



NSKA

NATIONAL SPORT KARATE AUSTRALIA LTD.

Preface

This rule book has been adapted from the rules gazette by;

- The International Sport Karate Association:
 - Creative, Musical, Extreme, Traditional Forms & Weapons
 - Synchronised Forms
 - Clash Sparring
 - Point Sparring
 - Continuous Light Kick / Light Contact Sparring
 - Self-Defence Demonstration
 - Showmanship Demonstration
 - Sumo
 - Sword Combat / Padded Sword
- The World Breaking Authority:
 - Power breaking
 - Creative breaking
- The International Brazilian Jiu Jitsu Federation / International Sport BJJ:
 - No-Gi Grappling
 - Jiu Jitsu
- The World Koshiki Karate-do Association:
 - Koshiki sparring
- The World Tricking Federation
 - Highest Kick Challenge
 - Spinning Kick Challenge
 - Tricking Battles
- Professional Martial Arts Conference Australia:
 - Open Point Sparring
 - Two Person Team Sparring
 - Flag Karate

It has been amended and adjusted to;

- Account for localised legislation, regulations and advice with respect to sport karate competition across Australia.
- Increase the recommended player safety requirements.
- Address National Sport Karate Australia Ltd. member protection and other relevant policy requirements.

Players and Coaches should confirm the version of this rule book in use prior to competition.

This rule book contains the standard rules that all sanctioned National Sports Karate Australia Ltd (NSKA) Sport Karate events are to be conducted in the Oceanic Region, including but not limited to Australia and New Zealand.

When entering competition outside the Oceanic Region, Competitors are advised to ensure they become familiar with the rules with which the competition is being conducted under.

No alteration or adjustments to this rule book will be made within thirty (30) days of any sanctioned event. All alteration and adjustments will be passed by a majority vote of the National Sport Karate Australia Ltd Incorporated Board of Directors. Any alterations or adjustments will be generally communicated by the most appropriate channel as determined by the National Sport Karate Australia Ltd Board of Directors.

TABLE OF CONTENTS

I. GENERAL INFORMATION	
<i>Officials</i>	5
<i>Skill Levels</i>	6
<i>Acceptable Behaviour</i>	7
<i>Legal Age Rule</i>	7
<i>Gender Segregation Rules</i>	7
<i>Order of Competition</i>	8
<i>Weight Rules</i>	8
<i>Tie Break Rules</i>	8
<i>Protests</i>	8
<i>Concussion Rule</i>	9
<i>Injury Rule</i>	9
<i>Knockdown Rule</i>	9
 II. RULES	
<i>Traditional Forms / Weapons</i>	10
<i>Creative Forms / Weapons</i>	12
<i>Extreme Forms / Weapons</i>	14
<i>Chinese Forms</i>	16
<i>Synchronised Forms</i>	17
<i>Tricking</i>	19
<i>Sumo</i>	20
<i>Sword Combat</i>	21
<i>Self Defence</i>	22
<i>Demonstration / Showmanship</i>	23
<i>Flag Karate</i>	24
<i>Point Sparring</i>	25
<i>Two Person Point Sparring</i>	30

TABLE OF CONTENTS

II. RULES	
<i>Clash Sparring</i>	35
<i>Light Kick Continuous Sparring</i>	39
<i>Koshiki</i>	44
<i>Board Breaking</i>	48
<i>Grappling</i>	51
III. APPENDIX	
<i>Forms List</i>	53
<i>Code of Behaviour</i>	54
<i>Spectator Behaviour Policy</i>	55
<i>Social Media Policy</i>	56
<i>Communication Policy</i>	57
<i>Disability and Inclusion Policy</i>	58
<i>Illegal Drugs Policy</i>	59
<i>Guidelines for Interacting with Children</i>	62
<i>Refunds</i>	63
<i>Titles Selection</i>	64
<i>Concussion Policy</i>	65

Officials

Know your Officials:

- **Table Official:** A Table Official is the base level entry grade for officials and is responsible for timekeeping, recording of scores and warnings. The Table Official assists in monitoring the duration of a match and the keeping of scores. They will start and stop time at the command of the Referee and will inform the Referee when the time has expired. In sparring, the Timekeeper does not start or stop the match. Their only duty is to keep time for the Referee.
- **Judges:** A Judge assists the Referee to control and judge events. Issuing scores and allocating points. The Judges call points as they see them. The Referee may consult the Judges to help in determining penalties or warnings although the Referee alone has the power to issue them. Judges will be asked to make a call on rulings where the disqualification rulings apply. It is the majority vote of the Judges and Referee that determines a scoring point.
- **Referee:** A Referee is tasked with ultimate control of a ring at a tournament. They must have superior knowledge of the Rule Book. The Referee coordinates the complete operation of the ring. The Referee is the most experienced Official on the ring and be thoroughly versed on the Rules. They are in complete charge of the ring and the match. They promote the safety of the Competitors, enforce the rules and ensure fair play. To this end, they start and stop the match, awards points, make penalty decisions, administrate the voting of the other Judges, communicate clearly with the Table Official and announce the winner of each match. The Referee shall announce in a loud clear voice all official decisions and shall indicate both verbally and via the use of gestures the Competitor affected by any official decision(s). The Referee has the following authority over:
 - The match start and end on their command (not the command of the Table Official)
 - Has final decision on any disputes on score
 - Has the power to issue warnings and award penalty points without a majority decision
 - Can overrule a majority call only to issue a warning or penalty point
 - Automatically has power to disqualify a Competitor
 - Has power to issue time-outs. A Competitor can ask for a time-out but it is up to the discretion of the Referee to issue one
- **Arbitrator:** The Arbitrator is an independent person officially appointed to settle a dispute. The Arbitrator makes the final ruling on issues referred to them on the day of the tournament by a Referee.

Timeliness of Decision Making:

All Officials should make their decisions at the same time. If in the opinion of the Referee, a Judge is deemed to be making a decision intentionally slowly, the Referee has the right to disqualify or cancel the decision. Noise not allowing the Judges to hear the Referee and the honest mistake of raising the wrong hand should be taken into consideration.

Number of Officials on Rings

A minimum of two (2) Judges, one (1) Referee, and one (1) Table Official are required for all divisions. Unless otherwise stated in these rules or agreed with those competing at the time of the event.

Skill Levels

Skill Level Classification:

If you have been training in any style of martial arts for the following time periods this would be your skill level for entry into any tournament events.

- Beginner/Novice: you have been training in any style of martial arts for 0-9 months
- Intermediate: you have been training in any style of martial arts for more than 9 months up to 2 years
- Advance: you have been training in any style of martial arts for more than 2 years and up to 4 years
- Expert/Black Belt level: you have been training in any style of martial arts for more than 4 years

Note: If you have achieved your Black belt in any style you would be classified at expert level

Acceptable Behaviour

NSKA prides itself on providing a fair, safe and competitive playing field. As a result poor sportsmanship and displays of disrespect to any individual present at any event will not be tolerated.

Further to the above statement the following rules have been established in the interests of the Competitor, official, and spectator.

