

2017 Rules

USA SPORT KARATE Code of Conduct

Tournament Officials:

USA SPORT KARATE Promoters must have a Fully Equipped First Aid Kit and Certified Medical Personnel for the entire Competition, Doctor, RN, EMT or Paramedic)
USA SPORT KARATE Officials are known for excellence, integrity and professionalism in Judging and in Conduct when officiating at martial arts competitions. In order to maintain the Highest Standards for Excellence, Safety and Ethics, the following Standard of Excellence will be strictly enforced.

- USA SPORT KARATE Officials must dress in their proper uniform USA SPORT KARATE Officials may not coach with their referee shirts on
- USA SPORT KARATE must not fraternize with their students in the ring they are judging in.
- USA SPORT KARATE Officials must not enter any ring they are not judging in unless there is an injury to their students or they are asked by the Center Referee
- USA SPORT KARATE Referee must observe the 2 foot "No Coaching Zone" around each competition area, whether marked or not.
- No Negative Coaching is allowed at anytime No acts of Vulgarity, Profanity, Violence or Extreme Outward displays of anger will be tolerated.

Competitors:

All competitors will also be held to the Highest Standard of Excellence. There will be Zero Tolerance for Unsafe or Unsportsmanlike Behavior. This includes any disrespectful gestures or behavior while performing or attending at any USA SPORT KARATE event.

Spectator/Instructor/Coach or other Participant:

No Negative Coaching will be allowed at anytime. No person may step into a ring unless their student or child is injured or invited by The Center Referee. No acts of Vulgarity, Profanity, Violence or Extreme Outward displays of anger will be tolerated. Violations may be treated with disqualification from the division in which the person is competing in and Disqualification from the current and any future USA SPORT KARATE Event and or a request to leave the event.

Our primary goal is to provide a Safe, Fair and Motivating Environment in which a competitor can test their skills. It is through our example of Excellence that we can achieve our goal.

Section 1A: Divisions/age

Age division is determined by the athlete's age on June 30. Any competitor whose birth date falls on or before June 30 must compete in the age division they would be in on their birthday. If an athlete competes in the wrong age division any points accumulated will be nullified. Competitors must be able provide a birth certificate at all times if requested by a USA SPORT KARATE Official.

Section 1B: Divisions/experience

There are two factors used when separating competitors into experience levels, years of training and belt color. School Instructors must register their belt colors and their commensurate experience levels with USA SPORT KARATE for future reference to determine the proper division for their athletes. In the event of a belt rank question, to ensure the safety and fairness of all competitors, the years of training takes preference over belt color. Beginner & Intermediate athletes may compete in those specified divisions for a maximum of (1) calendar year each, advanced students a maximum of 2 years. Whatever belt rank an athlete is going to be on February 28 is the rank they must compete in all year. Entering the correct experience & age division is the responsibility of the athlete and/or their coach. Any athlete that competes at the wrong experience level will be moved by USA SPORT KARATE to the correct experience level and will forfeit any points they have accumulated up until that point. Any athlete that knowingly enters the wrong division may be disqualified from all future competitions. If a school does not register their ranks, then USA SPORT KARATE will determine the proper experience level. The USA SPORT KARATE reserves the right to move competitors into their proper division at anytime. Once a student competes at a new experience level by their choosing or by the guidelines provided, they cannot compete again at the lower level. If a student is asked to compete at a higher level due to a shortage of competitors, the student is allowed to go back to their original level and their points from that division will be placed at their proper division. Competitors with a Black Belt in any style are required to compete in the Black Belt division even if they have started a new style of martial arts. Black Belt takes precedent over any other rank in competition.

Competition Belt Colors

The following are the belt colors to be used while competing in USA Sport Karate Events. These have no bearing on the colors you may use in your school. Once a student/instructor has determined which experience level you should be competing based on USA Sport Karate Rules, The belt colors should be worn at each USA Sport Karate event. Because of future rank promotions in your school, Lower Belt Colors are allowed in Higher experience levels, Higher belt colors are not allowed in Lower experience levels

Beginner – 1 year or less continuous training, (white, yellow, orange, gold).

Intermediate – up to 2 years of continuous training, (green, blue, purple)

Advanced – over 2 year's of continuous training, (red, brown belt or sash).

Black Belt – determined solely on Belt Color

Section 1C: Divisions/number of competitors

There must be minimum of (2) competitors to make a division. If there are not at least (2), the competitor is given the choice to compete in the next experience/ age division. Competitors can only be requested to move up (1) Experience/Age level. If there are still no competitors in the next experience level, they receive an automatic 1st Place including their points. This includes moving advanced to a Black Belt Division. In the event there is only one competitor in more than one experience level, the lower experience will be asked to move up. Athletes may not move down.

