

WARNINGS & PENALTIES

- CHUKOKU ----- This is imposed for the first instance of a minor infraction.
- KEIKOKU ----- This is imposed for the second instance of a minor infraction.
- HANSOKU CHUI This is a warning of disqualification usually imposed for infractions for which a KEIKOKU has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit HANSOKU.
- HANSOKU ----- This is a penalty of disqualification following a very serious infraction or when a HANSOKU CHUI has already been given.

SCORING: Scoring areas are head, face, neck (including the throat), abdomen, chest, back and sides.

1. YUKO (1 point)
 - a. Any punch (Tsuki) delivered to any of the seven scoring areas.
 - b. Any strike (Uchi) delivered to any of the seven scoring areas.
2. WAZA-ARI (2 points)
 - a. Chudan kicks. Chudan defined as the abdomen, chest, back and sides.
3. IPPON (3 points)
 - a. Jodan kicks. Jodan defined as the head, face and neck (must have absolute control).
 - b. Any scoring technique that is delivered on an opponent who has been thrown, has fallen of their own accord, or who is otherwise off their feet.

PENALTY CATEGORIES (PROHIBITED BEHAVIOR)

1. Category 1
 - a. Techniques which make excessive contact having regard to the scoring area attacked and techniques which make contact with the throat.
 - b. Attacks to the arms, legs, groin, joints or instep.
 - c. Attacks to the face with open hand techniques (e.g. Teisho or Nukite).
 - d. Dangerous or forbidden throwing techniques.
2. Category 2
 - a. Feigning or exaggerating injury.
 - b. Exits from the competition area (Jogai) not caused by the opponent.
 - c. Self-endangerment by indulging in behavior which exposes oneself to injury by the opponent or failing to take adequate measures for self-protection (Mubobi).
 - d. Avoiding contact (i.e. running) as a means of preventing the opponent from having the opportunity to score.
 - e. Passivity – not attempting to engage in combat. (Cannot be given with less than 10 seconds left in the match)
 - f. Clinching, wrestling, pushing, seizing or standing chest-to-chest without attempting a scoring technique or takedown.
 - g. Grabbing the opponent with both hands for any other reasons than executing a takedown upon catching the opponent's kicking leg.
 - h. Grabbing the opponent's arm or gi with one hand without immediately attempting a scoring technique or takedown.
 - i. Techniques which by their nature cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
 - j. Simulated attacks with the head, knees or elbows.
 - k. Talking or goading the opponent, failing to obey the orders of the Referee, discourteous behavior towards the Referring officials or other breaches of etiquette.