

Camille Ohan Branch Présente

GIANT RALLYE *Challenge*



Semi-Contact & Full Contact

Catégories par poids, âge et niveau de ceinture de 7 à 50 ans

Categories by weight, age and belt level from 7 to 50 years old

Option : Master One Match (age 51+)

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

WKO CANADA

15 Novembre 2025

**Giant Rallye 2025 -
General
information**



The **Camille Ohan Branch** is delighted to invite all Kyokushin-Shinkyokushin dojos to the **Giant Rallye 2025**.

It is the perfect opportunity to get together and share the fundamental values of traditional karate with our athletes, families and friends.

The Giant Rallye 2025 committee and Shihan Camille Ohan welcome you.

Camille Ohan Branch



Table of contents

General information	4
Registration	4
Registration fee	4
Spectator fee	4
Schedule.....	5
Semi-contact KUMITE (7-49 years old).....	6
Master One Match (50+).....	7
Categories	8
Protective equipment.....	11
<i>Movements and techniques prohibited in semi-contact kumite</i>	<i>12</i>
<i>Authorized moves and techniques for semi-contact kumite.....</i>	<i>13</i>
Full-contact Kumite (18+ years).....	14
Categories.....	15
Full contact protective equipment	15
FORBIDDEN GESTURES AND TECHNIQUES FOR FULL CONTACT KUMITE	16
1. LEGAL TECHNIQUES	16
2. ILLEGAL TECHNIQUES	16

General information

Date of the competition	Location
November 15 2025	Town Hall, Mont Royal 90, avenue Roosevelt Mont-Royal (Québec) H3R 1Z5

Registration (online)

→ **Deadline: November 06, 2025**

- ★ 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.

Registration fee per participant (online payment)

***** 10\$ discount for early registration until October 20, 2025, discount applied automatically.**

Age	Regular price	Discount price to October 20, 2025
Ages 7-12	50,00 \$	40,00\$
Ages 13+	60,00 \$	50,00\$

Spectator fee: \$10 for the day (ages 12 and up)

Other information:

- 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, logo-free t-shirt or sweater.
- To avoid injury, all participants are required to clip their fingernails and toenails.
- **IMPORTANT:** Unless specifically authorized, it is forbidden to film participants at any time during the competition.

Schedule

09:00 Doors open and all participants arrive.

09:30 Meeting with the referees, the judges and the volunteers.

10:00 Message from Shihan Camille Ohan.

10:15 Competition begins for participants aged 7 to 12 yrs.

12:00 Lunchtime - The hall is closed for one hour.

13:00 The competition begins for participants aged 13 yrs+.

Semi-contact KUMITE (7-49 years old)

******IMPORTANT******

Only VERY light, controlled blows to the head/helmet are permitted; any attempt to knock the opponent out will result in disqualification.

Fight duration

Age	Duration of the first fight	1 st Extension	2 nd extension
7-8 yrs.	1 min.	s/o	s/o
9 -15 yrs.	1,5 min.	1 min.	s/o
16 yrs. and up	2 min.	2 min.	1 min.

REFEREEING TEAM

- A refereeing team is made up of a central referee who supervises the bout, 2 or 4 corner judges who assess the fighters, a timekeeper and a scorekeeper.

Trainer

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

Kumite waiting area

- When a participant category or a specific participant is called, he/she must immediately go to the section identified as the waiting area.

Master One Match semi-contact KUMITE (50 yrs+)

❖ **Semi-contact kumite rules will apply**

🕒 **Duration of matches:** 2 minutes each (maximum of 3 matches), with a 1-minute break between them.

🏆 **Winners:** must win 2 matches

🚑 **Medical stoppage limit:** a maximum of 5 minutes is allowed for stopping a match due to medical attention

Categories Semi-contact

The possible groupings by belt level are as follows:

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

Age	Belt	Kyu
7-8 yrs. girls	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
7-8 yrs. boys	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
9 - 10 yrs. girls	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
9 - 10 yrs. boys	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
11 - 12 yrs. girls	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	
11 - 12 yrs. boys	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	
13 - 14 yrs. girls	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	

13 - 14 yrs. boys	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	
15 - 16 yrs. girls	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
15 - 16 yrs. boys	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
17 yrs. girls	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	
17 yrs. boys	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	
18+ yrs. girls	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	
18+ yrs. boys	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	
Master One Match 50 yrs+	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	

IPPON - WAZAARI

- **Ippon:** Immediate victory following a legal technique that incapacitates or disables the opponent for 3 seconds or more – *End of the fight.*
- **Waza-ari:** legal technique which has caused the opponent to lose his guard, vigilance or physical stability for less than 3 seconds – *Resumption of the bout.*
- **Second Waza-ari:** Waza-ari resulting in immediate victory (Awasete Ippon) - *End of fight.*
- An Ippon or Waza-ari must be seen and signaled by a majority of judges and referees (2/3 or 3/5).
- The bout is interrupted by the central referee, who makes the official announcement of Ippon or Waza-ari.

CHUI AND GENTEN - OFFICIAL WARNINGS AND PENALTIES

- Official warnings and penalties are awarded by a majority of judges and referees (at least 2/3 or 3/5).
- The bout is interrupted and the central referee announces the official warning or penalty.
- **Chui:** Official warning following a violation.
- **Genten Ichi:** 1st penalty after 2 official warnings
- **Genten Ni - Shikakku:** 2nd penalty following 2 other official warnings - Fighter disqualified - Opponent wins immediately.

