

Nunchaku-do Team Kumite Regulations

Version : 1.0



Rules & Guidelines for Team Kumite in Nunchaku

Article 1. Team Composition

- Each team consists of **3-5 fighters**, with the possibility of **2 substitute fighters**.
- Teams may be composed of male, female, or mixed-gender participants, based on competition categories.
- Each fighter competes in individual bouts against the opposing team's fighters.

Article 2. Match Format

- A Team Kumite match consists of **3-5 bouts**.
- The team with the most victories from the individual bouts wins the match. If the number of wins is tied, the team with the highest aggregate points from all bouts is declared the winner.
- Bout time limits are **2 minutes** for regular competitions and **3 minutes** for championship-level events.

Article 3. Match Area

- The match area needs to be even and free of any obstacles.
- The match floor is a square with a minimal area of 8x8 meters and a maximal area of 10x10 meters (measured along the outer edges).
- A line parallel to the edges must be drawn one meter from the edges of the match area. This serves to contain the competitors within the boundaries of the match area.
- Two parallel lines, each 0.5 meters in length and perpendicular to the referee line are drawn 1.5 meters from the centre of the match floor. These lines indicate the competitors' starting positions.
- One straight line, 0.5 meters in length is drawn 2 meters from one of the edges of the match area. This line indicates the referee's position.
- The assistant-referees are situated on either side of the referee, each on a different corner on the edge near the scoreboard.
- The secretary and timekeeper sit opposite the referee.

Article 4. Official attire and nunchakus

- The competitors and their coaches wear official uniforms, as described in appendix 1. The head-referee has the right to refuse entry to the competition to any coach and/or competitor who does not adhere to these rules.
- On the match floor only the use of the official safety nunchakus is permitted. See appendix 1. The referee has the right and responsibility to test/inspect the nunchakus before the match.

Article 5. Bouts

- Each fighter from one team competes against a corresponding fighter from the opposing team.
- Bouts are decided by points or disqualification (in cases of fouls or safety violations).
- If a fighter scores **6 points**, the bout is immediately stopped, and the fighter wins by **superiority**.
- Bouts Timing 2:30 minute.

Article 6. Techniques during the Bouts

- Competitors must execute at least three (3) or five (5) different techniques (overtakings) during a match, following the regulations established in advance.
- During a match, it is only allowed to attack immediately after the starting signal “Hajime” twice (2) with a so-called “lightning strike” (attempt).

Article 7. Score

- A valid score must be executed in such a way that a clear and direct hit can be ascertained, while within reason not leading to injury.
- In case an attack is performed in which a competitor hits ‘through’ the opponent upon impact, a penalty will be awarded (chui).
- A score must at all times be executed with control and aim.
- A score is only valid if the attacker has visual contact with the place of contact where the score is aimed.
- The fact that ‘Nunchaku-do’ is a semi-contact sport in which the safety of the competitor is maintained through the measure of contact needs to be taken into account.

Article 8. Scoring System – Attempts

- Points are awarded based on controlled, legal strikes with the nunchaku:
 - **Ippon (2 points):** For a clean strike to the head or a well-executed sweep followed by a controlled strike.
 - **Waza-ari (1 points):** For strikes to the body or a controlled technique to a limb.
- Fighters win their bout by scoring more points than their opponent or The person with 6 points wins instantly or the one with the most points once the time is over.
- An attempt at scoring is only allowed if it is preceded by at least two (2) overtaking techniques. The time between the last technique and the scoring attempt is at most one second. In case the pause between the required (minimum) 2 scores exceeds the one second, the scoring attempt is declared invalid.

Please note; overtaking techniques are techniques in which the nunchaku transitions from hand to hand. Every exchange of the nunchaku is seen as an overtaking, given that the nunchaku always has contact with at least one hand.

- Gripping (1st fragment), as well as sideways gripping, are a valid overtaking.
- An exception is made in the following situation:

When a competitor blocks an attack by the opponent 100%, it is allowed to immediately mount a counter-attack (without the required two overtakings).

- The attack after a minimum of two consecutively executed overtakings must be executed from a controlled hand position. This means that the hand has a full grip on the nunchaku before the attack. Touching the nunchaku in a hand without gripping it is not counted as a controlled hand position.

Article 9. Legal Target Areas

- Strikes with the nunchaku are permitted to the following areas:
 - **Head**
 - **Torso (front and sides)**
 - **Arms and Legs** (controlled strikes only)

Article 10. Prohibited Actions

- Strikes to the **neck or groin** are prohibited.
- Any uncontrolled or excessively forceful strike can result in penalties or disqualification.
- **Throwing the nunchaku** or using it in a manner inconsistent with the rules (e.g., holding both sticks during strikes) will result in penalties.

