

KAIZEN RULES AT A GLANCE

PLAYERS

- Legal Age:** Applies only to Players competing for Kaizen Points. Player may compete at the age they are on January 1st of the competition year or the age they will become during the competition year and must compete at that age for the entire competition year.
- Rank:** Players must compete at the highest rank attained in the martial arts. Players who choose to compete "up" in rank, may do so but must remain at that rank level. Players cannot compete at a lower rank.
- Jewelry:** Jewelry deemed unsafe by the Center Referee or the Rules Arbitrator must be either removed or covered to ensure safety and to prevent injury.

FORMS

- Uniform:** Players must wear a clean, well maintained, un-offensive martial arts uniform. Uniforms may be traditional cross tied jackets, Taekwondo V-Neck styled pull over, or sport karate with basic traditional stylized elements. Uniforms may be themed but cannot be "regular" street clothes. T-shirts are not allowed. Uniform tops cannot be "skin tight" and must extend under the belt or tucked into the pants. Bare midsections are not allowed. Uniform pants must reach the middle of the shin. Shoes are optional in Chinese divisions and must not mar or cause damage to the competition area. Only white t-shirts are allowed under the uniform jacket. Belts or sashes must be worn when competing.
Patches - Only four (4) logo, patch, or emblem are allowed on the uniform.
Japanese / Okinawan: White cross-tied uniforms Only.
Korean: White cross-tied or V-Neck uniforms with or without trim.
Chinese - Any traditional uniform appropriate for the style is acceptable.
Korean - Cross tied or V-Neck, trimmed or untrimmed are acceptable.
Creative - Must have sleeves. No maximum patch or logo requirements. Traditional uniforms are acceptable. T-shirts are not allowed.
- Penalty:** Players will have five (5) minutes to change Uniforms with foul or inappropriate language, t-shirts, sweatshirts, or pants which are too short or risk being disqualified.
- Time Limit:** Players have three (3) minutes from the start to finish. Time starts with player's initial form movement until the last movement of the form.
- Scoring:** Scores are based on the number of players in the division.

Beginner / Intermediate Divisions

# of Players	Point Range
2 - 6	7.90 - 8.00
7 - 12	7.85 - 8.00
13+	7.80 - 8.00

Advanced / Black Belt Divisions

# of Players	Point Range
2 - 6	9.90 -10.00
7 - 12	7.85 - 8.00
13+	7.80 - 8.00

- Restarts:** Players may request a one (1) restart without penalty only if requested before completion of the form. A restart is not allowed once the player completes the form.
Restarts in Black Belts divisions are not allowed; however, the player may continue to demonstrate his or her form with no score from the judges.
- Divisions:**
Traditional - Forms with classical techniques from any commonly accepted art or style.
Hard - Forms of Japanese, Okinawan, or Korean origins utilizing linear "hard" style movements.
Soft - Forms of Chinese or Korean origin including styles of Kenpo, Polynesian, Wushu, Kung Fu, and Kuk Sool Won utilizing mostly circular "soft" movements.
Creative / Open - Non-traditional, player created form dominated with martial arts techniques. May include gymnastics or music (choreographed).
- Styles:**
Classical - Created from or a derivation of a traditional form but not the original traditional form.
Japanese / Okinawan - Traditional Japanese or Okinawan forms with "hard" linear movements with emphasis on hand techniques, low kicks, breathing, hip rotation and applicability (Bunkai).
Korean - Traditional Korean forms with "hard" linear movements, high stances, and an emphasis on kicks.
Kenpo - Traditional Kenpo or Kajukenbo technique forms.
Chinese - Traditional Chinese forms with mostly circular "soft" movements. Includes styles of Kung Fu, Wu Shu, and Kuk Sool Won. Kenpo and Kajukenbo forms are not allowed.
Polynesian - Traditional Polynesian technique forms only.
- Restarts:**
Beginner / Intermediate - May request one (1) restart without penalty. Players cannot request a restart once they have completed their form.
Advanced / Black Belts - No restarts are allowed. Player may demonstrate their form but will receive no score.
- Penalty:** Players competing in an incorrect division or not meeting the division's requirements shall, if possible, be moved to the correct division or may be disqualified if found to be intentional.

WEAPONS

- Specifications:** Must have a resemblance to traditional Asian martial arts weaponry. Included but not limited to are; arnis/eskrima sticks, katana (sword), cane, fan, bo (staffs), oar (eku / kai), nunchaku, etc. Throwing weapons are not allowed in Traditional divisions. Tossing a weapon with intent to catch is allowed in Creative divisions only.
Bo / Staff: A slight taper is allowed, but no more than a ¼ inch diameter difference from the center of the Bo to the end of the Bo.
Kama: Wood Handles, Metal Blade, Non-Sharp, No Holes or designs on the Blade
Tonfa: Wood Only
Sai: Metal Only
Katana / Sword: Non-Sharp if metal
Nunchaku: Wood, No Foam
- Traditional / Classical Divisions:** Weapons must be authentic in size and weight and unsharpened. Weapons must be inspected and approved by the Rule Arbitrator.
- Creative Divisions:** Weapons must have a resemblance to an authentic Traditional martial arts weapon but does not have to be authentic in size and weight, but must be unsharpened.
- Penalty:** Players intentional competing with a unapproved weapon will be disqualified. Weapons deemed defective or weapons broken during performance, players will have five (5) minutes to replace their weapon with no penalty. Players who continue without delay, their performance with a broken weapon will receive a score. The Center Referee may prohibit continuing with a broken weapon based on safety.
- Dropping a Weapon:** Players who drop their weapon during their performance, ends their performance and the player will receive no score. Beginner / Intermediates may request one (1) restart.
Restarts are not allowed for Advanced / Black Belts. See "Restarts" above.

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SELF DEFENSE

1. **Time Limit:** Same as Forms
2. **Uniform:** Same as Forms
3. **Scoring:** Same as Forms
4. **Performance:** Players may perform a maximum of ten (10) techniques and may use people and weapons as props