Any Competitor who conducts themselves in a way unbecoming of a Martial Artist will be immediately dismissed from the event and will be considered for suspension from future events. Behaviour that is grounds for dismissal and is considered unbecoming includes but is not limited to, foul language, verbal or physical threats to another individual, argumentative encounters with an official or other individual.

Any coach or instructor, who conducts themselves in a way unbecoming of a Martial Artist, as explained above, will be immediately dismissed from a given event and will be considered for suspension from future events.

Any spectator who behaves in an unbecoming manner or is disrespectful towards another individual will be immediately dismissed from a given event

The designated Arbitrator for the event and/or a Director reserve the right to expel any person present from an event in accordance with these guidelines at their discretion

Please refer to associated Attachments including the following:

- Code of Behaviour Policy
- Spectator Behaviour Policy
- Social Media Policy
- Communication Policy
- Disability and Inclusion Policy
- Illegal Drugs Policy
- Guidelines for Interacting with Children

All these policies can be found in the Appendix or on the NSKA website under Rules and Regulations.

Legal Age Rule

All Competitors must have proof of age.

If there is a reason to question a Competitor's age, they must present a birth certificate, driver's license, or passport to prove their age.

If proof of age cannot be presented and the Competitor wins a division the award(s) and rating points (if rating points awarded) will be held until proof of age is provided.

Proof of age must be provided within seven days of the event date otherwise no rating points will be awarded.

The age of a Competitor at the 30th June of the current competition year is their legal competition age for that year.

All Competitors have the option of competing in the same Division all year long for rating purposes by establishing a legal competition age for the year. The legal age rule is developed for rating purposes only.

Gender Segregation

Male / Female Split

Divisions will be separated into male and female where appropriate and/or necessary.

Competitors are not permitted to compete in a Division that is gazetted as being for the opposite gender to the one found on their legal identification.

Transgender

1. Those who transition from female to male are eligible to compete in the male category without restriction.

2. Those who transition from male to female are eligible to compete in the female category under the following conditions:

2.1. The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.

2.2. The athlete must demonstrate that her total testosterone level in serum has been below 10nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether or not 12 months is a sufficient length of time to minimise any advantage in women's competition)

2.3. The athlete's total testosterone level in serum must remain below 10nmol/L throughout the period of desired eligibility to compete in the female category.

2.4. Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months.

Note to: Ensure the protection of female competition and the promotion of the principles of fair competition in general. If not eligible for female competition the athlete will be eligible to compete in male competition.

Order of Competition

Once the final call for Competitors of a Division has been made at ringside, the Referee and their ring personnel will mark off the names of the Competitors.

The order of competition will be as per the computer-generated draw.

Competitors should not be matched against other Competitors from their own Club in the first round, numbers permitting.

Weight Rules

It is mandatory for all Competitors, who compete in a weighted Division, to weigh-in before engaging in competition.

Only one official weigh-in is required.

If any Official feels a Competitor is trying to mask their weight by wearing unreasonable clothes or equipment, they will be asked to remove those articles of clothing before weighing-in.

A Competitor cannot compete in a weight division in which they do 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.

Tie Break Rule

Demonstration events

The competitor with the highest individual score will be declared the winner. If the highest individual scores are the same they will be removed until one competitor has a higher score than the other.

Point based sparring events

Competitors will continue until the next point is scored

Other sparring events

The referee's discretion will be used to select a winner.

Protests

A Competitor has the right to protest an infraction of the rules.

Should a Competitor wish to protest they must first let the Referee know they believe there has been an infraction of the Rules or a mistake made.

The Referee will summon the Arbitrator to the ring to render a decision if the Referee cannot settle the protest to the Competitor's satisfaction. All protests must be made in an orderly, proper manner. All protests must be made immediately.

A Competitor may be penalised if they are protesting improperly or without proper cause.

Concussion Rule

Anyone with a suspected concussion must be removed from competition. This will enable the player to be properly assessed.

Anyone who has a suspected concussion must not be allowed to return to participation on the same day unless cleared by a medical practitioner.

NSKA will not be influenced by the player, coaching staff, trainers, parents or others suggesting that they should return to play.

There is no exemption to this rule.

Refer to Concussion Policy for further details.

Injury Rule

If a medical professional determines a competition cannot continue; either immediately or in a post-injury review, the following steps are mandatory:

- Competitor and Coach is informed the competitor cannot continue;
- Tournament Promoter and staff are notified competitor cannot continue and why;
- Competitor entry into other events at the tournament is pulled;
- The competitor cannot continue at the event;
- The competitor is not permitted to compete in any other divisions or events for the duration of the tournament;

If the competitor is injured, not due to a penalty, and a medical determination is that the competitor may continue, they are allowed 4 minutes to determine if they can continue, the time starts immediately from the moment of injury. The centre official must then inform the scorekeeper to keep time of the delay.

If it is determined the injured competitor cannot continue, due to a penalty, as determined by centre referee and judges, the following applies

- The uninjured competitor is disqualified.
- The injured competitor will be given the aforementioned 4 minutes to determine if they are able to continue in further rounds
- If the match was for 1st and 2nd place the uninjured competitor will be declared the winner.

If a competitor cannot continue because of an injury, where there is no penalty call, the uninjured competitor will be declared the winner.

Knockdown Rule

Any combatant knocked down three (3) times in any one round will be declared TKO. Their opponent will automatically be declared the winner. If they have further matches in the division after this point they may continue to compete in those matches.

There is no exemption to this rule.

Refer to Concussion policy for more details.

Traditional Forms / Weapons

Event Definition

Competitors in Traditional Forms and Traditional Weapons must exhibit a routine that reflects the essence and traditional values of the division name in which they are competing.

The routine must be a derivative of a classical "form" handed down over the years, it should not deviate too far in form and content from the styles classical form. Competitors exhibiting a routine that is too "free", has gymnastics, or other non-martial art techniques in them or are comprised of elements from more than one style should enter the creative division. Otherwise the Competitor risks disqualification or down grading.

Emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. Specifically, for the Traditional Weapons Division, Officials will be looking at the control and ability to correct use, hold and apply the weapon.



Competition Area

The size of the standard ring shall be approximately seven (7) metres by seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are not permitted regardless of them being part of the competitors club uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Competition Time Limit

A Competitor must be ready to compete when called upon to do so. All Competitors have a maximum of four (4) minutes to present and perform their routine. The time starts once a Competitor enters the ring. If the Judge feels the Competitor is stalling before they enter the ring, they can start the clock.

A Competitor may start their form over. 0.50 points will be deducted from each Judges score as a penalty. A Competitor can only start over once. If a Competitor does not finish on the second try, they will be disqualified and the lowest score will apply for that event.

If a Competitor has to start over not due to their own negligence, they may start over without being penalising. It is important that the Referee discuss the penalising procedure with the Judges and Scorekeeper. When a Competitor starts over the clock is reset.

