

# KAIZEN RULES AT A GLANCE

## PLAYERS

1. **LEGAL AGE:** Players must compete for the entire 2024 season at the age they are on January 1, 2024
2. **RANK:** Players must compete at the highest rank they have achieved in the martial arts. Player may elect to compete "up" in rank, but must remain at that rank and cannot compete at a lower rank there after.
3. **JEWELRY:** Jewelry deemed unsafe by the Center Referee or the Arbitrator, must be either removed or covered.

## FORMS

1. **BRACKET FORMS:** **Optional** for all traditional empty hand and weapons forms divisions.
2. **BRACKET SCORING:** Players will be scored by a vote of three (3) or five (5) Judges.
3. **POINT FORMS:** Required for all creative empty hand and weapons divisions, team forms, and self defense divisions.
4. **POINT SCORING:** The score range is based on the number of Players in the division.

<u>Novice / Intermediate</u>		<u>Advanced / Black Belt</u>	
<u># of Players</u>	<u>Point Range</u>	<u># of Players</u>	<u>Point Range</u>
2 - 6	7.90 - 8.00	2 - 6	9.90 - 10.00
7 - 12	7.85 - 8.00	7 - 12	9.85 - 10.00
13+	7.80 - 8.00	13+	9.80 - 10.00

5. **TIME LIMIT:** Players will have three (3) minutes from their forms initial movement until the last movement of the form.
6. **UNIFORM:**

**Traditional Forms Players** must wear a clean, well maintained traditional martial arts uniform with a jacket that's either cross tied or pull over v-neck. Pants must reach the middle of the shins. Uniforms may be solid white, black, or a black/white combination.

**Creative Forms Players** may wear a traditional uniform, sport karate, and can be themed but must extend under the belt or tucked in. Street clothes, T-Shirts, and bare midsections are not allowed. Shoes which do not mark, mar, or damage are optional but allowed in Chinese style divisions. Only t-Shirts which match the uniform jacket are allowed. Belts and sashes are required and must be worn when competing.

**PATCHES:** Traditional Forms uniforms may only have four (4) logos, patches, or emblems are allowed.

Adv/BB

**JAPANESE / OKINAWAN:** White/Black or combination, cross tied only.

**KOREAN:** White cross tied or v-neck with or without trim.

**CHINESE:** Any traditional uniforms which are indicative of the style allowed.

**CREATIVE:** Sleeves are required.No patch requirement. Traditional uniforms are allowed. T-shirts are not allowed.

**PENALTY:** Players who's uniform is deemed inappropriate will have five (5) minutes to correct or replace or risk being disqualified.

7. **RESTARTS:**

Nov/Int

One (1) restart if requested during the performance and shall receive no deduction or for restarting.

Adv/BB

Restarts are not allowed in Advanced/Black Belt divisions. Player shall receive "no score" or "vote".

**PENALTY:** Players competing in the incorrect division or not meeting the divisions criteria, shall if possible, be moved to the correct division or disqualified if deemed intentional.

## WEAPONS

1. **SPECIFICATIONS:** Must have a resemblance to a traditional martial arts weapon. Including but not limited to: arnis/eskrima sticks, katana/sword, cane, bo/staff, oar, fan, nunchaku, sai, etc. Throwing a weapon is not allowed in traditional divisions. Tossing to catch a weapon is allowed in creative divisions only.

**BO / STAFF:** A slight taper of no more than ¼ inch diameter difference from the center to the end.

**KAMA:** Wood handles, unsharpened metal blade without holes or designs.

**TONFA:** Wood only.

**SAI:** Metal only.

**KATANA / SWORD:** Unsharpened if metal.

**NUNCHAKU:** Wood only.

2. **TRADITIONAL DIVISIONS:** Weapons must be of authentic size and weight. Weapons must be inspected and approved by the Arbitrator.

3. **CREATIVE DIVISIONS:** Weapons must have a resemblance to an authentic traditional weapon.

4. **PENALTY:** Players with defective weapons or who's weapon break during their performance shall have five (5) minutes to correct or replace the weapons or risk being disqualified. Player who intentionally uses an incorrect or defective weapon shall be disqualified.

5. **DROPPING A WEAPON:**

Nov/Int

One (1) restart if requested during the performance and shall receive no deduction or for restarting.

Adv/BB

Restarts are not allowed in Advanced / Black Belt divisions. Player shall receive "no score" or "vote".

See Restarts above.

## SELF DEFENSE

1. **UNIFORM:** Same as forms.Players must compete for the entire 2024 season at the age they are on January 1, 2024
2. **TIME LIMIT:** Same as forms.
3. **SCORING:** Same as Forms Point Scoring.
4. **PERFORMANCE:** Players may perform a maximum of ten (10) techniques. People and weapons may be used as props.

