

# Sparring Rules Only

## **FREESTYLE SPARRING ( Sport Karate)**

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 promoter.
7. The promoter reserves the right to refuse admit any spectator or contestant.
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 LBIKC 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.

## **POINTS, TARGETS & TYPE OF CONTACT**

1. The target areas shall be the body, chest, stomach, sides, 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) Hand techniques will score 1 point for all ages and all belt levels
- b) Front kicks to the body will score 1 point
- c) Front kicks to the head will score 2 points
- d) Spinning back kicks to the body will score 2 points
- e) Spinning back kicks to the head will score three points
- d) Spinning Aerial kicks will score 3 points to any legal target

2. 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 head is no longer a target once one player goes to the ground. The referee will call break.

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3. 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: 1) there is a touch and a point is awarded to the recipient of the contact, or 2) 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. If for any reason a division includes Green Belts along with Brown Belts, Green Belt rules will prevail. If there are only Brown and Black Belts competing, the Brown Belt rules will be utilized. Brown and Black Belts will be matched with their respective rank as often as possible.

6. Overtime, first point wins, no time limit.

### **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 of face contact that can end in a penalty. It takes 1 official to call a foul listed under rule #30.

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 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 and 2 officials to confirm a foul listed under rule #30.

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 a 5 point spread, whichever comes first. However, in the case of the Grand Championship, matches shall consist of 2 consecutive 2-minute rounds, with accumulating points, penalties, and fouls.

## **FOULS**

1. Fouls:

- a) Any technique executed blindly.
- b) Any technique executed in a wild and unsafe manner.
- c) Open hand techniques toward the face.

Joint techniques (moves which work against the joints).

- d) Striking the spine, throat, back of neck, and head below the tops of the ears, or kicking to the leg
- e) Excessive body contact with the intent to do harmful injury.
- f) 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.
- g) Sweeping both of the opponent's legs simultaneously.
- h) Attacking the back.
- i) Talking in the ring.
- j) Running out of bounds Whenever a competitor steps out of bounds, 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.
- k) Stalling.
- l) Un sportsman like conduct.
- m) Outside interference.
- n) Coaching
- o) Turning your back to avoid fighting, or call your own point
- p) Sweeps other than a boot to boot.

- q) Kicking to the leg(s) (other than boot sweep to the front leg).

### **PENALTIES FOR FOULS**

Penalty points shall be awarded for each infraction (foul) beyond the second warning of a foul. Any third 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.

### **JUDGES FLAG SIGNALS**

1. Judges Flag Signals.
  - a) POINT' – Flag held directly to the side at shoulder level.
  - b) NO POINT – Flags crossed and waved in front of the body (arms straight).
  - c) SIMULTANEOUS ATTACK – Flags pointed directly at each other at pectoral
  - d) NOT SEEN – Crossed flags in front of the face.
  - e) WARNING OF A FOUL – Offender's flag held straight down and rotated in a small circle.
  - f) CALL FOR PENALTY POINT – Offender's flag held straight up and rotated in a small circle.
  - g) CALL FOR DISQUALIFICATION – Offender's flag held straight up and rotated in a large circle
  - h) WINNER – Flag of winner held high and vertical above the shoulder.
  - i) DRAW – Both flags held high and crossed above the head.

### **TEAM SPARRING**

The rules for team competition are identical to individual sparring rules (SPORT KARATE), with the following exceptions and additions.

1. The team captain may coach his teammate during the match. In the Peewee division ONLY: 1 adult may be designated as a coach.
2. In the event of a competitor being disqualified, all of the points accumulated by the disqualified competitor during the respective round will be subtracted from the total points of the team, and 2 points will be awarded to the opposing team.
3. In the final match of team competition, the team that is ahead when starting the final match may not win on a disqualification made by them. In the event this should occur, the team match shall be declared a draw and team competition shall go into overtime.
4. In the event one team member is unable to continue (usually due to injury), the opposing team may choose the fighter to fight twice. However, if this should occur before the end of the match, the individual match is over and the opposing team shall be awarded two points.

### **POINT SPARRING (WEST COAST – AMERICAN KENPO)**

The rules for (west Coast – American Kenpo) competition are identical to individual sparring rules (SPORT KARATE), with the following exceptions and additions

- A) All techniques will score 1 point
- B) Groin is an open target for both hand and kicking techniques
- C) Grabbing is allowed with immediate follow up technique. 2 second grab is allowed.
- D) Sweeps are allowed front boot to front boot only.

