

SWISS – OPEN 2020

KUMITE – FIGHTING TIME

Kumite - Adults / Seniors Men (year of birth: 1998 or older)

| | First Round | First Extention | Weight Contol The lighter competitor wins | Tameshiwari | Last Extention |
|-------------------|--------------------|------------------------|---|-------------------------------|-----------------------|
| Swiss-Open | 3 Minutes | 2 Minutes | Light- Middle – Heavy weight 5 kilo difference Super Heavy weight 10 kilo difference | Equal number of broken boards | 2 Minutes |
| | 3 Minutes | 2 Minutes | Light- Middle – Heavy weight 5 kilo Super Heavy weight 10 kilo difference | More broken boards | |

Tameshiwari: last 4 competitor all categories

Each contestant must break a minimum of 2 boards in all categories with each of four different techniques:

SEIKEN (Forefist), SHUTO (Knife hand), HIJI (Elbow), SOKUTO (Knife foot)

Kumite - Adults / Seniors Women (year of birth: 1998 or older)

| | First Round | First Extention | Weight Contol The lighter competitor wins | Last Extention |
|-------------------|--------------------|------------------------|--|-----------------------|
| Swiss-Open | 3 Minutes | 2 Minutes | Light- Middle – Heavy weight 4 kilo difference Super Heavy weight 8 kilo difference | 2 Minutes |

PROTECTOR:

Adults Men

| Mouth protection | Groin Protection | Taping |
|-------------------------|-------------------------|---------------|
| Optional | Must | * not allowed |

Adults Women

| Mouth protection | Chest protection (Solar plexus must be free) | Groin Protection | Shin – instep Protection | Taping |
|-------------------------|---|-------------------------|---------------------------------|---------------|
| Optional | Must | Optional | Must | * not allowed |

* Tape and bandages are prohibited unless the tournament doctor gives his written OK.
Under the Dogi trousers, men and women must wear nothing but the above-mentioned protectors and underwear.

Kumite - Adults / Seniors Men (year of birth: 1980 or older)

| | First Round | First Extention | Weight Contol The lighter competitor wins | Last Extention |
|-------------------|--------------------|------------------------|---|-----------------------|
| Swiss-Open | 2 Minutes | 2 Minutes | Light- Middle – Heavy weight 5 kilo difference Super Heavy weight 10 kilo difference | 2 Minutes |
| | 2 Minutes | 2 Minutes | Light- Middle – Heavy weight 5 kilo Super Heavy weight 10 kilo difference | |

Kumite - Adults / Seniors Women (year of birth: 1980 or older)

| | First Round | First Extention | Weight Contol The lighter competitor wins | Last Extention |
|-------------------|--------------------|------------------------|--|-----------------------|
| Swiss-Open | 2 Minutes | 2 Minutes | Light- Middle – Heavy weight 4 kilo difference Super Heavy weight 8 kilo difference | 2 Minutes |

PROTECTOR:

Adults Seniors Men

| Mouth protection | Groin Protection | Shin – instep Protection | Taping |
|-------------------------|-------------------------|---------------------------------|---------------|
| Optional | Must | Must | *not allowed |

Adults Seniors Women

| Mouth protection | Chest protection (Solar plexus must be free) | Groin Protection | Shin – instep Protection | Taping |
|-------------------------|---|-------------------------|---------------------------------|---------------|
| Optional | Must | Optional | Must | *not allowed |

* Tape and bandages are prohibited unless the tournament doctor gives his written OK.
Under the Dogi trousers, men and women must wear nothing but the above-mentioned protectors and underwear.



Kumite - Adults / Youth Men (year of birth: 2001 - 1999)

| | First Round | First Extention | Weight Contol The lighter competitor wins | Last Extention |
|-------------------|--------------------|------------------------|--|-----------------------|
| Swiss-Open | 2 Minutes | 2 Minutes | Weight classes 3 kilo Open weight 5 kilo difference | 2 Minutes |

Kumite - Adults / Youth Women (year of birth: 2001 - 1999)

| | First Round | First Extention | Weight Contol The lighter competitor wins | Last Extention |
|-------------------|--------------------|------------------------|--|-----------------------|
| Swiss-Open | 2 Minutes | 2 Minutes | Weight classes 3 kilo Open weight 5 kilo difference | 2 Minutes |

PROTECTOR:

Youth Men

| Mouth protection | Groin Protection | Shin – instep Protection | Taping |
|-------------------------|-------------------------|---------------------------------|---------------|
| Optional | Must | Must | * not allowed |

Youth Women

| Mouth protection | Chest protection (Solar plexus must be free) | Groin Protection | Shin – instep Protection | Taping |
|-------------------------|---|-------------------------|---------------------------------|---------------|
| Optional | Must | Optional | Must | * not allowed |

* Tape and bandages are prohibited unless the tournament doctor gives his written OK.
Under the Dogi trousers, men and women must wear nothing but the above-mentioned protectors and underwear.