Traditional Forms / Weapons

Scoring and Evaluation Criteria

- Performances are given a score using a scale from 6.5 to 10.0 in increments of 0.01 - where 5.00 represents the lowest score possible for a Form that is accepted as performed - and 10.00 represents a perfect performance. A disqualification is indicated by a 0.0 score.
- The form presented must be on the prescribed traditional forms list found in appendix A
- Performances will be evaluated using the following criteria
 - Stances
 - Techniques
 - Transitional movements
 - Timing
 - Correct breathing
 - Focus
 - Strength
 - Speed
 - Balance
 - Presentation

Disqualification

Disqualification will occur for the following reasons:

- Performing a routine that is not considered a Traditional Form
- If a Competitor is not properly prepared or suitably attired for competition, 0.10 points will be deducted from their final score, for each full minute the Competitor is not ready to compete. If the Competitor is still not ready to compete after three (3) minutes have expired, they will be automatically disqualified.
- Failing to finish a form after restart
- A Competitor whose routine exceeds the time limit will be disqualified.
- Use of audible cues, from any other person, or theatrics such as stamping the feet, slapping the chest, arms, or removal of the uniform, or inappropriate exhalation.
- Belt coming loose to the extent that it is coming off the hips during the performance.
- Time wasting, including prolonged marching, excessive bowing, or prolonged pause before starting the performance, including using more than 35 seconds for introduction.
- In weapons divisions:
 - A Competitor who unintentionally drops their weapon
 - A Competitor recklessly or carelessly misuses his/her weapon
 - The Referee should check all weapons for safety. Weapons are subject to Referee's approval. If a weapon is deemed unsafe the competitor will be given two (2) minutes to replace it, failure to replace the weapon will result in disqualification
 - A Competitor who loses control of their Weapon

External Aids

No music, can be used in these divisions. No external aids can be used that would damage, disrupt or render the competition area unsafe for the other Competitors, Spectators or Officials.

Creative Forms / Weapons

Event Definition

The Creative Forms Division allows forms to include contemporary martial arts techniques that have evolved. These may be added to traditional form or the Competitor may devise the form in its entirety.

A form in the Creative Forms Division must only include techniques which originate from martial arts and like the traditional division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. Spinning kicks, jump-spinning kicks, flying kicks, multiple kicks, and split weapon twirls, weapon releases and other creative martial arts techniques are permitted.

This division permits the use of "Music" but it is not a requirement.



Competition Area

The size of the standard ring shall be approximately seven (7) metres by seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Competition Time Limit

A Competitor must be ready to compete when called upon to do so. All Competitors have a maximum of four (4) minutes to present and perform their routine. The time starts once a Competitor enters the ring. If the Judge feels the Competitor is stalling before they enter the ring, they can start the clock.

A Competitor may start their form over. 0.50 points will be deducted from each Judges score as a penalty. A Competitor can only start over once. If a Competitor does not finish on the second try, they will be disqualified and the lowest score will apply for that event.

If a Competitor has to start over not due to their own negligence, they may start over without being penalising. It is important that the Referee discuss the penalising procedure with the Judges and Scorekeeper. When a Competitor starts over the clock is reset.

Creative Forms / Weapons

Scoring and Evaluation Criteria

- Performances are given a score using a scale from 5.0 to 10.0 in increments of 0.01 - where 5.00 represents the lowest score possible for a Form that is accepted as performed - and 10.00 represents a perfect performance. A disqualification is indicated by a 0.0 score.
- Performances will be evaluated using the following criteria
 - Stances
 - Techniques
 - Creativity
 - Timing
 - Correct breathing
 - Focus
 - Strength
 - Speed
 - Balance
 - Presentation

Disqualification

Disqualification will occur for the following reasons:

- Movements that involve more than a 360 degree spin and requires the body to be inverted more than parallel to the floor or are similar to movements found in gymnastics and/or non-martial arts discipline or forms that meet the definition of strictly traditional forms
- If a Competitor is not properly prepared or suitably attired for competition, 0.10 points will be deducted from their final score, for each full minute the Competitor is not ready to compete. If the Competitor is still not ready to compete after three (3) minutes have expired, they will be automatically disqualified.
- Failing to finish a form after restart
- A Competitor whose routine exceeds the time limit will be disqualified.
- Belt coming loose to the extent that it is coming off the hips during the performance.
- Time wasting, including prolonged marching, excessive bowing, or prolonged pause before starting the performance, including using more than 35 seconds for introduction.
- In weapons divisions:
 - A Competitor who unintentionally drops their weapon
 - A Competitor recklessly or carelessly misuses his/her weapon
 - The Referee should check all weapons for safety. Weapons are subject to Referee's approval. If a weapon is deemed unsafe the competitor will be given two (2) minutes to replace it, failure to replace the weapon will result in disqualification
 - A Competitor who loses control of their Weapon

External Aids

No external aids can be used that would damage, disrupt or render the competition area unsafe for the other Competitors, Spectators or Officials.

Extreme Forms / Weapons

Event Definition

The Extreme Division allows the Competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However at least half of the form must originate from martial arts techniques and the Competitor must execute at least one technique that involves an inverted move or greater than 360 degree spin.

Emphasis is placed on the quality of the execution of the techniques and movements, martial arts skills, balance, speed, power, degree of difficulty, and showmanship. In addition, only those movements that portray a definite offensive or defensive martial arts purpose or are included to illustrate extreme flexibility or agility are allowed.

This division permits the use of "Music" but it is not a requirement.



Competition Area

The size of the standard ring shall be approximately seven (7) metres by seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Competition Time Limit

A Competitor must be ready to compete when called upon to do so. All Competitors have a maximum of four (4) minutes to present and perform their routine. The time starts once a Competitor enters the ring. If the Judge feels the Competitor is stalling before they enter the ring, they can start the clock.

A Competitor may start their form over. 0.50 points will be deducted from each Judges score as a penalty. A Competitor can only start over once. If a Competitor does not finish on the second try, they will be disqualified and the lowest score will apply for that event.

If a Competitor has to start over not due to their own negligence, they may start over without being penalising. It is important that the Referee discuss the penalising procedure with the Judges and Scorekeeper. When a Competitor starts over the clock is reset.

Extreme Forms / Weapons

Scoring and Evaluation Criteria

- Performances are given a score using a scale from 5.0 to 10.0 in increments of 0.01 - where 5.00 represents the lowest score possible for a Form that is accepted as performed - and 10.00 represents a perfect performance. A disqualification is indicated by a 0.0 score.
- Performances will be evaluated using the following criteria
 - Stances
 - Techniques
 - Creativity
 - Timing
 - Correct breathing
 - Focus
 - Strength
 - Speed
 - Balance
 - Difficulty and landing of gymnastic techniques
 - Presentation

Disqualification

Disqualification will occur for the following reasons:

- Inclusion of other movements or the performance of a form or weapons form meeting the criteria above for a Traditional or Creative form.
- If a Competitor is not properly prepared or suitably attired for competition, 0.10 points will be deducted from their final score, for each full minute the Competitor is not ready to compete. If the Competitor is still not ready to compete after three (3) minutes have expired, they will be automatically disqualified.
- Failing to finish a form after restart
- A Competitor whose routine exceeds the time limit will be disqualified.
- Belt coming loose to the extent that it is coming off the hips during the performance.
- Time wasting, including prolonged marching, excessive bowing, or prolonged pause before starting the performance, including using more than 35 seconds for introduction.
- In weapons divisions:
 - A Competitor who unintentionally drops their weapon
 - A Competitor recklessly or carelessly misuses his/her weapon
 - The Referee should check all weapons for safety. Weapons are subject to Referee's approval. If a weapon is deemed unsafe the competitor will be given two (2) minutes to replace it, failure to replace the weapon will result in disqualification
 - A Competitor who loses control of their Weapon

External Aids

No external aids can be used that would damage, disrupt or render the competition area unsafe for the other Competitors, Spectators or Officials.

