

SMA Rules

Updated 5,1,2021

COMPETITOR'S RESPONSIBILITIES

It is the full responsibility of the competitor to know all the rules of the tournament and be ready in his/her competition uniform at ringside when his/her name is called.

PROOF OF AGE

A copy of the birth certificate for 17 & under competitors should always be ready to be presented in the case of need for verification of age. You should carry proof with you at all times. If you do not provide proof of age within 2 minutes when requested, you will be disqualified.

UNIFORM

All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon DO, etc.) uniform in good state of repair. A competitor with offensive words or artwork on the uniform may be denied the privilege of participation. The appropriate color belt or sash must be worn in competition.

SCORING SYSTEM & TIME

Brown Belt and Under – All non-sparring divisions (kata, weapon, etc.) score will be 8.00 to 9.00 (3 minutes). If 5 Officials are used, single decimal tenth intervals system shall be used. Example: 8.1, 7.3, 8.4. When 3 Officials are used double decimals hundredth intervals must be used rather than tenths. Using hundredth intervals allows officials 100 actual decimal points to use in scoring. This will reduce the possibility of several ties. Example: 8.25, 8.35, 8.15.

Black Belt Form – Must have 5 Officials in all form divisions. The base score will be 9.00 to 10.00. The hundredth intervals point system shall be used. Example: 9.55, 9.73. When there are 5 or more competitors in a division, the first 3 perform then they are scored to set an average score. The remaining contestants will then be scored individually.

LATE ENTRIES

(Not there or not ready when name is called.) No late entry once the division has started. No one will be allowed in - NO EXCEPTIONS. There will be no refund if you miss your division. In the case that the competitor's name is called, and he/she is not there or not ready to perform, he/she is allowed a total of 2 minutes to present himself. After 2 minutes, the competitor will be disqualified. Not ready when name is called during the 1st minute there is no penalty. After 1 minute, there will be 0.05 points deducted from the total score. After 2 minutes, any competitor in violation will be disqualified.

IN THE CASE OF A TIE

Forms (5 Officials or 3 Officials) – In color and black belt divisions in¹ the case of a first-place tie and grand champion black belt, competitors must perform again. If they tie again, they must perform a different form. If they tie again, the judges will point to the competitor that they feel should win. Majority rules to choose the winner. In the case of a tie for 2nd place or lower, 5 officials - the high & low score shall be added in. If for any reason both scores added in is a tie, both competitors will perform again with the same form. If they tie again, the judges will point to the competitor that they feel should win. Majority rules to choose winner. 3 officials - competitor with the higher low score is the winner. Example: if competitor A's lowest score is 9.35 and competitor B's lowest score is 9.30 then competitor A is the winner.

STARTING OF FORMS OVER

Color Belt – If the competitor has to restart, officials will score the competitor as if there was not a mistake, but the scorekeeper will deduct (0.05) point from the total score. A competitor may only restart once. The second time he will receive the lowest base score as his score. It is important that the center referee discuss this with the judges and the scorekeeper.

Black Belt – Competitors may perform again but they will get no score.

DROPPING OR BREAKING WEAPON

Color Belt – If the competitor drops his/her weapon, officials will score the competitor as if there was not a mistake but the scorekeeper will deduct (0.05) point from the total score for each drop of the weapon.

Black Belt – Competitors may perform again but they will get no score.

USE OF MUSIC IN GRAND CHAMPION

Music may or may not be synchronized with the form or weapon form.

USE OF GYMNASTIC MOVEMENTS

If use of gymnastics will enhance your Martial Arts, you may use it; however, your gymnastic movement should be relevant to your techniques in your performance. GYMNASTICS IS ALLOWED ONLY IN PROPERLY DESIGNATED DIVISIONS.

