

# Karate for Christ Tournament Circuit Rules

## Rules Summary

### **NO Coaching allowed in any event!**

**Competitor:** Each Competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. If he/she is not prepared to compete as deemed by the center referee, the competitor may be penalized for delay of time. All competitors must be at ringside when the events start. If not the competitor will not, be allowed to compete.

**Rank Rule:** A competitor must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a division of which he/she had not earned that rank. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts

**Proof of Age Rule:** All competitors must have proof of age. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents to prove his/her age.

**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. The appropriate color belt or sash must be worn in competition. Sparring, Form and Weapons: All uniforms must have sleeves that reach at least to the middle of the forearm. School T-shirts are only allowed if the Students school doesn't have a uniform. But everyone must have uniform bottoms. NO sweats, tank tops or shoes are allowed in the division.

**Competitor responsibilities:** It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired, and at the appropriate ring when competition begins, he/she will not be able to compete. If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified.

**Required and Recommended Safety Equipment:** Approved headgear, hand and foot pads, mouthpieces and groin cups (for male competitors only) are mandatory for all competitors in sparring divisions. The competitors equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete.

**Hand Pads:** A soft padded surface must cover most of the fingers, the wrist and any striking surface of the hand. **Foot Pads:** A soft padded surface must cover the instep, sides, toes and ankle and the back of the foot. Ring star shoe are allowed. **Head Gear:** The front, sides and back of the head must be covered by a soft padded surface. Insufficiently padded gloves, foot and headgear will not be allowed. Equipment must be

in good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The tournament's head rules arbitrator ultimately determines the approval or denial of the equipment. A properly fitted mouthpiece is required. Shin pads and rib/chest guards are highly recommended for additional safety to all sparring competitors.

**Referees:** The referee is the most experienced official in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of the competitors, enforces the rules and ensures fair play. To this end, he/she starts and stops the match, awards points, makes penalty decisions, administers the voting of the other judges, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match. **Added Powers of the referee:** 1) Match starts and ends only on his/her command (not the command of the timekeeper); 2) Has final decision on any disputes on score. (you must have a majority vote for points to be awarded. 3) Automatically has power to disqualify a competitor who receives (3) penalty points; 4) Has power to issue time-out. A competitor can ask for a time-out, but it is the determination of the referee to issue one. **The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the judges.**

**Judges:** The judges call points as they see them. They may be consulted by the center referee to help in determining penalties or warnings, although the referee alone has the power to issue them. They will be asked to vote on disqualification rulings. It is the majority vote of the judges and referee that determines a scoring point. **Calls an Official may make:** When the referee believes there has been a significant exchange of techniques, or when signaled to do so by so by a corner judge, he/she shall call out the word, "STOP!" in a loud voice. The referee shall then return the competitors to their starting marks and addresses the judges by saying "JUDGES CALL!" All judges and the center referee cast their votes simultaneously and assertively in the following manner.

1. Judges see a point – he/she should hold up one arm and yell out in a loud, clear voice to let the referee know he/she has a call.
2. Point Calling – When signaled by the referee, a judge raises the arm and points to competitor that has scored the point.
3. No Point Scored – An official crosses his/her arms at the wrist at waist level if he/she believes that a point was not scored.
4. Did Not See If A Points Was Scored – The official holds his/her hand over his/her eyes indicating the he/she could not or did not see whether a points was scored.
5. Clash – Officials make a motion as though they are hitting both fists together, indicating that both competitors scored at the same time.
6. Penalty – The judges waves the hand and arm in a circular motion while pointing at the offending competitor.
7. Disqualification – A disqualification vote is taken separately from any other vote. When a disqualification vote is asked for the referee will say, "JUDGES CALL." The judges will then point to the competitor who is to be disqualified. If the judge does not feel the competitor should be disqualified, he/she crosses his/her wrist at waist level.

**Late Calls:** All officials should make their calls at the same time. If, in the opinion of referee, the corner judge is making a late call intentionally, the referee can disqualify the call. (Noise not allowing the judges to hear the referee and the honest mistake of raising the wrong color or pointing at the wrong competitor should be taken into consideration not to disqualify the call).

**Number of Officials:** Three officials are required in all black belt form and weapons divisions. At least three judges are required in all sparring division and under black belt form and weapon division.

**Removal of Officials:** If a competitor feels that an official should be removed from a form or weapon division for GOOD reason, he/she must file a protest before the division begins. If a competitor feels that an official should be removed from a sparring division, he/she may file a protest at any time. It is totally up to the center referee and the rules arbitrator to determine if an official should be removed.

