

# Rules All-Round Geneva 2022

**Round duration:** 2 minutes

In case of a draw, 2 additional minutes.

If at the end of the 2 additional minutes the result is still zero, 2 additional minutes with a binding decision from the judges.

The fighters will be announced **Haka or Shiro**.

Rules for standing fights: Fists, feet, without protection, strikes to the face prohibited. Kyokushin rules. All kicks, knees allowed in all parts of the body except in the back. Fists right to the body.

Victory is by wasari or ippon. 1 wasari, 2 wasari = Ippon or Ippon directly.

## **Arbitration:**

4 judges and 1 central.

## **Protections:**

Compulsory: Shell for men and breast protection for women.

## **Ground combat rules:**

Victory in case of strangulation, submission or immobilization for more than 15 seconds. Ground kicks are prohibited. If after 15 seconds the 2 fighters have not finalized, they leave standing for the fist-to-foot fight.

These are the rules of the All-Round in Switzerland which are part of the code of ethics of the national sport directed by the Olympic committee. As long as an international regulation is not deposited on Swiss territory with the sports authorities of the IOC, we cannot do otherwise because it is a matter of the safety of the fighters and their civil insurance which would not be covered by any reimbursement in the event of physical problems related to competition. With this lightened regulation, the fighters do not put themselves at odds with their private RC since this regulation was designed to pay attention to the physical integrity of each one.

# Osu