RULES OF FORMS

1. All contestants shall be suitably attired when competing. They will be allowed to wear a uniform that is appropriate to their style or system, but their uniform can in no way be harmful to themselves or to their opponents.
2. It is the promoter's option to divide and separate division based on ages weight, sex, style, or proficiency. Such choices shall be governed to allow fairness among contestants.
3. The martial artist shall display control, style, ease, and exactness throughout his or her performance. Mastery of his or her routine will be keenly scrutinized. Based upon the qualities, officials shall critically judge each competitor for their posture spirit, concentration, continuity, crispness, and proper technique.
4. No music shall be allowed during traditional forms, or open forms.
5. Hard style forms shall be based on the following criteria:
 - a) Balance - Particularly during transitions and between techniques.
 - b) Stance work - Each stance shall demonstrate a measure of consistency. Height, width, depth, and balance throughout each routine shall be scrutinized.
 - c) Focused Power - Techniques must be concentrated and visually powerful.
6. Soft style forms shall be based on the following criteria.
 - a) Balance - Symmetry and stability; particularly before and after an acrobatic technique, shall be an important criteria.
 - b) Fluidity - The transition between techniques must flow with uninterrupted continuity.
 - c) Explosive Power - Techniques must be volatile, and generate dominance, strength, force, impact, and magnetism.
7. No competitor shall be allowed to switch, change, or compete in any division other than his/her specific category.
8. In the case of a tie, refer to tie breaking rule.
9. It is mandatory that an arbitrator or Center judge verify kata scores, before the winners are announced in the ring.
10. No-late entries after the division has, started. No one will be allowed in. No exception, unless so designated by the event coordinator.
11. The promoter reserves the right to refuse eligibility to any contestant who does not fit the guide- lines for competition.
12. The promoter reserves the right to refuse admission to any spectator or contestant.

WEAPONS

1. Only weapons that are kept under constant control shall be approved for competition. Throwing stars, darts, arrows, and flying projectiles of any kind shall not be allowed.
2. The referee shall inspect all weapons prior to competition to determine whether they are safe for use.
3. Weapons that are obviously dangerous, or can manifest injury to competitors, officials, or spectators shall not be allowed. This rule especially applies to the weapons and creative forms divisions.
4. The officials shall bear in mind that all weapons are an extension of the arms and legs; consequently, mastery and control of their employment shall be judged accordingly.
5. Weapons shall be scored the same as kata. There will be 5 judges and the decimal point system will be used - Brown Belts and Under 8.00 to 9.00 Black Belts 9.00 to 10.00.
 - b) Fluidity - The transition between techniques must flow with uninterrupted continuity.
 - c) Explosive Power - Techniques must be volatile, and generate dominance, strength, force, impact, and magnetism.
6. No competitor shall be allowed to switch, change, or compete in any division other than his/her specific category.
7. In the case of a tie, refer to tie breaking rule.
8. It is mandatory that an arbitrator or Center judge verify kata scores, before the winners are announced in the ring.
9. No-late entries after the division has, started. No one will be allowed in. No exception, unless so designated by the event coordinator.
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SELF DEFENSE TRADITIONAL International Rules

1. Will be judged the same as international rules.
2. The difference being that there are no specified required techniques to be performed.
3. You must perform slowly then at street speed.
4. No music or conversation is allowed in this self-defense divisions.
5. White through Green – the time limit is 3 minutes with no more than 3 attackers. 1 punch, 1 grab, and 1 kick; slow then street speed. (May be preformed with each technique individually at both speeds or all 3 together slow motion then at street speed). No weapons may be used during the demonstration.
6. Red & Brown – the time limit is 4 minutes with no more than 3 attackers 3 required techniques: 1 punch, 1 grab, and 1 kick; slow then street speed. (May be preformed with each technique individually at both speeds or all 3 together slow motion then at street speed. Weapons may be used but can not be used against an attacker that it was disarmed from.
7. Black Belts – time limit is the same 5 minutes with no more than 5 attackers. Black Belt – 3 required techniques: 1 punch, 1 grab, and 1 kick; slow then street speed. (May be preformed with each technique individually at both speeds or all 3 together slow motion then at street speed, with the option of 2 more techniques.) Weapons ma be used, and you may use a weapon that has been disarmed from an attacker.

SELF DEFENSE CHOREOGRAPHED

1. Will be judged the same as international rules.
2. The difference being that there are no specified required techniques to be performed.
3. You may choose to perform slowly then at street speed, but it is not required. Competitors that perform both slow and at street speed may be judged higher at the judge's discretion.
4. Music is allowed, BUT NOT REQUIRED. Those that choose to incorporate music may be scored higher if the music matches the theme or beat of the routine.
5. White through Green – the time limit is 3 minutes with no more than 3 attackers' weapons may be used during the demonstration.
6. Red & Brown – the time limit is 4 minutes with no more than 3 attackers Weapons may be used during the demonstration.
7. Black Belts – time limit is the same 5 minutes with no more than 5 attackers. Weapons may be used during the demonstration.

