



## Nordic Open

*Nordic Open is an International Kyokushin tournament for children, cadets, juniors, seniors and veterans who participate from various parts of the world. It is open to all Kyokushin groups and organisations which would like to participate and test their skills under the Nordic Open Tournament Regulations.*

*The competition is not all about winning but is also about meeting other fellow competitors and teams under the traditional Kyokushin values and traditions with respect, curiosity and a strive to always improve oneself in all aspects. Another important goal of the tournament is to allow people, especially young persons, from different places to meet and make new friends and experiences.*



# Nordic Open

## The rules for Kumite

You can find the rules (Kumite) for the tournament here:

[Kyokushin tävlingskommittén - Svenska Karateförbundet \(swekarate.se\)](http://www.swekarate.se)

The rules are in Swedish, if you have any questions, please send a mail to: [info@nordicopen.se](mailto:info@nordicopen.se)

## Extra Criteria for Swedish competitors (only)

For legal reasons, Swedish competitors (only) from the age of 12 must have a competitor's card ("Tävlingskort") issued from an organization under the Swedish Sports Confederation ("Riksidrottsförbundet") (such as "Budo och Kampsportsförbundet" or "Svenska Karateförbundet").

## Short explanation of the rules for Semi Contact

### Scoring Semi contact

If any uncertainties arise about the interpretations of the rules herein, the organization committee has the last word whereby the official rules of Svenska Karateförbundet shall be considered.

### Seniors, veterans and 12-17 Years

*IPPON* is awarded for a technique that prevents the opponent to continue the match within 3 seconds (not full contact to the head), if the other participant is disqualified or if the other party gives up.

*WAZA-ARI* is awarded for a controlled kick against the head that hits the other participant's head or helmet and an otherwise allowed technique that prevents the opponent to continue the match momentary. When an opponent is downed with any allowed technique including foot sweeps which are followed up by a well-focused non-contact technique to the body

If equal score: Dominance in strength in combination with technique and number of hits, with correct technique that has hit the opponent.

If any uncertainties arise about the interpretations of the rules herein, the organization committee has the last word whereby the official rules of the Swedish "Karateförbundet" shall be considered.

### 7-11 Years

Same as above but with **no contact** against the other opponent's head/helmet. The kick must stop 5-10 cm from the head and be unblocked.

### Allowed techniques:

- all punches to the body
- all kicks to head, except front kicks to the head
- all kicks to the body and legs

### Forbidden techniques:

- all punches and blows to head, neck and back
- all kicks to any part of the knee, crotch and back
- front kick to the head (jodan mae geri, jodan yoko geri, jodan ushiro geri)
- knee kicks towards the head (jodan hiza geri)
- kagato otoshi, uchiro mawashi geri to the head
- punching or kicking the opponent while lying on the floor
- Failing to obey the referee's instructions during the bout, or making comments to the referee
- leaving the tatami on different occasions during the fight
- producing indecent, disrespectful and aggressive behaviour
- grabbing and pulling
- Any other techniques or practice that the referee of the contest shall decide is improper or unfair



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## Categories

The categories below can change depending on the number and actual weight of the participants in each group. All groups under 18 years old is fighting under semi contact rules.

### Female

7 year	-30, +30
8 - 9 year	-30, -38, -46, +46
10 - 11 year	-35, -43, -51, +51
12 - 13 year	-45, -55, -65, +65
14 - 15 year	-50, -60, -70, +70
16 - 17 year	-55, -65, -75, +75

### Seniors

Semi contact:	-55, -65, +65
Full contact and U21:	-55, -65, +65

### Veterans

Semi contact	-65, +65
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### Male

7 year	-30, +30
8 - 9 year	-30, -38, -46, +46
10 - 11 year	-35, -43, -51, +51
12 - 13 year	-45, -55, -65, +65
14 - 15 year	-50, -60, -70, +70
16 - 17 year	-55, -65, -75, +75

### Seniors

Semi contact:	-70, -80, +80
Full contact and U21:	-70, -80, +80

### Veterans

Semi contact	-80, +80
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### Match time:

7-13 year - 1.30 + 1 min

14-17 years - 2 + 1 min

No weight for the competitors under 18, it will be a decision after the last extension.

Seniors and Veterans, Semi Contact - 2 + 2 (weight) + 2 min

Seniors and U21 Full Contact - 3 + 2 (weight) + 2 min

### Weight difference

Men: 5 kg (+80 kg is 10 kg)

Women: 4 kg (+65 kg is 8 kg)

However, the Tournament organising committee reserves the right to decide the match length in the tournament. Factors for this includes, but is not limited to, the number of participants, number of tatamis, availability of referees and total competition schedule.