Only if they move up will their points will be awarded in the division that they are supposed to be competing in. If a competitor waives the choice to move up, they still receive their award, but they receive no points. In fighting they must move up to compete in the Grand Championship Round. Only Black Belts may compete for Grand Championships in Weapons and Forms. Advanced students moved into a Black Belt Division do not qualify to compete for a Grand Championship Title except in Point Fighting

Although not Mandatory, **USA Sport Karate** reserves the right to split divisions with more than 14 Athletes in Weapons and Forms. Divisions will be split evenly and the top 8 Athletes in the point rankings will be put into the same division. USA SPORT KARATE reserves the right to waive this provision and allow a competitor to compete individually in their proper division.

Section 1D: Divisions/type by age & experience/traditional weapons, forms

5 & under All Ranks
 6 & 7 beginner, intermediate,
 8 & 9 beginner, intermediate,
9 & Under Advanced
 10 & 11 beginner, intermediate, advanced,
11 & Under Black Belt
 12 & 13 beginner, intermediate, advanced & black belt,
 14-15 beginner, intermediate, advanced & black belt,
 16-17 beginner, intermediate, advanced & black belt

Section 1E: Divisions/type by age & experience/XMA Weapons/Forms

Beginner/Intermediate – 0-9, 10-13, 14-17
 Advanced/Black Belt - 0-9, 10-13, 14-17

Section 1F: Divisions/type by age & experience/Open Weapons

Beginner Inter- 0-9, 10-13, 14-17
 Advanced - 0-9, 10-13, 14-17
 Black Belt - 0-9, 10-13, 14-17

Judging in all Weapons & Forms Divisions shall begin when the athlete enters the ring (i.e. if athlete drops their weapon when entering the ring that would be a 1 point deduction), Divisions used may vary by Level of event. USA SPORT KARATE reserves the right to add or eliminate divisions.

Section 1G: Divisions/type by age & experience/point fighting

5 & Under All ranks
 6 & 7 Beginner, Intermediate
 8 & 9 beginner, intermediate,
9 & Under Advanced
 10 & 11 beginner, intermediate, advanced,
11 & Under Black Belt
 12 & 13 beginner, intermediate, advanced & black belt,
 14-15 beginner, intermediate, advanced & black belt,
 16-17 beginner, intermediate, advanced & black belt,

Small and Tall Divisions may also be added to all fighting divisions

Competitors are to wear specified gear, (see Section 2C: uniforms & equipment), and are to kick or punch towards specified areas of their opponent. Points are scored when a specified target area is hit lightly, or when a technique is thrown within 2-3 inches of a specified target area, with the ability to have made contact with focus. Techniques must have room for extension and must be retracted a minimum of 3 inches from the target. No contact is allowed to certain areas, but may be scored upon if a technique is within 2-3 inches, (i.e. the face), with the same parameters of extension & retraction.

Section 1H: Divisions/First Times=ers

There are no more Little Dragons divisions. Only 5 & under.

Section 1I: Divisions/event definitions/traditional forms

Traditional Forms are defined as an event involving an individual performing a pre-arranged series of empty-handed movements without music. They may not include gymnastics, acrobatics, splits or other freestyle type movements. Forward & Backward roles are allowed
 Beginners may not use more than (1) Kick in any direction without touching their foot to the floor.
 Intermediates may not use more than (2) Kicks in any direction without touching their foot to the floor.
 Advanced & Black Belt competitors may execute up to 3 kicks in any direction before

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touching their foot to the floor. Techniques may not involve any more than a 360-degree turn.

Section 1J: Divisions/event definitions/XMA creative Weapons

XMA Weapon divisions are defined as an event involving an individual performing a pre-arranged series of movements that include the use of a clearly identified weapon. Although multiple weapons types may be used, a Weapon must be in the athlete's hand or hands at all times, with the exception of at least (1) Full release of the weapon. Weapon(s) may not be used to strike the floor at anytime. Forms must include at least one full inversion where both legs go over the head. A forward and backward roll is NOT considered an inversion. All movements & gymnastics are allowed. Judging based equally on Creativity and Manipulation of the Weapon. Music may or may not use music during the performance. Competitors must bring their own appropriate music and their own device to play the music. No electricity may be available for said device. USA SPORT KARATE reserves the right to disallow any music that may involve the use of profanity, violence or any inappropriate words or suggestions.

