

Sullivan's Karate School



Sparring Competition

Judging Rules and Guidelines

COMPETITION AREA

Uniform

All competitors must wear a clean traditional or professional sport karate uniform in good repair. Competitors must wear a belt that denotes the highest rank received in the martial arts. Sparring uniforms must have sleeves that reach at least to the elbow. No sweats, T-shirts, tank tops or shoes are allowed in the sparring divisions.

Required Equipment

- Approved hand pads, foot pads and head gear are mandatory for competitors in all sparring divisions.
- Approved hand pads must have a soft padded surface covering the hands from the finger tips to the wrist and any surface of the hand used for striking.
- Approved foot pads must offer a soft padded surface that covers the instep, toes, ankle, side and heel of the foot. Head gear must cover the top, front, side and back of the head with a soft padded surface.
- All equipment must be in a good state of repair and must be devoid of heavy taping, rips or other damage that may cause injury.
- Competitors may wear cloth or foam shin and forearm protectors, as well as chest guards at their discretion.

Optional Requirements

- Shin guards, mouth pieces, groin cups (male competitors - under the uniform)
- Chest protectors

Personal Requirements

- Competitors shall keep their nails cut short and must remove any metallic article
- Personal Hygiene - The personal hygiene of all competitors shall be of the highest standard. Dirty or excessively unkempt uniforms will be required to be replaced immediately (two minutes). If the competitor cannot or refuses to comply, the referee shall disqualify them
- Eyeglasses - Only "sport" eyeglasses will be allowed in sparring competition. Soft contacts are recommended.
- Drugs - The administration or use of any drugs (except antibiotics or other medically prescribed therapeutics), alcohol, stimulants, or injections in any part of the body, either before or during a match, to and by any contestant is prohibited.

Protests

- It is the right of the competitor, to protest an infraction of the rules or a possible mistake as long as it is not a judgment call. In the event that an athlete wants to protest, he/she should inform the referee of the infraction.
- It is the duty of the referee to call the arbitrator to make a decision. It is the duty of the competitor to file the protest in a fashion befitting a professional martial artist. All protests must be made immediately before competition resumes.
- THERE IS NO VIDEO REVIEW

Sparring Target areas

- The head - Top, Sides & Back - Front mask area light contact
- Body – Ribs, Chest, Stomach
- Below the belt line - The Groin (brown belts and higher)

Some Sparring Techniques that will score points:

- Hammer Fist
- Back Fist
- Ridge Hand
- Forward & Reverse Punch
- Front Kick
- Side Kick
- Round House Kicks
- Hook Kick

Illegal techniques

- Elbows
- Knees
- Head butts
- Hair pulls
- Eye techniques
- Bites and scratches
- Base leg takedowns and throws
- Cartwheel kicks
- Grabbing for more than one second
- Blind hand techniques
- Striking of a downed opponent with a technique

Points

- A point is scored when a karate hand or foot technique is successful executed on an opponent with proper focus and control.
- In order for a point to be awarded, a majority of the judges and referee must agree (three out of five; two out of three).

Judging Rules & Guidelines

- The 1st one to score 3-5 (depending on the type of match and rank) points is the winner.
- The time limit is 2 minutes.
- If the score is tied after 2 minutes, you go into overtime. The 1st to score in overtime wins.
- Bi's are used when there is an odd number of competitors
- A student can only get one bi during a division.
- Points cannot be taken away.
- Excessive contact rules:
 - 1st time excessive contact - warning to the student not to hit or kick so hard. Let them know next time; the other student will receive a point if you they hit too hard. Inform parent as well.
 - 2nd time excessive contact - warn the student this is your second time hitting too hard. You will tell the corner judges you are calling for contact - "calling for contact, call for person getting hit - Call" If the majority of judges feel the blue

fighter was hit with excessive force, they would indicate this by holding their flag up for blue. If the majority agrees - the person getting hit is awarded a point. Explain to the parent what happens next time. Make sure the arbitrator is aware of what is going on at this point.

- 3rd time excessive contact - person using the excessive force loses the match.
- If someone gets hurt. Stop the match. Have your corner judge get the tournament arbitrator. Help the child to their feet and talk to them. Often times, the student just gets the wind knocked out of them and that scares them. The person that is not hurt should be sitting facing the opposite way on his knees.
- Non target areas: Arms, legs, feet, hands, hips, shoulders, buttocks

Penalties

- Any offense will result in the awarding of a penalty point to the opponent.
- If a competitor receives three penalty points in anyone match he/she will be disqualified.
- If the severity of the offense warrants it, the offending competitor can be disqualified immediately.
- Immediate evidence of blood shall not result in an immediate disqualification. It is necessary for a majority of the judges, or the referee alone to determine if the technique was beyond the criteria for light contact. Pre-existing and self inflicted conditions should be noted.
- A competitor cannot be penalized and still receive a point on the same call.
- A competitor can receive a point for a scoring technique and also another point from a penalty.
- Penalties that can result in an opponent receiving a point: Running out of the ring to avoid fighting, continuing after being instructed to stop, faking injury, stepping out of the ring without engagement, attacking illegal target areas, using illegal techniques, stalling, and uncontrolled techniques.
- Penalties that can result in disqualification include: Excessive contact, unsportsmanlike conduct by the competitor, his/her coaches, etc., competing in the incorrect division.
- In the event of unsportsmanlike conduct, the tournament administrators have the authority to disqualify and/or remove from the premises any parties participating in the abuses.
- Unsportsmanlike conduct by any individual may result in suspension from the division or event, or circuit as is deemed necessary.

Coaching

- A coach cannot enter the ring without the referee's permission.
- As a representative of sport karate coaches cannot display abusive, violent or unsportsmanlike behavior.
- Competitors can be penalized based on the behavior of their coaches
- Competitors may only have one coach at a time during the duration of their match.

Zero Tolerance Rule

- Blatant disrespect toward officials or other competitors, brawling or total disregard for the rules will result in immediate disqualification of a competitor be it through their own actions or actions from an outside source on their behalf.
- Blatant disrespect will be defined as yelling, name calling, improper gesturing, improper taunting, interrupting the ring without due process or threatening any official or competitor.
- Brawling will be defined as physical confrontation between 2 or more people with the

sole intent of causing bodily harm or damage to one another. Any fights where “street” techniques are being used (Example: Elbows, eye gouging, purposeful groin shots, hair pulling).