Kenpo (West Coast) FREESTYLE SPARRING

1. Each competitor must be physically prepared and suitably dressed for competition. A uniform, appropriate to a competitor's style or system, shall be clean and in good repair. No jewelry or hats shall be worn.
2. Safety equipment (gloves, foot pads, head gear, mouth guards, and groin protector) is mandatory in all freestyle divisions. Only "FOAM DIPPED TYPE" safety equipment shall be allowed other than groin protectors. Tape will not be allowed on contact areas of the safety punch or kick.
3. Competitors are expected to conduct themselves according to the standards of a true martial artist. Violations would include: any disrespect toward the judges or referees or promoter, any name calling, or purposely creating an unsafe match in any way.
4. Rude vulgar, disrespectful, or abusive behavior on the part of a competitor shall result in immediate disqualification.
5. In the line up: if by chance 2 fighters from the same school are paired off during the first round, every effort shall be made to correct this. No changes will be made after the 2nd round begins. Please advise your students to stay at least 4 competitors apart from fellow students.
6. No late entries once the division has started. No one will be allowed in. No exceptions, unless so designated by the promoter.
7. The promoter reserves the right to refuse admit any spectator or contestant.
8. A competitor shall not be allowed to converse with any one during the course of a match, with the exception of the referee or arbitrator. When wishing to consult with the designated officials, he or she must do so in a courteous and respectful manner and shall be limited to requesting information regarding injury, equipment, point confirmation, point clarification, time remaining, or for an official decision, or rule verification. Communications with coaches or spectators are prohibited.
9. No coaching shall be allowed from the sidelines. Coaches must be in coaches' box. Instructors and fellow students are not to attempt to influence the officials in the decisions. The exception to this rule shall be in the instance of a Grand Championship match. One (1) person may coach an individual between rounds.
10. No competitor may compete in a sparring division if they are a licensed, professional fighter. This applies to any one from any state who has held a license or fought within 1 year of the SMAA tournament date.
11. For individual matches only, in the event a fighter is unable to continue (usually due to injury), the match is considered forfeited and the fighter disqualified depending upon the circumstances.

12. No competitor shall be allowed to switch, change, or compete in any division other than his/her specified category.

13. The promoter reserves the right to refuse eligibility to any contestant who does not fit the guidelines of competition.

POINTS, TARGETS & TYPE OF CONTACT

1. The target areas shall be the body (chest, stomach, and sides), groin, kidney, and with qualified focus, the face (strikes to the back of the head must be aimed above the ears). Top of the head is not a target.

- a) Hand techniques will score 1 point for all ages and all belt levels
- b) Kicks to the body are score 1 point
- c) Kicks to the head score 2 points

2. In the event that one or both fighters go to the ground, 3 seconds shall be allowed for either fighter to score a point. The referee will call break. Once a fight goes to the ground the head is no longer a valid target to be struck. Striking the head of a downed opponent will result in a penalty point being awarded to the down opponent.

3. There shall be no face contact in all divisions under BROWN. Only focused strikes SHORT OF CONTACT will be allowed. In the event of a touch, a point will be awarded to the opponent receiving the infraction. Disqualification shall result in the event of a second infraction. Face contact is to be called even if competitors are out of bounds, the regulated time is expired, or after a referee commands a competitor to break or stop the match. There are only two calls when face contact occurs: 1) there is a touch and a point is awarded to the recipient of the contact, or 2) when significantly more than a touch is rendered, resulting in disqualification.

4. Grabbing of the opponent is allowed with immediate 1 second follow up strike or sweep.

4. Black Belts shall be allowed light (touch) contact. Excessive contact shall result in immediate disqualification. Only three types of face contact shall be called in this division:

- a) Light touch, which shall constitute a point.
- b) Moderate contact, which shall result in a point being awarded to the opponent receiving the infraction.
- c) Excessive contact which shall result in immediate disqualification.

5. If for any reason a division includes Green Belts along with Brown Belts, Green Belt rules will prevail. If there are only Brown and Black Belts competing, the Brown Belt rules will be utilized. Brown and Black Belts will be matched with their respective rank as often as possible.