Section 1K: Divisions/event definitions/traditional weapons

Weapon divisions are defined as an event involving an individual performing a pre-arranged series of movements that include the use of a clearly identified weapon. Weapon may not Strike the floor at anytime. Judging is based on the manipulation and control of the Weapon. **Other than transitioning movements and single Strike, both hands must be on traditionally 2 handed weapon(s) at all times.**

No Overly Creative Manipulation of the weapon. Weapon must be Traditional in construction. The Center Referee/KICK Arbitrator will make the determination based on KICK Rules, whether a Weapon may be used or if the weapon is only a one or a two handed weapon.

No music or gymnastics are allowed. Beginners may not use more than (1) Kick in any direction without touching their foot to the floor. Intermediates may not use more than (2) Kicks in any direction without touching their foot to the floor. Advanced & Black Belt competitors may execute up to 3 kicks in any direction before touching their foot to the floor. Techniques may not involve any more than a 360-degree turn.

The weapons defined below are shown based on the usage at KICK events:

Bo - Ends may be only slightly tapered. The Bo must be natural in Construction made of wood. Balsa Wood, Graphite, or other lightweight, highly porous materials are not allowed. Only natural wood color allowed. The Height of the weapon must be no less than 6" below the user's overall height or 6" taller.

Kama – Handle must be Natural wood construction. No metal protrusions on the bottom of the handle.

Nunchuku – Natural wood Construction & cord or chain only

Sai – Must be Solid Metal in Construction. No Aluminum or other lightweight composite materials. Weapon must extend to the elbow at a minimum

Japanese Sword – Must be Solid Metal in Construction and have clearly defined Separate Blade, Handle, Blade Guard and Sheath.

Other weapons may or may not be disqualified from being used at KICK'S Discretion. KICK reserves the right to move any athletes using non-conforming Weapons or more Creative movements into a different division even if they are considered traditional to the style of martial art being shown.

Section 1L: Divisions/event definitions/Open Weapons

Open Weapons are defined as an event involving an individual performing a pre-arranged series of movements that include the use of a clearly identified weapon. Judging is based on the use, manipulation and control of the Weapon. Lightweight Competition Weapons are allowed. Weapon must not strike the floor at anytime. Creative manipulation of the weapon is allowed, and must include at least (1) release of the weapon. No music is allowed. Beginners may not use more than (1) Kick in any direction without touching their foot to the floor. Intermediates may not use more than (2) Kicks in any direction without touching their foot to the floor. Advanced & Black Belt competitors may execute up to 3 kicks in any direction before touching their foot to the floor. Techniques may not involve any more than a 360-degree turn.

Section 1M: Divisions/event definitions/XMA Creative Forms

XMA Forms are defined as an event involving an individual performing a pre-arranged series of empty-handed movements that may or may not involve the use of music. Competitors may use any type of gymnastic, acrobatic, splits or other freestyle type movement. Form must include at least 1 full inversion where the legs go over the head, forward and backward roles are not considered inversions. A forward and backward roll is NOT considered an inversion. Competitors must bring their own appropriate music and their own device to play the music. No electricity may be available for said device. USA SPORT KARATE reserves the right to disallow any music that may involve the use of profanity, violence or any inappropriate words or suggestions.

Section 1N: Divisions/event definitions/point fighting

Point Fighting is defined as an event involving (2) individuals engaged in a simulated sparring match. The object of which is to score a specified number points on your opponent first to win the match. Competitors are to wear specified gear, (see Section 2C: uniforms & equipment), and are to kick or punch towards specified areas of their opponent. Points are scored when a specified target area is hit lightly, or when a technique is thrown within 2-3 inches of a specified target area, with the ability to have made contact with focus. Techniques must have room for extension and must be retracted a minimum of 3 inches from the target. No contact is allowed to certain areas, but may be scored upon if a technique is within 2-3 inches, (i.e. the face), with the same parameters of extension & retraction.

Divisions used may vary by Level of event. USA SPORT KARATE reserves the right to add or eliminate divisions.

Section 2: Uniforms & Equipment

Section 2A: Uniforms/Officials

Event Coordinators shall wear Dark Blue or Black Polo, Class A National Referee shall wear a dark black polo, Center Referee shall wear Red USA SPORT KARATE polo, Corner Judges shall wear a White USA SPORT KARATE polo. Volunteer Referees shall wear a White Volunteer Referee T- Shirt (given by the tournament promoter). All KICK Officials and Team members must wear Black Pants, Black Rubber Soled Shoes.