Chinese Forms

Event Definition

Chinese Forms division allows the Competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However at least half of the form must consist from traditional Chinese martial arts techniques.

Emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus.

Specifically,

Competition Area

The size of the standard ring shall be approximately seven (7) metres by seven (7) metres.

If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Competition Time Limit

A Competitor must be ready to compete when called upon to do so. All Competitors have a maximum of four (4) minutes to present and perform their routine. The time starts once a Competitor enters the ring. If the Judge feels the Competitor is stalling before they enter the ring, they can start the clock.

A Competitor may start their form over. 0.50 points will be deducted from each Judges score as a penalty. A Competitor can only start over once. If a Competitor does not finish on the second try, they will be disqualified and the lowest score will apply for that event.

If a Competitor has to start over not due to their own negligence, they may start over without being penalising. It is important that the Referee discuss the penalising procedure with the Judges and Scorekeeper. When a Competitor starts over the clock is reset.

Scoring and Evaluation Criteria

- Performances are given a score using a scale from 5.0 to 10.0 in increments of 0.01 - where 5.00 represents the lowest score possible for a Form that is accepted as performed - and 10.00 represents a perfect performance. A disqualification is indicated by a 0.0 score.
- Performances will be evaluated using the following criteria; Stances, Techniques, Timing, Correct breathing, Focus, Strength, Speed, Balance, Presentation

Disqualification

Disqualification will occur for the following reasons:

- Inclusion of other movements or the performance of a form meeting the criteria above for a different division
- If a Competitor is not properly prepared or suitably attired for competition, 0.10 points will be deducted from their final score, for each full minute the Competitor is not ready to compete. If the Competitor is still not ready to compete after three (3) minutes have expired, they will be automatically disqualified.
- Failing to finish a form after restart
- A Competitor whose routine exceeds the time limit will be disqualified.
- Time wasting, including prolonged marching, excessive bowing, or prolonged pause before starting the performance, including using more than 35 seconds for introduction.

External Aids

No external aids can be used that would damage, disrupt or render the competition area unsafe for the other Competitors, Spectators or Officials.

Synchronised Forms

Event Definition

Teams of three (3) individuals in Synchronised Forms must exhibit a routine that reflects the essence and traditional values of the division name in which they are competing.

The routine does not have to be a classical "form" handed down over the years, but should not deviate too far in form and content from the styles classical form. Teams exhibiting a routine that is too "free", has gymnastics, or other non-martial art techniques in them or are composed of elements from more than one style risks disqualification or down grading.

Emphasis will be placed on execution of the techniques in synchronisation with all team members, application of the techniques, balance, speed, power, solid stances, and focus. Specifically,



Competition Area

The size of the standard ring shall be approximately seven (7) metres by seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Team members must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the team members must be worn.

Competition Time Limit

A team must be ready to compete when called upon to do so. All teams have a maximum of four (4) minutes to present and perform their routine. The time starts once a Competitor enters the ring. If the Judge feels the Competitor is stalling before they enter the ring, they can start the clock.

A Team may start their form over. 0.50 points will be deducted from each Judges score as a penalty. A Team can only start over once. If a Team does not finish on the second try, they will be disqualified and the lowest score will apply for that event.

If a Team has to start over not due to their own negligence, they may start over without being penalising. It is important that the Referee discuss the penalising procedure with the Judges and Scorekeeper. When a Competitor starts over the clock is reset.

Synchronised Forms

Scoring and Evaluation Criteria

- Performances are given a score using a scale from 5.0 to 10.0 in increments of 0.01 - where 5.00 represents the lowest score possible for a Form that is accepted as performed - and 10.00 represents a perfect performance. A disqualification is indicated by a 0.0 score.
- Performances will be evaluated using the following criteria
 - Stances
 - Techniques
 - Transitional movements
 - Timing
 - Correct breathing
 - Focus
 - Strength
 - Speed
 - Balance
 - Synchronisation
 - Presentation

Disqualification

Disqualification will occur for the following reasons:

- Not having 3 team members
 - Team Members must be no older than the age listed on the division (Team members may be younger)
- Performing a routine that is not considered a Traditional Form
- If a Team is not properly prepared or suitably attired for competition, 0.10 points will be deducted from their final score, for each full minute the Team is not ready to compete. If the Team is still not ready to compete after three (3) minutes have expired, they will be automatically disqualified.
- Failing to finish a form after restart
- A Team whose routine exceeds the time limit will be disqualified.
- Use of audible cues, from any other person, or theatrics such as stamping the feet, slapping the chest, arms, or removal of the uniform, or inappropriate exhalation.
- Belt coming loose to the extent that it is coming off the hips during the performance.
- Time wasting, including prolonged marching, excessive bowing, or prolonged pause before starting the performance, including using more than 35 seconds for introduction.

External Aids

No external aids such as props, weapons or music, can be used in these divisions. No external aids can be used that would damage, disrupt or render the competition area unsafe for the other Competitors, Spectators or Officials.

Tricking

Highest Kick Challenge

- Names should be shuffled to randomise the order.
- The competitor whose name is drawn first should nominate a height in cm above their own head.
- An appropriate measuring device, such as a ruler or measuring tape, should be used to measure this height up from the competitor's head and a kicking target be held at this height.
- The competitor attempts to kick the target if they are successful they are in, if they are unsuccessful they are out and step 3 is repeated with competitor number 2.
- Moving to competitor 2, if competitor 1 is successful, they must select a new height measured from the top of their head that exceeds the height of competitor 1. If they successfully hit the target at this new height competitor 1 is now out. Proceed to competitor 3 and repeat step 4.
- After progressing through all competitors there will be a single remaining competitor this competitor is the highest kicker.

- The competitor with the next lowest height should be awarded 2nd and, the next lowest height from 2nd should be awarded 3rd. All other competitors should be ranked as equals.

Spinning Round Kick Challenge

- A competitor must deliver a Spinning Round Kick that connects with the designated target.
- A competitor should be given the chance to set the height of the kicking target and perform one (1) practice kick.
- The competitor must complete a 360 spin before delivering the next kick.
- Competition is done on a time limit of twenty (20) seconds.
- The competitor with most kicks completed in the time limit will be the winner.
- If Two (2) Competitors perform the same number they will repeat their attempt until the tie is broken.

