

COMPETITION REGULATION

SEMI KEMPO

CHALLENGE ⚡ CUP 2023



FPLK
KEMPO

Open

SEMI KEMPO - OPEN CATEGORY

Male + Female	
Age Bracket	Weight Categories (Kg)
14 / 17 years	Open weight
+ 18 years	

Regulation:

In this Race there is no division of category by weights, that is, the categories are open, where the athletes fight all among themselves, with the awareness that there may be significant weight differences between the athletes enrolled in the race.

To participate in this event it is only necessary that the athletes are within their age category, referred to in the table above.

Duration of the Test:

In both categories the fight has a duration of 2 minutes running, only with 1 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:

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

Head:

Use of nozzle for all levels.

It is mandatory in all levels to wear an open helmet, with protection on the top of the head, and it is forbidden to wear training helmets that protect the malar bone.

Upper Body:

Mandatory chest protection for female competitors from the age of 15.

Female and Male genital protection mandatory at all levels.

Members:

Boxing gloves or open gloves with your fingers fully protected

- 8/10 ounce gloves in the 8/10 year old class;

-10-ounce gloves from the age of 11 inclusive.

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

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



Allowed Techniques:

Head:

- Fist techniques:
Direct; Hook; Reverse
- Leg techniques:
Circular; Semi-hook; Exterior; Rotary

Upper Body:

- Fist techniques:
Direct; Hook; Uppercuts; Reverse
- Leg techniques:
Circular; Semi-hook; Frontal; Lateral; Back; Descendant; Exterior;
Rotating

Members:

Sweeps to the front leg, from the ankle down.

Forbidden Techniques and Fouls:

- Any kind of blow to the genital area
- Blows intended to blind the opponent
- Striking the neck, throat or spine
- Knees, elbows and headbutts
- Bite/Grab or design



Semi Kempo: Competition Rules for OPEN

- Attack the opponent when he is still on the ground
- Arm rotaries
- Leg techniques performed with the heel

Scores:

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

Equipment:

