

RULES

The ultimate goal of Karate is not victory or defeat, but perfecting one's character.

-Gichin Funakoshi

This tournament is designed to bring us together as a martial arts family, as well as test and hone our skills against one another. Being a kids only tournament, the main goal is to have fun and nourish the love of the martial arts. The rules of the tournament should enforce that main goal.

Carry the spirit of good sportsmanship into your competition and cheering. Please keep language appropriate for all ages. If you have a question or concern about a judgment, please do so in a respectful manner.

This will be our first tournament, so we ask for your patience and constructive feedback. If there is something that could be improved, please let us know.

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NO COACHING RULE

It is the responsibility of the judges to insure that no one is allowed to receive coaching during any type of competition. There will be no coaching from the sidelines by anyone, including color belts, black belts, instructors, family members or friends. This no-coaching rule is in effect from the time the competitors are "bowed into their ring" through the time they are "bowed out of their ring." (there will be a coaching break between rounds. See rules) Cheering and offering encouragement is indeed allowed and encouraged. A competitor may receive a penalty during sparring events for receiving coaching from anyone during the prescribed time they are in a ring

FAIRNESS RULE

If a question arises that is not completely covered by this rule book, the official rules arbitrator may at his/her discretion, overrule, modify or change a delineated rule if he/she believes that enforcing such a rule would result in an inherent unfair outcome to a competitor. However, the rules arbitrator should overrule, modify, or change a delineated rule only in extreme cases.

PROTEST

A competitor has the right to protest an infraction of the rules or if a possible mistake was made (not a judgment call).

- a) If a competitor wishes to protest, he/she should first let the referee know he/she believes there has been an infraction of the rules or a mistake has been made.
- b) The referee will summon the arbitrator to the ring (if the referee cannot properly settle the protest to the player's satisfaction) to render a decision.
- c) All protests must be made in an orderly, proper and sportsmanlike manner.
- d) All protests must be made immediately.
- e) Protests are not allowed once competition has resumed (after the fact protest).
- f) A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause.

UNIFORM

All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate color belt or sash must be worn in competition.

All uniforms must have sleeves that reach at least to the middle of the biceps. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the sparring divisions (see sparring foot pads).

T-shirts and sweatshirts are allowed if they are part of the competitor's official school uniform. Uniforms in the forms and weapons divisions are allowed more liberties because a form routine is not one-on-one competition where the uniform could cause a decisive disadvantage or advantage to a competitor. Removal of the uniform top is allowed if the removal is considered relevant to the artistic expression or safety of the competitor. Shoes may be worn in forms competition if they do not damage or mark the competition floor.

REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

Approved headgear and mouthpieces are mandatory for all competitors in **flag sparring** divisions. Approved headgear; hand and foot pads, mouthpieces and groin cups (for male competitors only) are mandatory for all competitors in **point sparring** divisions.

The competitor's equipment will be checked and if it is deemed unsafe or does not fit properly, he/she will be asked to change the equipment before he/she can compete. Insufficiently padded gloves, foot, chest and head gear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury.

If a competitor is missing required equipment or the equipment does not meet requirements, as it is deemed unsafe, prior to their division being called for competition, he/she may be disqualified, it is the responsibility of the competitors to have the proper equipment.

The center official ultimately determines the approval or denial of the equipment.

- a) Hand Pads: A soft padded surface must cover the fingers, wrist and any striking surface of the hand.
- b) Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded.
- c) Head Gear: The front, sides and back of the head must be covered by a soft padded surface.
- e) Mouthpiece: A properly fitted mouthpiece is required.

Traditional Forms & Traditional Weapons

In the Traditional Forms and Weapons divisions, the competitor must use a form that their school would use for testing. These forms must capture the essence of classic martial arts movements, displaying the traditional techniques, stances, footwork, and weapons. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus.

Safety Rule: A competitor who unintentionally drops his/her weapon will be automatically disqualified. If a competitor recklessly or carelessly misuses his/her weapon, he/she may be penalized or disqualified. If a competitor's weapon breaks or comes apart during his/her routine, he/she will be disqualified.

ORDER OF COMPETITION

Once the final call for the form and weapon divisions has been made at ring side the competition cards will be collected and shuffled thoroughly. The competitor cards will then be drawn randomly for the order of competition.

