



RULEBOOK

KENPO KARATE CHAMPIONSHIPS

Ed Parker's Kenpo Karate
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1. Definitions

Events Group: This is the committee set up by IKKA Europe to organise the Kenpo Karate Championships to which these rules apply.

Competitor: Anybody who competes in any event that is being organised by the events group.

School Leader: Every group of competitors should appoint a person as contact for the events group.

(Centre) Referee: In sparring divisions there will be one referee and 2 or 4 judges, of whom one is the (centre) referee or person in charge of the ring. He or she is the person who will decide on any question regarding the rules, or any other question about the procedures of the event. The referee is also responsible for the safety of competitors.

Centre Judge: In every forms and techniques division there will be 3 or 5 judges, of whom one is the judge in charge. He or she is the person who will decide on any question regarding these rules, or any other question about the procedures of the event.

Arbitrator: A qualified person, asked by the events group to solve any disagreements on the application of these rules. There may be more than one arbitrator at the event.

Appropriate Uniform: The uniform as prescribed by the organization the competitor is a member of and that applies at least to the following criteria:

- The uniform must be clean
- The uniform can not have any materials employed or attached that can cause danger or injuries to the competitor or the opponent. Nor can the uniform be of a design that causes such dangers.
- The uniform will at least cover the entire body of the competitor, the arms from shoulder to just above the elbow and the legs from the hip till below the knee.
The uniform will not cover the hands, feet or head of the competitor.

2. General Rules (these rules apply to all divisions)

2.1. Liability and insurance

The events group accepts no liability for any damage or loss of property of the competitors, nor for any injuries of the competitors due to taking part in the event, or due to any other reason. The team leaders of every group are responsible for adequate insurance of the competitors coming from his/her school.

2.2. The Ring

The ring for any of the competitions mentioned in these rules is marked on a level surface. The actual competition area is clearly marked. The size of the ring should be at 6 x 6 Meters.

2.3. Not showing up

At the start of a division, announcements are made for the competitors to report to their designated ring. The announcements are made three times. Competitors, who do not report to the ring within one minute after the 3rd call, are disqualified from that particular division. In the case of a freestyle match, the opposing competitor will be announced winner.

2.4. Tournament management

The Event's Group can at any time add or cancel divisions.

2.5. Unforeseen cases and disputes over the interpretation of these rules

In any unforeseen situation arises in these rules, or in case of doubt about the interpretation of these rules, the referee or the arbitrator will decide how to act. If such an unforeseen case occurs, the ring official in charge will decide how to solve the problem, unless he/she chooses to call the arbitrator. If a school leader, (or someone appointed by her/him) of any of the competitors disagrees on a decision made, the arbitrator will be called to solve the problem. The decisions made by the arbitrator will be final.

2.6 Competitor

All competitors must present themselves suitably attired and ready to compete. They may be divided into separate divisions based on style, size, gender, rank, origin of the form or age. To enter an adult division, a competitor must be aged 18 years or older at the date of the competition. A competitor must enter the division corresponding to his/her age, sex, and belt colour.

Important note: as soon as a participant starts their first competition event at the tournament with a certain belt color, the participant must compete in the rest of the championships with the same belt color. It is not allowed to continue the championships with a different belt color than the one they started the competition with. If this happens, the participant will be immediately disqualified from the tournament and also from the rest of the championship days.

2.7 Late Entries and Order of Performance

It is the responsibility of the competitor to be at the ring prior to the time that the division starts. Once the tournament registration deadline has been reached and passed, it is no longer possible

for a participant to take part in the competition and/or a division. It is also no longer possible for a participant to be reassigned to a different category or division.

The order of the performance will be predetermined. Switching the order of performance is generally not allowed between competitors. The professional registration system, Kihapp, makes sure that participants from the same school don't face each other in the first round. If there are more teammates than usual in the same division, this can still happen.

The order of performance of the grand championship rounds will also be determined by random draw. If the competitor is not present at the designed time to draw numbers, he/she will automatically go before the ones who are present. If only one is not present, he/she will automatically go first. If more than one is not present, a separate drawing is made by the designated form coordinator for those not present. They will go in that order before the competitors who are present.

2.8. Divisions

The events group may decide to merge or split divisions depending on the number of entries. No competitor will be allowed to compete in any division other than the one he or she should be in. Exceptions to this rule can only be made by the events group and applies only to the Color Belt divisions, following a request by the competitor's school leader. All competitions within the Black Belt divisions shall be contested exclusively by Black Belt competitors. Competitors holding any rank below Black Belt are not eligible to enter or compete in a Black Belt division.

