Gloves are optional.
Action Flex Swords MUST be used. No exceptions.

Rounds

Juniors will compete over 2 x 1 minute rounds.
Adults will compete over 2 x 1 minutes 30 seconds.

Scoring areas

ALL CONTACT MUST BE CONTROLLED, especially for junior competitors.

- 1 point = controlled head strike, arm strike (above the wrist and up to the shoulder), back or upper body.
- 2 points = controlled strike to legs (front and back, above the ankle and up to the hip) and chest.
- 3 points = controlled strike to the stomach (above belt and below the chest).

BOTH HANDS MUST REMAIN ON THE SWORD FOR THE POINT TO SCORE.

Illegal Areas

Strikes to the groin, hands, feet and throat will not be awarded points. Excessive or continued contact to illegal target areas will result in a warning being given by the centre referee. Continued contact after a warning will result in disqualification.
Points cannot be scored if a competitor has a knee on the ground when striking.
If the competitors feet leave the matted area, points cannot be scored.

Comments

All matches will take place with either 2 or 3 NAK officials.
The centre/chief referee has the final decision.
Competitors must commence the match in the centre of the mat with their swords touching. On command of the centre official, the match will begin.

When the match is stopped by the centre referee to either award points, give instructions or a warning, time will be paused and the competitors must restart the match in the centre with their swords touching.

In the event of a draw, the match will go to an extra 30 seconds. The competitor with the most points after 30 seconds wins.

If the score remains even, the match goes to sudden death. The first clean point wins.



NAK OFFICIAL FREESTYLE SUPER LIGHT CONTACT POINTS RULES

Revised January 2020

Equipment

The correct uniform and protective equipment **MUST** be worn by all competitors:

- Groin guards are compulsory for all male competitors.
- Chest protection for female competitors (13+) is compulsory.
- Gum shields and head guards are compulsory for all competitors.
- Closed hand 'semi contact' gloves must be worn. Boxing gloves are not allowed.
- Shin protection with boots - no shin and instep pads.
- The uniform should consist of a Club/Team T Shirt and Kickboxing trousers.

No jewellery, such as earrings or other visible piercings.

Rounds

All junior matches will be 2 x 1 minute rounds.

All adult matches will be 2 x 1 minute 30 second rounds.

If a competitor achieves a 10 point difference before the time is up, they will be deemed the winner.

In the event of a draw, the match will go to extra time and 30 seconds will be added to the clock. The competitor with the highest score after the extra time is the winner.

If the score remains the same, the match will go to sudden death. The first person to score a clean and clear technique is the winner.

Contact

We would like to remind all competitors that this category is SUPER LIGHT CONTACT POINTS. It is NOT SEMI CONTACT POINTS. Therefore all contact must remain at the minimum level.

In the **FIRST** event of excessive contact, a warning will be administered by the centre referee. There will be no exceptions.

A second warning will be given if the over contact continues and a point will be deducted. A third warning will result in instant disqualification from the match. There will be no exceptions.

Disqualification can still occur in the very first instance of over contact if the level is severe enough. The referee will make an immediate decision in this case as to disqualify the competitor or not. The referee's decision is final.

Contact to the head is allowed in all matches, **BUT** it must remain 'SUPER LIGHT'. When a strike makes contact with a competitors head, the head should not move as a result of

the strike. In the first instance of over contact to the head, a warning will be given. In the second instance a point will be deducted. The third time will result in disqualification.

Contact to the body must remain SUPER LIGHT for the entire match.

Techniques must not be followed through.

Please remember that instant disqualification can occur if the referee deems contact at a severe level.

Scoring

A score will be awarded when the following criteria are met:

- A technique thrown towards the head/face can land but it must be without excessive force. The head should not move as a result of being struck.

Head: Front, back and side are all legal target areas.

- A technique targeted at the mid section must land but it must be light.

Torso: Front and side

Techniques which land on the opponents shoulders, neck, throat, legs or back will not score.

The referee may stop the bout if he/she thinks the competitor does not have the will to continue or the fighter is outclassed.

Legal and Illegal Techniques:

- Kicks: Front, side, back, hook (heel kick) with the sole of the foot only, roundhouse kick, crescent kick, axe kick (with the sole of the foot only) and jumping/spinning variations are allowed.
- Hands: straight punches, jumping punches, back fist, ridge hand are allowed. Chops, hooks, elbows, uppercuts and spinning back fist are not permitted.

Avoiding fighting and running around the area will result in a penalty.

Executing techniques from the floor is not allowed.

Turning, running away, intentionally falling to the floor, clinching, throwing blind techniques and wrestling with an opponent will result in a penalty.

Intentionally exiting the matted area will result in a penalty.

When throwing jumping techniques, competitors must land with good balance. Fighters must land with no other part of their body other than their feet touching the floor.