Article 11. Penalties

General:

- it is mandatory for the referee to award penalties hierarchically.
- In case a competitor is outside the match area and the referee declares a score, then both this score and the penalty for being “out of bounds” will be awarded.

a. Formal (official) warning

1. If the referee thinks that a competitor is about to do a forbidden technique, he/she will be given a formal personal warning.
2. If the referee thinks that a competitor is about to do a forbidden action, he/she will be given a formal personal warning.
3. If the referee sees that a competitor steps out of the match area, a formal personal warning will then be given to the competitor.
4. A scoring attempt without performing the required two (2) change-over techniques, can lead to a penalty of a formal personal warning.
5. If a competitor does not control their (missed) attack and strikes ‘through’ their opponent.

The formal personal warning is indicated on the scoreboard by a RED DOT and CAN influence the decision when a Hantei decision is made and the referee has no clear winner at the end of the ruling extra time.

b. Chui

The following techniques and actions will in principle be penalized with a Chui

1. Stepping out of the match area for the second (2nd) time
2. Defending off or blocking an attack from an opponent with a hand, forearm or lower leg
3. Executing multiple scoring attempts without the required two (2) change-over techniques
4. Not enough variation in techniques (Art. 13.1)
5. Excessively hard contact

c. Keikoku

'Keikoku-1'= 1 point penalty / keikoku-2= 2 point penalty

A competitor can only be penalized with a maximum of two (2) Keikokus. The second (2nd) Keikoku will however be counted as an Ippon penalty (2 points). The third (3rd) Keikoku will be followed by a Hansoku-make (disqualification).

The following techniques and actions will in principle be penalized with a Keikoku:

1. Stepping out of the match area for the third time
2. Blocking an attack attempt with the hand, forearm or lower leg multiple times
3. Making several attack attempts without the two (2) required overtakings
4. Grabbing hold of the opponent's nunchaku
5. Regularly exceeding the "5 second rest period"
6. Behaviour from a competitor/coach that is in any way disruptive to the match progression, like emotional outbursts and unwanted remarks
7. Inadequate material that disrupts the progression of the match
8. Repeatedly not performing enough variation in the techniques
9. Excessively hard contact

d. Hansoku-make

To award a hansoku-maké, the referee must first consult the assistant referees. A competitor may be penalized with a hansoku-make when a third keikoku penalty is awarded, or for the following actions noted her below:

1. When a competitor's actions damage the integrity and honour of the sport
Nunchaku-do
2. Excessively hard contact
3. When a competitor does not comply with the referee's orders
4. When a competitor gets so excited that he/she endangers the progression of the match
5. If a competitor's actions are considered to be dangerous to the opponent

6. If actions from one of the competitors are considered to be breaking the rules of the competition
7. If an action(s) of a competitor is/are considered malicious or if they knowingly break the rules using forbidden actions and techniques
8. If a competitor has not been able to show the correct attacking spirit or defensive attitude. This includes crying, vomiting and mental instability.
9. When a male competitor does not wear a crotch protector (cup)
10. If a competitor does not have the correct equipment and reserve equipment not directly available. (This reserve equipment must be within arms length of the match area (coach-area).
11. With a hansoku-maké, the senior referee must be informed by the referee team concerned. The senior referee shall then decide if the competitor is to be disqualified from the rest of the tournament.
12. The head referee will make a report of the disqualification and will send this to the jury and referee committee.
13. It was mentioned earlier that penalty points are given in hierarchical order, therefore a competitor may be disqualified for an action that may be considered a light offence qualified, for example a Chui.

Article 12. Team Strategy

- Team coaches can decide the fighting order, matching fighters with their best chance of victory against opponents.
- **Substitute fighters** can be used in case of injury, but they must be announced prior to the start of the match. Once substituted, the original fighter cannot return in the same match.

Article 13. Uniform & Equipment

- Fighters must wear the approved **nunchaku uniform** with appropriate safety gear:
 - **Headgear**
 - **Chest Protector** (optional, based on the competition)
- The **nunchaku** used must be of regulation size and material as approved by the Nunchaku Association of India.

Article 14. Referee and Judges

- Each bout will be officiated by a **central referee** and a panel of **3-5 judges**.
- The referee has the authority to issue warnings, stop the match for safety reasons, or disqualify fighters.
- Judges score the bouts based on the effectiveness, control, and precision of techniques.

Article 15. Safety Guidelines

- All fighters must demonstrate **control** over their techniques to avoid injuries.
- Any fighter or team not adhering to safety standards will be subject to disqualification.

- Medical personnel must be available at all times during the competition to handle injuries.