HOW TO WIN A FIGHT

- By **Ippon** - Immediate victory
- With **two Waza-ari** - Immediate victory following 2nd Waza-ari
- By **unanimous decision** based on Waza-ari and/or penalties at the end of regulation time
- By **favorable decision of a majority of judges and referees** at the end of regulation time
- With opponent's **disqualification (Shikakku)** - Immediate victory
- With the **forfeit** (withdrawal from the competition) of the opponent - Immediate victory

Protective equipment

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

- **Boys/Men** - athletic support
- **Girls/Women** → Sports bra with plastic shells
- Optional for all participants - mouth guard

- ★ All participants must have their own protective equipment deemed compliant with the championship rules. No equipment will be provided by the championship organizers.

Please note:

- Fabric gloves and MMA-type gloves with little padding will not be accepted.
- The wearing of glasses is strictly forbidden in all kumite categories, to ensure the safety of both competitors.

Mandatory



Movements and techniques *prohibited* in semi-contact kumite



- Direct attacks to the face with feet, shins, knees or heels.
- Attacks with hands or elbows to the face, neck or head.
- Direct attacks on knees or joints.
- Intentional attack on the opponent's back or spine.
- Attack against a fallen opponent.
- Leaving the tatami several times during a fight: "Jogai".
- Holding back your opponent: "Tsukami.
- Prevent your opponent from moving: "Kakaekomi.
- Attack while holding your opponent: "KakeTsukami.
- Thrust: "Oshi" Headbutt "Zutsuki.
- Kicking the opponent's "parts": "Kinteki-geri.
- Continuously retreat from the combat zone and avoid combat.
- Disrespectful behaviour towards referees or the championship.
- Kicks to the knees and below the knees.
- Open-handed blows, punches, elbows and headbutts to the face, head or neck.
- All blows - hand, fist, elbow, knee, foot - to the genitals or back.
- Direct kicks and knees to the face.
- 5 to 14 years: forceful circular kicks to the head.
- Grabbing.
- Opponent's repeated thrusts.

Authorized moves and techniques for semi-contact kumite



Full-contact Kumite (18+ yrs)

****** IMPORTANT******

Only controlled blows to the head/helmet are permitted; any attempt to knock the opponent out will result in disqualification.

- ★ Participants must have a minimum rank of 3^e Kyu (green belt/brown bar).

Fight duration

Duration of first fight	1 st Extension	2 nd extension
2 minutes	2 minutes	1 minute

REFEREEING TEAM

- A refereeing team is made up of a central referee who supervises the bout, 4 corner judges who assess the fighters, a timekeeper and a scorekeeper (to keep track of the bouts).
- The refereeing committee receives complaints from coaches and can intervene with the central referee.

Trainers

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

Categories Full Contact

Age	Belt	Kyu
18 yrs. and older Women	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	

18 yrs. and older Men	White-Orange	10 - 9
	Blue-Yellow	8 - 7 - 6 - 5
	Green-Brown	4 - 3 - 2 - 1
	Black	

Full contact protective equipment

Mandatory for all - Foot and shin guards + ...

- **For men:** Athletic support
- **For women** - sports bra with plastic shells.
- Optional for all participants - mouth guard

FORBIDDEN GESTURES AND TECHNIQUES FOR FULL CONTACT KUMITE

- ★ The **rules of semi-contact** apply, but blows to the head, notably the reverse kick (ura kakato geri), the wheel kick (Do Mawashi kaiten geri) and the circular kick (Jodan mawashi geri), must be administered with "**controlled intensity**".

Referees will not tolerate any deviation from the rules in the interests of participant safety.

1. LEGAL TECHNIQUES

- On the legs: circular kicks and knee strikes
- Body: punches, elbows, knees and kicks (direct and circular techniques)
- To the head: knees and kicks (direct and circular techniques)

2. ILLEGAL TECHNIQUES

- Coups Kicks to the knees and below the knees
- Open-handed blows, punches, elbows and headbutts to the face, head or neck
- All blows - hand, fist, elbow, knee, foot - to the genitals or back
- Grabbing
- Opponent's repeated thrusts
- Refusal to fight

IPPON - WAZAARI

- **Ippon:** Immediate victory following a legal technique which neutralizes or disables the opponent for 3 seconds or more – *End of bout.*
- **Waza-ari:** legal technique that has caused the opponent to lose his guard, vigilance or physical stability for less than 3 seconds – *Resumption of the bout.*
- **Second Waza-ari:** Waza-ari resulting in immediate victory (Ippon) – *End of fight.*
- An Ippon or Waza-ari must be recognized and signaled by a majority of judges and referees (at least 3/5). The bout is interrupted by the central referee, who makes the official announcement of the Ippon or Waza-ari.

CHUI AND GENTEN - OFFICIAL WARNINGS AND PENALTIES

- Official warnings and penalties are awarded by a majority of judges and referees (at least 3/5).
- The bout is interrupted and the central referee announces the official warning or penalty.
- **Chui:** Official warning following a violation
- **Genten Ichi:** 1st penalty after 2 official warnings
- **Genten Ni - Shikakku:** 2nd penalty following 2 other official warnings - Fighter disqualified - Opponent wins immediately.

COMMENT GAGNER UN COMBAT

- By **Ippon** - immediate victory
- With **two Waza-ari** - Immediate victory (Ippon) following the 2nd Waza-ari
- By **unanimous decision** based on Waza-ari and/or penalties at the end of regulation time
- By **favorable decision of a majority of judges and referee** at the end of regulation time
- With opponent's **disqualification (Shikakku)** - Immediate victory
- With the **forfeit** (withdrawal from the bout) of the opponent - Immediate victory