MAXIMUM DEVIATION RULE

Maximum Deviation Rule has the effect of limiting the impact of a judge's score that is significantly higher or lower than the other judge's scores. This prevents a single score from being so high or so low that it controls the placing order.

When a form or other performance is ready to be scored, the center official will say "Ready", then, "Check", at which point the three judges show their score to each other only (not to the competitors or spectators).

The center official will then look at the 3 scores to determine which one is the middle score (for example, a 9.85, 9.63 and a 9.27 – the 9.63 is the middle score. The other 2 scores must be .2 from the middle score. So, in the example the 9.27 must be upgraded to 9.47 Other than this mandatory adjustment, a judge may not change his score. If no score is more than .2 higher or lower than the middle score, then there is no adjustment.

After assuring that any necessary adjustment has been, made, the center official then says, "Score", and the scores to the audience, the competitors, and the scorekeeper as usual.

TIED SCORES

If a tie exists with 2 or more competitors, each judge's score will be compared to determine the number of judges that gave the highest score to each tied competitor. For example:

-Judge 1 gave competitor A 9.99 and competitor B 9.98 – competitor A gets 1 point

-Judge 2 gave competitor A 9.99 and competitor B 9.98 – competitor A gets 1 point

-Judge 3 gave competitor A 9.97 and competitor B 9.99 – competitor B gets 1 point

The overall score is tied, but competitor A wins on two out of the three judges scores and thus has 2 points to 1 point for competitor B; competitor A gets the win.

If a tie still exists, re-run the tied competitors. The re-run would only include the tied competitors who remain tied.

Flag Sparring

RING REQUIREMENTS

-Starting lines should be marked approximately six feet apart in the middle of the ring.

-All rings can be a minimum of 16' to a maximum of 20'.

EQUIPMENT

The center official ultimately determines the approval or denial of the equipment. -Head Gear: The front, sides and back of the head must be covered by a soft padded surface. -Mouthpiece: A properly fitted mouthpiece is required.

Flags: Each competitor will be provided with two flags. The flags are to be placed in the belt on the side of the uniform aligned with the outer seam of the pants.

LENGTH OF MATCH

The length of a match will be two minutes unless a competitor takes both flags.

a) If a match is tied at the end of two minutes, a sudden victory (first person to score a point) overtime period will determine the match. Both competitors start with two flags

b) At the 1 minute 45 second mark of a sparring match, the timekeeper will shout out "FIFTEEN SECONDS".

GENERAL RULES

a) Out of Bounds, falling down or excessive running around the ring (as determined by the head official) will be considered an attempt to avoid competition. They will receive a warning with consecutive warnings receiving a penalty of one flag. If a competitor has one foot out of bounds, they cannot score a point, but the in bounds competitor can.

b) A competitor is considered out of bound when they have both feet out of the sparring area (mat). If the competitor is out of bounds without being physically pushed out of bounds, they will receive a warning with consecutive warnings receiving a penalty of one flag.

c) If the out-of-bound competitor is scored on, before the center official calls STOP, then the in bounds competitor can receive a score for the technique and the out of bounds competitor will receive a penalty.

d) If a fighter touches the ground / mat with, with any part of their body, except their feet or 1 hand, they are considered down.

e) If a fighter is down, there are 3 seconds to score. After the official counts to three the match is restarted from standing.

f) A point can be scored by a down competitor and a downed competitor can be score upon.

Point Sparring

RING REQUIREMENTS

- Starting lines should be marked approximately six feet apart in the middle of the ring.
- All rings can be a minimum of 16' to a maximum of 20'.

EQUIPMENT

The center official ultimately determines the approval or denial of the equipment. -Hand Pads: A soft padded surface must cover the fingers, wrist and any striking surface of the hand. -Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded.(no shoes or socks) -Head Gear: The front, sides and back of the head must be covered by a soft padded surface. -Mouthpiece: A properly fitted mouthpiece is required.

LENGTH OF MATCH

The length of a match will be two(2) one and a half minute rounds. There will be a 30 second coaching period between rounds.

- a) If a match is tied at the end of two rounds, a sudden victory (first person to score a point) overtime period will determine the match.
- b) At the 1 minute 15 second mark of a sparring match, the timekeeper will shout out "FIFTEEN SECONDS".