2.9. Competitor's Health

Every competitor must be in good physical health to take part in this event. This is to minimise the likelihood of injuries. The chief medical officer will at any time be allowed to disqualify any competitor who creates a danger for himself/herself or others.

2.10. Fairness Rule

If a question arises that is not covered by this rule book, the arbitrator and/or his/her appointed representative, 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 ("Fairness Rule"). However, the arbitrator and/or his/her appointed representative should overrule, modify or change a delineated rule only in extreme cases.

3. Freestyle Sparring – Point Sparring

3.1. Equipment

Competitors must wear an appropriate uniform as prescribed by their organization. This includes a belt in the colour that represents their level. The following safety-equipment is mandatory:

- Mouth guard – A properly-fitted mouthpiece is required.
- Groin guard – All competitors must wear a groin guard
- Safety boots – A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot
- Safety gloves – a soft padded surface must cover the fingers, wrist and any striking surface of the hand. The use of bag gloves as well as closed boxing gloves are not permitted.
- Head guard – The front, top, sides and back of the head must be covered by a soft padded surface. Facemasks are optional but not required.
- Chest guard is obligatory for female competitors
- Shin guards are mandatory. These must be made of soft material.
- Jewellery and any other additions to the appropriate uniform are not allowed.

Any competitor that shows up without the proper equipment has one minute to correct this. If the competitor does not succeed to do so, he or she will be disqualified from the division.

3.2. Duration of a match

All team sparring matches will be ONE & HALF MINUTES (1:30)

All sparring matches for competitors aged 17 years and under will be One and a Half minutes (1:30). All other sparring matches will be TWO MINUTES (2:00)

3.3. Timekeeping

The match clock runs only during active competition time. The clock shall be stopped only when the Head Referee signals an official time-out to the jury table. The match clock continues to run during the awarding or recording of points. The decision of the Head Referee regarding the stopping and restarting of the match clock is final and binding.

3.4. Point Values and Winner Determination

All legal techniques that score will be awarded one (1) point to the scoring competitor

All penalty points awarded will be one (1) point value to the non fouling competitor

In all Black Belt divisions (even children) the competitor who earns seven (7) points automatically wins. If no one scores seven (7) points by the end of the two minutes, the competitor who is ahead wins.

In the under black belt divisions, the competitor who earns five (5) points automatically wins. If no one scores five (5) points by the end of the two minutes, the competitor who is ahead wins.

3.5. Removal and changing of Officials

If a competitor feels that an official should be removed from a sparring division, he/she may make a protest to one of the tournament arbitrators. **The decision regarding the actual removal of the official is the arbitrator's decision. The decision is final. All protest shall be made in an orderly, proper, and sportsmanlike manner.** If a participant has a complaint about something, he/she

must report it to the coach, after which the coach presents and discusses the complaint with the referee. If others, other than the coach, get involved in this discussion with the referee, it can lead to a disqualification of the competitor involved. The referee may summon the arbitrator to the ring to render a decision on the protest. All protests must be filed immediately. No protest is allowed after competition has resumed.

A sparring official can be changed at any time during a division once a match has stopped.

3.6. Weighing-In

It is mandatory for all adult fighting competitors – who fight in a weighted division – to weigh-in before engaging in competition. Only one official weigh-in is required. All adult fighting competitors must fight in their weight division. A competitor cannot fight in a weight division in which he/she does not make the proper weight. This means a competitor cannot go up to a heavier weight division or go down to a lower weight division. The weight division and/or actual weight must be recorded.

3.7. Late Entries

In general; late entries are not allowed. It is the responsibility of the competitors to be registered, weighed-in and at his/her ring prior to the time his/her sparring division starts. Once the first sparring match has started in his/her division, no other competitors can enter that division.

3.8. How Points are Awarded

Scoring points are awarded by a majority vote of the ring officials. The majority of officials do not have to agree on the same technique being scored, only that a point was scored.