Further illegal techniques:

- Avoiding the fight by turning and running away.
- Elbows
- Spinning back fist
- Strikes to the groin
- Continuously exiting the area.
- Wrestling.
- Ducking below the opponent's waist.
- Attacking an opponent who is on the floor.
- Exiting the area.
- Continuing to fight after "stop" or "break".
- Hip/suplex throws
- Heel hooks
- Spinning sweeps

Points

- 1 point = all punching techniques
- 2 points = any kick to the body
- 3 points = any kick to the head
- = sweep and follow up

Comments

Competitors may request that the referee stop time in order to make adjustments to their safety equipment.

Time cannot be stopped in order for the fighter to 'catch their breath' and doing so may result in an official warning.



SUPER LIGHT CONTINUOUS K1 RULES

Revised March 2023

Equipment

The correct uniform and protective equipment MUST be worn by all competitors:

- Groin guards are compulsory for all male competitors.
- Chest protection for female competitors (13+) is compulsory.
- Gum shields and head guards are compulsory for all competitors.
- 10oz (minimum) boxing gloves
- Shin and instep pads OR shin and boots must be worn.
- Head guards are compulsory for all competitors.
- Competitors must wear a club/team T-Shirt and K1 style shorts which finish above the knee.

No jewellery, such as earrings or other visible piercings.

Rounds

All junior super light continuous K1 rules matches will be 2 x 1 minute rounds.

All adult super light continuous K1 rules matches will be 2 x 1 minute 30 second rounds.

The matches will be officiated by 2 judges and 1 referee who will decide the winner at the end of the match using the 10 point must system.

In the event of a draw, the competitors will fight again for an extra 30 seconds.

At this point, the officials must make a decision. There cannot be another draw and the centre referee has the final decision.

The match will not be stopped unless it is for the referee to give penalties or reset the fighters.

Contact

We would like to remind all competitors that this category is SUPER LIGHT CONTINUOUS K1.

Therefore all contact must remain at the absolute minimum level.

In the FIRST event of excessive contact, a warning will be given by the centre referee.

There will be no exceptions.

A second warning will be given if the over contact continues and a point will be deducted.

A third warning will result in instant disqualification from the match.

There are no exceptions. The referee's decision is final.

Disqualification can still occur in the very first instance of over contact if the level is severe enough. The referee will make an immediate decision in this case as to disqualify the competitor or not. The referee's decision is final.

Contact to the head and body must remain SUPER LIGHT for the entire match.

Techniques must not be followed through.

Competitors will be immediately penalised for excessive contact with a point being taken away by the referee - there will be no exceptions.

Scoring

A score will be awarded when the following criteria are met:

- A technique thrown towards the head/face lands without excessive force. The opponents head must not move as a result of being struck.
Head: Front and side are all legal target areas.
- A technique targeted at the mid section must land but it must be light.
Torso: Front, back and side.
- Kicks thrown to the legs MUST land above the knee.
- Competitors can clinch but after one strike they must release their opponent.
Excessive clinching and striking will result in penalties.

Techniques which land on the opponents shoulders, neck, throat or below the knee will not score.

The referee may stop the bout if he/she thinks the competitor does not have the will to continue or the fighter is outclassed.

Legal and Illegal Techniques:

- Kicks: Front, side, back, hook (heel kick) with the sole of the foot only, roundhouse kick, crescent kick, axe kick (with the sole of the foot only) and jumping/spinning variations are allowed.
- Knee strikes in the clinch are permitted. There must be only one technique thrown in the clinch before releasing.
- Hands: Jab, cross, uppercut, hook are permitted.
Elbow strikes and spinning back fists are not permitted and will result in a penalty if executed.

Further illegal techniques:

- Avoiding the fight by turning and running away.
- Elbows
- Spinning back fist
- Snapping back fist
- Hammer fist
- Strikes to the groin
- Continuously exiting the area.
- Wrestling.
- Ducking below the opponent's waist.
- Attacking an opponent who is on the floor.
- Exiting the area.
- Continuing to fight after "stop" or "break".
- Hip/suplex throws
- Heel hooks
- Spinning sweeps

Comments

Competitors may request that the referee stop time in order to make adjustments to their safety equipment.

Time cannot be stopped in order for the fighter to 'catch their breath' and doing so may result in an official warning.



SUPER LIGHT CONTINUOUS MUAY THAI RULES

Revised March 2023

Equipment

The correct uniform and protective equipment **MUST** be worn by all competitors:

- Groin guards are compulsory for all male competitors.
- Chest protection for female competitors (13+) is compulsory.
- Gum shields and head guards are compulsory for all competitors.
- 16oz (minimum) boxing gloves (juniors must wear a minimum of 10oz)
- Shin and instep pads
- Head guards are compulsory for all competitors.
- Competitors must wear a club/team T-Shirt and K1 style shorts which finish above the knee.