6. Overtime, first point wins, no time limit.

CONTROL OF THE RING

1. The center referee will be responsible for the general supervision of the matches and for the performance of the corner judges. He or she will enforce the rules in the interest of fair play, and promote safety among contestants. Only he or she shall start and stop the matches, to award points (through administrative voting), declare the winner, or render a ruling.

2. It takes 2 officials (if 3 officials are used) to call a point of face contact that can end in a penalty. It takes 1 official to call a foul listed under rule #30.

3. Point calls shall be made by a red or white flag. Confirmation of a specific technique is not necessary. When a corner judge sees a point, his or her responsibility is to yell point. The Center Referee shall then stop the competitors and call for flags. All 3 officials are to raise the flag of their choice simultaneously. NO JOHNNY COME LATELY, or ME TOO. Majority rules.

4. Flags will be raised only when the center referee calls for them. NO LATE FLAGS WILL BE ALLOWED.

5. In the event of an exchange, wherein a point and a penalty occur at the same time, each technique will be evaluated separately. The officials shall then award a point or render an infraction accordingly. If a competitor

commits a penalty because of contact and scores a point in the same clash, the penalty shall take precedence. In this case the points will not be awarded. The penalty rule shall be enforced instead. However, a person can score a point and be awarded a point for being hit in the face during the same exchange.

6. Each elimination match shall be conducted by at least: 1 center referee, 2 corner judges, 1 timekeeper, and 1 scorekeeper. An arbitrator shall be available at all times. During crucial matches and during the finals, the promoter may assign 1 referee, 4 judges 1 timekeeper, and, 1 scorekeeper. When 5 officials are used, it shall take 3 judges to call a point or contact and 2 officials to confirm a foul listed under rule #30.

7. If an official is affiliated with a competitor and potential influence or prejudiced by that affiliation, he shall be required to remove themselves for the duration of the match. Generally, officials shall not be replaced.

8. The length of a match shall be for 2 minutes or until one competitor scores a 7 point advantage, whichever comes first. However, in the case of the Grand Championship, matches shall consist of 2 consecutive 2-minute rounds, with accumulating points, penalties, and fouls.

9. In the Sr. Black Belt divisions only, the length of matches is the same 2 minutes or until a competitor scores 7 points, whichever comes first.

FOULS

1. Fouls:

- a) Any technique executed blindly.
- b) Any technique executed in a wild and unsafe manner.
- c) Open hand techniques toward the face.

Joint techniques (moves which work against the joints).

- d) Striking the spine, throat, back of neck, and head below the tops of the ears, or kicking to the leg
- e) Excessive body contact with the intent to do harmful injury.
- f) Sweeps to the rear (or standing) leg no kicking or sweeping against the joints). Sweeps to the forward leg is allowed, boot to boot ONLY.
- g) Sweeping both of the opponent's legs simultaneously.
- h) Attacking the back.
- i) Talking in the ring.
- j) Running out of bounds Whenever a competitor steps out of bounds, the center referee will wait 3 seconds or until both competitors are out of bounds, whichever comes first before stopping the clock and returning the fighters to a neutral position. The offensive competitor may score a point as long as both feet remain in the ring while punching or if one foot is in bounds while kicking. The defensive competitor may not score a point if any part of his foot is on the boundary lines nor will be permitted to move back into the ring and score without both fighters first being brought to a neutral position by the center referee. The inbound fighter shall be given every opportunity to score under the guidelines as long as a competitor's safety is not in question.
- k) Stalling.
- l) Un sportsman like conduct.
- m) Outside interference.
- n) Coaching
- o) Turning your back to avoid fighting, or call your own point
- p) Sweeps other than a boot to boot.
- q) Kicking to the leg(s) (other than boot sweep to the front leg).

PENALTIES FOR FOULS

Penalty points shall be awarded for each infraction (foul) beyond the second warning of a foul. Any third infraction constitutes a point being awarded to the opponent. A contestant can lose on a penalty point. Fouls shall continue even into overtime. Penalties for "Face Contact Fouls" see rules #3 & #4 of contact and targets.