Legal Target Areas:	Covered area of head, face (Only for competitors aged 18 years and older) ribs, stomach, chest, groin (only competitors aged 18 years and older) , abdomen and kidneys. <u>No face contact for children's divisions (17 years and under), or adults (18 years and older) white to green belts; light face contact only allowed for adult brown and black belts.</u>
Illegal Target Areas:	Spine, back of neck, throat, sides of neck, groin (if aged 17 years and under) and legs are all illegal target areas. Any attacks to these areas could result in a warning and/or penalty points. <i>No face contact for children (17 years and under) regardless of rank and for all adult white to green belts.</i>
Non-Target Areas:	Hips, top of head, shoulders, buttocks, arms, and feet are all non-target areas. Points cannot be scored to non-target area. If it is deemed that a competitor is actually attacking these areas, warning and/or penalty point may be awarded.
Legal Techniques:	Legal techniques are all controlled sport karate techniques, except those listed as illegal. When determining the legality of a technique, the official considers if the technique is a legitimate, controlled sport karate technique that adheres to all other rules governing sport point karate. Foot sweeps are permitted in all sparring divisions.
Illegal Techniques:	Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, any stomps or kicks to the head of a downed opponent, slapping, grabbing, uncontrolled blind techniques, any uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Grabbing:	No grabbing of the uniform, gear or any part of the body. Any violation of this rule will result in a warning.
Ground fighting:	If a fighter falls on the ground, the referee may allow up to 3 seconds for both competitors to score a point (as long as safety allows). The fighter standing cannot strike the head for safety reasons. Deliberately dropping to the floor to avoid or evade fighting is not legal. Deliberately dropping to the floor is not legal. A fighter is down when any part of the body, other than the feet is touching the floor.

3.9. Contact Levels Defined

Focus: means the strike stops short of contact. Focus contact to the face can be used to score a point.

Light Touch Contact: means there is no penetration or visible movement of the opponent as a result of the technique. Light touch may be made to all Legal Target Areas. Light Touch Contact to the face is only allowed for adult brown and black belts.

Moderate Touch Contact: means slight penetration or slight target movement. Moderate Touch Contact is not permitted to the head and face. Moderate touch may be made to all other Legal Target Areas.

Excessive Contact: is made when an opponent strikes with force in excess of what is necessary to score a point. Though it is largely a judgment call, indications that contact has been excessive may be accessed by the following reactions:

- Visible snapping back of a competitor's head from the force of a blow.
- A knockdown of an opponent (not recklessly charging into a technique or occurring in instances where the fallen party either fell, slipped, or was off balance).
- A knockout of an opponent (this directly leads to a disqualification).
- The appearance of severe swelling or bleeding. (Bleeding or other obvious external injury may in itself be grounds for excessive contact if it is considered the fault of a competitor) (Bleeding, however, does not necessarily imply excessive contact).
- The distortion or injury of the body from the force of a blow to the body.
- Wild swinging of limb.

Touch Contact Requirements: All ranks may make focus contact to the head to score a point, and light or moderate touch contact to the body to score a point. Adult competitors may make light touch contact to the head to score a point.

3.10. Warnings and Penalties

Only one warning is allowed without a penalty point for breaking the rules. After the first warning is given, a penalty point is awarded to the opponent on each and every subsequent violation of the rules. If a competitor receives three warnings (including the first non penalty point warning) in any one match, he/she is automatically disqualified and his/her opponent is declared the winner. If the result of the first rules infraction is considered by the referee to be severe enough,

he/she can omit the first warning and issue a penalty point automatically. In doing so, the referee is omitting any first warning to the offending competitor. A penalty point can determine the winner of a match.

A competitor cannot be penalized and still receive a point on the same call. A penalty always overrules a point by the same competitor.

A competitor can receive a point because his/her opponent was penalized and at the same time receive a point or points for scoring.

If a competitor is injured and it is considered that he/she is responsible for his/her own injury, or no fault can be associated with the injury, the opponent will not be penalized (i.e., ducking into a knee, butting heads, etc.). In the event a fighter is unable to continue because of a no-fault foul, his/her opponent will be declared the winner even if he/she is not ahead at the time of the foul.

If a competitor scores a point and immediately proceeds to break the rules, even if it was after the point technique, the warning for breaking the rules voids the point (a competitor cannot receive a point and a warning on the same call).

The provisions of Section 3.11 constitute an exception to the rules set out in this article.

3.11. Out-of-Bounds

A competitor is out-of-bounds as soon as he/she has at least one foot outside of the boundary line. A judge or referee should shout stop when they see a competitor out of bounds. The referee has to stop the match upon any side judge calling stop. An out-of-bounds competitor may be scored on by his/her opponent so long as the opponent has both feet inside the boundary line and the referee has not signaled to stop. In the event of a jumping technique, the attacking competitor must land in-bounds in order to score.

A separate count should be kept of line fouls and a warning could be given on the advice of one judge. 3rd line foul to result in a point over and 4th line foul disqualification.

3.12. Coaching

Never, at any time can a coach, friend, team member, etc., enter the ring without the referee's permission (only the officials, competitors and medical personnel are normally allowed in a ring). No abusive, violent, unsportsmanlike or overzealous coaching allowed.

A coach cannot ask for a time out (only a competitor may ask for a time out).

