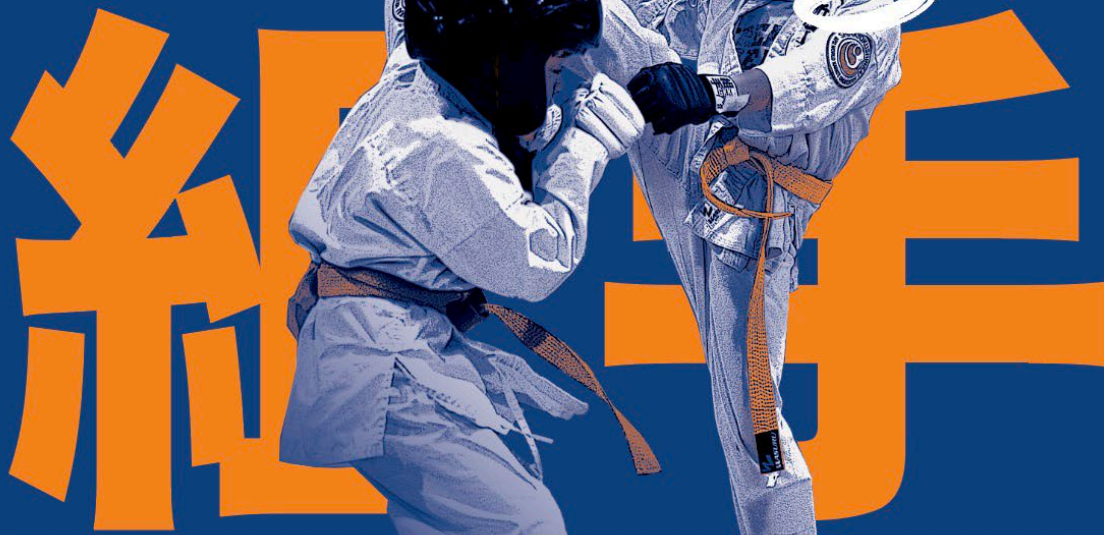


Camille Ohan Branch Présente

GIANT RALLYE

Challenge



**Semi-Contact & Full Contact**

Catégories par poids, âge et niveau de ceinture de 7 à 22 ans  
Categories by weight, age and belt level from 7 to 22 years old

Hôtel de ville, 90 Ave Roosevelt, Mont-Royal Qc H3R 1Z5

**WKO CANADA**

**16 Novembre 2024**

November 16, 2024

It is with great pleasure that **Camille Ohan Branch** invites all Kyokushin- Shinkyokushin dojos to the **Giant Rallye 2024**.

This is the perfect opportunity to gather and share the core values of traditional Karate with our athletes, families and friends

**The committee for the Giant Rallye 2024 and Shihan Camille Ohan**, welcome you.

## **Camille Ohan Branch**

### **In this document:**

- General information
- Schedule
- Rules and regulations



## General Information

**Date: November 16, 2024**

**Location: Hôtel de Ville, Mont Royal**  
90, avenue Roosevelt  
Mont-Royal (Québec) H3R 1Z5

**Spectator fees: \$10** for the day (12 years and older)

### **Registration (on-line):**

**Deadline: November 06, 2024**

**Registration fee** per participant


1. \$50.00 (5-12 years old)
2. \$60.00 (13-22 years old)

***\*\*\* rebate of \$10 for early registration up to October 20, 2024, rebate applied automatically***

***Discounted price until Oct 20, 2024***

- 1. 40 (5-12 yrs old)*
- 2. \$50 (13-22 yrs old)*

Method of payment: online

 For the safety of all championship participants, no entries will be accepted after this date. Entries submitted on the day of the championship will not be accepted.

### **Other info:**

- All participants must wear a white uniform (dogi) for all events/categories. No other uniform (dogi) will be accepted (ZERO TOLERANCE).
- All participants must cover all tattoos (or other body art) with an appropriate neutral t-shirt or sweater with no logos.
- To avoid injury, it is mandatory for all participants to cut their finger and toe nails.
- **IMPORTANT:** Unless specifically authorized, it is forbidden to film participants at any time during the competition.

**Schedule:**

**09:00** Opening of the doors and arrival of all participants

**09:30** Meeting with the referees & judges and the volunteers.

**10:00** Message from Shihan Camille Ohan and

**10:15** start of the competition for participants 6-12 years old.

**12:00** lunch – hall is closed for an hour

**13:00** competition begins for participants 13-22 years old.

**General info:**

- **Kumite**
  - **(semi-contact):** helmet, shin guard, gloves, athletic support, mouth guard
  - **(full-contact):** shin guard, athletic support, mouth guard
  
- **Grouping by belt level, possible groupings are:**
  - White vs orange
  - Orange vs blue
  - Blue vs yellow
  - Yellow vs green
  - Green vs brown
  - Brown vs black
  
- **Age categories are as follows:**
  - 6 -7 yrs      8-9 yrs      10-11 yrs      11-12 yrs
  - 12-13 yrs      13 -14 yrs      14-15 yrs      16-17 yrs      18-22 yrs

# KUMITE

\*\*\*\*IMPORTANT\*\*\*\*

- In order to ensure the safety of the participants in the semi-contact and full-contact, the organizing committee of the championship reserves the right to adjust or eliminate one or more categories according to the number of participants, age or weight of the participants.

