

American Kenpo Rules Last updated February 9th 2008

COMPETITOR'S RESPONSIBILITIES

It is the full responsibility of the competitor to know all the rules of the tournament and be ready in his/her competition uniform at ringside when his/her name is called.

PROOF OF AGE

A copy of the birth certificate for 17 & under competitors should always be ready to be presented in the case of need for verification of age. You should carry proof with you at all times. If you do not provide proof of age within 2 minutes when requested, you will be disqualified.

UNIFORM

All competitors must wear a complete (top and bottom) traditional or professional sport karate uniform in good state of repair. A competitor with offensive words or artwork on the uniform may be denied the privilege of participation. The appropriate color belt must be worn in competition.

SCORING SYSTEM & TIME

Brown Belt and Under – All non-sparring divisions (Forms, Self defense) score will be 60 to 80 (3 minutes). If 5 Officials are used, The high and low score will be dropped. The three remaining scores will be added together and that will be the competitors score. When 3 Officials are used no scores are dropped and the total of the three scores is the competitors score. When there are 5 or more competitors in a division, the first 3 perform then they are scored to set an average score, the remaining contestants will be scored Individually as they perform. By keeping notes of your scores you will have 60 combinations of scores available to be given.

Black Belt Form – Must have 5 Officials in all form divisions. The base score will be 90 to 100. When there are 5 or more competitors in a division, the first 3 perform then they are scored to set an average score. The remaining contestants will then be scored individually. Making sure that you give each competitor a different score there are 30 combinations of scores available

LATE ENTRIES

(Not there or not ready when name is called.) No late entry once the division has started. No one will be allowed in - NO EXCEPTIONS. There will be no refund if you miss your division. In the case that the competitor's name is called and he/she is not there or not ready to perform, he/she is allowed a total of 2 minutes to present himself. After 2 minutes, the competitor will be disqualified. Not ready when name is called during the 1st minute there is no penalty. After 1 minute, there will be a 5 points deducted from the total score. After 2 minutes, any competitor in violation will be disqualified.

IN THE CASE OF A TIE

Forms (5 Officials or 3 Officials) – In color and black belt divisions in¹ the case of a first place tie and grand champion black belt, competitors must perform again. If they tie again, they must perform a different form. If they tie again, the judges will point to the competitor that they feel should win. Majority rules to choose the winner. In the case of a tie for 2nd place or lower, 5 officials - the low score shall be added in. If for any reason both scores added in is a tie, The high score is then added in, if the scores are still tied both competitors will perform again with the same form. If they tie again, the judges will point to the competitor that they feel should win. Majority rules to choose winner. 3 officials - competitor with the higher low score is the winner. Example: if competitor A's lowest score is 93 and competitor B's lowest score is 92 then competitor A is the winner. If the low scores are the same then the player with the highest high score is the winner in the case that all scores are the same the judges will point to the competitor that they feel should win. Majority rules to choose winner.

STARTING OF FORMS OVER

Color Belt – If the competitor has to restart, officials will score the competitor as if there was not a mistake. Orange and under, no deduction for first restart. Purple and above , the scorekeeper will deduct 5 points from the total score. A competitor may only restart once. The second time he will receive the lowest base score as their score. It is important that the center referee discuss this with the judges and the scorekeeper.

Black Belt – Competitors may perform again but they will get no score.

RULES OF SELF-DEFENSE

1. Competitors shall be judged on execution, effectiveness, practicality, and overall presentation.
2. The competitor should endeavor to showcase his/her self and their art.
3. Only the individual performing the techniques shall be judged.
4. Competitors may perform all 3 techniques simultaneously or execute each technique one at a time.
5. Street attackers may be anyone who has paid his/her way into the tournament as a competitor/ spectator.
6. Only the individual who is being judged is required to pay a competitor's entry fee.
7. Although props are acceptable, no music is allowed.

SPECIFIED REQUIREMENTS FOR EACH BELT LEVEL

1. White to Green Belts – 3 required techniques: 1 punch, 1 grab, and 1 kick; slow, then street speed. (May be performed with each technique individually at both speeds or all 3 together slow motion and then at street speed.) The time limit is 3 minutes. Up to 3 attackers may be used.
2. Brown Belts – 3 required techniques: 1 punch, 1 grab, and 1 kick; slow, then street speed. (May be performed with each technique individually at both speeds or all 3 together slow motion and then at street speed, with the option of 2 more techniques.) Weapons may be used; however, you may not use a weapon that has been disarmed from an attacker. Time limit is 4 minutes. No more than 3 attackers.
3. Black Belt – 3 required techniques: 1 punch, 1 grab, and 1 kick; slow then street speed. (May be performed with each technique individually at both speeds or all 3 together slow motion then at street speed, with the option of 2 more techniques.) Weapons may be used and you may use a weapon that has been disarmed from an attacker. Time limit is 5 minutes. No more than 5 attackers.