As in all sports, coaching IS ALLOWED. Only one coach is allowed for a competitor.

A coach can never, at any time, interfere with the proper running of the ring or the decisions of the referee or judges.

Penalty points for any of the above coaching infractions are issued by the referee to the relevant competitor.

3.13. Grand Championships (adult black belts only):

Preliminary Matches: Accumulated points in one 2-minute round

Final Match: Accumulated points over two 2-minute rounds

3.14. Number of officials

In adult under belt and all children's divisions, there will normally be one referee and two judges. In all adult black belt divisions, there will be one referee and either two or four judges. All grand champion and team fighting divisions must have one referee and four judges. There must also be a time/scorekeeper.

3.15. Task of the referee and side judges

The referee is responsible to enforce the rules in favour of fair play and safety of the competitors. Only the referee may awards points / penalties, start, stop the match. The referee is responsible for clearly announcing points to both competitor and scorekeeper. The referee has to make eye contact with the scorekeeper when awarding points. The referee is an intermediary for competitors, officials and audience and makes all announcements clearly audible and visible.

If the referee calls break, the side judge can ask the referee for 2 calls if they think they have seen a foul.

3.16. Safety of the Competitors

If any blood is drawn, the match will be ended. In general the opponent will be disqualified. After consultation between, ring officials and medical staff however, the decision can be made that the opponent will not be disqualified. Although possible at the discretion of the referee and medical staff it is likely that the injured competitor may not allowed continue for safety reasons.

3.17. Voting

Only the 3 or 5 officials together vote on a possible point. Other decisions can be made by the referee only. When the referee sees a possible point, he/she will stop the match by calling 'Break'. After he/she declares what the vote is for (i.e. point or penalty) the corner-judges point their flags to the side they vote for. Corner-judges vote immediately. Late flags will not be accepted.

3.18. Flags or hand signals for point sparring

The officials call points as they see them. When the Head Referee or side judge believes a point has been scored he/she shall call out the word, "Stop!" Once fighters return to their lines, the officials will call simultaneously for a point, warning, etc.

The Referee may ignore late calls! Starting position waiting for a call from the Referee.

Point is scored:	If flags are used, a side judge raises the appropriate colour flag of the competitor who he/she feels scored the point. When a side judge sees a point he/she should yell out the word, "Point!" in a loud, clear voice to let the referee know he/she has a call.
No point scored:	A side judge crosses his/her flags or wrists at waist level to indicate that he/she believes no point was scored. You saw a technique, but no point was scored
No See:	The side judge holds his/her hand over his/her eyes indicating that he/she could not see whether a point was scored or not.

Clash:	With or without flags, a side judge makes a motion as though he/she is hitting both fists together or places the tops of both flags together. This means both competitors scored at the same time, therefore, no point.
Penalty:	The judge will wave the flag color of the offending competitor in a circular motion. If no flags are being used, the judge waves hand in a circular motion as he/she points to the offending competitor.
Out:	Any judge calls stop when he/she sees a competitor go out of bounds. If a call is being made and a judge believes the competitor was out of bounds, he/she will wave their flags or hands in the direction of the person they feel went out.
Disqualification:	A disqualification vote is taken separately from any other vote. When the referee calls, "Judges, Call!", a judge may indicate a penalty by making a small circular motion with the flag or hand, or a disqualification by making a large circular motion with the flag or hand. For a disqualification, the judge shall then hold the flag colour, or point if no flags are being used, toward the competitor concerned. If no penalty or disqualification is warranted, no signal shall be given. A side judge retains the right to independently indicate a penalty or request a disqualification vote whenever the side judge believes such action is warranted, regardless of whether the referee has called for a vote.
Late Call:	All officials should make their calls at the same time. If, in the opinion of the referee, a corner judge is making a late call intentionally, the referee can discount the call (noise not allowing the judges to hear the referee and the honest mistake of raising the wrong flag colour should be taken into consideration).

3.19. Fouls

This is a partial list of possible causes of penalizing and may be used as a guideline to follow in deciding on calling a penalty:

- Using illegal techniques.
- Running out of the ring or falling to avoid fighting (not fighting out).
- Continuing after being ordered to stop (fighting after break).
- Excessive stalling
- Being late or not properly attired for your event when your name is called
- Blind, negligent or reckless attacks even when no contact is made.
- Any unsportsmanlike behavior from the competitor or their coaches, friends, etc.
- Any abusive behavior from the competitor or his/her coach, team mates, family, friends, etc., such that the referee feels it affects the outcome of the match or the performance of the officials or other competitors.
- Excessive contact.
- Open-hand techniques to the face.
- Techniques that can injure joints.
- Throws, excluding sweeps if performed boot-to-boot.