Article 16. Appendix

APPENDIX – 1 OUTFIT, MATERIALS AND UNIFORM

Article 1. The uniform

- 1. The head-referee, field head, referees and assistant-referees must wear the official uniform that has been set by the referee commission of the Stichting Nunchaku Nederland (SNN) and/or World Nunchaku Association (WNA) and/or Nunchaku Association of India (NAI). This uniform must be worn at every competition.
- 2. The uniform is as follows:
 - Black pantaloons
 - Plain, black socks
 - White dress shirt with short sleeves, adorned by the WNA logo on the right sleeve
 - Black tie (issued by the referee committee)
 - Plain black plimsolls with white or brown soles (to be used in the competition area)
 - White undershirt

Article 2. Nunchaku

- Only the official WNA/SNN recognized black/yellow safety nunchakus are allowed to be used.
- The “junior” nunchaku with a length of 25 cm. is used in the height category up to 1.65 meters. The equipment must be in its original condition. The cord between the nunchaku parts is a maximum of 15 cm. The colour of the cord must be black, yellow or white.
- Both the “junior” nunchaku and the “senior” nunchaku with a length of 36 cm. may be used in the height category above 1.65 meters. The equipment must be in its original condition. The cord between the nunchaku parts is a maximum of 15 cm. The colour of the cord must be black, yellow or white.
- Reserve equipment: A contestant must have reliable equipment at his disposal during a contest. The contestant is also obliged to have reserve equipment in the near vicinity of the match area (coach position) which he can use if necessary.
- It is not allowed to adorn the official safety nunchaku with tape, decoration or other matters, without permission from the (head-)referee or field head.

Article 3. Outfit participants

The official outfit for participants is as follows:

- A black nunchaku-gi with short sleeves to the elbow (the v-neck and the end of the sleeves must have a yellow border).
- Black (budo)pants
- An official (SNN/WNA) competition belt with or without belt graduations.
- The participant may not wear metal or any other objects that could injure the opponent(including piercings and jewellery)
- An officially approved SNN/WNA head protector, free of any form of decoration
- The framework must be either completely black or (non-reflecting) yellow
- The logo of the WNA visible on the left side on the chest
- The use of bandages or stretch bands used to protect injuries must be approved of by the referee or first aide
- The wearing of non-official attire and use of non-official equipment is prohibited

- In the kumite section, the men must wear a groin protector
- The women are strongly advised to wear a breast protector, however, this is not mandatory.

Article 4. Uniform coaches

- The coach must wear a tracksuit with the coach insignia issued by the organization
- Taking place in the coach position in 'nunchaku-outfit' is not allowed, unless a close training jacket with coach insignia is worn over top
- Wearing a hat or other headwear is not allowed
- The coach must wear hall shoes

APPENDIX – 2 COACH REGULATIONS

Article 1. Conditions

- The coach must be registered with the SNN and/or WNA
- The coach must have a valid SNN/WNA passport on their person
- The coach must be registered with the organization before the matches start.

Article 2. Uniform

See appendix 1. Article 4.

Article 3. Coach Position

- The coach must take place on the coach chair (coach position) during the match
- The coach must be seated when the match commences. It is not allowed to take place in the coach chair during the match.
- Moving the designated coach position is not allowed.
- In case a coach, except in case of emergency, leaves the coach position during a match, for any reason whatsoever, his coach card will be revoked for the rest of the tournament.

Article 4. Coaching

- It is allowed for the coach to give the necessary technical and tactical information to his student, given that it does not interfere with the referees.
- All feedback and expressions from the coach must happen in a decent and discreet fashion.
- Expressing criticism or displeasure toward the decisions made by the referee team are under no circumstances allowed and also punishable.
- Influencing the (assistant)referee's decisions through spoken word and/or gestures is not allowed and also punishable.
- In case a coach thinks that there is a mistake on the scoreboard, he must stand up and raise his hand. The referee will then interrupt the match at a fitting moment and immediately stop the match time to control the scoreboard. The field head will also interfere in the situation.
- In case a coach expresses himself indecently through spoken word and/or gestures toward the referee team, their participant will be penalized.
- In case a coach misbehaves the possibility to coach can be revoked and access to the hall can be barred.
- Taking pictures or video footage from the coach position is not allowed.
- An 'appendix-2, article 4 section g measure' can only be invoked by the head referee. The head-referee will justify his decision with the field head and thereafter make a report of the incident and consult the referee committee (SJC) of the SNN/WNA.

