



Rules & Regulations 2021

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1.0 SPORT KARATE

1.1 Rounds - 3x2

- Three 2 minute rounds

1.2 Regulation

- 2 minutes running time
- 1 minute between rounds
- Center referee stops time when needed

1.3 Scoring

- Judges' majority to award point
- 1 point body kicks
- 2 point head kicks
- 3 point jumping spin head kick
- 2 point regular jump head kick (non-spinning)
- 2 point jumping spinning kick to the body (non-spinning 1 point)
- An additional point will be awarded when a scoring technique is executed off of the cage



1.0 SPORT KARATE (con't)

1.4 Rules

- No sweeps allowed
- No groin attacks
- No ground fighting
- One hand or both on the floor will be considered as ground fighting
- No spreads
- No blind technique
- Fighter cannot call timeout to avoid being attacked. Fighter must call timeout during the referee stoppage. Fight is only halted on the referee's command of break, stop or any other verbiage that was predetermined during the pre-fight briefing.
- An equipment stoppage may be enacted by any of the referees. Major criteria for stoppage is when any area of the striking limbs is no longer being covered by protective gear. (Example: A thumb slipping out of the glove while being attacked does not meet the minimum requirement for stoppage in that instance.) After that interaction, the Center Referee will assist the fighter in realigning his/her equipment in order to minimize the break in action.
- Center Referee has to micromanage the clock. Every second counts. Any stop, for any reason - time must be stopped. If the Center Referee forgets, time must be added back. Center Referee may confer with Corner Judges.



1.0 SPORT KARATE (con't)

1.4 Rules (con't)

- Fighter cannot score with two feet out of bounds but can be scored upon during a continuous exchange. One foot in...one foot out? A fighter may score with one foot out of bounds with a hand technique. Once the fighter lifts his/her inbound leg to kick it will be deemed out of bounds. If the fighters are in a cage or similar enclosure, it will be considered part of the ring.
- Fighter may score a point off of the cage only when he/she pushes off with their feet. A flat open hand may be in contact with the cage when in conjunction with a foot to execute a technique. Grabbing ANY part of the cage is NOT allowed. Fighters must score before a foot touches the mat to be awarded a bonus point.
- Intentionally falling, running out of bounds or hitting late will result in a penalty point awarded to the opponent. 5 seconds will be added to the clock if an infraction occurs within the last 10 seconds of any round. The fighter leading in points will have the option to decline or accept additional time if the losing fighter is penalized.
- Blood drawn is not an automatic disqualification.
- Knockouts are not allowed. The purse will be forfeited and the fighter will be disqualified. The Center Referee will determine if a Yellow Card or Red Card is warranted.



1.0 SPORT KARATE (con't)

1.4 Rules (con't)

If a fighter is downed from a LEGAL technique or a technique deemed to be within the parameters of control, the downed fighter will be given an 8 count.

Center Referee has final call on rule enforcement.

If the score is tied at the end of regulation, fighters have two options:

- first point wins; or
- an additional 1 minute round.

If fighters split the decision, then it will be decided by coin toss.

Heads = Next Point
Tails = 1 Additional Minute

2.0 TWO PERSON TEAM FIGHTING

Before the start of the match, after first designating which competitor shall call the coin toss, the Center Referee shall toss a coin in the presence of both teams. The team that called the winning toss shall choose one of the following options:

- choose which team sends their fighter out first; or
- for the 2nd round, the loser of the coin toss has that same option.

This process repeats itself for the 3rd & 4th round. Each fighter must fight each opposing team member only ONCE during regulation time.



3.0 MANDATORY GEAR

- Hand Gear
- Foot Gear
- Head Gear
- Elbow Pads - NO SLEEVES (ASG/Top Ten style only)
- Shin Pads
- Mouthpiece
- Karate Top and Bottom (no t-shirts)
- Belts are mandatory
- Groin Cup
- All referees must wear black slacks or khakis with a white polo shirt if an official Virtual Fight Tour polo is not available. Professionalism is high priority.