**Protest of Official:** A competitor has the right to protest an infraction of the rules or if a possible mistake was made (not a judgment call). If a competitor wishes to protest they should first let the referee know they believe there has been an infraction of the rules or a mistake has been made. The referee will summon the arbitrator to the ring to render a decision if the referee cannot settle the protest to the competitor's satisfaction. **All protests must be made in an orderly, proper and sportsmanlike manner. All protests must be made immediately. Protests are not allowed once competition has resumed. A competitor may be penalized if he/she is protesting improperly or without proper cause.**

**Late Entries:** Once a division has started (the first competitor has started his/her form/weapon routine or the first fight divisional fight has started) no competitor/s can be added to that division. **BE ON TIME!**

**Order of Competition: FORM:** Once the final call for the form and weapon divisions has been made at ring side, the competition cards will be collected and mix-up thoroughly. The competitor's cards will be drawn randomly for the order of competition. The first three competitors will perform before any scores are awarded. After the third competitors are finished, the first competitor will be called to come back for scoring followed by the second and then the third competitors. This is to give the judges a sampling of the quality of the competitors. All competitors in the division will be judged in comparison to these first three competitors. **SPARRING:** Once the final call for the sparring division has been made at ring side, the division is ready to be set up. The competition cards should be collected and counted to see if byes are needed. If byes are needed, they will be picked randomly. Matches should always be selected by random, but certain allowances MAY be given to competitors from the same schools that are matched up in the first round of competition. They may be separated randomly from each other in the first round if possible. **Competitors cannot pick whom they want or**

**do not want to fight.** Line the youth competitors up by height at least in the first round to fight each other.

**The Ring:** The size of the fighting and form adult black belt rings shall be approximately 20' x 20'. Starting lines should be marked approximately six feet apart in the middle of the ring. Additionally, each ring should be posted with a ring number visible to competitors, officials, and medical personnel from across the floor. All youth and under black belt adult rings shall be approximately 16' x 16' minimum.

## Sparring Rules

**Length of Match:** Two-minute running time unless five points are scored before time has expired. If a match is tied at the end of two minutes, sudden victory (First person to score a point) overtime period will determine the match.

**Point values and winner determination:** All legal hand and kicking techniques that score will be awarded one (1) point. All penalty points awarded will be awarded one (1) point. The competitor who earns five (5) points by the end of the two minutes or whoever is ahead at the end of the two minutes is declared the winner. (The competitor with 5 must have a two point spread) All Grand Championship matches are two-minute running and total points.

**Majority Vote:** Points are awarded by a majority vote of all judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored.

**What is a Point:** A point is a controlled legal sport karate technique scored by a competitor in-bounds and up-right without time being called that strikes a competitor with the allowable amount of focused touch contact.

**Legal Target Areas:** Entire head and face, ribs, chest, abdomen, collarbone and kidneys.

**Illegal Target Areas:** Spine, back of neck, throat, sides of the neck, groin, legs, knees and back. **Non-Target Areas:** Hips, shoulders, buttocks, arms, and feet. **Legal**

**Techniques:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. **Illegal Techniques:** Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs, ground fighting, any stomps or kicks to the head of a downed competitor, slapping, grabbing for more than one second, uncontrolled blind techniques, and any other dangerous techniques that are deemed unsafe.

**Grabbing:** A competitor may grab the uniform of his/her opponent in an attempt to score with a sport karate technique for only one second (**IMMEDIATELY**), after which time he/she must release the uniform.

**Light Touch Contact:** Means there is no penetration or visible movement of the competitor as a result of the contact. Light touch is allowed to all legal target areas except to the face of all youth and under black belt adult competitors. Light touch does

not have to be made to the head gear in all Youth competitors and adult under black belt competitors but must be approximately two inches away without being blocked.

**Moderate Touch Contact:** Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the head gear and face.

**Warning and Penalties:** One and only one warning is allowed for breaking the rules before a penalty point is awarded. After the first warning is given, a penalty point is awarded for each and every rules violation. If a competitor receives four warnings (three penalty points) in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be too severe a penalty point can be issued immediately.

**Other Penalty Rules:** A competitor cannot be penalized and still receive a point on the same call. A competitor can receive a point for a proper technique and another point from a penalty call against his/her competitor (two points awarded). If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor shall be automatically disqualified.

**Other cause for Penalization:** Attacking illegal and non-target areas, using illegal techniques. Running out of the ring to avoid fighting, falling to the floor to avoid fighting, continuing after being ordered to stop. Excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior from the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are examples of possible penalization.

**Disqualification:** Requires a majority vote by all officials, unless it is an automatic disqualification. **Non-Competing Penalty:** If, in the majority opinion of the officials, it is considered that the competitors are not making an obvious attempt to fight in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified. **Wrong Division:** If any competitor competes in a division he/she does not qualify to compete in due to age, rank, gender, style, etc., then he/she will be disqualified.

**Coaching:** NO COACHING

### **Forms Rules**

**Time Limit:** Each form or weapons routine must be three (3) minutes or less. The time starts once the competitor enters the competition ring.

**Scoring Ranges of Form and Weapons:** All belts will be scored using 9.0 to 10.00.

**Ties:** To break ties for 1<sup>st</sup> through 3<sup>rd</sup> place the competitors who are tied must perform again to break the tie, or a discussion between the judges to break down the total performance. (ie. Technique or weapon control.)

**Weapon divisions:** For safety, a competitor who unintentionally drops his/her weapon may be disqualified. If a competitor recklessly misused his/her weapon, he/she may be penalized or disqualified.

**Starting A Form Over:** If a competitor starts his/her form over because of a memory lapse or any other reason due to his/her own negligence, he/she may perform the form again. The officials will score as though there was not a mistake, but the center referee will instruct the score keeper to subtract .50 points from the competitor's final score. The three-minute time rule will start over. A competitor can only start over one time. If a competitor has to start over not due to his/her negligence, he/she will not be penalized on the start over.

**All Rules are subject to change. This will only be done during the Black Belt meeting the day of the tournament.**