
COMPETITION REGULATION

SEMI KEMPO

CHALLENGE ⚡ CUP 2023



Teams

SEMI KEMPO - TEAMS

Male + Female	
Age Group	Weight Categories (Kg)
11/13 years old	Open weight
14/15 years old	
16/17 years old	
18+ years old	

Regulation:

In this Event there is no division of category by weights, that is, the categories are opened.

To participate in this event is necessary a team consisting of three boys and a girl who are within the same age category, referred to in the table above.

This event has four rounds and each competitor makes a round. At the beginning of this event all the elements of the team have to put the name on a sheet, in which they choose the number of the round in which they intend to enter. The female element is always number 2, i.e. the second round.

Sample sheet at the end of the document.

Duration of the Fight:

The fight has 4 rounds each with a duration of 2 minutes, with no interval, the exchange of competitors take place right after the end of the round.

In case the fight is in a situation of tie at the end of the match, it will be decided by golden point by unanimity of the referees, that is, the point will only be awarded if it is scored by the 3 referees.

Mandatory Protective Equipment:

Competitors must wear belts and helmets with different colors (Blue and Red), depending on the assigned corner.

Head:

Use of nozzle for all levels.

Until the age of 13, the use of a closed helmet is mandatory.

From the age of 14 the ranks are open helmet, with protection on the top of the head.

It is forbidden for everyone to wear training helmets that protect the malar bone.

Upper Body:

Protective vest for the 4–13 year-olds.

Mandatory breast protection for female competitors from the age of 14.

Female and Male genital protection mandatory at all levels and ages.

Members:

- Boxing gloves or open gloves with fingers fully protected
- Gloves of 8/10 ounces in the 8/10 year age category;
- Gloves of 10 ounces from the age of 11 inclusive.

Complete shin guards, without any kind of rigid parts, which should protect from below the knee to the top of the foot inclusive.

Boot with heel protection, with the sole of the foot open, all in a single piece only.

Allowed Techniques:

Head:

1. Fist techniques:
Direct; Hook; Reverse
2. Leg techniques:
Circular; Semi-hook; Outside; Rotary

Upper Body:

3. Handle techniques:
Direct; Hook; Uppercuts; Reverse
4. Leg techniques:
Circular; Semi-hook; Frontal; Lateral; Back; Descendant; Exterior;
Rotating

Members:

Sweeps to the front leg, ankle down.

Prohibited Techniques and Faults:

- Any type of blow to the genital area
- Blows in order to blind the opponent
- Strike the back of the head, throat or spine
- Knees, elbows and headbutts
- Bite/Grasp or project
- Attack the opponent when he is still on the ground
- Arm rotations
- Leg techniques performed with the heel

Scores:

Technically well-executed punches to the torso and head	One (1) Point
Punches in head jump	Two (2) Points
Kicks to trunk	One (1) Point
Technically well-executed sweeps	One (1) Point
Kicks to the head	Two (2) Points
Kicks to trunk in jump	Two (2) Points
Kicks to the head in jump	Three (3) Points

Equipment:

Red Corner Blue Corner



Example Sheet:

Teams	
Round No.	Rubric
Round 1	
Round 2	(female)
Round 3	
Round 4	

Responsible Arbitrator: _____