POINT SPARRING

1. **Judges:**
 - Amount** - Must have three (3) or five (5) judges.
 - Location** - Judges will stand in opposite corners and may move along the sides adjacent to their corners.
2. **Uniform:** Same as Creative Forms
3. **Rank:** Same as Forms
4. **Availability:** Players must be equipped and ready when called to compete. Players not present or ready to compete will have two (2) minutes or risk being disqualified. Players competing in another ring must have a proxy or inform the Center Referee of their unavailability.
5. **Weight In** (if applicable): Players must weigh in at registration and compete in their proper weight division.
6. **Time Limit:** Two (2) minute running time. Only the Center Referee can "Stop" time or end the match.
7. **Coaching** (sparring only): Coaching is only allowed from the area designated for coaches.
8. **Time Out:** A Player or their coach may call one (1) ten (10) second time out per match. A time out may only be requested when play is already stopped.
9. **Safety Equipment:**
 - Specification** - Sport karate safety gear is mandatory, must be free of damage, repairs, or construction which may cause injury. Tape of any type is not allowed on any part of the Safety Gear.
 - Helmet** - Must not impede the Player's ability to hear the Referee's commands or calls. Face Masks are allowed and recommended. Must be properly secured to the Head Guard and must be constructed so as to not cause injury to either player.
 - Gloves** - Open palm type and covers the fingers. Boxing and MMA style gloves are not allowed.
 - Boots** - Must cover the back and toes of the foot.
 - Mouth Guards** - All Players are required to have approved mouth guards in order to compete in sparring divisions.
 - Groin Protection** - Required for all male sparring players. Recommended for all female sparring players. Must be worn under the uniform.
10. **Scoring Areas:** Front, sides, and back of helmet; face, ribs, chest, abdomen, and kidneys. No face contact in Novice and Intermediate divisions
11. **Non-Scoring Areas:** Techniques to the legs, arms, neck, eyes, throat, back (spine), and groin are not allowed.
12. **Legal Techniques:** Controlled kicks including spinning and aerial; strikes including knife hands, ridge hands; boot to boot sweeps to the back of the lower front leg; grabs for up to three (3) seconds.
13. **Illegal techniques:** Uncontrolled techniques including but not limited to any spinning kicks; blind techniques; striking or kicking to non-scoring areas.
14. **Contact:**
 - No Contact** - Techniques within four (4) inches on the intended target with potential to strike the intended target. Face shields are considered the same as the face and all face contact rules apply.
 - Light Contact** (novice) - Light or Touch contact is NO penetration or movement of the struck target. Light contact is allowed to the side and forehead of the helmet and body scoring areas.
 - Moderate Contact** (intermediate, advanced, & black belt) - Slight penetration or movement of the struck target. No injury, bruising, or blood.
 - Excessive Contact** - Intentional or accidental contact which penetrates the target to cause injury, bruising, or blood. The stopping of forward movement may also be an indication of excessive contact.
 - Penalty** - Warnings, penalties, or disqualification may result with a majority vote of the judges. While blood is a criteria for disqualification, the judges must agree that the opposing player's technique caused or may have caused the injury.
 - Contact Due to Negligence:** A player's negligent or risky action will be considered in all cases of contact or injury. A penalty may not be awarded if the judges agree that the offended player contributed to the contact or injury.
15. **Out of Bounds:** When neither foot is inside or touching the boundary line. A player lifting a in bounds foot is considered out of bounds as soon as the foot is off the ground and cannot score. Aerial techniques must land inside the boundary to be considered a valid technique.
16. **Down Player:** Players a considered "down" when any other part of their body other than their feet touches the ground. When any player is "Down" the three (3) seconds rules applies and all scoring techniques are one (1) point. Player's cannot strike the head of a down player and any kicking motions to the head of a down player are not allowed.
17. **Points:**
 - Scoring** - Points are awarded by a majority vote of the judges. Techniques must be "seen" by the judges to be considered a valid point.
 - Scoring Points** - One (1) point for all legal hand and kicking techniques to the body scoring areas. Two (2) points for any kick to the head scoring areas.
 - Point & Penalty** - Both a point and a penalty point may be awarded to a player.
18. **Amount of Points to Win:**
 - Beginner / Intermediate** - Most points at the end of the two (2) minute time limit or by a seven (7) point point spread.
 - Advanced / Black Belt** - Most points at the end of the two (2) minute time limit with no point spread.
 - Ties** - Sudden Victory! First point wins. No time limit.
19. **Injury:** The medical personnel is the final authority for whether a player may continue after an injury.
20. **Penalties:** Three (3) contact infractions constitute a disqualification.
 - Minor Infractions** - Out of Bounds; falling or running to avoid the fight; accidental striking of a non-scoring area; infractions caused by coaches, instructors, parents, or friends.
 - Secondary Infractions** - Blind techniques; moderate contact, illegal technique; continual striking a non-scoring area; un-sportsmanship.
 - Disqualification by Majority Vote** - Malicious or intentional infractions which cause injury, bruising, or swelling.
 - Disqualification by Center Referee** - Blatant disrespect or un-sportsmanlike conduct (may result in immediate expulsion from the event); Blatant excessive contact.
 - Continuing after the Call to Break** - Warning for 1st infraction; one (1) point awarded to opposing player for 2nd or intentional infraction; possible disqualification on 3rd infraction or 2nd intentional infraction.
21. **Coaching Infractions:**
 - Coaching** - Entering the Coach's area after the start of the match; more the one (1) coach in the Coach's box.
 - Invalid or No Coach's Pass** - Opposing player receives two (2) points; Non-transferable; Cannot enter ring without referee's permission.

BLACK BELT SPARRING GRAND CHAMPIONSHIPS

1. **Final Match:** Two (2), two (2) minute matches; total points. One (1) ten (10) second time out per player per match; one (1) minute break between matches.

GEN
A/BB