

# NORTH AMERICAN NAKAMURA CUP Fight Rules



## RULES

1. The tournament committee reserves the right to divide combat categories without notice based on the number of participants.
2. There will be 3 or 4 corner judges and 1 center referee at each tatami.
3. Poor attitude, inappropriate language, and lack of respect from the participant or their coach will result in the disqualification of the participant and the expulsion of the coach.
4. All participants must provide and wear the following equipment:
  - Semi-contact and Master fight
    - Headgear
    - Foot protectors
    - Fist protectors
    - Athletic supporter for boys
    - Chest protector (tank top and cups) for girls aged 14 and above (recommended)
    - Mouthguard (recommended)
  - Elite fight
    - Athletic supporter for boys
    - Chest protector (tank top and cups - recommended)
    - Mouthguard (recommended)
5. No bandages will be allowed unless medically authorized.

## FIGHT DURATION

AGE CATEGORY	NORMAL	EXTENSION*
5-8.....	1 min .....	45 secs
9-15.....	1 min 30 .....	1 min
16 et + .....	2 min .....	1 min 30
<i>Full Contact - Elite</i>		
18 et + .....	2 min .....	2 min
<i>Full Contact - Master</i>		
35 et + .....	2 min .....	1 min 30

\*Maximum one extension prolongation.

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## SEMI-CONTACT FIGHT

### PERMITTED STRIKES

- Body punch
- Straight kick to the body only
- Circular kick to the body and face
- Circular kick to the thigh, delivered above the knee
- Knee strike to the thigh and body

### FORBIDDEN STRIKES

*All head strikes with force*

- Punch to the face
- Straight kick to the face
- Knee strike to the face
- Elbow strike
- Groin strike
- Strike to the spine
- Gripping the dogi
- Kicks to the knees and below the knee
- Pushing the opponent

**IMPORTANT** : White and orange, 17 years and under: all strikes must be controlled.

## FULL CONTACT – ELITE / MASTER

### PERMITTED STRIKES

- Body punch
- Elbow strike to the body
- All kicks to the body and face
- Knee strike to the thighs, body, and face
- Circular kick to the leg
- Punch and elbow strike to the thigh
- Leg sweep

### FORBIDDEN STRIKES

- Punch to the face
- Elbow strike to the face
- Straight kick to the knee
- Strike to the spine
- Groin strike
- Gripping the dogi
- Pushing the opponent