

KARATE POINT SPARRING RULES

- 1. RING SET UP** There will be three judges in each ring (a center judge and 2 side judges). An experienced black belt will be assigned to be center judge.
- 2. TIME LIMIT** Two minutes running time. This time will be continuous unless the center referee calls for time to be stopped or if there is an injury
- 3. JUDGING** The center referee will maintain full control of their ring at all times. Center official should face the score keeper and maintain eye contact when giving the call. Make sure the score keeper and the competitors can hear you so there is no confusion regarding the score. Be professional, clear and assertive in all calls. Center official is the only one who can stop the clock or decide on time outs. Requests for equipment adjustment are decided upon by the center official. One coach per competitor is allowed at the side of the ring. Parents and friends must remain in the stands.
- 4. CHANGING JUDGES** Our judges have been chosen for their expertise. Competitors or parents may not ask to have a judge changed. If a coach has a serious complaint about any judge, that coach may approach the tournament director with their concerns.
- 5. SCORING & TIME KEEPING** All scores will be 1 point only. There are no 2 point techniques. Black belt divisions will go to five points. All kyu rank divisions (brown belt & under) will go to 3 points. If a pool is small, then a kyu rank division may go to 5 points. This will be at the discretion of the center judge. Judges must announce the point in a clear voice and point to the person who has scored.
- 6. SCORING AREAS** Side of the head, side of neck, ribs, chest, abdomen, kidneys. No leg kicks are allowed in any division. Groin kicks are not allowed except in black belt division. The face is an allowable target only in the black belt division.
- 7. TECHNIQUES** Allowable techniques include all kicks, punches, back fists, knife hands, ridge hands, sweeps to the back or side of the leg (sweeps must not be against a joint), and grabs (a competitor may grab and hold for up to three seconds), spins and aerials. No stomping techniques. No jumping hammerfists (sometimes called the "Tokyo Joe" move) that land with the person delivering the technique still in the air. No hip throws. No knees, elbows or head butts.
- 8. POINT & PENALTY** A call of "contact" or "penalty" overrules a call of "point" if given to the same fighter. Two calls: Contact/Penalty is called first, point is called second and given to the opponent.
- 9. POINTS TO WIN** Black belts (and divisions with black belts in them) go to 5 points or whoever is ahead at the end of two minutes. Kyu rank divisions go to three points or whoever

is ahead at the end of two minutes. The center judge has the option to have kyu rank divisions fight to five points if the pool is small, thus giving the competitors more time in the ring.

10. TIES If there is a tie after 2 minutes have passed, the match will go into sudden death overtime. The first person to score the next point will win. Fighters may have 30 seconds to rest before going into overtime if they need it.

11. OUT OF BOUNDS When one foot is touching outside the boundary line, the fighter is out of bounds. The person who is in bounds can score on the person who is out of bounds, but the person who is out of bounds cannot score.

12. FORCED OUT VS. RUNNING OUT A player is not penalized for fighting out or being forced out of the ring, but may be penalized for running out to avoid fighting. First time going out of bounds is a warning, second time the opponent is awarded a point.

13. DOWNED OPPONENT Players have 3 seconds to score when one player is down. Downed player may also score from the floor. **NO STOMPING TECHNIQUES ARE TO BE ALLOWED.**

14. INJURY Center referee or medical personnel may prohibit an injured player from continuing.

15. CONTACT There is no contact allowed to the face, groin, spine or front of neck. If you see contact, step back and say "contact." (Thumbs down to the offender.) Center judge can either warn the offender for first contact, or, if they deem it proper, award a point to the other person. Second contact is either a point, or disqualification, at the discretion of the center judge. Third contact is automatic disqualification. Stress respect from the fighters and instructors. Unsportsmanlike behavior is grounds for disqualification. It takes 2 judges to award a point for contact, unless center referee is in a better position to see it. Center judge should call contact first if there is a question of contact. Call for points will follow. Judge may say "Two calls. First call for contact. Second call for points." A call of contact overrules a call of "point" if given to the same fighter. Judges will need to use their own discretion when making calls on what may seem to be accidental clashes. Watch the fighter for tension, attitude and intent. You can usually recognize if someone is attempting serious harm. Judges may want to call "time" and confer before deciding. A competitor may be awarded 2 points if his opponent uses excessive contact (1 point) and he also scores a point of his own (1 point). Drawing blood with a purposely delivered technique is an immediate disqualification for that match, or for the whole division, at the center judges discretion.

16. SAFETY EQUIPMENT The following equipment is mandatory for karate kumite, for both point sparring and continuous sparring:

Gloves which cover the knuckles. No knuckle puffs or ratty gloves.

Boots which cover the top of the foot

Head gear

Mouth piece

Cup (for boys and men)

Shin Guards are recommended, but not required.

Dojos are asked to bring extra gear for fighters who may come without their equipment. There will be an equipment table set up where gear can be purchased. No fighter may compete without the appropriate gear. This rule must be strictly observed!

17. AVAILABILITY When the division has been declared closed and/or the charting has started, no late players can enter the division. If a competitor is called in one ring, but he is already competing in another ring, the center judge should wait until the competitor can be done in the other ring before calling on them to compete in his ring.

18. SEQUENCE Luck of the draw. Pools will be made so that competitors from the same school do not compete against each other in the first round, if at all possible.