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In the classes under 18 years with 3 competitors, it will be Round Robin and in classes with two competitors, it will be Best of three.

In case of equal, the following parameters will decide the placement:

Most Ippon (total)  
Most Waza-ari (total)  
Least Genten (total)  
Least Chui (total)  
Least Absolute weight

Please note: The semi contact divisions for the Seniors are for beginners. If you have competed in more than three full contact tournaments, you must register in the full contact division.  
The Veteran classes is open to all from 40 years of age and above.

## Protection

In the above divisions, there are four protection categories:

### 1. Participants 7 - 13 years

From 7 years up and including 13 years, the participants must wear fist protection, mouth protection, helmet, shin guard and a body protector. No breast cups allowed under the body protector and men must wear crotch guard, crotch guard for females are optional.

### 2. Participants 14 - 17 years

From 14 years up and including 17 years, the participants must wear fist protection, mouth protection, helmet and shin guard. Females must wear breast cups and men must wear crotch guard, crotch guard for females are optional.

### 3. Participants Seniors and Veterans semi contact

Seniors and Veterans, from 18 and up, must wear fist protection, mouth protection, and shin guard. Females must wear breast cups and men must wear crotch guard, crotch guard for females are optional.

### 4. Participants Seniors and U21 full contact

Seniors, from 18 and up must wear mouth protection. Females must wear breast cups and men must wear crotch guard, crotch guard for females are optional.



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## The rules for Kata

### Categories

Each category can be changed at the day of the tournament depending on the registrations per category. If there is no category for the age of your participant, then your participant can be registered in a higher age category if possible.

Grade	7-10 Years	11-15 Years	16 Years and up
9-10 Kyu (8-12 Mon)	x	x	x
7-8 Kyu (6-7 Mon)	x (8 Kyu, 7 Mon and up)	x	x
5-6 Kyu (4-5 Mon)		x	x
3-4 Kyu (3 Mon)		x (4 Kyu, 3 Mon and up)	x
2 Kyu and up Male			x
2 Kyu and up Female			x

### Grade 5-10 Kyu

In the first round judges will choose a kata depending on the grade of the participant.

In the second round the participant will choose a kata.

When the kata is finished, points will be awarded by 5 referees. The highest and lowest points will be eliminated. The other 3 points will be summated to receive a total. The sum of the two rounds will be added. The participant with the highest summated point wins.

First, second and third place will be awarded.

During a wrong execution of a kata, participants can decide before completion of the kata to redo it during a second attempt.

### Grade 4 Kyu and up

In the first round the participant chooses a kata. When the kata is finished, points will be awarded by 5 referees. The highest and lowest point will be eliminated. The other 3 points will be summated.

The 12 best of each category go the second round. In this round the kata is chosen by the judges depending on the grade of the participant. The points of the first round will be summated with the points of the second round and the 6 best of each category go to the finals. In the finals each participant can again choose a kata for which he/she gets points for the last time. The earned points after each round will be summated and the participant with the highest score wins.

First, second and third place will be awarded.

During a wrong execution of a kata, participants cannot redo the kata.



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Possible dedicated kata's (by the judges)

<b>Grade</b>				
<b>10 Kyu 12-9 Mon</b>	Taikyoku Sono I			
<b>9 Kyu 8 Mon</b>	Taikyoku Sono I	Taikyoku Sono II		
<b>8 Kyu 7 Mon</b>	Taikyoku Sono I	Taikyoku Sono II	Taikyoku Sono III	
<b>7 Kyu 6 Mon</b>	Taikyoku Sono II	Taikyoku Sono III	Pinan Sono I	
<b>6 Kyu 5 Mon</b>	Taikyoku Sono III	Pinan Sono I	Pinan Sono II	
<b>5 Kyu 4 Mon</b>	Pinan Sono I	Pinan Sono II	Pinan Sono III	
<b>4 Kyu</b>	Pinan Sono I	Pinan Sono II	Pinan Sono III	
<b>3 Kyu 3 Mon</b>	Pinan Sono III	Pinan Sono IV		
<b>2 Kyu 2 Mon</b>	Pinan Sono IV	Pinan Sono V	Gekisai Dai	
<b>1 Kyu 1 Mon</b>	Pinan Sono V	Gekisai Dai	Yantsu	Tsuki No Kata
<b>Shodan</b>	Gekisai Dai	Yantsu	Tsuki No Kata	Saiha
<b>Nidan</b>	Yantsu	Saiha	Gekisai Sho	Seipai
<b>Sandan</b>	Gekisai Sho	Seipai	Seienchin	Kanku Dai
<b>Yondan</b>	Kanku Dai	Garyu	Sushiho	Seienchin

See you in Nordic Open

OSU!!