- Grabbing or pulling.
- Head-butts
- Hitting any target that is not allowed (spine, throat, back of the neck, back of the head below the ears, or kicking to the legs).
- Contact with the intention to hurt the opponent or with disrespect for the safety of the opponent.
- Sweeping both legs
- Talking in the ring
- Obstructing the progression of the match on purpose.
- Unsportsmanlike conduct.
- Interference from outside the ring.
- Ignoring the instructions from the referee.
- Turning your back towards the opponent in order to avoid the fight.
- Calling your own points.
- The referee will declare fouls. First foul is a warning, every warning after that will result in a point for the opponent. 3rd foul will result in disqualification.

3.20. Round Robin

In the case of a sparring division with no more than three participants, the Round-Robin system will be used. In a round-robin division, each participant competes against every other participant at least once, ensuring fair play and equal opportunity for all participants.

The goal: each participant fights once against every other participant. The winner is determined based on the number of matches won or score difference.

Participants earn match points for each sparring match they play. For a win: 2 points. For a loss: 0 points. The participant with the most match points is the winner of the division. If all three participants have won and lost a match, the total points scored for and against in each match are added up to make the final decision. The difference between the total points for and the total points against determines the winner. Match points do not count in this decision.

3.21. Team freestyle

All legal techniques that score will result in one point being awarded to the scoring competitor. All penalty points awarded will be one point to the non fouling competitor. All points are accumulated for the team. All fights last 1 minute 30 seconds regardless of the score.

In the event of a fighter being unable to continue because of a no-fault injury the other team will be awarded an additional 3 points.

A disqualified fighter will lose all point obtained by them in that fight and 5 (7 for Brown and Black Belts) points will be awarded to the other team. In the case of disqualification during the final fight of a team match where the disqualified competitor's team was in the lead prior to the commencement of the fight the following should happen:

- both teams' scores will be set to zero
- 5 (7 in the case of a brown or black belt team) will be added to other team's score.
- Each team will send out a fighter. The disqualified competitor is excluded.

4. Forms (traditional, open, creative and weapons)

4.1. Forms (Kata) choice

Forms Division	Allowed forms
White/Yellow/Orange	Short Form 1, Long Form 1, Short Form 2
Purple/Blue/Green	Long Form 3 and below
Brown Belt	Form 4 and below
Black Belt	Form 4, Form 5, Form 6

In the traditional Kenpo Karate form divisions only unarmed forms from the Parker System may be used (short form 1 to form 6). No music is allowed.

Forms or sets that are not part of the competitors own standard training content may not be performed. If a participant performs a form that does not comply with the required form for their division as specified above, the Center Judge shall declare the performance invalid and no scores shall be awarded by the judging panel.

In the Team Form divisions, if the chosen form is a traditional Parker System form, the highest form allowed is the form that belongs to the standard training material of the highest ranked competitor in the team.

A team comprises 2 or 3 competitors. Music is not allowed.

In the Open Form divisions only unarmed forms that are not from the Parker System may be used. No music is allowed.

In the Creative Form divisions only forms with a creative element may be used. A traditional form above the competitor's level is not considered creative and can therefore not be performed. Music is not allowed.

The Weapon Form division is the only division which allows the use of weapons during the form. The Weapon Form may be traditional (kenpo karate) or creative, but no music is allowed. Traditional forms above the competitor's level are not allowed. A dropped weapon will result in points being reduced to 5.0 (white-green) or 6.0 (brown-black).

4.2. Manner of Competition

1. The competitor is called, after which he or she has to report to the mat
2. The competitor bows, then enters the mat area
3. The competitor bows to the panel in attention stance and announces his or her name clearly and the form or set that will be performed.
4. The participant starts the form.
5. After completing the form, the competitor remains on the mat until the panel has spoken
6. After a gesture by the panel the competitor may leave the mat

4.3. Equipment of the competitors

Competitors have to wear an appropriate Kenpo uniform, including a belt in the colour that represents their level. A t-shirt in the same colour as the suit may be worn under the uniform. Jewellery and any other additions to the appropriate Kenpo uniform are not allowed. Any competitor that shows up at the field without the proper equipment, has one minute to correct this. If the competitor does not succeed to do so, he or she will be disqualified from this division.

4.4. Not showing up

At the start of a division, announcements will be made for the competitors to report to their designated rings. The announcements are made at least 3 times. Competitors who do not report to the ring within 1 minute after the 3rd call, will be disqualified from that particular division

4.5. Number of Judges

Every panel consists of 3 officials. In the Black Belt divisions every panel consists of at least 3 but preferably 5 judges.