Section 2B: Uniforms/Competitors

All Competitors are required to wear a uniform top and bottom along with their appropriate belt or sash to signify their proper rank. All Uniforms must clean & untorn. T-shirts are only allowed if that is the only uniform of their school. Athletes may change Uniforms to compete in different divisions, but each uniform must be complete with a Uniform Top and bottom. Athletes must be dressed to completion when their division is called or they will not be allowed to compete. NO jewelry allowed.

Section 2C: Equipment/Competitors

Competitors must wear the following safety equipment when point sparring: mouthpiece, headgear with a face shield, hand pads, foot pads and **chest protector**. Males must also wear groin protection. Equipment is required to be vinyl foam dipped type gear, (i.e. macho, century, etc.) Enclosed Gloves are allowed. Equipment must be in good condition, cannot be taped or torn. No training shoes, sneakers, Cloth Gear, boxing gloves, or gloves with individually articulated fingers or other unapproved equipment is not allowed. Any competitor without proper equipment will not be allowed to point spar. USA SPORT KARATE reserves the right to disallow any equipment deemed unsafe.

Section 3: Ring Procedure and Protocol

Section 3A: Ring Procedure & Protocol/ Officials/ Weapons & all forms divisions

There will be 3 Officials in each ring, (1) Center Referee & (2) Corner Judges. (**Positioning see Sections 7C**)

When competitors are finished with their weapons or form, each official will write down their score using the appropriate assigned range. Each official will also write the score in small numbers on the side of their scoreboard. The Center Referee will then yell "**SCORE**". All officials will then display their scoreboard in the direction of the scorekeepers. The Center Referee will also indicate to the scorekeeper if there are any deductions to be taken from that competitor. All officials will then erase their boards and prepare for the next competitor. When the division is finished, the Center Referee will determine if the score sheet is correct. If so, the awards will be brought to the ring and the winners will be announced and given their awards immediately. In the event there are up to (2) extra unplaced competitors, awards will also be given out to them. In the forms divisions, competitors 5th – last, all receive a good sportsmanship award. After the awards are given, the officials will line up the competitors. The Center Referee will then say "**BOW**" and the competitors will bow towards the officials. The Center Referee will then repeat this procedure towards the spectators. Center Referee will then dismiss the competitors and advise them to get ready for their next event.

Section 3B: Ring Procedure and Protocol/ Officials/ Center Referee/Point Sparring

There will be 3 Officials in each ring, (1) Center Referee & (2) Corner Judges. (**Positioning see Sections 7C**)

Matches shall proceed in following manner until first through fourth place is determined. Once competitors have entered the ring and positioned on the Ready Lines, the Center Referee will check to determine that both competitors have the proper safety equipment is in proper condition. The Center Referee will then call "**BOW**" and use the proper hand signal for the competitors to bow to each other, (see Section: hand signals/point sparring), The Center Referee then calls "**READY**", again using the proper hand signal. Finally the Center Referee calls "**FIGHT**" and uses the proper hand signal to begin the match. When a point is to be called, The Center Referee yells, "**STOP**" and uses the proper hand signal to stop the action. The Center Referee will then stand at attention with hands at their side and yell "**CALL**". Then Center Referee will then use the proper hand signal to indicate their call. The Center Referee will then tell the competitors and scorekeepers the point, penalty or no call and give their name. The match will continue in this manner until the proper amount of points or a disqualification occurs. The winner of the match will report to the scorekeeper and give their name. The Center Referee will then seat the winner to the left of the scorekeeper table and the non winner to the right. Before proceeding to the next round, The Center Referee will stand up the winners and ask if anyone has a challenge to the winners, if not the next round may begin. The division will continue in this manner until all places have been determined.

Section 3C: Ring Procedure and Protocol/ Officials/Corner Referee/Point Sparring

There shall be (2) Corner Referees in each ring. Each Corner Referee will have a red flag in their left hand and a white flag in their right hand for hand signals. The Corner Referees line up on each corner opposite the Center Referee. When the match starts the Corner Referees SHOULD move around the ring to stay properly positioned to see the match. When a Corner Referee sees a point or penalty they yell "**CALL**". When the Center referee stops the match, The Corner Referees stand at attention with hands at their side. When the Center Referee yells call, the Corner Referees then use the proper hand signal to indicate a point, penalty or no call. The match continues in this manner until the places are determined. If there is a question during the match, the Corner Referee may request a private conference with the center referee by using the proper hand signal.

