



Karate Rules:

POINT FIGHTING RULES:

General: All sparring is going to be Round Robin for all ages and belt ranks. Sparring events will follow the kata event for that division, within the same ring.

Match: 3 points in Round Robin Sparring, One min. (1) time limit. 5 points in the Adult single elimination, Two (2) min. time limit. Only one point will be awarded per technique. The clock **WILL NOT STOP** whenever action in the ring is stopped, unless the center Referee calls for time.

Legal Targets: Head (face, sides, top and back), neck (sides), torso (front, ribs), kidneys and groin.

Illegal Targets: Spine, back of neck, throat, legs, joints (elbows, knees, etc.), buttocks.

Attacking Tools: Fist, backfist, hammer fist, knife hand, ridge hand, ball of the foot, heel, foot sword, instep and sole of the foot.

Illegal Attacking Tools: Straight-finger, palms, knees, elbows, head, or blind techniques.

Control of Technique: For all age groups below adult, only light contact to the body will be permitted, with **ABSOLUTELY NO** contact to the head. Discretionary calls may be made on brushing contact. No snapping of the head will be permitted.

For Point Fighting in the Adult Divisions: Medium contact to the body and light contact to the head and groin will be permitted. No snapping of the head will be permitted in any division. Black Belt fighters will be expected to display control, without excessive contact or injury.

Points: Awarded if a technique is within one inch of the head, and the arm or leg delivering the technique is not at full extension.

Disqualifications and Warnings: Quarreling with any judge, attempting to injure an opponent, drawing of blood, evidence of poor intent (anger) toward an opponent or disrespect to judges will result in immediate disqualification. Excessive contact (redness or swelling) can result in either a minus point or disqualification by the majority decision of the judges. These rules apply also to spectators who display this type of behavior from outside of the ring. Harassment of judges from spectators on behalf of a fighter may result in a minus point to the fighter and, if continued, a disqualification. We do encourage spectators to appropriately cheer their fighters from outside of the ring.

Gear: All competitors must wear a mouthguard when sparring. All male competitors must wear a protective cup when sparring (also advised for women). Safety kick and punch equipment is required (so as to cover hands and feet). All Advanced and Black Belt fighters will wear safety kicks that cover the toes. **Head gear is mandatory** and additional pads are encouraged.

CONTINUOUS SPARRING RULES

You will be allowed to do both continuous and point fighting.

Gear: ALL COMPETITOR MUST FURNISH AND WEAR A HELMET WITH FACE GUARD, MOUTHGUARD, AND CUP. NO GEAR WILL BE AVAILABLE ON SITE. All competitors must be ready to compete when called.

Hand pads must cover the knuckles. The hand pads must be either dipped foam or vinyl covered padding. **No cloth covered hand pads.** Safety kicks must cover the toes. Shin pads are encouraged but not required. **This is a must, no exceptions.**

Legal Targets: Head (face, and sides only), body, groin, and legs.

Illegal Targets: Back, neck, throat, joints (elbows, knees, etc.) and eyes.

Control of Technique: Light to medium contact to the body. Light controlled contact to the head, groin, and legs. Sweeps to the front or rear leg. Controlled take downs. No over the head or body slams. **No continuous strikes to the head will be allowed.** No striking to a fallen opponent. The center Referee will control all fighting, to ensure the safety of each opponent. This is judged on skill and not brawling.

Additions to the rules: **3 sec. tie up** to complete a sweep or take down. **10 sec. on mat** to make a submission or choke. **If nothing happens within the 3 or 10 sec. time the opponents must break and stand for continuous sparring.**

Time: Two minutes of continuous time for each fight. The only time the clock will stop is when the center Referee calls for time out.

Bye System: Fighters will be chosen by the Sparring Bye System.

Points: Points are on a 10 point must system. In case of a tie the center Referee will be asked to score. Points will be based on the fighters Kick Boxing skills, Blocking skills, Counter Attacks, Sweep skills, Take down skills, and Grappling skills. If at any time one opponent shows far superior skill over the other fighter the fight can be stopped.

Breaking Competition: Up to five breaks will be allowed. Competitor will not continue if unsuccessful after **ONE** try. **All Breakers Must Clean-up and Take Broken Blocks and Boards away from the site.**

Specialty Forms Competition has been dropped to help speed up competition.

Kata, Weapons, Breaking:

These divisions will be judged by a panel of three to five judges. If five judges are used, the high and low scores will be thrown out. In the event of a tie, these scores will be added back in. In the event of a continued tie, forms and weapons competitors will repeat their form, with the judges then pointing to the winner. In breaking, judges will consult with the arbitrator if a tie cannot be broken.

ADDITIONAL RULES:

1. **Gentle Giant Rule:** Any competitor, male or female, who in the view of the officials is so much larger or smaller than the other competitors in that age group so as to constitute an unfair advantage will be required to move up or down to the next level of age. The student, the student's instructor and/or parents must all agree to the move. In the event that any or all do not agree, the competitor will not be allowed to compete.

This rule applies only to sparring.

2. **Breaking:** Competitors must be available to be called at the beginning of competition, and available to set up upon request. **Clean up your mess. All Breakers Must Clean-up and Take Broken Blocks and Boards away from the site.**

3. **Youth, Adult and Black Belt State Games Grand Champions:** Will be determined by the competitor accumulating the most points in all events entered. Points are awarded as follows: 3 points for 1st place; 2 points for 2nd place; and 1 point for 3rd place. All ties will be broken by Kata Competition.

4. **If only one competitor:** If there is only one competitor in a particular division, He/She will be moved to another division of competition.

5. **Round Robin Tie Breaking:** Add up total of wins first, Add up total numbers of points second, and who beat who third.