

## **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 15 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.