

Tournament Rules

 **All black and brown belts must show respect to others**

Sparring - Roof Top Rules

 **Time Limit – 2 minutes per match**

 **Tie at end of round – Sudden death/First point wins**

 **Girls spar girls (If there are no girls in their division let them spar once for sportsmanship)**

 **Separate school competitors so they don't fight one another**

 **Cup/Mouth piece ARE required!!**

Sparring - SCORING Points

 **HANDS – 1 point**

 **KICKS – 1 point**

 **GROIN – 1 point**

 **Full extension arm or kick is ok for kids**

 **Not counted for adults**

 **Kicks must be above the knees to award a point**

 **Sweeps are allowed – Cannot go against joint (You have 3 seconds to score a point)**

*SPARRING*NOT ALLOWED*

 **Over head hits to the head**

 **Out of ring warning 1st, 2nd, 3rd – 4th point is awarded**

 **Two warnings for face contact – 3 is disqualification**

 **Disqualification if blood is drawn in all belts**

 **Control punch to face on lower belts – point will be awarded**

 **Light face contact for brown and black belts**

 **Head gear optional for Black Belts**

Kata or Form



Competitors must be judged on technique, balance, focus and concentration. Not on the karate style or the interpretation within the style.



Keep in mind that different instructors from same styles can teach different.

SCORING

| | | |
|--------------------------------|---------------------|------------------------------------|
| White – Yellow – Orange | —————→ 5.5.? | (.? = Decimal point 1 to 9) |
| Purple – Blue | —————→ 6.5.? | (.? = Decimal point 1 to 9) |
| Green | —————→ 7.5.? | (.? = Decimal point 1 to 9) |
| Brown | —————→ 8.5.? | (.? = Decimal point 1 to 9) |
| Black | —————→ 9.5.? | (.? = Decimal point 1 to 9) |



In case of a tie take high out



Division under 18 may start form again without penalty



To declare the winner



Repeat the same form under brown



Black belts different form

OTHER DIVISION RULES

 **All black and brown belts must show respect to others**

First timers

 **Report to ring 2**

Breaking Board Rules

 **1st hit out**

 **Continue breaking by stacking other boards**

Flag sparring

 **One minute rounds**

 **First one to get both flags is winner**

 **If there is a tie add back the flag**

 **Sudden death first flag wins**

Sword Sparring

 **One minute rounds**

 **First to 10 wins**

 **Highest score at end of timer wins**

Sword Sparring Points

 **One point for arms and legs**

 **Two points for body**

 **Three points for face, top of head and neck**