4.6. Point system

All members of the panel will award points varying from 7.0 to 8.0 for white-green belts and 8.0 to 9.0 for brown-black belts. If a competitor does not complete a form, he or she will receive the lowest points; 6.0.

Points may be decimalized. The scorekeeper will process the points of individual judges. The total amount of points will be the score for the competitor. When there are 5 judges the scorekeepers will omit the high and low scores. In the event of a draw the highest score are added in. If there is still a draw the lowest scores are added in.

4.7. Judging criteria

- Charisma
- Difficulty level.
- Balance
- Coordination
- A technical mistake or hesitation will result in deduction of points. If a competitor is unable to complete a form, he or she will be given the opportunity to perform it for the second time. However, points will be reduced to 6.0 (white-green) or 6.0 (brown-black).

The Judges will watch the first three competitors perform before awarding their scores. Once the first three competitors have been awarded their scores, the remaining competitors will be scored immediately after their performance. It is suggested that judges keep record of the scores awarded to alleviate any discrepancies in scoring.

4.8. Decision, Final Ranking and Tie-Breaking Procedure

A definitive winner must be determined for every division, regardless of the number of participants in that division.

If two participants have the same total score at the conclusion of judging, the tied participants shall perform their kata again.

Following the re-performance, each member of the jury shall cast an independent and anonymous vote. The participant receiving the majority of votes shall be declared the winner.

The decision of the jury shall be final and binding and shall result in a definitive final ranking within the division. Therefore, under no circumstances shall a division conclude without a first-place winner being awarded.

Note: *If three participants have the same total score at the conclusion of judging and such tie affects the final ranking, the tied participants shall perform their kata again. The jury shall evaluate and score the performances in accordance with the applicable judging criteria. If the re-performance results in a clear ranking, those scores shall determine the final classification.*

4.9. Team Form Division

A team may consist of 2 to 4 participants. The Team Kata competition shall be conducted in exactly the same manner as described in Sections 4.1 through 4.8, with the exception of Section 4.2.

The entrance procedure shall be the same as in the Individual Kata competition. The only difference concerns the introduction to the judging panel. The Team Captain shall introduce the team and clearly announce all required information to the judges in a loud and clear manner.

The Manner of Competition is as follows:

1. The team is called and must report to the competition area.
2. The team bows and then enters the competition area.
3. The team bows to the judging panel while in the attention stance. The Team Captain clearly announces the team name and the form to be performed.
4. The team begins the form.
5. Upon completion of the form, the team shall remain in the competition area until instructed otherwise by the judging panel.
6. Following a signal from the judging panel, the team may leave the competition area.

4.10. Family Form Division

A team may consist of between 2 and 4 people including at least one parent and one of their children. There must be at least one team member present under the age of 18.

There will be 2 separate divisions: 1. All team members are martial arts students, and 2. At least one team member is not a martial arts student.

The rules of the Family team form division are the same as the team form rules.

5. Self Defence Techniques

5.1 Self Defence Rules

- A minimum of four techniques is required. The minimum content must have at least one against a grab, one against a punch, one against a kick and one against an object (a club or knife). They shall be performed slowly and then at street speed.
- Knives may not be used in children's divisions.
- The re-use of weapons is permitted only in the Adult Brown Belt and Black Belt divisions. Participants in the White Belt through Green Belt divisions may not re-use a weapon that has been disarmed from an attacker.
The re-use of weapons is not allowed in all Children's divisions (17 years of age and under), regardless of rank. Re-using a weapon in the Children's divisions as well as in the adult white to green belt divisions is considered a foul (6.0).
- The techniques may be performed with each technique individually at both speeds or all together in slow motion and then at street speed.
- Competitors shall be judged on execution, effectiveness, practicality and overall presentation. In case of theaterally performed, realism includes environment, distances, placement of the defender, etc. Wrong placement, e.g. giving the back to an opponent, may be considered fatal mistake (6.0).
- The competitor should endeavour to showcase his/her self and their art.
- Only the individual performing the techniques shall be judged.
- No music is allowed.

5.2. Children's Division Attacker Age Requirement

In all Youth Divisions, the performer may only be attacked by participants who are 17 years of age or younger. If it is determined that one or more attackers are 18 years of age or older, a penalty of 0.3 points shall be deducted from the participant's final score.

