

IKKA Europe

Rulebook



World Kenpo Championships

Ed Parker's Kenpo Karate

Version 2024/1.1



1. Definitions

Events Group: This is the committee set up by IKKA Europe to organise IKKA Europe events including the IKKA-Europe World 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 / area. 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 / Area

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 / area. 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 events group can at any times 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. A competitor must enter the division corresponding to his/her age, sex, and belt colour.

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 division is organized and the first competitor begins, there will be no additional entries. If a



competitor comes late but the first competitor has not started, he/she may be permitted to compete at the sole discretion of the Events Group but must compete first and immediately.

The order of the performance will be predetermined. Switching the order of performance is generally not allowed between competitors. In sparring events the order may be switched in the first round only if two competitors from the **same school** have been drawn to fight each other.

The order of performance of the grand championship rounds will also be determined by the Events Group.

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, following a request by the competitor's school leader.

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 Point Sparring Rules

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 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 are not mandatory but are highly recommended. 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 & 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. 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.

3.4. 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 competitor has a protest about anything, he/she should make the protest to the referee. 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.

3.5. 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.

3.6. Late Entries

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.

3.7. Contact Levels Defined

- **Focus:** means the strike stops short of contact. Focus contact to the head 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:
 1. Visible snapping back of a competitor's head from the force of a blow.
 2. 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).
 3. A knockout of an opponent.
 4. 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).**
 5. The distortion or injury of the body from the force of a blow to the body.
 6. 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.

3.8. 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).

3.9. 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 if 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.

3.10. 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.

3.11. Grand Championships (adult black belts only):

Preliminary Matches: Accumulated points in one 2-minute round

Final Match: Accumulated points over two 2-minute rounds

3.12. 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.

3.13. 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.

3.14. 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.

3.15. 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



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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.





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

4.1. Form 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 6 and below

In the traditional Kenpo Karate form divisions only unarmed forms from the Parker System may be used (short form 1 to form 6). Forms or sets that are not part of the competitors own standard training content may not be performed. No music is allowed.

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 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. Running of Competition

- The competitor is called, after which he or she has to report to the mat
- The competitor bows, then enters the mat area
- 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.
- The participant starts the form.
- After completing the form, the competitor remains on the mat until the panel has spoken
- 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 area 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 at least 3 but preferably 5 judges

4.6. Point system

All members of the panel will award points varying from 5 to 8 for white-green belts and 6 to 9 for brown-black belts. If a competitor does not complete a form, he or she will receive the lowest points, 5.0 or 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.

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



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the opportunity to perform it for the second time. However, points will be reduced to 5.0 (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.



5. Self Defence Techniques

Rules

- **No Music is allowed**
- **Adults may not act as attackers in divisions for children aged 12 years and under**
- **Knives may not be used in children's divisions**
- **Weapons used by attacker(s) may only be re-used in adult divisions**
- **A minimum of four techniques is required. The minimum content must have at least one against a grab, one against a punch and one against a kick. They shall be performed slowly and then at street speed.**
- **The techniques may be performed with each technique individually at both speeds or all techniques together in slow motion and then at street speed.**

Point system

Each member of the judging panel will award points varying from 5 to 8 for white to green belts and 6 to 9 for brown and black belts. Points may be decimalized. The scorekeeper will total the points of individual judges. 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.

Judging criteria

Charisma
Difficulty level
Balance
Coordination
Execution
Effectiveness
Practicality
Presentation



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The judges must only award marks for the individual performing the techniques and **not** for attackers.

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 5.0 (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 they award to alleviate any discrepancies in scoring.



6. Kenpo Freestyle 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.

NB. 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



NB. 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.



Guide for officials for distribution to each ring



The following pages
contains information
that will be made
available to all rings.



Individual freestyle – Junior (under 18 years)

There will be one referee and two or four judges. An experienced official acts as referee. The referee is responsible for the safety of the competitors in their rings. All legal techniques that score result in **one point** being awarded to the scoring competitor. All penalty points awarded result in **one point** being awarded to the non fouling competitor. In **Black Belt divisions** the competitor who scores **seven points** automatically wins. If no one scores seven points by the end of **one minute thirty seconds**, the competitor who is ahead wins. In all other freestyle divisions, the competitor who scores **five points** automatically wins. If no one scores five points by the end of **one minute thirty seconds**, the competitor who is ahead wins.

How Points are Awarded

Scoring points are awarded by a majority vote of the officials. The judges and referee do not have to agree on the same technique being scored, only that a point was scored. However, all officials must vote at the same time. The referee should ignore late calls.