Section 3D: Ring Procedure and Protocol/Award Presentation

All awards shall be presented in the rings immediately following the end of the division, unless other award presentation ceremonies have been arranged. Competitors will be called from the lowest place in that event, (usually 4th, except for Nationals to 8th), up to 1st place. If there are up to 2 unplaced competitors, they shall be called first and given sportsmanship awards, and then the other places will be awarded. When the awards have been given out, they will be asked by the Center Referee to line up. The Center Referee will then yell "Bow". The competitors will then be asked to turn and face the spectators. The Center Referee will then yell "BOW". The Score sheets are then turned in at the Head Table immediately.

Section 3E: Ring Procedure and Protocol/ Dispute & Arbitration/Weapons & Forms

Only Coaches may arbitrate. Coaches may not step into the ring to dispute a call. Coaches will respectfully raise their Hand, stay seated and the Center Referee is required to acknowledge by the next stop in the match. In the event the Center Referee does not see the Coach raise their hand, the corner can remind the Center referee. The Coach may also involve an arbitrator. Once the arbitrator renders their decision, it is final and the match will continue in a respectful manner. If no designated arbitrator is present, then the USA SPORT KARATE Regional Coordinator becomes the arbitrator.

Addition errors – If an addition error has been discovered, and the awards have not been given out, then the paperwork will be corrected and the proper awards will be given. If the awards have been given out and the competitors have left the ring, then competitors will be called to the award table and given their proper awards. Only higher places will be re-awarded.

Improper Penalty – If an improper penalty has been assessed against a competitor, the deduction will be added back into the total and the proper award will be given.

Section 4: Event Specifications

Section 4A: event specifications/ring size

All rings must be a minimum of 16ft x 16ft to maximum of 20ft x 20ft based on the size of the competition area. There is also a 2 ft. area around each ring that is designated as a Non-Coaching Zone. There must be a minimum of 4 ft. between rings

Section 4B: event specifications/number of rings. (these are minimum amounts)

Level one: no minimum

All Other Levels: 8 Rings You can always add more rings if space and personnel are available

Section 5: USA SPORT KARATE Championship Titles

Section 5A: Individual Regional Point Champions/Requirements

Individuals must be a USA SPORT KARATE member in good standing. The individual with the most points after the Final Event in your Region shall be designated the Regional Point Champion and Regional Points stop after the final Regional event. You must attend a minimum of 4 events in your specified Region to qualify.

Section 5B: Individual State Point Champions/Requirements

Individuals must be a USA SPORT KARATE member in good standing...You must attend 4 events in your region, your KICK-Off and/or Your State Championships. KICK members will be seeded. The State championship points end at States. KICK Members will continue to accrue points towards the KICK National Championship.

Section 5C: Individual National Point Champions/Requirements

Individuals must be a USA SPORT KARATE member in good standing. You must attend 4 events in your region, **2 Events outside your Region**, The KICK-Off and /or your State Championships and **International Martial Arts Festival** to qualify.

Section 5D: State Champions/points disputes

All points shall be posted on The USA SPORT KARATE website within 14 days of each event. Point Disputes must be submitted in writing to USA SPORT KARATE within 30 days of the initial posting of the disputed event. Any disputes in point standings submitted after 30 days will not be recognized. Disputes must have the following info: Name of competitor, Age Division, Date of the event, Event type, Place awarded & Phone number.

Section 5E: School State Championship

State Banner will be based on points thru the State Championships. The National Banner will be awarded to the school with the most points at The KICK Nationals at **Disney's Martial Arts Festival**. Only Athletes that are KICK Members may accumulate Points for Individual or School Championships.

Division IA – 200 or more students

Division IIA – 101-199 students

Division IIIA – 100 or less students

Point Values

Level One: Scrimmage Only, No Points

Level 2: Local qualifier

1st – 70pts, 2nd – 50pts, 3rd – 40pts, 4th – 30pts

Level 3: Regional Championship

1st – 140 pts, 2nd – 100pts, 3rd – 80pts, 4th – 60ts

Level 4: State Championships

1st – 200pts, 2nd – 150pts, 3rd – 120pts, 4th – 100pts **Grand Championship 100 pts**

Level 5: National Championships

1st – 250pts, 2nd – 200pts, 3rd – 180pts, 4th – 160pts

5th – 140pts, 6th – 120pts, 7th – 100pts, 8th – 80pts **Grand Championship 150pts**

(In fighting divisions, 5 – 8th place competitors will not fight off, instead they will all receive 5th place points). Only Ties for 1st, 2nd or 3rd will be re-run. USA SPORT KARATE reserves the right to award point to all competitors in lieu of breaking a tie.