WHAT IS A SPARRING POINT?

A point is a technique that is scored by a competitor in-bounds and up-right (not considered down) without time being called that strikes a competitor with the allowable amount of focused touch contact and focused control to a legal target area.

- a) Focused Control: Strike is stopped within 2" of the target and is accompanied by a kiai. The face and head are the only legal target areas for.
- b) Light Touch Contact: Light Touch Contact means there is no penetration or visible movement of the competitor because of the contact. The headgear (Intermediate and Advanced ranks only) and groin are legal target areas.
- c) Moderate Touch Contact: Moderate Touch Contact is defined as slight penetration or slight target movement. Moderate touch contact may be made to chest, stomach and ribs.
- d) Excessive Contact: Excessive Contact means there is excessive penetration or movement, including winding or knockdown. If a majority of judges agree on excessive contact, a penalty point will be awarded. A consecutive penalty, blood or bruising will result in disqualification.

GENERAL RULES

- a) Out of Bounds, falling down or excessive running around the ring (as determined by the head official) will be considered an attempt to avoid competition. They will receive a warning with consecutive warnings receiving a penalty point. If a competitor has one foot out of bounds, they cannot score a point, but the in bounds competitor can.
- b) A competitor is considered out of bound when they have both feet out of the sparring area (mat). If the competitor is out of bounds without being kicked out or physically pushed out of bounds, their opponent will receive 1 point.
- c) If a competitor goes out of bounds while the other competitor is kicking or punching, near the competitor WITHOUT actually touching the competitor, the competitor will be considered leaving the sparring area to avoid competition and receive a warning. Consecutive warnings receive a penalty point.
- d) If the out of bounds competitor is scored on, with a legal technique, before the center official calls STOP, then the in bounds competitor can receive a score for the technique and the out of bounds competitor will receive a penalty.
- e) If a fighter touches the ground / mat with, with any part of their body, except their feet or 1 hand, they are considered down.
- f) A point cannot be scored by a down competitor and a downed competitor cannot be score on. If an upright competitor strikes a down competition they can be penalized.
- g) A competitor who leaves their feet while in-bounds, must land with at least one foot in-bounds to score a point.

POINT VALUES AND WINNER DETERMINATION

- a) All legal hand techniques and all legal kicking techniques that score will be awarded one (1) point.
- c) All kicks to the head will be awarded (2) points.
- d) All penalty points will be awarded one (1) point. (First penalty can be a warning)

LEGAL, ILLEGAL, AND NON-TARGET AREAS

a) Legal Target Areas:

Focused Control: Headgear and face

Light Touch: Headgear (Intermediate and Advanced ranks only) and groin.

Moderate Touch: Chest, stomach and ribs.

b) Illegal Target Areas: Back, neck, back of the head, legs and knees.

c) Non-Target Areas: Hips, shoulders, buttocks, arms, and feet.

LEGAL & ILLEGAL TECHNIQUES

a) LEGAL TECHNIQUES are all techniques, except those listed as illegal.

b) 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, any throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe.

TEAM DIVISIONS

Demo Team (Not Judged)

4 Minute Maximum Time Limit.

This will be our half time show (and a break for our officials) Show off what makes your school special. Demonstrate your flips and tricks. Share your humor or dramatic talents. This division is not judged and there is no age or rank limit so have fun. Music can be used, but this is a family event so please use discretion.

Self Defense

Each school can have one (1) team of up to four(4) competitors, with up to three (3) attackers and one (1) defender. Team members can be from any age or rank category (15yrs and under). Decision will be based on realism as well as showmanship/choreography .

WEAPON

Beginners- Weapons cannot be used in the Beginner Division.

Intermediate- Weapons can be defended against, but not used in retaliation.

Advanced- Weapons can be used freely.

- Each weapon must be dull and in good shape and safe for the competitor, referees and audience.
- Before starting all Self-Defense competitions, the weapons will be checked by the referees.
- Each weapon which is not safe, will be taken out of competition. The team can stay in the competition, but has to use another weapon, checked by a referee.
- Only the competitor is responsible for their own weapon, nobody else.