## Coach

- Each participant has the right to be represented by one (1) coach who must be seated at the edge of the tatami during the fight.
- Only the coach may occupy the designated area during the participant's event. At no time may the coach enter the sparring area (on the tatami).
- A maximum of 2 coaches per school will be admitted free of charge. A fee of \$10 per additional coach will be applied.
- Approved ratio coach to participants: (1) coach per 10 participants
  - Dojo director must submit the names of the coaches who will accompany the competitors.

## Waiting area for the Kumite

- When a category of participants or a specific participant is called, they should immediately proceed to the section identified as the waiting area.

## Kumite Semi-contact

- helmet, shin guard, gloves, athletic support, mouth guard

## Duration of the fights

	Duration of the fight	extension	2nd extension
<b>6 - 7 Years</b>	1.0 min	n/a	n/a
<b>8 -15 Years</b>	1.5 min	1 min	n/a
<b>16 years old+.</b>	2 min	2 min	1 min

## Protective equipment

### Mandatory for all - foot and shin guards, gloves and helmet plus ....

- **Boys/Men** - Athletic Support
  - **Girls/Women** - Sports bra with shells
  - Optional for all participants- mouth guard
- All participants must have their own protective equipment that is deemed to be in compliance with the rules of the Championship. No equipment will be provided by the Championship organizers.

### Note:

- Cloth gloves and MMA style gloves with little padding will not be accepted.
- The wearing of eyeglasses is strictly forbidden in all Kumite categories in order to ensure the safety of both competitors.

## Mandatory



Boys  
Men

Girls  
Women



Note: Fabric gloves and lightly padded MMA style gloves are not acceptable.

## Recommended



## **Prohibited** moves and techniques for Semi-Contact Kumite



- Direct attacks on the face with feet, shins, knees or heels
- Attacks with hands or elbows to the face, neck or head
- Direct attacks to the knees or joints
- Intentional attack to the back of the body, back or spine of the opponent
- Attack against an opponent who has fallen to the ground
- Repeatedly leaving the tatami during a fight: "Jogai".
- Holding back your opponent: "Tsukami
- Prevent your opponent from moving: "Kakaekomi
- Attack by holding his opponent: "KakeTsukami
- Push: "Oshi "Headbutt "Zutsuki
- Kick in the "parts" of his opponent: "Kinteki-geri
- Continuously back out of the combat area and avoid fighting
- Disrespectful behavior towards the referees or the Championship



Gestures and techniques **allowed** for Semi-Contact Kumite



踵落とし蹴り Axe Kick



後ろ蹴り Back Kick



肘打ち Elbow Strike



正拳突き Fore-Fist Thrust



前蹴り Front Kick



上段蹴り High Roundhouse Kick



下段蹴り Low Kick



膝蹴り Knee Kick



足掛けから同時に下段突き  
Leg Sweep Followed By A Strike



下突き Lower Thrust



下段蹴り Low Kick



中段蹴り Middle Roundhouse Kick



回転し蹴り Roll Kick



横蹴り Side Kick



後ろ廻し蹴り Spinning Back Kick

## Kumite - Full contact (age 18-22)

- Participants must have a min rank of 3<sup>e</sup> Kyu (green belt/brown bar)
- **Equipment:** shin guard, athletic support, mouth guard

### Coaches

- Each participant has the right to be represented by one (1) coach who must be placed at the edge of the tatami.
- Only the coach may occupy the designated place during the student's event. It is forbidden for the coach to enter the combat area (on the tatami).

### Duration of the fights

Duration of the first fight:	2 minutes
First extension	1 minute
Second extension	1 minute

### Categories

<b>Men or women</b> <b>Adults</b> (18-22)	Weight: Light, Medium and Heavy
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### Protective equipment Full Contact

- **Mandatory for all** - Foot and shin guards;
  - **For men:** Athletic support
  - **For women** - sports bra with shells.
- Optional for all participants - mouth guard

### **PROHIBITED** GESTURES AND TECHNIQUES FOR FULL-CONTACT KUMITE

\* The **SEMI-CONTACT RULES** apply, however, blows to the head, specifically the Spinning back kick (ura kakato geri), the Wheel kick (Do Mawashi kaiten geri) and the Roundhouse kick (Jodan mawashi geri), shall be administered with "**controlled intensity**".

Referees will have **no tolerance for** deviations from the rules in the interest of participant safety.