5.3. Manner of Competition

- The competitor is called, after which he or she has to report to the mat, together with the attacker(s).
- The competitor and attacker(s) bow and then enter the mat
- The competitor salutes the panel and announces his or her name clearly.
- After permission from the judges, the competitor starts his/her techniques
- After completing the techniques, the competitor remains on the mat until the panel has spoken
- After a gesture by the panel the competitor may leave the mat

5.4. Time limit

After a competitor has been given permission to start, the competitor has 3 minutes to complete the techniques.

5.5. Equipment of Competitors

Competitors must wear an appropriate uniform, including a belt in the colour that represents their level. Jewellery and any other additions to the appropriate Kenpo uniform are not allowed. Any competitor that shows up at the field without the proper equipment has one minute to correct this. If the competitor does not succeed to do so, he or she will be disqualified from this division.

5.6 Not Showing Up

At the start of a division, announcements will be made for the competitors to report to their designated rings. The announcements are made at least 3 times. Competitors who do not report to the ring within 1 minute after the 3rd call, will be disqualified from that particular division.

5.7. Number of officials per ring

Every panel consists of 3 officials. In the Black Belt divisions every panel consists of at least 3 but preferably 5 judges.

5.8. Point system

All members of the panel will award points varying from 7.0 to 8.0 for white-green belts and 8.0 to 9.0 for brown-black belts. Points may be decimalized. The scorekeeper will process the points of individual judges. The total amount of points will be the score for the competitor. When there are 5 judges the scorekeepers will omit the high and low scores. In the event of a draw the highest score are added in. If there is still a draw the lowest scores are added in.

5.9. Judging criteria

- Charisma
- Difficulty level
- Balance
- Coordination
- A technical mistake or hesitation will result in deduction of points. If a competitor is unable to complete a technique or technique sequence, he or she will be given the opportunity to perform it for the second time. However points will be reduced to 6.0 (white belt – black belt).

The Judges will watch the first three competitors perform before awarding their scores. Once the first three competitors have been awarded their scores, the remaining competitors will be scored immediately after their performance. It is suggested that judges keep record of the scores awarded to alleviate any discrepancies in scoring.

5.10. Decision, Final Ranking and Tie-Breaking Procedure

The same rules apply as set forth in Section 4.8.

6. Freestyle Sparring- Light-Continuous

Brief summary:

Light-continuous freestyle (LC) is a standing sparring system derived from the point-stop variant, but where both participants do not have to stop after each point made. A standing fight with the use of boxing gloves (10oz.*) in combination with foot protectors plus loose shin guard, a groin cup, mouthguard and a head protector helmet. For female competitors a chest guard is mandatory. A match contains light-contact punches and kicks to body and head.

**Important note;* the 10oz. gloves are mandatory for each match in every division. Heavier gloves are NOT permitted. When a participant enters the mat with the wrong weighted gloves, he/she gets 2 minutes to make the change for 10oz. gloves.

The head referee (referee on the mat itself) acts in this system as the person who controls the match with a main decisive function in the field of safety, warnings and the course of the match. The head referee has the right to interrupt the match if necessary in accordance with the rules below.

Light-continuous freestyle is open to participants aged 16 and up from advanced level to expert level (brown to black belt level). Of course divided into their own divisions as indicated in the general competition regulations of IKKA Europe.

6.1 Permitted techniques

- Light-contact techniques to body and head (no elbows , knees and spinning backfist)
- Snap punches; direct or circular
- Kicks (circular and downward) to the side of the head
- Roundhouse kicks with a short right angle effect or lower leg retraction at the moment of contact.
- All kicks to the body (not to the back and legs)
- Foot sweeps (boot to boot)

6.2 Fouls

- Grabs and/or clinching
- Punches or kicks to the groin
- Direct front kick (thrusting /snapping front kick) to the face
- Thrusting side kick to the face
- Striking through or 'cutting through' punches
- Knees
- Holds or grabs
- Pushes
- Kicks to the legs
- Excessive Contact
- Excessive contact is made when an opponent strikes with force in excess of what is necessary to score a point. Though it is largely a judgment call, indications that contact has been excessive may be accessed by the following reactions:

- A knockdown of an opponent (not recklessly charging into a technique or occurring in instances where the fallen party either fell, slipped, or was off balance).
- A knockout of an opponent.
- The appearance of severe swelling or bleeding. (Bleeding or other obvious external injury may in itself be grounds for excessive contact if it is considered the fault of a competitor) (Bleeding, however, does not necessarily imply excessive contact).
- Wild swinging of limb.

6.3 Other general rules

All techniques must be clear and clean with no excessive contact to be counted as a point.

Clean means; not on an arm/leg and not by bouncing off the defender's cover with.

