

Open Hand / Weapon Performance

During Forms/Weapons, competitors are judged and scored based on the following criteria:

- Stances
- Technique
- Transitional Movement
- Timing and Synchronization
- Breathing
- Control
- Focus
- Conformance: as consistency in performance and demonstration to the actual movements as performed in the form
- Strength
- Speed
- Balance

Point Sparring

Underbelt | Ages 12-and under

1 minute rounds

First to 3, or the most points at the end of the round, wins.

Points are awarded for successful strikes with clear intent and control. All legal techniques are worth one (1) point.

Legal Target Areas: Head (where padding is), chest, torso and abdomen

Illegal Target Areas: Spine, back of head, throat, sides of neck, groin, legs, knees and back are all illegal target areas.

Non-Target Areas: Hips, shoulders, buttocks, arms, and feet are all non-target areas. Points cannot be scored to non-target areas.

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.

Illegal Techniques: Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on hard surface floors, ground fighting on hard surface floors, any stomps or kicks to the head of a downed opponent, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Continuous Sparring

Underbelt | Ages 13-17

2 min rounds

First to 5 points, or the most points at the end of the round, wins

Adult and Black Belt Divisions

2 min rounds

First to 7 points, or the most points at the end of the round, wins

Scoring criteria is as follows

- Dominance: Which fighter is controlling the fight and using proper technique?
- Effective Striking: Number of legal, well-executed strikes
- Damage Control: The more damage a strike does, the more it may factor in the round's score
- Knockdowns: No Knockdowns
- Referee's Decision: Judges may decide based on form or overall fighting spirit.

Points are awarded for successful strikes with clear intent and control. Typically, the point structure is as follows:

- 1 Point: A punch to the body or head
- 2 Points: A kick to the body
- 3 points: A kick to the head

Legal Target Areas: Head, Face, chest, torso and abdomen

Illegal Target Areas: Spine, back of the head, throat, sides of neck, groin, legs, knees and back are all illegal target areas.

Non-Target Areas: Hips, shoulders, buttocks, arms, and feet are all non-target areas. Points cannot be scored to non-target areas.

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