Section 6: protocol for competitor line-up/level 2,3,4

Competitors are required to turn in their Divisions Cards at the head table 30 minutes prior to the start of their session. 15 minutes prior to the start of the division, late arriving competitors will perform first. If the ring has already started the athlete is not allowed to compete. A competitor that has been picked to go first in any Weapons or Forms division may not perform first in the following division.

Section 7: Fighting Rules

Section 7A: fighting rules/legal target areas/no contact allowed

The following are the areas where a point can be scored, but NO CONTACT IS ALLOWED. A legal controlled technique that is stopped 2 – 3 inches from the target area, with the ability to have made contact with focus. No contact is allowed to certain areas, but may be scored upon if a technique is within 2-3 inches, (i.e. the face) **(no areas are defined)**

Section 7B: fighting rules/legal target areas/light contact allowed

Light Contact to be defined as a legal technique, touching on a legal target area for contact, where the technique hits with a minimum of force. Light Contact should not rock the person in an excessive manner as to cause harm or bodily damage to the person. If the head or other body part moves in an extreme manner due to the force of the technique, the technique would be considered unsafe and illegal. That would result in a contact warning or disqualification. The word allowed is defined, as light contact is permissible but not necessary to Score a point. **Light face shield contact is allowed.**

The Head: Defined as all parts of the head other than the face, excluding the top of the head

The Back: Defined as the area on either side of the spine above the waist and below the neck

Section 7C: fighting rules/legal target areas/moderate contact allowed

Moderate contact is defined as a legal technique, touching on a legal target area for contact, where the technique is allowed to hit with enough force that could generate some movement of the body in the direction of the technique. Techniques that generate enough force to physically cause damage to the person would be ruled excessive & could result in a contact warning or disqualification. The word allowed is defined, as moderate contact is permissible but not necessary to score a point

Front Upper Torso, defined as the area from the Shoulders to the Waist, not including the arms.

Side Upper Torso: defined as the side of the upper torso, from the armpit to the waist

Section 7D: fighting rules/illegal target areas

Illegal target areas are defined as areas that no points can be scored and that penalties would result from directing an illegal or legal technique towards this area. Contact does not have to be made to incur a penalty if a technique is directed at an illegal area.

Top of the head: Defined as 360 degrees around the crown of the head above the ears

Upper Torso: Spine, Top of Shoulders, Neck

Lower Torso: defines as the complete area from the waist down

Face contact is not listed anymore because light face shield contact is allowed.

Section 7E: fighting rules/legal techniques

Legal techniques are defined as techniques that can score a point when directed at a legal target area. They must also be executed with focus and start and finish on balance.

Closed Hand Techniques: Vertical Punch, Reverse Punch, Side Punch, Lunge Punch, Back Fist, Hammer Fist, Jab

Open Hand Techniques: Inner Knife, Outer Knife, Ridge Hand

Kicking Techniques: Roundhouse, Front, Side, Hook, Inner Crescent, Outer Crescent, Axe, and Back. Grabbing is allowed if followed within 2 seconds by a legal technique. Hand & Leg Techniques may be done with a spin so long as the person attacking is looking at their opponent. Leg Techniques may also be done with a jump, skip or double fake.

Section 7F: fighting rules/illegal techniques

Illegal techniques are defined as techniques that are not allowed to be used whether or not they are directed to a legal target. The use of an illegal technique results in a Contact Warning, (see penalties/contact warning) Finger Tip Strikes, Palm Heel, Scratch, Elbows, Knees, Leg Sweeps or Checks, Takedowns, Throws, Chokes, Arm Locks, Leg Locks, Spinning back fast. Blind Techniques: defined as any technique executed while not looking at the opponent

Section 7G: fighting rules/non techniques

Non-techniques are defined as techniques that do not count as a point or penalty, but are directed at a legal target area. Slaps with the front or back of the hand to any part of the body, Bops with a closed fist palm down, any technique where either fighters hand is touching the ground, etc.

Section 7H: scoring /point fighting

Punches 1 Pt – KICKS to Body– 1 pt – KICK to Head 2pts – Jump Spin Kick to Head 3 pts

The majority of Judges are needed to score a point. All matches will be 90 seconds and the most points wins. In the event there is a 10 point spread, the match will be over. In the event of a tie after 90 seconds and there are no warnings, the next person to score wins the match, if there are warnings the clock is set for 30 seconds and next point wins. If the overtime expires with no points the person w/fewer warnings is determined the winner.