1 v 1 Battles

- Names should be shuffled a minimum of 3 times to randomise the order.
- The first competitor in the list after the shuffle will perform the first trick.
- A timer should be set that allows for 30 seconds per competitor (eg if there are 4 competitors the timer should be 2 mins) is started and the competitor performing first should perform their first trick, then point to another competitor "calling them out" that competitor should then perform their own trick, this process should continue with the next competitor called out performing their trick until the timer runs out.
- The judge should award points to a competitor based on:
 - The successful completion of a trick,
 - The ability to match their opponent's trick,
 - The smoothness of transition between tricks.
 - The technical difficulty of the tricks performed
- Based on these criteria the Winner, First runner up and Second runner up should be determined.

Sumo

Starting Competition

- Both Competitors must start by doing the Sumo stomp and walking up to each other.
- They must face each other and place both arms on their opponents shoulders.
- Bouts can only commence when the Referee calls start. Bouts can only finish when the Referee calls stop. The Referee is the only one who can start or stop bouts and issue warnings.

Mandatory Equipment:

- Headgear (Face shield optional)
- A mouth guard
- A full Martial Arts cross over style Uniform with long sleeves
- Competitors must supply their own equipment for this event.

Scoring

- You can pull your fellow Competitor out of the ring as long as both hands are on the opposing Competitor.
- Both feet of your opponent must be out to score a point.
- You can pull your opponent down by the shoulders or arms.
- A point will be scored where any part of your opponents body touch the mat, except their feet.

Competition Area

The size of the standard ring shall be approximately Three (3) metres by Three (3) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair, with **long sleeves** extending beyond the elbow. T-shirts, tank tops and sweatshirts are not allowed.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Competition Time Limit

A Competitor must be ready to compete when called upon to do so. All teams have a maximum of two (2) minutes to present ready to compete, failure to present ready to compete will result in disqualification.

Scoring Criteria

- Each round is equal to one (1) point
- This event is scored at best of three (3) rounds each round or bout is one (1) minute. For example, if a fighter is winning 2 nil (2-0) then they will be declared the winner and the third bout will not be played or whoever is ahead when time permits.

Disqualification

Disqualification will occur for the following reasons:

- No throwing of any type allowed such as hip throws
- No Pinching of the opponent's body is allowed.
- No talking back to the Referee or disputing his/her final call
- No charging at your opponent at any time
- No Lifting of the leg of any type to an opponent
- No Sweeping of the legs allowed
- No grabbing the face guard
- Failure to be ready to compete when called

Sword Combat

Starting Competition

- Competitors are to face one another with swords facing away.
- Bow to one another, then come together into a ready position with swords equally crossed in front.

Mandatory Equipment:

- Headgear with face shield
 - Competitors must supply their own.

Approved Sword Length:

- The standard size of a sword for sword combat will be 100 centimetres (cm) plus or minus 5cm.
 - Swords will be provided.

Scoring

- You must keep the sword in front of your body when swinging or attacking your opponent.
- Stabbing type swings can be done to the stomach area only not to the face.
- Legal scoring techniques (strike areas):
 - Two (2) points for striking the head area.
 - One (1) point for striking any other part of the body except for the head or any illegal areas.

Competition Area

The size of the standard ring shall be approximately Seven (7) metres by Seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair, with long sleeves. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Competition Time Limit

The event has a time limit of ninety (90) seconds.

A Competitor must be ready to compete when called upon to do so. All teams have a maximum of two (2) minutes to present ready to compete, failure to present ready to compete will result in disqualification.

Scoring Criteria

- First to 5 points or whoever is ahead when time permits, will be declared the winner.
- A hit to the head area scores two (2) points.
- All other hits to the rest of the body scores one point.
 - Except you cannot score to the fingers and up to the wrist area or the groin area. (Note: from above the wrist area is classified as body part)
- A point can also be scored if the sword strikes the uniform or belt as this is considered part of the body

Disqualification

Disqualification will occur for the following reasons:

- You cannot swing the sword back past eye level, as this is classed as a baseball swing. The sword must be in front of the body at all times. In the event of two warnings this will lead to point over.
- No talking back to the Referee or disputing their final call.
- Control of the weapon at all times must be applied.
- You cannot stab to the face.
- You cannot score by striking the fingers and up to the wrist area
- You cannot score with only one hand holding the sword
- You cannot hit to the groin area

Self-Defence

Event Definition

- A routine where the Competitor demonstrates how they will defend themselves' from a single or multiple attackers.
- A maximum of four (4) attackers are allowed (5 people only on the mats in total).
- The routine must be done first slowly to show the Judges what to expect then the routine will be done at 'street speed'.
- The use of any martial art technique is allowed.

Scoring

- Performances are given a score using a scale from 5.0 to 10.0 in increments of 0.01 - where 5.00 represents the lowest score possible and 10.00 represents a perfect performance. A disqualification is indicated by a 0.0 score.
- Performances will be evaluated using the following criteria
 - Techniques
 - Creativity
 - Timing
 - Practicality
 - Execution
 - Realistic vs Showmanship

Competition Area

The size of the standard ring shall be approximately Seven (7) metres by Seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Competition Time Limit

The event has a time limit of four (4) minutes.

A Competitor must be ready to compete when called upon to do so. All teams have a maximum of two (2) minutes to present ready to compete, failure to present ready to compete will result in disqualification.

Disqualification

Disqualification will occur for the following reasons:

- Use of live or sharp weapons
- Use of music
- Leaving the competition Area

Showmanship / Demo Team

Event Definition

- This event is designed to allow the Competitor to show off their martial arts talents.
- You are not limited to how many people you wish to use but they must be within the ring area.
- The use of weapons, props and music is allowed.
- The event can be of a serious or comical nature.
- This event can be a single competitor event or a team event which will be judged as a combine team effort.

Scoring

- Performances are given a score using a scale from 5.0 to 10.0 in increments of 0.01 - where 5.00 represents the lowest score possible and 10.00 represents a perfect performance. A disqualification is indicated by a 0.0 score.
- Performances will be evaluated using the following criteria
 - Techniques
 - Creativity
 - Entertainment value
 - Execution

Competition Area

The size of the standard ring shall be approximately Seven (7) metres by Seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

Competitors must be appropriately clothed for the event. Costumes are permitted.

Competition Time Limit

The event has a time limit of four (4) minutes.

A Competitor must be ready to compete when called upon to do so. All teams have a maximum of two (2) minutes to present ready to compete, failure to present ready to compete will result in disqualification.

Disqualification

Disqualification will occur for the following reasons:

- In appropriate content, behaviour or suggestion in the performance
- Leaving the competition Area

Flag Karate

Starting Competition

- Flag is a game of speed and skill, the objective is to remove the flags from your opponent
- Competitors are to face one another with a tag on each hip and one behind them
- Bow to one another

Scoring

- Removing an opponents flag results in one (1) point

Competition Area

The size of the standard ring shall be approximately Seven (7) metres by Seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair, with long sleeves. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Competition Time Limit

The event has a time limit of sixty (60) seconds.