4.0 CODE OF CONDUCT

Center Referee may remove any coach for unsportsmanlike conduct at his/her discretion. First warning is verbal. Second warning will result in a yellow card. Third warning will result in a red card and removal. A yellow card will stay on the fighter's/coach's record for the next event that they participate in. A subsequent act of inappropriate behavior will result in a red card and immediate removal without a verbal or yellow card. If the fighter/coach completes the event subsequent to the event in which they were given a yellow card without incident, the yellow card will be removed.



5.0 CONTINUOUS FIGHTING

5.1 Format - 2x2

- Two 2 minute rounds
- 1 minute break

5.2 Attire

- 10 oz. boxing gloves
- Breast protectors for female juniors, adults and veterans are allowed
- Face shields are NOT allowed
- Hand bandages, maximum length of 3.5 meters... no tape on the fist or knuckles (Non Mandatory). A VFT official must witness the wrapping and taping of fighters hands.
- Elbow and knee protectors (Non Mandatory)
- Breast protectors for female kids are highly recommended
- No goggles or eyewear will be allowed

5.3 Scoring Area

- Front, back, side and top of the head
- Front and side of the body
- Every action must be controlled and well-timed
- In the event of a downed opponent, the match is stopped immediately. No techniques can be thrown towards a downed fighter.



5.0 CONTINUOUS FIGHTING (con't)

5.4 Prohibited Actions

- Sweep and kick to knee and thigh (low kick)
- Kick and punch to the groin
- Kick and punch to the back of the body
- Scratching, biting, spitting
- Verbal attacks to the referees or opponent
- Kick and punch after stop has been called
- Leaving the fighting area or falling down to waste time to avoid contact
- The referee will stop time to give a warning or minus-point. Only one coach is allowed and he/she is to stay seated.
- If the coach feels there has been an infringement of the rules, he/she may indicate to the Center Referee using the sign "T" for time. At no time may the coach enter the fighting area. The referee may give a penalty point. In each fighting area, the referee acts as the "ring inspector." He/she is responsible for enforcement of all VFT rules.
- VFT rules of conduct are in full affect. (Yellow/Red Cards)



5.0 CONTINUOUS FIGHTING (con't)

5.5 Scoring System

- Three judges score the match.
- The judges use the “10 point must” system. This means that the judge awards the fighter winning the round 10 points. The loser receives 9 points.
- 8 kicks per round minimum
- No more than 3 punches may be thrown in an attack (3 combo rule)
- After 3 punches, the fighter must disengage
- Kicks are not subjected to the 3 combo rule
- Scores can be affected by penalty points awarded by the Center Referee
- The side judges must declare a winner of the match.
- They cannot decide on a draw. Even if both fighters win one round each, the judge must decide on an overall match winner.
- In the case of a tie, fighters will turn their back and judges will point to their selected winner. Center Referee will instruct by saying “judges call”.

5.6 Judging Criteria

- Total number of points scored, defense, technique, overall conditioning, good sportsmanship, number of minus points, warnings



5.0 CONTINUOUS FIGHTING (con't)

5.7 Penalty Points

- The Center Referee works on a 3-warning system. This means the Center Referee can warn a fighter twice for an infraction, like heavy contact. On the third warning a penalty point or minus point is given. The fourth warning results in disqualification. The Center Referee does hold the power to disqualify a fighter immediately for a gross violation of the rules. In this case they may ask side judges for their opinions.

5.8 Stopping the Match

- A match can be stopped in three ways: (1) the corner throws in the towel; (2) the doctor/medical staff decides that a fighter unable to continue; or (3) the Center Referee stops the match. In the first situation if a corner stops the match the opposition fighter is declared the winner. If the doctor/medical staff decides a fighter cannot continue, then the Center Referee must decide if the cause of the injury was due to a legal or illegal technique. If the technique was legal or the injury was not the result of anything the illegal action the other fighter did, the opposing fighter is declared the winner. If the injury was a direct result of an illegal technique or action then the injured fighter is declared the winner. The Center Referee may consult with the side judges on these matters.



5.0 CONTINUOUS FIGHTING (con't)

5.9 Center Referee Hand Signals for Warnings

- The Center Referee must tell the Timekeeper to “stop the time” to inform the offending competitor why they are being warned. Then, the Referee will show him/her by the warning hand signal and then whip their finger and say “no”. Contact too strong/punch the palm. Striking in an illegal area/show the illegal area. Blind scoring/turn the body and strike a punch or kick. Holding or grappling/hold your own arm and pull. Turning the body or run away/similar. Speaking during the fight/fingers and thumb open and close.

