

Full contact Tournament rules - The Cup of Rotterdam 2027 (Youths under 18)

- 5 referees/judges per tatami
- Bout duration, round robin: 1,5 minute, 1 round
- Bout duration matchmaking: 2 minutes, 1 minute break, 2 minutes enchainement

Protection:

- Head protector, hand guards, shin/instep guards & mouth guard mandatory for all youths under 18. Notice: Mouth guard is also mandatory when head gear with closed visor/screen is used.
- Groin guard mandatory for boys.
- Chest protector for girls at their own discretion (cups, no plate).
(Coaches, please advise your girls accordingly!)

Prohibited techniques for youths under 18:

- Attack to the head/face with fists or any part of the arm
- Attack to the knee joint
- Attack to the neck or spine
- Attacking a fallen opponent
- Grabbing, grappling, dragging, biting, headbutting, spitting or any other unsportsmanlike behaviour
- Straight techniques to the face: mae geri, yoko geri, kakato geri. Ushiro geri jodan
- Knees to the head: hiza geri
- Kaiten geri (roll kick)
- Ushiro mawashi geri jodan
- Any attacks straight to the face
- Excessive contact to the head is prohibited. All allowed techniques to the head are to be controlled and pulled back directly after contact. Do *not* pass through.

Allowed techniques for youths under 18:

- Strikes to the body with hands, fists, or any part of the arm
- Knees (hiza geri) to the legs and body
- The following kicks to the legs and body;
 - mawashi geri gedan: inside and outside
 - mawashi geri chudan
 - mae geri chudan, yoko geri chudan, ushiro geri chudan
 - kakato geri chudan
 - kake geri chusoku chudan
- The following kicks to the head;
 - mawashi geri jodan (controlled, pulled back after contact, do *not* pass through)
 - uchi mawashi geri jodan haisoku (controlled, pulled back after contact)
 - kake geri chusoku jodan (controlled, pulled back after contact, do *not* pass through)

Tournament rules:

- Controlled allowed kick to the head, unblocked: Waza-ari (half point).
- Effective strike to any allowed part of the body except the head: Ippon (full point).
- Knockdown for youths under 18: First aider/doctor and referees/judges will determine whether and how the bout will continue.
- The judges' decision is binding!
- Groups/poules will be announced before they start. Coaches make sure your competitors are fully ready at the right time and tatami, wearing the correct protective gear.
- Only coaches and competitors from active groups/poules may be present near the tatamis.
- All bouts will be held in a sportsmanlike, respectful and courteous manner.
- And most importantly: always respect your opponent!