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SPORT KARATE FREESTYLE SPARRING

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4. Rude vulgar, disrespectful, or abusive behavior on the part of a competitor shall result in immediate disqualification.
5. In the line up: if by chance 2 fighters from the same school are paired off during the first round, every effort shall be made to correct this. No changes will be made after the 2nd round begins. Please advise your students to stay at least 4 competitors apart from fellow students.
6. No late entries once the division has started. No one will be allowed in. No exceptions, unless so designated by the promoter.
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9. No coaching shall be allowed from the sidelines. Coaches must be in coaches' box. Instructors and fellow students are not to attempt to influence the officials in the decisions. The exception to this rule shall be in the instance of a Grand Championship match. One (1) person may coach an individual between rounds.
10. No competitor may compete in a sparring division if they are a licensed, professional fighter. This applies to any one from any state who has held a license or fought within 1 year of the SMAA tournament date.
11. For individual matches only, in the event a fighter is unable to continue (usually due to injury), the match is considered forfeited and the fighter disqualified depending upon the circumstances.
12. No competitor shall be allowed to switch, change, or compete in any division other than his/her specified category.
13. The promoter reserves the right to refuse eligibility to any contestant who does not fit the guidelines of competition.

POINTS, TARGETS & TYPE OF CONTACT

1. The target areas shall be the body (chest, stomach, and kidney) and with qualified focus, the face (strikes to the back of the head must be aimed above the ears). Top of the head is not a target.
 - a) Hand techniques will score 1 point for all ages and all belt levels
 - b) Kicks to the body will Score 1 point
 - c) Kicks to the head will score 2 points
2. In the event that one or both fighters go to the ground, the referee will call break.
3. There shall be no face contact in all divisions under BROWN. Only focused strikes SHORT OF CONTACT will be allowed. In the event of a touch, a point will be awarded to the opponent receiving the infraction. Disqualification shall result in the event of a second infraction. Face contact is to be called even if competitors are out of bounds, the regulated time is expired, or after a referee commands a competitor to break or stop the match. There are only two calls when face contact occurs: 1) there is a touch and a point is awarded to the recipient of the contact, or 2) when significantly more than a touch is rendered, resulting in disqualification.
4. Black Belts shall be allowed light (touch) contact. Excessive contact shall result in immediate disqualification. Only three types of face contact shall be called in this division:
 - a) Light touch, which shall constitute a point.
 - b) Moderate contact, which shall result in a point being awarded to the opponent receiving the infraction.
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5. If for any reason a division includes Green Belts along with Brown Belts, Green Belt rules will prevail. If there are only Brown and Black Belts competing, the Brown Belt rules will be utilized. Brown and Black Belts will be matched with their respective rank as often as possible.
6. Overtime, first point wins, no time limit.

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2. It takes 2 officials (if 3 officials are used) to call a point of face contact that can end in a penalty. It takes 1 official to call a foul listed under rule #30.
3. Point calls shall be made by a red or white flag. Confirmation of a specific technique is not necessary. When a corner judge sees a point, his or her responsibility to yell point. The Center Referee shall then stop the competitors and call for flags. All 3 officials are to raise the flag of their choice simultaneously. NO JOHNNY COME LATELY, or ME TOO. Majority rules.
4. Flags will be raised only when the center referee calls for them. NO LATE FLAGS WILL BE ALLOWED.
5. In the event of an exchange, wherein a point and a penalty occur at the same time, each technique will be evaluated separately. The officials shall then award a point or render an infraction accordingly. If a competitor commits a penalty because of contact and scores a point in the same clash, the penalty shall take precedence. In this case the points will not be awarded. The penalty rule shall be enforced instead. However, a person can score a point and be awarded a point for being hit in the face during the same exchange.
6. Each elimination match shall be conducted by at least: 1 center referee, 2 corner judges, 1 timekeeper, and 1 scorekeeper. An arbitrator shall be available at all times. During crucial matches and during the finals, the promoter may assign 1 referee, 4 judges 1 timekeeper, and, 1 scorekeeper. When 5 officials are used, it shall take 3 judges to call a point or contact and 2 officials to confirm a foul listed under rule #30.
7. If an official is affiliated with a competitor and potential influence or prejudiced by that affiliation, he shall be required to remove themselves for the duration of the match. Generally, officials shall not be replaced.
8. The length of a match shall be for 2 minutes or until one competitor scores 5 points, whichever comes first. However, in the case of the Grand Championship, matches shall consist of 2 consecutive 2-minute rounds, with accumulating points, penalties, and fouls.
9. In the Sr. Black Belt divisions only, the length of matches is the same 2 minutes or until a competitor scores 5 points, whichever comes first.