A Competitor must be ready to compete when called upon to do so. All teams have a maximum of two (2) minutes to present ready to compete, failure to present ready to compete will result in disqualification.

Scoring Criteria

- First to 3 points or whoever is ahead when time permits, will be declared the winner.
- Removal of opponents flag results in one (1) point

Disqualification

Disqualification will occur for the following reasons:

- You cannot Tackle or throw your opponent to the ground.
- No Grappling with your opponent
- No talking back to the Referee or disputing their final call.
- You cannot score by striking your opponent in any way.



Mandatory Equipment:

- Headgear with face shield
 - Competitors must supply their own.
- Mouth guard
 - Competitors must supply their own.
- Three (3) material flags fixed via Velcro to the waist
 - Provided

Point Sparring

Competition

- Competitors should present to the ring when their division is called properly attired in all mandatory equipment.
- Competitors are called to their sides and should bow before entering the ring
- When instructed to do so Competitors bow to the referee then each other
- The referee will check judges and time keepers are attentive to the match
- The referee will issue a start command
- Competitors will engage as per the rules set forth until instructed to stop by the referee
- At the conclusion of the time limit the competitor with the highest score will be the winner
 - Should there be a greater than 10 point difference in competitors scores time will be stopped and the competitor with the higher score declared the winner

Mandatory Equipment:

- **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand, side of the hand, back of the fist, and the knuckles must be covered with a soft padded surface.
- **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot.
- **Headgear:** The front, sides and back of the head must be covered by a soft padded surface.
- **Mouth guard:** A properly fitted mouthpiece is required.

Note: Cloth protectors are not permitted. Hand Wraps are not permitted.

Scoring

- When the Referee believes there has been a significant exchange of technique or when signalled to do so by a Judge, they shall call out the word, "STOP" in a loud voice.
- The Referee shall then return the Competitors to their starting marks and address the Judges by saying, "JUDGES CALL".
- All Judges and the Referee cast their votes simultaneously and assertively in the following manner.
- If a Judge Sees a Point: They should hold up one arm and at the same time as they yell out the word "CALL" in a loud clear voice to let the Referee know they have a call.
- Point Calling: When signalled by the Referee, a Judge raises the appropriate arm and indicates their score.
 - If a Competitor scores a two-point kick, the Officials should hold up two fingers, specifically the index and middle fingers creating a "V" sign.
 - If a Competitor scores a three-point kick, the Officials should hold up three fingers.
 - If only one point is being called, the Judge should raise an open hand.
 - No Point Scored: An Official crosses his/her wrists at waist level to indicate that they believe that a point was not scored.
 - Did Not See: Should the Official not see a possible point as indicated by another Official, they should hold their hands over their eyes indicating that they could not see whether a point was scored or not.
 - Clash: Should the Official believe that the Competitors scored at the same time they are to make a motion as though they are hitting both fists together.
 - Penalty: Should the Official believe that a penalty was made, they are to raise their fist of the offending Competitor above his head.
 - Disqualification: A disqualification vote is taken separately from any other votes. When a disqualification vote is asked for, the Referee will say, "JUDGES CALL". The Judges will then raise a fist indicating the Competitor who is to be disqualified. If the Judge does not feel the Competitor should be disqualified, they are to cross his/her wrists at waist level.

Point Sparring

Legal Target Areas

Legal target areas include the entire head and face, ribs, abdomen, collar bone and kidney area.

Illegal Target Areas

Illegal target areas include the back and spine area, back of neck, throat and sides of the neck, groin, legs and knees. Any attacks to these areas will result in a warning, penalty points and/or disqualification.

Non-Target Areas

Non-target areas include the hips, shoulders, buttocks, arms, and feet. Points cannot be scored to non-target areas. If it is deemed that a Competitor is actually attacking these areas, a warning and/or a penalty point may be awarded.

Legal Techniques

Legal techniques are all controlled sport karate techniques. 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.

Illegal Techniques

Illegal techniques include, head butts, hair pull, bites, scratches, elbows, knees, any attacks to the eye area 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, wrestling, uncontrolled blind techniques, any uncontrolled throws take downs or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Grabbing

A Competitor may grab the leg of an up-right opponent in an attempt to score with a sport karate technique for only one second, after which time they must release the leg.

Ground Fighting

Sweeps are not to take down an Opponent but only to obstruct the balance. This can only be executed to the front leg at mid-calf or below. These described sweeps are legal on all types of fighting surfaces.

The sweep is only to force the opponent off balance so as to execute a technique to an upright opponent. If the sweep were considered to have knocked down the opponent, then it would be illegal except on a padded surface. It is important to note that sweeps do not make it legal to kick the legs. A sweep must be deemed a proper sweep and not a kick, to be legal. Take downs and sweeps that are meant to take down an Opponent are allowed only on padded fighting surfaces. Judo throws such as over the hip and shoulder-throws are not allowed. If a sweep or take down is recklessly executed without control it will be judged illegal and the fighter may be warned or penalised.

A point is given when the legal sweep or take down is effectively and legally followed up. Only a hand technique or a carefully controlled kick or stomp to the body will be allowed on a downed opponent. One foot must be on the ground throughout the stomp or kick. Never, under any circumstances may a Competitor stomp or kick to the head of a downed opponent. A kick may be trapped or grabbed for one second for purposes of executing a counter attack to an upright opponent or executing a counter attack to a downed opponent on a padded surface. Ground fighting is only legal on a padded surface. On a padded surface, once a Competitor is on the floor they have two (2) seconds to score. Either Competitor may score in the allotted two (2) seconds. A deliberate drop to the floor must be followed up with an attempt to score. A fighter is down when any part of the body other than the feet is touching the floor.

Point Sparring

Touch Contact Requirements:

All competitors must make light touch contact to the face and head (headgear) to score a point and moderate touch contact to the body to score a point.

Light Touch Contact

Light touch contact means there is no penetration or visible movement of the Opponent as a result of the contact.

Moderate Touch Contact

Moderate touch contact means there is slight penetration or slight target movement. Moderate touch may be made to all legal target areas except the head and face.

Excessive Contact

Excessive contact is made when an Opponent strikes with force in excess of what is necessary to score a point. No Competitor is allowed to make excessive contact.

The following requirements will determine if excess contact has occurred:

- Visible snapping back of a Competitor's head from the force of a blow
- 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).
- The distortion or injury of the body from the force of a blow to the body

Coaching

A coach aids a competitor, including friends, parents, teammates, or official coaches.

- Each competitor/team can have only one designated coach at a time. You're not obligated to have a coach if there's no-one available.
- Coaches can be changed between fights, but the Center Official must be notified for it to be official. The designated coach MUST stay seated in the coaching chair during a match.
- Coaches can stand before a match, between rounds, during timeouts, and after the match.
- If a coach leaves the chair or stands up during a match, a penalty point is awarded to the opposing competitor/team. If a coach has to leave, a penalty point is awarded to the opposing competitor/team and the seat is left empty for the remainder of the match.