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## POINT SPARRING

- 1. UNIFORM:** Same as Creative Forms.
- 2. AVAILABILITY:** Players must be equipped and ready when called up to compete. If not ready, Players will have two (2) minutes or risk being disqualified. Players may designate a proxy to check in when unavailable to do so.
- 3. WEIGH IN:** Players must weigh in where a weight is required..
- 4. TIME LIMIT:** Two (2) minutes running time. Only the Center Referee can "Pause" or "Stop" time to end a match.
- 5. TIME OUT:** A Player or Player's Coach may request one (1) time out per match, and only during a "break".
- 6. COACHING:** Coaching is only allowed in Sparring Divisions, excluding Flag Sparring. Only one (1) Coach is allowed in the Coach's Box.  
**INFRACTIONS:** Late entry into the Coach's area, more than one (1) Coach in the Coach's area, invalid or no Coach's Pass, entering the ring without permission.  
**PENALTY:** Two (2) points to the opposing Player.
- 7. SAFETY EQUIPMENT:**  
**SPECIFICATIONS:** Sport karate safety gear is mandatory. Gear must be free of construction, damage, or repair which may cause injury. Tape of any type is not allowed on safety gear.  
**HELMET:** Must not impede the Player's hearing the Center Referee's commands. Face Shields are allowed and recommended. Shields must be affixed to the helmet and of a construction to prevent injury to either Player.  
**GLOVES:** Open palm type which covers the thumb and fingers. Boxing and MMA style gloves are not allowed.  
**BOOTS:** Must cover the toes and back of the foot.  
**MOUTH GUARDS:** Approved mouth guards are mandatory.  
**GROIN PROTECTION:** Mandatory for all male Players and recommended for female Players. Must be worn under the uniform.
- 8. SCORING AREAS:** Front, sides, and back of helmet; face, chest, abdomen, ribs, and kidneys.  
Novice I/A/BB  
No face contact - four (4) inch rule applies.  
Light, touch face contact.
- 9. NON-SCORING AREAS:** Eyes, neck, throat, groin, back (spine), arms, and legs.
- 10. LEGAL TECHNIQUES:** Controlled kicks including spinning and aerial. back of the front leg boot-to-boot sweeps, hand strikes including knife and ridge hands, and grabs up to three (3) seconds.
- 11. ILLEGAL TECHNIQUES:** Uncontrolled techniques including but not limited to spinning and blind techniques; striking and kicking to a non-target, non-scoring area.
- 12. CONTACT:**  
Novice I/A/BB  
**NO CONTACT:** Techniques within four (4) inches of the intended target with have the potential to penetrate the target. Face shields are considered the same as the face and all face contact rules apply.  
**LIGHT or TOUCH:** No penetration or movement of the struck target. Light contact is allowed to the helmet and body scoring areas.  
**MODERATE:** Slight penetration or movement of the struck target. No injury, bruising, or blood.  
**HEAVY:** Non-intentional penetration of the struck target which "rocks" the opponent or stops forward movement. May cause injury, bruising, or blood.  
**EXCESSIVE:** Intentional or uncontrolled contact which causes injury, bruising, or blood.  
**PENALTY:** Warning, penalties, and disqualification by a majority vote.  
**CONTACT DUE TO NEGLIGENCE:** A Player who's technique causes injury, bruising, or blood may not receive the maximum penalty due to the offended Player's "risky" action which contributed to the injury.
- 13. OUT OF BOUNDS:** When neither foot is inside or touching the boundary line.
- 14. DOWN PLAYER:** When any part of the body other than the feet touches the ground. Both Players will have three (3) seconds to score when a Player is "down". All scoring techniques are one (1) point. Kicking motions and striking the head are not allowed.
- 15. POINTS:**  
**SCORING:** With a majority vote of the Judges, one (1) point for all hand techniques and kicks to the body; two (2) points for kicks to the head. Both a Point and Penalty Point can be awarded to the same Player.
- 16. AMOUNT OF POINTS TO WIN:**  
Most points at the end of two (2) minutes or by a ten (10) point spread.  
**TIES:** Sudden victory, first point wins.
- 17. INJURIES:** The medical personnel is the final authority on continuing after an injury.
- 18. PENALTIES:** Three (3) contact infractions constitute a disqualification.  
**MINOR INFRACTIONS** (Center Referee): Continuing after "Break", out of Bounds, Avoiding the fight, Illegal targets, and Infractions by Coaches, Instructors, Family, etc.  
**SECONDARY INFRACTIONS** (Center Referee): Blind & illegal techniques, and unsportsmanlike conduct.  
**DISQUALIFICATION** (Center Referee): Blatant disrespect or unsportsmanlike conduct; blatant contact.  
**DISQUALIFICATION** (Majority Vote): Intentional or malicious actions which cause injury, bruising, or blood.

## BLACK BELT SPARRING GRAND CHAMPIONSHIP

- 1. FINAL MATCH:**  
Two (2), two (2) minute matches.  
One (1), ten (10) second time out per match.  
One (1) minute break between matches.