RULES OF FORMS

1. All contestants shall be suitably attired when competing. They will be allowed to wear a uniform that is appropriate to their style or system but their uniform can in no way be harmful to themselves or to their opponents.
2. It is the promoter's option to divide and separate divisions based on ages, rank and sex. Such choices shall be governed to allow fairness among contestants.
3. The martial artist shall display control, style, ease, and exactness throughout his or her performance. Mastery of his or her routine will be keenly scrutinized. Based upon these qualities, officials shall critically judge each competitor for their posture, spirit, concentration, continuity, crispness, and proper technique.
4. Five officials shall be engaged to judge and score each performing artist. They shall remain as officials throughout the duration of their ring assignment to insure that the scores will be consistent and evenly balanced. The center Judges shall sit at the front of the ring in the center the other four judges shall sit at each of the four corners
- 5.. Forms shall be based on the following criteria:
 - a) Balance - Particularly during transitions and between techniques.
 - b) Stance work - Each stance shall demonstrate a measure of consistency. Height, width, depth, and balance throughout each routine shall be scrutinized.
 - c) Focused Power - Techniques must be concentrated and visually powerful.
 - d) Fluidity - The transition between techniques must flow with uninterrupted continuity.
6. The order of competition shall be by random draw for all ranks.

7. No competitor shall be allowed to switch, change, or compete in any division other than his/her specific category.
8. It is mandatory that an arbitrator or Center judge verify kata scores, before the winners are announced in the ring.
9. No-late entries after the division has, started. No one will be allowed in. No exception, unless so designated by the event coordinator.

FREESTYLE SPARRING

1. Each competitor must be physically prepared and suitably dressed for competition. A uniform, appropriate to a competitor's style or system, shall be clean and in good repair. No jewelry or hats shall be worn.
2. Safety equipment (gloves, foot pads, head gear, mouth guards, and groin protector) is mandatory in all freestyle divisions. Only "FOAM DIPPED TYPE" safety equipment shall be allowed other than groin protectors. Tape will not be allowed on contact areas of the safety punch or kick.
3. Competitors are expected to conduct themselves according to the standards of a true martial artist. Violations would include: any disrespect toward the judges or referees or promoter, any name calling, or purposely creating an unsafe match in any way.
4. Rude vulgar, disrespectful, or abusive behavior on the part of a competitor shall result in immediate disqualification.
5. In the line up: if by chance 2 fighters from the same school are paired off during the first round, every effort shall be made to correct this. No changes will be made after the 2 round begins. Please advise your students to stay at least 4 competitors apart from fellow students.
6. No late entries once the division has started. No one will be allowed in. No exceptions, unless so designated by the Arbitrator.
8. A competitor shall not be allowed to converse with any one during the course of a match, with the exception of the referee or arbitrator. When wishing to consult with the designated officials, he or she must do so in a courteous and respectful manner and shall be limited to requesting information regarding injury, equipment, point confirmation, point clarification, time remaining, or for an official decision, or rule verification. Communications with coaches or spectators are prohibited.
9. No coaching shall be allowed from the sidelines. Coaches must be in coaches' box. Instructors and fellow students are not to attempt to influence the officials in the decisions. The exception to this rule shall be in the instance of a Grand Championship match. One (1) person may coach an individual between rounds.
10. No competitor may compete in a sparring division if they are a licensed, professional fighter. This applies to any one from any state who has held a license or fought within 1 year of the IKC tournament date.
11. For individual matches only, in the event a fighter is unable to continue (usually due to injury), the match is considered forfeited and the fighter disqualified depending upon the circumstances.
12. No competitor shall be allowed to switch, change, or compete in any division other than his/her specified category.
13. The promoter reserves the right to refuse eligibility to any contestant who does not fit the guidelines of competition.

CONTROL OF THE RING

1. The center referee will be responsible for the general supervision of the matches and for the performance of the corner judges. He or she will enforce the rules in the interest of fair play, and promote safety among contestants. Only he or she shall start and stop the matches, to award points (through administrative voting), declare the winner, or render a ruling.
2. It takes 2 officials (if 3 officials are used) to call a point or face contact that can end in a penalty.

3. Point calls shall be made by a red or white flag. Confirmation of a specific technique is not necessary. When a corner judge sees a point, his or her responsibility is to yell point. The Center Referee shall then stop the competitors and call for flags. All 3 officials are to raise the flag of their choice simultaneously. NO JOHNNY COME LATELY, or ME TOO. Majority rules.

