

The KUDO rules overview

The KUDO rules overview Victory or defeat is decided by any direct attack using “punch , kick , elbow , head-butt , throw , etc”. Face protector (Neo headgear **KU**) must be worn and techniques are to be executed with bare hands and feet. (Fist supporters approved by committee may be used) Also ground techniques such as strangle and joint techniques are allowed to take give up. Grabbing and swinging an opponent and punching , elbowing , head-butting or kicking an opponent with holding “**KUDO-GI**” are allowed for up to 10 Seconds. But ,the allowed techniques are limited when there is a difference of over 20 Physical Index (height in cm + weight in kg) within the competitors. Attack using elbow ,and head-butt are allowed. Tackle and throwing are allowed. Ground techniques are allowed twice during every 3 minutes of the original match ,extension or re-extension for a maximum of 30 seconds each time.

(edit.)In women's class : Grand techniques will be allowed once, for a maximum of 30 seconds each technique during every 2 minutes of the original match, extension or re-extension, or rematch.

The main techniques which allowed

straight punch 	hook punch 	upper punch 	front kick 	knee kick 
back kick 	elbow blow 	backhand blow 	round house kick 	back round house kick 
head-butt 	Throw 	naked strangle or lock sleeper hold Hadaka-jime 	collar strangle or lock Okuri-eri-jime 	single wing strangle or lock Kata-ha-jime 
arm cross strangle or lock Juji-jime 	triangular hold Sankaku-jime 	KIME (no-contact) 	twist arm lock or entangle arm lock Ude-garami 	

achilles' tendon hold Archilles' tendon-gatame	armpit arm hold or lock Waki-gatame	knee hold or cross knee lock Hiza-juji-gatame	cross arm hold or lock Juji-gatame	mount position punches (no-contact)
				

A standard for evaluation of "the strike attack"

KOHKA	YUKOU	WAZA-ARI	IPPON
<u>When knock-downed</u> When knock-downed , but no- damage, It sometimes judges "KOHKA", too.	Knockdown of up to 2 seconds.	Knockdown of 2 to 4 seconds.	Knockdown of more than 4 seconds.
<u>When not knock-downed</u> One-shot effective striking attack which made damage to be "KOHKA".	 One-side attack from 2 seconds to less than 4 seconds continues.	 One-side attack from 4 seconds to less than 6 seconds continues.	 One-side attack, more than 6 seconds.

Others "KOHKA" attack

Throws, strongly and clearly.	performs the action of KIME with a punch, elbow, or kick twice or more.	"Mount Position" or "Knee In the Belly Position" to control completely and deliver 4-5 consecutive no-contact punches to the head without being blocked.
		

"WAZA-ARI" is the evaluation of the higher rank of "YUKOU". "YUKOU" is the evaluation of the higher rank of "KOHKA". Even if it has many points of the lower evaluation, it is inferior to one point of the upper evaluation.

The injury time

*When the accident injures . The judge group hears the opinion of the doctor. The doctor examines of the injury, and decides a treatment way.

*When the injury can be treated by himself within 1 minute. (It doesn't give competitor a point).

*When the doctor treats his injury within 3 minutes , it gives competitor **KOHKA**-point.

*When the treatment doesn't end within 3 minutes, it is a referee stop contest.