



**Swiss-Shinkyokushin-Association**

**SSKA**

**Member of WKO & EKO**



**Coach Information  
for KUMITE & KATA  
Swiss-Open Juniors 2019**



**14. Swiss – Open Juniors Championship 2019 - Supporter**

**Headprotection will be provided !**

	for Head	for Shin & instep	for Knee	for Fist	for Groin	For Chest
Boys Cat. B01-B14	Must	Must	Optional	Must	Must	
Girls Cat. G01-G10	Must	Must	Optional	Must	Optional	Must
Boys Cat. B15	Optional	Must	Optional	Must	Must	
Girls Cat. G15	Optional	Must	Optional	Must	Optional	Must

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

**All fighters must bring their protectors to the weight control**

**These are checked and stamped.**

**Only used protectors are allowed on the day of the tournament.**



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

**Only organizer stamped savers are allowed in the tournament!**

## 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 1-14 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.