Competition Area

The size of the standard ring shall be approximately Seven (7) metres by Seven (7) metres.

If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair, with long sleeves. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Point Sparring

Competition Time Limit

An elimination match shall have a running time of two (2) minutes. If a competitor is ahead by 10 points (10-point spread rule) before the end of the two-minute time period is automatically declared the winner or whoever is ahead at the end of the two minutes is declared the winner.

Running time means that the clock continues to run during point calls, unless the Referee calls for a time out. During unusually long point calls, equipment adjustments, or rule clarifications, the Referee shall stop the time.

If at the end of running time the match is tied, the match will continue into sudden victory overtime period until the first Competitor to score a point is declared the winner.

A Competitor must be ready to compete when called upon to do so. All teams have a maximum of two (2) minutes to present ready to compete, failure to present ready to compete will result in disqualification.

Scoring Criteria

- Scoring points are awarded by a majority vote of the Judges. The majority of Judges do not have to agree on the same technique being scored, only that a point was scored.
- The only agreement to be made is that the point that scored was a legal technique. A majority of the Judges calling the point must call a two (2) / three (3) point kick before two points can be awarded otherwise no point is awarded.
- A point is a controlled legal sport karate technique scored by a Competitor that is in-bounds, that strikes an opponent with the allowable amount of focused touch contact or focused control to a legal target area.
 - Three (3) points will be awarded for jump spinning kicks to the head
 - Two (2) points will be awarded for kicks to the head
 - One (1) point will be awarded for all other techniques
- Criteria that Officials use when deciding if a point was scored are:
 - Was it a legitimate and legal sport karate technique?
 - Was it delivered with the required focused control or allowed focused touch contact to a legal target area?
 - Was the Competitor who scored in-bounds?
 - Has the match been stopped by the Referee?
 - Was either Competitor downed illegally when the point was scored?
 - Was the Competitor who scored the point in control and well balanced?
 - Was the technique delivered with an amount of “controlled force” that would have incapacitated the Opponent, at least momentarily, if the technique had not been controlled?



Point Sparring

Warning and Penalties

Only one (1) verbal warning is allowed without penalty for breaking the rules. After the first warning is given, a penalty point is awarded to the Opponent on each and every violation of the rules.

If a Competitor receives four (4) warnings (giving 3 penalty points to his/her opponent), in any one match, they are automatically disqualified and his/her opponent is declared the winner.

If the result on the first infraction is considered by the Referee to be severe enough they 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.

Other Penalty Rules:

- A Competitor cannot be penalised and still received a point on the same call.
- A penalty always overrules a point by the same Competitor.
- A Competitor can receive a point because their Opponent was penalised and at the same time receive a point for scoring.
 - Example: Competitor "A" receives two (2) points because they scored with a kick to Competitor "B" and at the same time Competitor "B" hits Competitor "A" with excessive contact, therefore receiving a penalty.
- If a Competitor is injured and it is considered that they are responsible for his/her own injury, or no fault can be associated with the injury, the opponent will not be penalised (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 they are 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).

Causes of Penalising:

This is a partial list of possible causes of penalising and may be used as a guideline to follow; Attacking illegal and non-target areas, Using illegal techniques, Running out of the ring to avoid fighting (not fighting out), Falling to the floor to avoid fighting, Continuing after being ordered to stop (fighting after break), Excessive stalling, Blind, negligent or reckless attacks, Uncontrolled techniques, Any unsportsmanlike behaviour from the Competitor or their coach, team-mates, family, friends, Any abusive behaviour from the Competitor or their coach, team-mates, family, friends, etc., such that the Referee feels it affects the outcome of the match or the performance of the Officials or other Competitors, Not being prepared or ready when it is time to compete

Disqualification

Disqualification will occur for the following reasons:

- Receiving three (3) penalty points.
- If, in the opinion of the Referee or medical personnel a Competitor is unable to continue because of an injury caused by an illegal attack executed by their Opponent, the offending Competitor shall be automatically disqualified
- Excessive Contact
- Inappropriate Equipment:
 - Insufficiently padded gloves, foot and headgear will not be allowed.
 - Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury.
 - Equipment with heavy or too many seams on the striking surfaces are also prohibited.
 - The event Arbitrator ultimately determines the approval or denial of the equipment.
 - The strapping of hands is prohibited.

Two Person Point Sparring

Competition

- Teams should present to the ring when their division is called properly attired in all mandatory equipment.
- Teams are called to their sides and should bow before entering the ring
- When instructed to do so Teams bow to the referee then each other
 - Each team should present their first competitor
- The referee will check judges and time keepers are attentive to the match
- The referee will issue a start command
- Teams will engage as per the rules set forth until instructed to stop by the referee
- At the conclusion of the time limit the team with the highest score will be the winner
 - Should there be a greater than 10 point difference in teams scores time will be stopped and the team with the higher score declared the winner

Mandatory Equipment:

- **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand, side of the hand, back of the fist, and the knuckles must be covered with a soft padded surface.
- **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot.
- **Headgear:** The front, sides and back of the head must be covered by a soft padded surface.
- **Mouth guard:** A properly fitted mouthpiece is required.

Note: Cloth protectors are not permitted. Hand Wraps are not permitted.

Scoring

- When the Referee believes there has been a significant exchange of technique or when signalled to do so by a Judge, they shall call out the word, "STOP" in a loud voice.
- The Referee shall then return the Competitors to their starting marks and address the Judges by saying, "JUDGES CALL".
- All Judges and the Referee cast their votes simultaneously and assertively in the following manner.
- If a Judge Sees a Point: They should hold up one arm and at the same time as they yell out the word "CALL" in a loud clear voice to let the Referee know they have a call.
- Point Calling: When signalled by the Referee, a Judge raises the appropriate arm and indicates their score.
 - If a Competitor scores a two-point kick, the Officials should hold up two fingers, specifically the index and middle fingers creating a "V" sign.
 - If a Competitor scores a three-point kick, the Officials should hold up three fingers.
 - If only one point is being called, the Judge should raise an open hand.
 - No Point Scored: An Official crosses his/her wrists at waist level to indicate that they believe that a point was not scored.
 - Did Not See: Should the Official not see a possible point as indicated by another Official, they should hold their hands over their eyes indicating that they could not see whether a point was scored or not.
 - Clash: Should the Official believe that the Competitors scored at the same time they are to make a motion as though they are hitting both fists together.
 - Penalty: Should the Official believe that a penalty was made, they are to raise their fist of the offending Competitor above his head.
 - Disqualification: A disqualification vote is taken separately from any other votes. When a disqualification vote is asked for, the Referee will say, "JUDGES CALL". The Judges will then raise a fist indicating the Competitor who is to be disqualified. If the Judge does not feel the Competitor should be disqualified, they are to cross his/her wrists at waist level.

Two Person Point Sparring

Legal Target Areas

Legal target areas include the entire head and face, ribs, abdomen, collar bone and kidney area.