No jewellery, such as earrings or other visible piercings.

Rounds

All junior super light continuous MUAY THAI rules matches will be 2 x 1 minute rounds.

All adult super light continuous MUAY THAI rules matches will be 2 x 1 minute 30 second rounds.

The matches will be officiated by 2 judges and 1 referee who will decide the winner at the end of the match using the 10 point must system.

In the event of a draw, the competitors will fight again for an extra 30 seconds.

At this point, the officials must make a decision. There cannot be another draw and the centre referee has the final decision.

The match will not be stopped unless it is for the referee to give penalties or reset the fighters.

Contact

We would like to remind all competitors that this category is SUPER LIGHT CONTINUOUS Thai.

Therefore all contact must remain at the absolute minimum level.

In the **FIRST** event of excessive contact, a warning will be given by the centre referee.

There will be no exceptions.

A second warning will be given if the over contact continues and a point will be deducted.

A third warning will result in instant disqualification from the match.

There are no exceptions. The referee's decision is final.

Disqualification can still occur in the very first instance of over contact if the level is severe enough. The referee will make an immediate decision in this case as to disqualify the competitor or not. The referee's decision is final.

Contact to the head and body must remain SUPER LIGHT for the entire match.

Techniques must not be followed through.

Competitors will be immediately penalised for excessive contact with a point being taken away by the referee - there will be no exceptions.

Scoring

A score will be awarded when the following criteria are met:

- A technique thrown towards the head/face lands without excessive force. The opponents head must not move as a result of being struck.
Head: Front and side are all legal target areas.
- A technique targeted at the mid section must land but it must be light.
Torso: Front, back and side.
- Kicks thrown to the legs MUST land above or below but not on the knee.
- Competitors may clinch and hold their opponent as long as they continue to throw controlled strikes. Holding to rest will be penalised.
- Techniques which land on the opponents shoulders, neck, throat or on the knee will not score.

The referee may stop the bout if he/she thinks the competitor does not have the will to continue or the fighter is outclassed.

Legal and Illegal Techniques:

- Kicks: Front, side, back, hook (heel kick) with the sole of the foot only, roundhouse kick, crescent kick, axe kick (with the sole of the foot only) and jumping/spinning variations are allowed.
- Knee strikes in the clinch are permitted.
- Hands: Jab, cross, uppercut, hook are permitted.
Elbow strikes and spinning back fists are not permitted and will result in a penalty if executed.

Further illegal techniques:

- Avoiding the fight by turning and running away.
- Elbows
- Spinning back fist
- Snapping back fist
- Hammer fist
- Strikes to the groin
- Continuously exiting the area.
- Wrestling.
- Ducking below the opponent's waist.
- Attacking an opponent who is on the floor.
- Exiting the area.
- Continuing to fight after "stop" or "break".
- Hip/suplex throws
- Heel hooks
- Spinning sweeps

Comments

Competitors may request that the referee stop time in order to make adjustments to their safety equipment.

Time cannot be stopped in order for the fighter to 'catch their breath' and doing so may result in an official warning.



NAK Super Light BOXING Rules

Revised March 2023

Equipment

The correct uniform and protective equipment MUST be worn by all competitors:

- Groin guards are compulsory for all male competitors.
- Chest protection for female competitors (13+) is compulsory.
- Gum shields and head guards are compulsory for all competitors.
- 10oz (minimum) boxing gloves
- Head guards are compulsory for all competitors.
- Competitors must wear a club/team T-Shirt and K1 or Boxing style shorts which finish above the knee.

No jewellery, such as earrings or other visible piercings.

Rounds

All junior super light Boxing rules matches will be 2 x 1 minute rounds.

All adult super light Boxing rules matches will be 2 x 1 minute 30 second rounds.

The matches will be officiated by 2 judges and 1 referee who will decide the winner at the end of the match using the 10 point must system.

In the event of a draw, the competitors will fight again for an extra 30 seconds.

At this point, the officials must make a decision. There cannot be another draw and the centre referee has the final decision.

The match will not be stopped unless it is for the referee to give penalties or reset the fighters.

Contact

We would like to remind all competitors that this category is SUPER LIGHT BOXING.

Therefore all contact must remain at the absolute minimum level.

In the FIRST event of excessive contact, a warning will be given by the centre referee.

There will be no exceptions.

A second warning will be given if the over contact continues and a point will be deducted.

A third warning will result in instant disqualification from the match.

There are no exceptions. The referee's decision is final.

Disqualification can still occur in the very first instance of over contact if the level is severe enough. The referee will make an immediate decision in this case as to disqualify the competitor or not. The referee's decision is final.

Contact to the head and body must remain SUPER LIGHT for the entire match.

Techniques must not be followed through.

Competitors will be immediately penalised for excessive contact with a point being taken away by the referee - there will be no exceptions.