The contestant must enter the fight. Avoiding/running away can lead to a warning. Dodge is not covered by this rule and is allowed.

All techniques must be performed above the belt to be counted as a point.

Jumping techniques are allowed, as long as they are not performed in full contact. The withdrawal of the techniques used is always the guiding principle within light- continuous combat.

6.4 Scoring

1 point:

- Punches to body and head
- Kick to body

2 points:

- Kick to the side of the head
- Jumping kick to body (at the moment of contact, the standing leg must be visibly raised from the ground).
- The points are kept and added up by corner referees using hand counters (clickers).

6.5 Match Duration

1 round of 2 minutes. In the event of a tie; an extra round of 1 minute will be played, starting again with a score of 0-0. If there is still no result after this, all corner referees simultaneously and anonymously declare the winner from their own corner on the command of the chief referee. The majority of the vote declares the winner of the match.

6.6 Team of referees and their task

The team of referees consists of a Head Referee + 3 Corner Referees

Corner Referees: The corner referees register, via two hand counters, all well- placed kicks/punches during the fight.

Head referee: Judges and guarantees the fight. Intervenes when a participant has been knocked down and is therefore unable to defend himself at that moment. Unlike full- contact, KO is not allowed, so the other contestant cannot and should not follow up with techniques to KO the fight. Play time must be stopped at the last.

The Head referee also decides and indicates whether a point should be deducted after a warning and how many points that should be. All corner referees must follow this.

Note: all minus points are converted into plus points for the opponent on the hand counter.

6.7 Penalties and Points

In case of violations, the head referee is allowed to give an official warning. He can discuss the matter with the corner referees if that is needed. To give an official warning, the head referee needs to do the following steps:

Call for a time out

Hold the wrist of the competitor

Face towards all corner referees separately

Give the official warning along with the amount of point reduction by using the fingers of his/her other hand and making a downward hand gesture.

The penalty for an official warning are (in this order):

- 1st warning = 1 minus point
- 2nd warning = 2 minus point
- 3rd warning = disqualification

Note: all minus points are converted into plus points for the opponent on the hand counter.

The Head referee can also immediately disqualify the competitor in case of a gross violation. Even after a single official warning. All with permission after consultation, and only then, with the arbitrator and /or together with the corner referees.

Only penalties are listed on the scoringboard.

6.8 Assessment

When the time has elapsed, the Head Referee asks the 3 Corner Referees to simultaneously declare the winner by raising the arm with the colored wristband of the contestant who has the most points on that counter. The corner referees may remain in their respective corner. There is no sitting on the chair at the time of the assessment.

The winner is the one who has the most votes
(eg. 2 or 3 corner referees have the same color).

In case of a tie an extension follows. A tie is indicated as follow; the corner referee crosses his/her arms in front of the face or chest. Examples of a tie:

1x red, 1x blue and 1x equal

1x red (or blue) and 2x equal

All 3 referees equal

See paragraph 6.5 for following extension.

6.9 How a participant can win

By decision on points

By submission 'giving up' by the opponent

After a TKO.

When the Head referee has to count to 10 for the opponent twice.

6.10 Participant equipment and clothing

Competitors must wear an appropriate uniform as prescribed by their organization. This includes a belt in the colour that represents their level. The following safety-equipment is mandatory:

- Mouth guard – A properly-fitted mouthpiece is required.
- Groin guard – All competitors must wear a groin guard
- Safety boots – A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot
- Safety gloves – a soft padded, surface must cover the fingers, wrist and any striking surface of the hand. The use of bag gloves is not permitted.
- Head guard – The front, sides and back of the head must be covered by a soft padded surface. Facemasks are optional but not required
- Chest guard is obligatory for female competitors
- Shin guards. These must be made of soft material.
- Jewellery and any other additions to the appropriate uniform are not allowed.

Any competitor that shows up without the proper equipment has one minute to correct this. If the competitor does not succeed to do so, he or she will be disqualified from the division.

7. The IKKA Europe special competition awards

The KENPO GLADIATOR AWARD

Is won by the athlete who participates in the traditional forms of Kenpo, self-defense and sparring competition. The athlete with the highest score wins. 1st place 10 points 2nd place 7 points 3rd place 5 points, 4th place 3 points, 5th place 1 point.

The LARGEST GROUP AWARD

Is won by the instructor who brought the largest number of students to the Championships.

The HIGHEST RATIO AWARD

Is awarded to the school with the highest ratio of students who achieve 1st, 2nd, or 3rd place in their respective divisions. This award recognizes overall team performance relative to participation and is not awarded to the school that wins the highest number of medals.