6.0 VIRTUAL SUBMISSION TOUR 2021

6.1 Format - 3x3

- Three 3 minute rounds
- 1 minute break
- Submission only
- All grappling styles are eligible



6.0 VIRTUAL SUBMISSION TOUR 2021 (con't)

6.2 Point Scoring

- 1 point for a submission
- Most points after regulation
- Or first to 5 points

6.3 Overtime

- First overtime will be one 3 minute round
- If the match is still a draw after overtime, dominant position at time will determine the winner.
- Dominant positions are (1) full Mount; (2) full back control with hooks in; and (3) back control - belly down, flattened out
- Dominant Positional Time (DPT) will ensue when any of the three designated dominant positions are executed during overtime

6.4 Rules

- Slamming from guard is not allowed
- Slamming to avoid submission is not allowed
- Direct hand pressure to the windpipe/trachea is not allowed
- Smothering is not allowed (placing hand over mouth and nose)
- Small joint manipulations are not allowed (twisting of fingers or toes)
- Spiking is not allowed (throwing of opponent onto their head in a 12 to 6 o'clock direction)



6.0 VIRTUAL SUBMISSION TOUR 2021 (con't)

6.5 Approved Attire

- Rashguard tops
- Rashguard bottoms - short/long
- Board shorts
- Gi
- Wrestling shoes (no metal parts)
- Singlet
- Kurtka
- Neoprene joint braces allowed (no metal parts)
- A mouthpiece is mandatory. Action will NOT be automatically paused. The referee will stop action at his/her discretion.
- All apparel must be freshly washed and sanitized
- Referee will inspect apparel to approve of hygiene standards

6.6 Grooming

- Fingernails and toenails must be cut back
- Body must be clean
- Scrunchie style hair ties may be used to hold back long hair. (Action will not be paused for hair ties coming undone)
- Lubricants will not be allowed (Vaseline, oils, balms, etc.)
- Lubricants applied between rounds will result in disqualification and loss of purse



6.0 VIRTUAL SUBMISSION TOUR 2021 (con't)

6.7 Tapping

- Tapping by hand, foot or verbal allowed
- Open hand tap on the opponent or mat two times or greater will be acknowledged as submission
- Foot tap on the mat two times or greater will be acknowledged as submission
- Verbal taps are allowed
- One verbal tap will be acknowledged as submission
- Coach may yell 'tap' to protect fighter
- Referee may stop the match if he/she deems that the fighter has exhausted all means of escape and bodily damage is inevitable
- A grunt or yell will not automatically be deemed a tap
- If a fighter grunts/yells out in pain, referee will address the fighter without stopping the action to assess if there's an injury
- If the fighter yells out in pain a second time during the match... the fighter will be disqualified. This is not limited to actual engagement but also includes cramps, misstepping and twisting ankles/knees, etc.



6.0 VIRTUAL SUBMISSION TOUR 2021 (con't)

6.8 Injury

- If a fighter sustains an injury not due to submission (example: jammed toe, jammed finger, finger bent back, bloody nose etc.), the time will be stopped, and the EMT will evaluate the injury. If the fighter is deemed able to continue, the fighters will resume the position in which the fight was paused. If the EMT deems that the fighter cannot continue, then the injured fighter will lose due to medical injury.
- If a fighter sustains an injury due to an illegal technique, he/she will be awarded the match and purse will be split 70/30 in favor of the injured fighter. If the offense was deemed malicious, then the purse of the offender will be forfeited to the injured fighter.