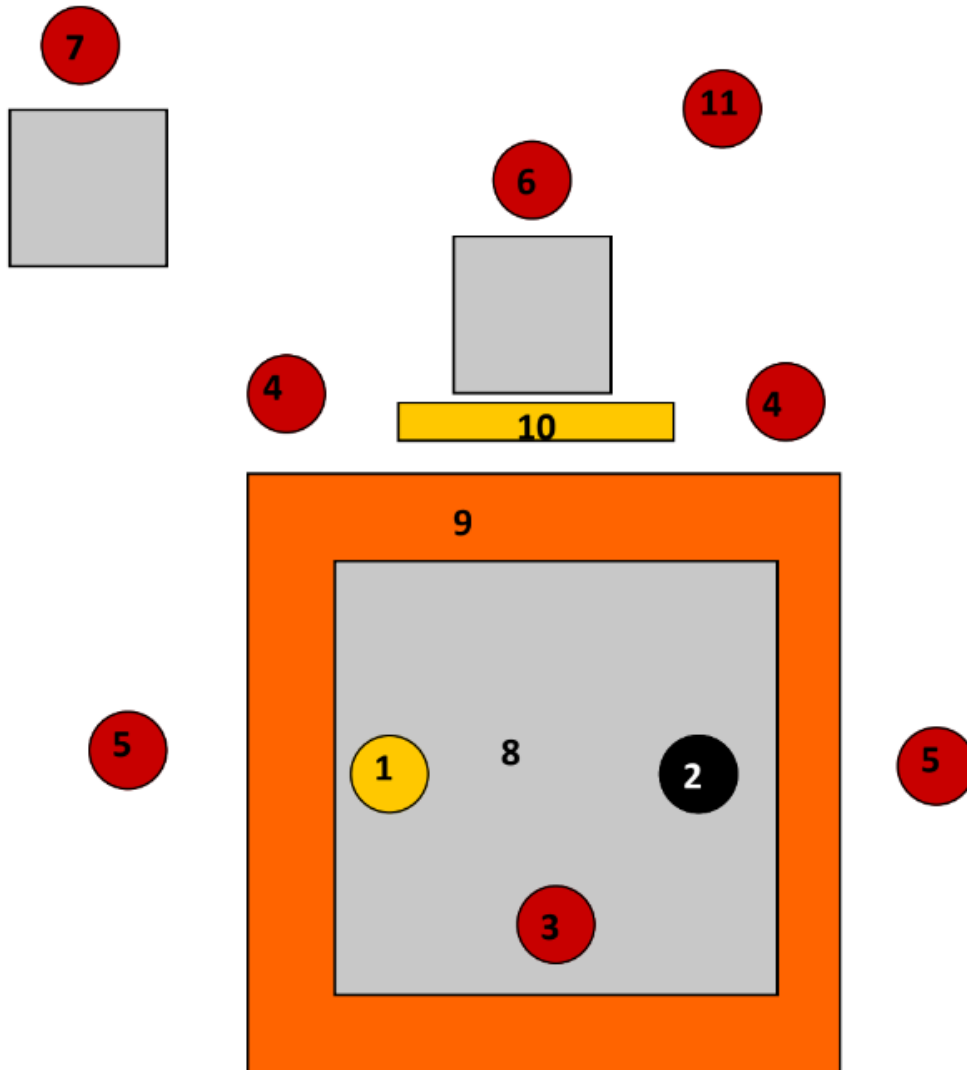
Article 5. Protest

A coach can only submit a written protest with the head referee of the tournament/event in case he meets the conditions as specified in this appendix under article 1.

APPENDIX – 3 POSITIONS

Match area kumite

1. Participant yellow position
2. Participant black position
3. Referee
4. Assistant referee
5. Coach
6. Timekeeper/Scorekeeper
7. First Aide
8. Match area
9. Warning zone
10. Scoreboard
11. Head-referee



APPENDIX – 4 TERMS

Hajime: Begin

Yame: Stop / interrupt the match

Aiuchi: Simultaneous valid score, no score.

Yame-Soremade: End of the match

Waza-ari: 1 point-score

Ippon: 2 point-score

Hikiwake: Undecided

Hantei: Decision

Chui: Mild penalty, deciding in case of a tie.

Keikoku: 1 point-penalty

Keikoku-2: 2 point-penalty

Kachi: Winner

Make: Loser

Obi: Band/belt

Za-zen: Concentration seated position (on knees)

Tsuzuku: Continue

Article 17. Category

In kumite there are separate divisions for men and women.

For each sex the divisions are divided by the following length classes:

-1,35m

-1,45m

-1,55m

-1,65m

-1,75m

-1,85m

+1,85m

Depending on the amount of contestant and the type of tournament an extra separation can be made based on the age of the fighters:

-12 years

12-15 years

16-39 years

40+ years