4. Flags will be raised only when the center referee calls for them. NO LATE FLAGS WILL BE ALLOWED.

5. In the event of an exchange, wherein a point and a penalty occur at the same time, each technique will be evaluated separately. The officials shall then award a point or render an infraction accordingly. If a competitor commits a penalty because of contact and scores a point in the same clash, the penalty shall take precedence. In this case the points will not be awarded. The penalty rule shall be enforced instead. However, a person can score a point and be awarded a point for a penalty from the other player (being hit in the face) during the same exchange.

6. Each elimination match shall be conducted by at least: 1 center referee, 2 corner judges, 1 timekeeper, and 1 scorekeeper. An arbitrator shall be available at all times. During crucial matches and during the finals, the promoter may assign 1 referee, 4 judges 1 timekeeper, and, 1 scorekeeper. When 5 officials are used, it shall take 3 judges to call a point or contact penalty.

7. If an official is affiliated with a competitor and potential influence or prejudiced by that affiliation, he shall be required to remove themselves for the duration of the match. Generally, officials shall not be replaced.

8. The length of a match shall be for 2 minutes or until one competitor scores 5 points, whichever comes first. However, in the case of the Grand Championship, matches shall consist of 1 2-minute round, with cumulating points, penalties, and fouls.

POINTS, TARGETS & TYPE OF CONTACT

1. The target areas shall be the body (chest, stomach, and sides), groin, kidney, and with qualified focus, the face (strikes to the back of the head must be aimed above the ears). Top of the head is not a target.

- a) All techniques hand or foot will score 1 point for all ages and all belt levels
- b) Grabbing is allowed with immediate follow up technique. 2 second time limit
- c) In the event that one or both fighters go to the ground, 3 seconds shall be allowed for either fighter to score a point. The referee will call break.
- d) Running out of bounds When a competitor steps out of bounds,(one foot out is out) the center referee will wait 3 seconds or until both competitors are out of bounds, whichever comes first before stopping the clock and returning the fighters to a neutral position. The offensive competitor may score a point as long as both feet remain in the ring while punching or if one foot is in bounds while kicking. The defensive competitor may not score a point if any part of his foot is on the boundary lines nor will be permitted to move back into the ring and score without both fighters first being brought to a neutral position by the center referee. The inbound fighter shall be given every opportunity to score under the guidelines as long as a competitor's safety is not in question

2. There shall be no face contact in all divisions under BROWN. Only focused strikes SHORT OF CONTACT will be allowed. In the event of a touch, a point will be awarded to the opponent receiving the infraction. Disqualification shall result in the event of a second infraction. Face contact is to be called even if competitors are out of bounds, the regulated time is expired, or after a referee commands a competitor to break or stop the match. There are only two calls when face contact occurs:

- a) There is a touch and a point is awarded to the recipient of the contact.
- b) When significantly more than a touch is rendered, resulting in disqualification.

4. Black Belts shall be allowed light (touch) contact. Excessive contact shall result in immediate disqualification. Only three types of face contact shall be called in this division:

- a) Light touch, which shall constitute a point.

- b) Moderate contact, which shall result in a point being awarded to the opponent receiving the infraction.
 - c) Excessive contact which shall result in immediate disqualification.
5. Overtime, first point wins, no time limit.

PENALTIES FOR FOULS

Penalty points shall be awarded for each infraction (foul) beyond the First warning of a foul. Any second infraction constitutes a point being awarded to the opponent. A contestant can lose on a penalty point. Fouls shall continue even into overtime. Penalties for "Face Contact Fouls" see rules #3 & #4 of contact and targets.

- a) Striking the spine, throat, back of neck, and head below the tops of the ears, or kicking to the leg
- b) Excessive body contact with the intent to do harmful injury.
- c) Sweeps to the rear (or standing) leg no kicking or sweeping against the joints). Sweeps to the forward leg is allowed, boot to boot ONLY.
- d) Sweeping both of the opponent's legs simultaneously.
- e) Attacking the back.
- f) Talking in the ring.
- g) Running out of bounds avoiding the conflict.
- h) Stalling.
- i) Un-sportsman like conduct.
- j) Outside interference.
- k) Coaching
- p) Sweeps other than a boot to boot.
- q) Kicking to the leg(s) (other than boot sweep to the front leg).

The Over All

This is a separate division of it's own, Players will need to compete in Self-defense, Forms and Sparring per the rules criteria for each category. Players will score points towards the Over All title by how they place in each category. First place will score 8 points, each place there after will score 1 less until 1 is awarded to all at 8th place and below. I.E. 2nd 7points, 3rd 6 points, 4th 5 points and so on. At the end of all categories the player with the most point total is crowned the Champion. In case of a tie, all players that share the same score will be called together. The name of the three categories will be placed in a box, the center Judge shall pull the name of a category from the box. All competitors tied will then compete in that category. If sparring is chosen it will be round robin elimination if more that two players are tied. Winner will be crowned Champion.