PRESENTATION

- The team walks in front of the head referee , salute to the head referee and speak out loud their name and the name of their school.
- The head referee signals the team to start their performance .
- The team walks to their starting point and salute again. This is the moment the time counter will start .

Time Limit: 3 minutes

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- Judge 3 gave competitor A 9.97 and competitor B 9.99 – competitor B gets 1 point

The overall score is tied, but competitor A wins on two out of the three judges scores and thus has 2 points to 1 point for competitor B; competitor A gets the win.

If a tie still exists, re-run the tied competitors. The re-run would only include the tied competitors who remain tied.

Capture The Flag

A team competes to take all of the opposing team's flags or capture their base (a cone). A team is made of 8 competitors, 2 from each age category (6yrs and under, 7-9yrs, 10-12yrs, 13-15yrs). A team member from a younger category can fill the spot in an older category.

Example:

If a team only has one competitor for the 13-15yrs category, that team can use another competitor from the 10-12yrs, 7-9yrs or the 6yrs and Under categories.

RING REQUIREMENTS

Two adjacent rings will be merged into a single ring. Base Cones will be placed between sparring lines.

EQUIPMENT

The center official ultimately determines the approval or denial of the equipment. -Head Gear: The front, sides and back of the head must be covered by a soft padded surface. -Mouthpiece: A properly fitted mouthpiece is required.

Flags: Each competitor will be provided with two flags. The flags are to be placed in the belt on the side of the uniform aligned with the outer seam of the pants.

Base Cone: Each team will be provided with a Base Cone. Base Cones are placed in the teams ring between the sparring lines.

LENGTH OF MATCH

The length of a match will be four minutes unless a team takes all of the flags or the Base Cone.

a) If a match is tied at the end of four minutes, the match is reset with one cone placed in the center of the two rings. The match then continues until all flags or the Base Cone are taken.

b) At the 3 minute 45 second mark of the match, the timekeeper will shout out "FIFTEEN SECONDS".

GENERAL RULES

a) Out of Bounds, will be considered an attempt to avoid competition and they loose a flag. If a competitor has one foot out of bounds, they cannot score a point, but the in bounds competitor can.

b) A competitor is considered out of bound when they have both feet out of bounds. If the competitor is out of bounds without being physically pushed out of bounds, they will receive a penalty of one flag.

c) If the out-of-bound competitor is scored on, before the center official calls STOP, then the inbounds competitor can receive a score for the technique and the out of bounds competitor will receive a penalty.

d) If a fighter touches the ground with any part of their body, except their feet or 1 hand, they are considered down.

e) If a fighter is down, they are 3 seconds to score. After the official counts to three the match is restarted.

f) A point can be scored by a downed competitor and a downed competitor can be score on.

g) Once a competitor loses both of their flags, they are "out" for the remainder of the match.

h) A team wins by either taking all of the other teams flags or by getting the other teams Base Cone and bringing it back into their ring.

BASE CONE

-Guarding: The Base Cone cannot be held down, stood on or sat on. If the cone is grabbed by a member of the opposing team, and then their flag is taken, they must drop the cone where they are. The match is restarted with the cone in that position.

-Passing: The Base Cone can be passed from one teammate to another either by hand or throwing it. If the Base Cone is being passed into the opposing teams ring, it must be caught by another teammate in order to be considered a win.

OFFICIALS

There are three officials, one center official and one official for each Base Cone. If one official yells "BREAK" the others repeat it and reset the teams.

-An official calls break when they see a flag taken and the flag holder is also holding a Base Cone.

-An official calls break when they see a competitor run out of bounds.

-An official calls break when they see a team enter their ring with the opposing team's Base Cone.

-An official calls break when all of the flags have been taken from a team.

Grand Champion and Karate KU Cup

Grand Champion: Grand Champion will be awarded in the Beginner, Intermediate and Advanced Ranks.

Points are awarded by place: 3 points for 1st, 2 points for 2nd & 1 point for 3rd. The competitor with the most points in their individual competitions will receive Grand Champion for their Rank. In the case of a tie, the competitor with the most 1st places will be Grand Champion.

Karate KU Cup: The Karate KU Cup will be awarded to the School with the most points. Points are added from individual scores, along with points earned from the Self Defense and Capture The Flag team divisions. In the case of a tie, the school with the most 1st places will receive the KU Cup.