Legal Target Areas	Illegal Target Areas (attacks to these areas can result in a warning and/or penalty points)	Non-Target Areas (Points cannot be scored to non-target areas. A warning and/or penalty point may be awarded.)
covered area of head, ribs, chest, stomach, abdomen, kidneys	neck, throat, face, Spine, groin, legs	Hips, top of head , shoulders, buttocks, arms, feet

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.

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 of the uniform, gear or any part of the body. Any violation of these rules 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 is not legal. A fighter is down when any part of the body, other than the feet is touching the floor.



Individual freestyle – Adults (White to Green)

There may be three or five officials comprising one referee and two or four judges. An experienced official acts as referee. The referee is responsible for the safety of the competitors in their rings. 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. 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.

How Points are Awarded

Scoring points are awarded by a majority vote of the judges. The judges do not have to agree on the same technique being scored, only that a point was scored. However, all judges must vote at the same time. The referee should ignore late calls.

Legal Target Areas	Illegal Target Areas (Any attacks to these areas could result in a warning and/or penalty points)	Non-Target Areas (Points cannot be scored to non-target areas. A warning and/or penalty point may be awarded.)
covered area of head	Spine,	Hips
ribs, chest, Stomach, abdomen, kidneys, groin	neck, throat, face, legs	top of head, shoulders, buttocks, arms, feet

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 sweep are permitted.

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 of the uniform, gear or any part of the body. Any violation of these rules 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 (if 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. All dropping to the floor deliberately on a hard surface is not legal. A fighter is down when any part of the body, other than the feet is touching the floor



Individual freestyle – Adults (Brown and Black belts)

There may be three or five officials comprising one referee and two or four judges. An experienced official acts as referee. The referee is responsible for the safety of the competitors in their rings. All legal techniques that score will be awarded one point to the scoring competitor. All penalty points awarded will be **one point** value to the non fouling competitor. In Black belt divisions the competitor who earns **seven points** automatically wins. If no one scores seven points by the end of the **two minutes**, the competitor who is ahead wins. In Brown belt divisions the competitor who earns **five points** automatically wins. If no one scores five points by the end of the **two minutes**, the competitor who is ahead wins.

How Points are Awarded

Scoring points are awarded by a majority vote of the judges. The judges do not have to agree on the same technique being scored, only that a point was scored. However, all judges must vote at the same time. The referee should ignore late calls.

Legal Target Areas	Illegal Target Areas (Any attacks to these areas could result in a warning and/or penalty points)	Non-Target Areas (Points cannot be scored to non-target areas. A warning and/or penalty point may be awarded.)
Face (light contact only) and covered area of head	Spine	Hips
ribs, chest,	neck,	top of head, shoulders
Stomach, abdomen	throat	buttocks,
groin	legs	arms
kidneys		

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 sweep are permitted.

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 of the uniform, gear or any part of the body. Any violation of these rules 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. All dropping to the floor deliberately on a hard surface is not legal. A fighter is down when any part of the body, other than the feet is touching the floor.

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.

How Points are awarded

Scoring points are awarded by a majority vote of the officials. The referee and judges do not have to agree on the same technique being scored, only that a point was scored. However, all officials must vote at the same time. The referee should ignore late calls.

Legal Target Areas	Illegal Target Areas (Any attacks to these areas could result in a warning and/or penalty points)	Non-Target Areas (Points cannot be scored to non-target areas. A warning and/or penalty point may be awarded.)
Face (Adult Brown and Black belts light contact only) and covered area of head, ribs, chest, kidneys, Stomach, abdomen, Groin (Adults events only)	Throat, legs, Spine, neck, Groin (Junior events), face (White to green belts and all juniors)	Hips, top of head, shoulders, arms, buttocks

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 sweep are permitted only in senior 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 of the uniform, gear or any part of the body. Any violation of these rules 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. All dropping to the floor deliberately on a hard surface is not legal. A fighter is down when any part of the body, other than the feet is touching the floor.

Freestyle Sparring 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 for the next 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 to be severe enough by the referee, he/she can omit the first warning and issue a penalty point automatically. 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 of a fighter being unable to continue because of a no-fault injury, 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).

Out-of-Bounds

A competitor is out-of-bounds **as soon as he/she has at least one foot outside of the boundary line**. **The referee must stop the match upon any 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 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.



Sparring (individuals)

There is only one point awarded at a time regardless of the target. Both points and warnings need to be accumulated. When seven points (Black belts) or five points (all other competitors) have been reached ensure that the match is halted.

Sparring (teams)

All points are accumulated and the bout is only halted when time has been called or there is a disqualification.

It should be noted that there is no 4th place in any of our **sparring divisions**. We will award joint 3rd positions which will save time on the day.

From time to time both time and score keeper functions may be performed by just one person.