

International Karate Championships
SKL Padded Stick Sparring Rules 2024

Padded weapons sparring:

- 1) 1- 2 minute round or first to 12 points
- 2) 1 - point strike to limbs (arms & legs)
- 3) 1- point to other player if you drop your weapon
- 4) 2- points to back and torso
- 5) 3- points to head
- 6) Allowed to strike a fallen opponent
- 7) Allowed to strike from the ground
- 8) Call points like in point sparring, first to hit scores.
Officials use fingers and flags to call points

Equipment:

- 1) Must wear head gear, face shield, mouth guard
- 2) Chest gear optional

Infractions:

- 1) Going out of bounds, avoiding the match, interrupting the match, grabbing, holding pushing
- 2) Excessive contact & injury
- 3) Striking after Break
- 4) Striking Groin or neck
- 5) Discourteous behavior