

# COMPETITION REGULATION

## SEMI KEMPO

### CHALLENGE ⚡ CUP 2023



## Categories

## SEMI KEMPO - CATEGORIES

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### Weight Categories:

Male	
Age Group	Weight Categories (Kg)
4/5 years old	Peso aberto
6/7 years old	-20; -30; -40; +40
8/10 years old	-25; -35; -45; -55; +55
11/13 years old	-35; -45; -55; -65; +65
14/15 years old	-45; -55; -65; -75; +75
16/17 years old	-55; -65; -75; -85; +85
18/21 years old	-65; -75; -85; +85
+22 years old	-65; -75; -85; +85
Veterans 41 + years old	Open weight

Female	
Age Group	Weight Categories (Kg)
4/5 years old	Peso aberto
6/7 years old	-20; -30; -40; +40
8/10 years old	-25; -35; -45; -55; +55
11/13 years old	-35; -45; -55; -65; +65
14/15 years old	-45; -55; -65; -75; +75
16/17 years old	-55; -65; -75; -85; +85
18/21 years old	-55; -65; -75; +75
+22 years old	-55; -65; -75; +75
Veterans 41 + years old	Open weight



## Semi Kempo: Competition Rules for CATEGORIES

### **Regulation:**

Athletes must enroll in the weight and age category that best corresponds to them, and should consult the available categories, referred to in the table above, the date of registration for this tournament is the age that the fighter has on the day of the tournament.

### **Duration of the Fight:**

The fight lasts 2 minutes in the categories up to 13 years and 3 minutes in the categories from 14 years and up, only with 1 round in all age and weight categories.

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 and helmets with different colors (Blue and Red), depending on the assigned corner, mandatorily.

#### **Head:**

Use of nozzle for all levels.

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



## Semi Kempo: Competition Rules for CATEGORIES

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.



## Semi Kempo: Competition Rules for CATEGORIES

### **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 upper body in jump	Two (2) Points
Kicks to the head in jump	Three (3) Points

**Equipment:**