E) ground fighting is allowed while no takedowns are permitted and simultaneous sweep grab that

results in the opponent going to the ground is a legal technique

F) Time limit is 2 minutes or a 5 point spread

### **CONTINUOUS SPARRING (Hawaiian / Poly)**

1. Center referee has complete control of the ring. There will be no arbitration.
2. Center referee has no vote on winner of the match. 3 judges ringside will decide the winner on a 10-9 point basis Scoring system. Two point kicks, one-point hand techniques. Winner of the most rounds move on until a champion is determined. If one competitor wins the first two rounds, there is no need for a third round.
3. Match length will be
  - For 17 and under 3, 30 second rounds with 15 seconds of rest in between
  - For 18 plus 3, 45 second rounds with 20 seconds rest in between rounds
4. Any attempt to stall between rounds will result in disqualification of player.
5. Any player disqualified is not eligible for the next round.
6. All gear must be foamed dipped.
7. Moderate contact to the body.
8. Light contact to the head.
9. Light touch to the face
10. No takedowns.
11. No ground fighting.
12. No groin contact.
13. No blind techniques.
14. Absolutely no uppercuts, knee strikes, or elbows strikes will be allowed.
15. No techniques against the joints.
16. No contact to the back or spinal area.
17. No more than 6 consecutive punches can be thrown without a break of contact or a kick being thrown.
18. Player may throw as many kicks as they like.
19. Sweeps maybe used only with front leg and boot-to-boot only.
20. Disqualification. The decision rest solely on the center referee's discretion.

# SMA CONTINUOUS SPARRING RULES

## **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.

There is a separate waiver that must be signed prior to competition for all SMA Continuous events

## **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 (Kung Fu, Tae Kwon Do, etc.) 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 or sash must be worn in competition.

## **RING SIZE**

The ring for competition shall be 20' x 20' minimum with or without rope barrier. Rings with no rope barrier must have at least a 6' border around the 20' x 20' competition area. Judges seats are to be positioned at 3 sides of the ring area with clear unobstructed views of the competition area.

## **CONTINUOUS SPARRING RULES OF COMPETITION )**

1. Center referee has complete control of the ring. There will be no arbitration.

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.

2. Center referee has no vote on winner of the match. 3 judges ringside will decide the winner on a 10-9 point basis Scoring system. Based on the competitor scoring the most strikes at target areas during each round. The match is won by the competitor who wins the most rounds.

3. Match length will be (3) 1-minute rounds. For eliminations and (5) 1-minute rounds for the Championship matches, with a 30-second rest in-between rounds.

4. Any attempt to stall between rounds will result in disqualification of player.

5. Any player disqualified is not eligible for the next round.

6. All gear must be foamed dipped.

7. Moderate contact to the body.

8. Moderate contact to the head.

9. Light touch to the face

10. No takedowns.

11. No ground fighting.
12. No groin contact.
13. No blind technique
14. Absolutely no uppercuts, knee strikes, or elbows strikes will be allowed.
15. No techniques against the joints.
16. No contact to the back or spinal area.
17. No Limit of consecutive punches can be thrown without a break of contact or a kick being thrown.
18. Player may throw as many kicks as they like. But must throw a minimum of 4 kicks per round
19. Sweeps maybe used only with front leg and boot-to-boot only.
20. Disqualification. The decision rest solely on the center referee's discretion. Malicious conduct will not be tolerated

### **POINTS, TARGETS & TYPE OF CONTACT**

1. The target areas shall be the body, chest, stomach, sides, 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) Hand techniques will score 1 point for all ages and all belt levels
  - b) Front kicks to the body will score 1 point
  - c) Front kicks to the head will score 2 points
  - b) Spinning back kicks to the body will score 2 points
  - d) Spinning Ariel kicks will score 3 points to any target

### **FOULS**

1. Fouls:
  - a) Any technique executed blindly.
  - b) Any technique executed in a wild and unsafe manner.
  - c) Open hand techniques toward the face
  - p) Striking the spine, throat, back of neck, and head below the tops of the ears, or kicking to the leg
  - q) Excessive body contact with the intent to do harmful injury.
  - r) Attacking the back.
  - s) Talking in the ring.
  - t) Running out of bounds whenever a competitor steps out of bounds, 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.

- u) Stalling.
- v) Un sportsman like conduct.
- w) Outside interference.
- x) Coaching
- y) Turning your back to avoid fighting, or call your own point
- z) Kicking to the leg(s)

### **PENALTIES FOR FOULS**

Penalty points shall be awarded for each infraction (foul) beyond the second warning of a foul. Any third infraction constitutes a point being taken away from the competitor's total score for that round. A contestant can lose on a penalty point. Fouls shall continue even into overtime.

These are the SMAA Rules of competition for the Sport Year of 2007. These rules can only be overridden by the Event Promoter by replacing them with specific rules of competition being posted. Please be sure to check with the promoter of any event you compete at to receive the complete rules of competition that they would be using.