FOULS

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 - c) Open hand techniques toward the face.

Joint techniques (moves which work against the joints).

- bb) Striking the spine, throat, back of neck, and head below the tops of the ears, or kicking to the leg
- cc) Excessive body contact with the intent to do harmful injury.
- dd) Sweeps to the rear (or standing) leg no kicking or sweeping against the joints). Sweeps to the forward leg is allowed, boot to boot ONLY.
- ee) Sweeping both of the opponent's legs simultaneously.
- ff) Attacking the back.

- gg) Talking in the ring.
- hh) Running out of bounds Whenever a competitor steps out of bounds, the center referee will wait 3 seconds or until both competitors are out of bounds, whichever comes first before stopping the clock and returning the fighters to a neutral position. The offensive competitor may score a point as long as both feet remain in the ring while punching or if one foot is in bounds while kicking. The defensive competitor may not score a point if any part of his foot is on the boundary lines nor will be permitted to move back into the ring and score without both fighters first being brought to a neutral position by the center referee. The inbound fighter shall be given every opportunity to score under the guidelines as long as a competitor's safety is not in question.
- ii) Stalling.
- jj) Un sportsman like conduct.
- kk) Outside interference.
- ll) Coaching
- mm) Turning your back to avoid fighting, or call your own point
- p) Sweeps other than a boot to boot.
- q) Kicking to the leg(s) (other than boot sweep to the front leg).

PENALTIES FOR FOULS

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- pp) Sweeps to the rear (or standing) leg no kicking or sweeping against the joints). Sweeps to the forward leg is allowed, boot to boot ONLY.
- qq) Sweeping both of the opponent's legs simultaneously.
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2 MAN TAG TEAM SPARRING

Tag team sparring follows the same rules as Sport Karate Point Sparring for scoring points. but a player may tag the hand of their partner at any time during the match. which allows them to switch who is in the ring competing. They may switch places as many times as they want.

SPORT KARATE CONTINUOUS SPARRING

1. Center referee has complete control of the ring. There will be no arbitration.
2. Center referee has no vote on winner of the match. 4 judges' ringside (one sitting in each corner) will use point calculator clickers to record points scored by an individual player two scoring for the red player two scoring for the white player. At the round break they will switch and score the opposite player from who they were scoring in round 1.
3. Match length will be 2 1-minute rounds. For eliminations and 2, 1 & 1/2-minute rounds for the finals, with a 15 second rest in-between rounds.
4. Any attempt to stall between rounds will result in disqualification of player.
5. Any player disqualified is not eligible for the next round.
6. All gear must be foamed dipped.
7. Moderate contact to the body.
8. Light contact to the head.
9. Light touch to the face
10. No takedowns.
11. No ground fighting.
12. No groin contact.
13. No blind techniques.
14. Absolutely no uppercuts, knee strikes, or elbows strikes will be allowed.
15. No techniques against the joints.
16. No contact to the back or spinal area.
17. No more than 6 consecutive punches can be thrown without a break of contact or a kick being thrown.
18. Player may throw as many kicks as they like.
19. Sweeps maybe used only with front leg and boot-to-boot only.
20. Disqualification. The decision rest solely on the center referee's discretion.

DEMO TEAMS SHOWMANSHIP

1. Time limit for showmanship will be 4 Minutes.
2. Music is allowed, if use however. Rule 3 will apply.
3. Must be choreographed to the rhythm (various beats) of the music or the music must match the theme of the routine.
4. 1 to 4 persons may be involved as long as each person has paid there their way into the tournament as a competitor / spectator. Only the individual who is being judged is required to pay a competitor's fee.
5. In showmanship, props and costumes are allowed. All props must be approved by center official prior to start of competition. Although we encourage inventiveness and imagination, your routine must contain Martial Arts contents and continuity.
6. Judging will be on choreographing entertainment value and presentation.

DEMO TEAMS

Will be judged on the same criteria as showmanship. An 8-minute time limit will be used. No more than 20 persons may be used. Group unity and Martial Arts demonstration will be evaluated.