Section 7I: Scoring/Point Fighting/ Definition of a Point

A point shall be defined as a controlled legal technique, executed to a legal target area, either making contact where allowed, or with the ability to have made contact. Techniques must show extension and minimum of 3 inch retraction.

Section 7H: scoring /Continuous Sparring

All matches will be (1) 90 second round. At the end of the round Judges will show winner by show of Flags. Winner will be chosen using the following criteria: Even balance of Hand and Kicking, Aggressiveness, Control of the Ring, Quality of Technique, Quantity of Technique.

Section 8: Scoring

Section 8A: scoring /Weapons/Forms

All weapons & forms divisions shall be scored in the following manner:

Beginners	6:91 to 6:99 by hundredths
Intermediate	7:91 to 7:99 by hundredths
Advanced	8:91 to 8:99 by hundredths
Black Belt	9:91 to 9:99 by hundredths

Be consistent with your scoring and use hundredths

Scoring should start from the top and deductions taken for mistakes. All scores count towards the final total unless there are 5 judges. With 5 judges the high & low scores are dropped. In the event of a tie you add back the low. If a tie still exists the high score is added back. Performing again breaks all other ties.

Section 8B: scoring /Weapons/Forms/Ties or 2 Athletes

In the event there is a tie, The scoresheets will be used to determine the winner, (2 of 3 judges gave higher score to either athlete). If a tie cannot be broken using scoresheets or if only 2 athletes in a division, then Both Athletes will perform, winner will be selected by a show of Flags.

Section 9: Warnings and Penalties

Section 9A: Warnings and Penalties/Weapons/Forms

The following rule infractions result in Mandatory deductions from the total score. Multiple infractions cannot total more than 1 point. The scorekeepers will do all deductions, as directed by the Center Referee.

1 Point Deduction

Dropping the weapon, Weapon Breaking, Re-starts (only 1 allowed), Non-traditional moves in a traditional division. Creative manipulation of weapon in Traditional Weapons, any technique that touches the floor, or comes within 1 ft of scoreboard, official, volunteer or another athlete. **No Release of weapon in XMA & Open weapons divisions, No Inversion in XMA**

Loss of control that does not result in a drop of the weapon, Loss of balance that results in a fall or touching of a body part to the ground other than the feet or hands if not part of the form, Striking the floor with your weapon. **Stepping Outside the ring in Traditional Forms or Weapons.**

Section 9B: Warnings and Penalties/Point & Continuous Fighting

Boundary Warning: A boundary warning is defined as excessive stepping out of bounds to either escape from an opponent, or to avoid fighting without any physical contact made to force the person out of the ring. **Any physical means used to force an opponent out of bounds does not result in a warning or penalty.**

Stalling Warning: *In extreme cases, where either competitor is not engaging in the fight, they may incur a CONTACT WARNING for STALLING.* If the match is under 10 seconds, contact warning is issued and the time on clock is brought back up to 10 second. **In addition in Continuous Sparring, Leaning on opponent and not fighting will fall under Stalling.**

Contact Warning: This category encompasses the following infractions; Heavy Face or Head Contact, excessive contact to any legal target area, contact to any non target area, low punches or kicks, blind techniques, throws or takedowns, illegal hand or leg techniques. In addition, in Continuous Sparring Pushing will be treated as contact Warning.

All Boundary, Stalling and contact warnings will follow the penalties below:

1st time = a point will be awarded to opponent

2nd time= a point will be awarded to opponent 3rd time= Disqualification

In Continuous Sparring the 2nd Warning is a Disqualification

The Center Referee reserves the right to escalate any and all penalties.

Unsportsmanlike Behavior: defined as any act considered to be a physical display of disrespect to an official, other competitor or spectator. This includes but is not limited to Profanity, Vulgarity, and Throwing of equipment, speaking in a loud or disrespectful manner. This results in one or all of the following; warning to the competitor, point awarded to the opponent, disqualification of the competitor from the match and or disqualification from the tournament.

Negative Coaching: defined as any unsportsmanlike or vulgar act committed by an instructor, coach, parent, friend or other interested party of a competitor. This also includes stepping inside the NO-COACHING ZONE without authorization from the Center Referee or other USA SPORT KARATE Official. This results in one or all of the following; warning to the competitor, point awarded to the opponent, disqualification of the competitor and expulsion of the interested party from the event. Negative Coaching and Unsportsmanlike Behavior will be treated as Contact Warnings. Penalties for Boundary, Stalling & Contact Warnings are awarded separately, but the warning points awarded to an opponent accumulate with points scored towards determining the outcome of a match.