Scoring

A score will be awarded when the following criteria are met:

- A technique thrown towards the head/face lands without excessive force. The opponents head must not move as a result of being struck.
Head: Front and side are all legal target areas.
- A technique targeted at the mid section must land but it must be light.
Torso: Front, back and side.

Techniques which land on the opponents shoulders, neck, throat or below the waist will not score.

The referee may stop the bout if he/she thinks the competitor does not have the will to continue or the fighter is outclassed.

Legal and Illegal Techniques:

Hands: Jab, cross, uppercut, hook are permitted.

Spinning back fists are not permitted and will result in a penalty if executed.

Further illegal techniques:

- Avoiding the fight by turning and running away.
- Elbows
- Spinning back fist
- Snapping back fist
- Hammer fist
- Strikes to the groin
- Continuously exiting the area.
- Wrestling.
- Ducking below the opponent's waist.
- Attacking an opponent who is on the floor.
- Exiting the area.
- Continuing to fight after "stop" or "break".

Comments

Competitors may request that the referee stop time in order to make adjustments to their safety equipment.

Time cannot be stopped in order for the fighter to 'catch their breath' and doing so may result in an official warning.



NAK OFFICIAL KUMITE HALO RULES

Revised January 2020

Equipment

The correct uniform and protective equipment **MUST** be worn by ALL competitors - gum shield, hand mitts with open fingers and shin/instep protection (NO boot kickers).

Groin guards are compulsory for all male competitors.

Chest protection for females (13+) is compulsory.

Head guards are compulsory for all competitors.

Body protection is compulsory for all competitors aged 13 and under.

No jewellery, such as earrings, or other visible piercings.

Competitors must wear a traditional Karate Gi or Taekwondo Dobok. No T-Shirts and Kickboxing trousers.

Red and blue pads and belts are advised, however they are not compulsory.

Rounds

All HALO Kumite matches for juniors will be 3 x 1 minute 30 second minute rounds.

All HALO Kumite matches for adults will be 3 x 2 minute rounds.

In the event of a draw, 30 seconds of extra time will be added. If a draw remains after 30 seconds of extra time, the match will go to sudden death. The first clean point to score will win the match.

Scoring Areas and Contact

All HALO Kumite bouts will be to a maximum score of 10 points or a 7 point gap between scores to decide the winner.

There must be **NO HEAD CONTACT AT ALL** for junior and adult competitors. Techniques directed towards an opponents face/head, must finish with good form 3 inches short of the target.

Warnings will be immediately issued for contact if and when it is not allowed.

HALO rules Kumite has been developed in order for competitors who enjoy throwing powerful shots (and receiving them) to take part in a competition without the risk of head trauma.

Head shots in HALO rules are permitted, but they **MUST NOT** land on the target area. Instead, they must fall 50mm short of the target area. The competitor still must meet all of the scoring criteria to score the point.

Full power shots to the body are permitted and will score the points outlined below.

It is possible to win via 'K.O' to the body (NOT THE HEAD) in HALO rules. If an opponent is knocked to the floor, the centre referee will give a standing 8 count. If the competitor is unable to beat the count, the match will be over and the win awarded to the other fighter.

There can only be a maximum of two standing 8 counts in a fight. A third standing 8 count will result in the end of the match.

1 point (Yuko) =	any punch
2 points (Waza-ari) =	any body kick
3 points (Ippon) =	any head kick, sweep/take down and follow up.

A Kumite score is awarded when one fighter performs a technique which conforms to the following criteria and the blow lands on a relevant scoring area of their opponent's head/body:

- Good form
- Vigorous application
- Good timing
- Accurate distance
- Awareness
- Sporting attitude
- Zanshin (state of awareness and body posture after a technique has been executed)
- Kiai

Illegal Target Areas

Strikes to the groin, hands, feet, legs, arms and throat will not be awarded points. Excessive or continued contact to illegal target areas will result in a warning being given by the centre referee. Continued contact after a warning will result in disqualification.

Points cannot be scored if both or one of the competitor's feet are off of the floor (poor Zanshin).

All head contact is illegal and therefore not permitted.

Further illegal techniques:

- Avoiding the fight by turning and running away.
- Elbows
- Spinning back fist
- Snapping back fist
- Hammer fist
- Strikes to the groin
- Continuously exiting the area.
- Wrestling.
- Ducking below the opponent's waist.
- Attacking an opponent who is on the floor.
- Exiting the area.
- Continuing to fight after "stop" or "break".
- Hip/suplex throws
- Heel hooks
- Spinning sweeps

Comments

Competitors may request that the referee stop time in order to make adjustments to their safety equipment.

Time cannot be stopped in order for the fighter to 'catch their breath' and doing so may result in an official warning.

The primary responsibility of the referee is the safety of all competitors.