6.9 Stalling

- Stalling is not permitted
- Avoiding engagement will be considered stalling
- Hugging/holding to avoid advancement of position on the ground will be considered stalling
- Executing a throw or takedown then disengaging is considered stalling
- Breaking guard then standing up and waiting for the downed opponent to stand is stalling
- A verbal warning will be given during action by the referee
- A second and all subsequent warnings will result in a point awarded to the opposing fighter
- Referee saying "advance" will not be considered an official warning



6.0 VIRTUAL SUBMISSION TOUR 2021 (con't)

6.10 Resets & Out Of Bounds

- Fighting out of bounds will reset in the middle of the ring (neutral)
- An unengaged fighter has two seconds to reenter inbounds
- Both feet must be out to be considered out of bounds
- If the match is in a cage, the caging will be considered inbounds. Cage tactics such as pinning and cage walking will be allowed. Open hand support is allowed on the cage. Interlacing fingers into the cage is not allowed. Holding on to the top of the cage is not allowed.
- If the match is in a boxing ring, pinning against the rope and corners is allowed. If any part of the body when ground fighting is beneath the rope, the referee will pause action and reset in the same position in the middle of the ring.
- Throws or attempted throws out of the cage or ring is immediate disqualification and loss of purse!!

TIME IS ONLY PAUSED ON THE DIRECTION OF REFEREE!



7.0 VIRTUAL FIGHT TOUR DRAFT

This Event Is An Open Pool. Anyone Within Group Ranges May Submit A "Combine" Video Showing Them Training and A Highlight Reel. The Videos Will Be Submitted To The Coaches For Draft Preparation.

7.1 Draft Night Selection Process

A snake draft will be instituted. Each coach will flip flop the first pick in each round. Example:

- Rd 1 Coach A - Coach B
- Rd 2 Coach B - Coach A
- Rd 3 Coach A - Coach B

7.2 Team Layout

Two 10 member teams

- Two 16-18 Male
- One 16-18 Female
- Four 19-34 Male
- One 19-34 Female
- One 35 Plus Male
- One 35 Plus Female

It is totally up to the discretion and strategy of the coach to set lineups! 35 Plus may fight down to 19 Plus for injury substitutions and overtime. 16-18 and 19-34 may NOT move up.



7.0 VIRTUAL FIGHT TOUR DRAFT (con't)

7.3 Fight Layout

- Each fighter will fight one match.
- Rounds 1-8 will be 2 minutes
- Rounds 9-10 will be two 2 minute rounds
- Winner of the coin toss has the choice of sending out the first fighter or the opposing team send out their first fighter. Subsequent rounds will maintain that order.

7.4 Rules

- VFT Scoring rules will be adhered to.
- If a fighter is deemed unable to continue by a ringside EMT from a **legal** blow, the injured fighter will lose 3 points and a replacement will be granted for the time remaining in the round. The opposing coach will pick the replacement.
- If a fighter is deemed unable to continue by a ringside EMT from an **illegal** blow, the injured fighter receives 5 points. The round will be reset with two new fighters. The team which was the recipient of the illegal blow will get to choose the two fighters. Fighters may not have been matched up prior or in future rounds. Alternates may be used if all other options are exhausted.
- If a fighter is unable to continue for an **undetected** injury, the opposing team will gain 5 points and the opposing fighter will continue. Opposing coach will pick the replacement for the injured fighter. Time will not be reset.
- Overtime fighters must not have fought each other during regulation rounds.
- Coach A = Heads and Coach B = Tails



7.0 VIRTUAL FIGHT TOUR DRAFT (con't)

7.5 Overtime

- One 2 minute round
- Coin toss determines call out
- A fighter who replaced a teammate in a previous round due to injury/disqualification will be ineligible
- Overtime fighters must not have fought each other during regulation rounds.
- Double overtime will result in a 30 second round with two new eligible fighters. Coin toss winner has option on keeping fighter or selecting another eligible fighter.
- Triple overtime. Next point wins! Same two fighters from double overtime.
- No fighter may fight three times
- Alternates can be part of the overtime pool
- If a team doesn't satisfy the required category of fighters, a coin toss will determine which group will replace the missing category. Heads 16-18 / Tails 19 Plus. (Worst case scenario) Any anomalies will be discussed and agreed upon by an onsite VFT official and coaches.



8.0 CORONAVIRUS PROTOCOL

ALL fighters and coaches must take a COVID-19 test and quarantine for 72 hours prior to the fight. Test results must be provided to VFT at virtualfighttour@gmail.com within 72 hours of the match. Proof of vaccination does NOT qualify. Failure to comply will lead to disqualification! Disqualification may lead to a fine or ban.