Section 10: Hand Signals

The following are the Hand Signals for the Officials in the ring. The Center Referee shall use empty hand signals. The Corner Judges will hold a Red Flag in their left hand and a White Flag in their right hand. (See next pages)

Section 11: Coaching

Section 11A: Coaching/Requirements

Every school/team/club is allowed a maximum of 4 coaches on the floor during Point Fighting. At all other times coaches may escort their athletes to the proper ring then exit the competition floor. Coaches must register and purchase Coaches Shirt at the first event they attend in any calendar year. Only registered coaches will be allowed on the floor. No Coaches on the floor during Weapons & forms. (1) Coach is allowed on the side of their athlete's side of the ring and only during their athlete's match. **Coaches must sit in the chair. Coaches may encourage their fighter in calm manner, excessive screaming is not permitted.** Each Coach is allowed (1) 10 second timeout to be called on a Break in the fight. If a Coach want to arbitrate a call, they must raise their hand ask for the Center Referee for arbitration. The Arbitrator may also be called in. Once a

call has been arbitrated and a decision rendered, the match will continue and no more arbitration is allowed. If a Coach continues to try & discuss the decision they may be asked to leave and or their athlete may be assessed a penalty or disqualified. When the match is over, the Coach must leave the floor. **Coaches must be wearing their Coaches shirt.** Any coach displaying vulgar or offensive clothing will not be allowed on the floor or be asked to leave the floor and or the event. **Coaches may not call points or Specific Techniques to influence the judges calls. Coaches may not Be negative when speaking about a Judges Call, or make any hand gestures that refer to Judges. A penalty Point will be awarded to the Opposing player if the Coach stands up during the match**

All Coaches must adhere to The KICK/USA Code of Conduct.

No negative coaching is allowed. Rule infractions will result in the coach's athletes being penalized under the contact warnings section of this passbook, and in revocation of Coaching Credential & a request to leave the event.

Section 11B: Coaching/Temporary

The same rules apply as above with the exception of this is a (1) time pass authorized by USA SPORT KARATE & the event host.

Byes & Seeding (C=# competitors B=# of byes)

Byes are awarded on a random basis. In the event there are only 3 athletes and 2 are from the same school, then the Bye will be chosen between the 2 athletes from the same school.

Grand Championships

Forms or Weapons

All First Place Winners in The Black Belt Divisions compete in a Grand Championship Final. Order of performance will be randomly selected. When available, 5 Judges will be used. Forms & Weapons Grand Championships may not be held at every event.

Point Fighting

All first place winners, all ranks, each division separate may compete for Grand Champion. Females ages 7 & up will be compete separately

Seeding:

Seeding is the act of giving the top points competitors a particular place in the competition order. Seeding only takes place at one tournament, the State Championships. It is done as a reward for continued excellence throughout the competition year. State Seeding will be for the 2 Regional Champions.

Forms Seeding:

The top 2 points competitors will be given the last 2 competition places in the competition order. The top seed will be the last competitor. (Remove the seed tickets from the stack. Randomize the stack and record. Place the seed tickets in the proper order and record.)

Fighting Seeding:

Seeding for fighting is done very simply. The top 2 seeds get any byes that are available. They may not be the only ones to get byes, however.

For example:

If there is only 1 bye, the top seed gets it.

If there are no byes care must be taken that none of the top 4 seeds fight each other for the first fight. This cannot be avoided if they are the only 4 competitors. In this case #1 will fight #4 and #3 will fight #2. If only one seed gets a bye, also set the other 3 seeds as to not fight each other or the #1 seed for the first

fight. This applies to all seeded competitors however many have byes. If the above 3 points have been met, then try to not have people from the same school fight the first fight with each other. Do not shuffle a seeded competitor to accomplish this.

Competitors Code of Conduct:

All competitors will also be held to the Highest Standard of Excellence. There will be Zero Tolerance for Unsafe or Un-sportsmanlike Behavior. This includes any disrespectful gestures or behavior while performing or attending at any USA SPORT KARATE event.

Spectator/Instructor/Coach or other Participant No Negative Coaching will be allowed at anytime.

No person may step into a ring unless their student or child is injured or invited by The Chief Referee. No acts of Vulgarity, Profanity, Violence or Extreme Outward displays of anger will be tolerated. Violations may be treated with disqualification from the division in which the person is competing in, disqualification from the current event and any future USA SPORT KARATE Event and or a request to leave the event.

Our primary goal is to provide a Safe, Fair and Motivating Environment in which a competitor can test their skills. It is through our example of Excellence that we can achieve our goal.