Illegal Target Areas

Illegal target areas include the back and spine area, back of neck, throat and sides of the neck, groin, legs and knees. Any attacks to these areas will result in a warning, penalty points and/or disqualification.

Non-Target Areas

Non-target areas include the hips, shoulders, buttocks, arms, and feet. Points cannot be scored to non-target areas. If it is deemed that a Competitor is actually attacking these areas, a warning and/or a penalty point may be awarded.

Legal Techniques

Legal techniques are all controlled sport karate techniques. 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.

Illegal Techniques

Illegal techniques include, head butts, hair pull, bites, scratches, elbows, knees, any attacks to the eye area 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, wrestling, uncontrolled blind techniques, any uncontrolled throws take downs or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Grabbing

A Competitor may grab the leg of an up-right opponent in an attempt to score with a sport karate technique for only one second, after which time they must release the leg.

Ground Fighting

Sweeps are not to take down an Opponent but only to obstruct the balance. This can only be executed to the front leg at mid-calf or below. These described sweeps are legal on all types of fighting surfaces.

The sweep is only to force the opponent off balance so as to execute a technique to an upright opponent. If the sweep were considered to have knocked down the opponent, then it would be illegal except on a padded surface. It is important to note that sweeps do not make it legal to kick the legs. A sweep must be deemed a proper sweep and not a kick, to be legal. Take downs and sweeps that are meant to take down an Opponent are allowed only on padded fighting surfaces. Judo throws such as over the hip and shoulder-throws are not allowed. If a sweep or take down is recklessly executed without control it will be judged illegal and the fighter may be warned or penalised.

A point is given when the legal sweep or take down is effectively and legally followed up. Only a hand technique or a carefully controlled kick or stomp to the body will be allowed on a downed opponent. One foot must be on the ground throughout the stomp or kick. Never, under any circumstances may a Competitor stomp or kick to the head of a downed opponent. A kick may be trapped or grabbed for one second for purposes of executing a counter attack to an upright opponent or executing a counter attack to a downed opponent on a padded surface. Ground fighting is only legal on a padded surface. On a padded surface, once a Competitor is on the floor they have two (2) seconds to score. Either Competitor may score in the allotted two (2) seconds. A deliberate drop to the floor must be followed up with an attempt to score. A fighter is down when any part of the body other than the feet is touching the floor.

Two Person Point Sparring

Swapping Players

Points will accumulate from both team members and each team member must participate in each round of the division.

- Both team members must compete each round.
- Team members can switch only once per point.
- Team members can switch at any time during the round.

Touch Contact Requirements:

All competitors must make light touch contact to the face and head (headgear) to score a point and moderate touch contact to the body to score a point.

Light Touch Contact

Light touch contact means there is no penetration or visible movement of the Opponent as a result of the contact.

Moderate Touch Contact

Moderate touch contact means there is slight penetration or slight target movement. Moderate touch may be made to all legal target areas except the head and face.

Excessive Contact

Excessive contact is made when an Opponent strikes with force in excess of what is necessary to score a point. No Competitor is allowed to make excessive contact.

The following requirements will determine if excess contact has occurred:

- Visible snapping back of a Competitor's head from the force of a blow
- 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).
- The distortion or injury of the body from the force of a blow to the body

Coaching

A coach aids a competitor, including friends, parents, teammates, or official coaches.

- Each competitor/team can have only one designated coach at a time. You're not obligated to have a coach if there's no-one available.
- Coaches can be changed between fights, but the Center Official must be notified for it to be official. The designated coach MUST stay seated in the coaching chair during a match.
- Coaches can stand before a match, between rounds, during timeouts, and after the match.
- If a coach leaves the chair or stands up during a match, a penalty point is awarded to the opposing competitor/team. If a coach has to leave, a penalty point is awarded to the opposing competitor/team and the seat is left empty for the remainder of the match.

Competition Area

The size of the standard ring shall be approximately Seven (7) metres by Seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair, with long sleeves. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Two Person Point Sparring

Competition Time Limit

An elimination match shall have a running time of two (2) minutes, unless a Competitor earns enough points to be declared the winner before the time is up.

Running time means that the clock continues to run during point calls, unless the Referee calls for a time out. During unusually long point calls, equipment adjustments, or rule clarifications, the Referee shall stop the time.

If at the end of running time the match is tied, the match will continue into sudden victory overtime period until the first Competitor to score a point is declared the winner.

A Competitor must be ready to compete when called upon to do so. All teams have a maximum of two (2) minutes to present ready to compete, failure to present ready to compete will result in disqualification.

Scoring Criteria

- Scoring points are awarded by a majority vote of the Judges. The majority of Judges do not have to agree on the same technique being scored, only that a point was scored.
- The only agreement to be made is that the point that scored was a legal technique. A majority of the Judges calling the point must call a two (2) / three (3) point kick before two points can be awarded otherwise no point is awarded.
- A point is a controlled legal sport karate technique scored by a Competitor that is in-bounds, that strikes an opponent with the allowable amount of focused touch contact or focused control to a legal target area.
 - Three (3) points will be awarded for jump spinning kicks to the head
 - Two (2) points will be awarded for kicks to the head
 - One (1) point will be awarded for all other techniques
- Criteria that Officials use when deciding if a point was scored are:
 - Was it a legitimate and legal sport karate technique?
 - Was it delivered with the required focused control or allowed focused touch contact to a legal target area?
 - Was the Competitor who scored in-bounds?
 - Has the match been stopped by the Referee?
 - Was either Competitor downed illegally when the point was scored?
 - Was the Competitor who scored the point in control and well balanced?
 - Was the technique delivered with an amount of “controlled force” that would have incapacitated the Opponent, at least momentarily, if the technique had not been controlled?

Two Person Point Sparring

Warning and Penalties

Only one (1) verbal warning is allowed without penalty for breaking the rules. After the first warning is given, a penalty point is awarded to the Opponent on each and every violation of the rules.

If a Competitor receives four (4) warnings (giving 3 penalty points to his/her opponent), in any one match, they are automatically disqualified and his/her opponent is declared the winner.

If the result on the first infraction is considered by the Referee to be severe enough they 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.

Other Penalty Rules:

- A Competitor cannot be penalised and still received a point on the same call.
- A penalty always overrules a point by the same Competitor.
- A Competitor can receive a point because their Opponent was penalised and at the same time receive a point for scoring.
 - Example: Competitor “A” receives two (2) points because they scored with a kick to Competitor “B” and at the same time Competitor “B” hits Competitor “A” with excessive contact, therefore receiving a penalty.
- If a Competitor is injured and it is considered that they are responsible for his/her own injury, or no fault can be associated with the injury, the opponent will not be penalised (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 they are 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).

Causes of Penalising:

This is a partial list of possible causes of penalising and may be used as a guideline to follow; Attacking illegal and non-target areas, Using illegal techniques, Running out of the ring to avoid fighting (not fighting out), Falling to the floor to avoid fighting, Continuing after being ordered to stop (fighting after break), Excessive stalling, Blind, negligent or reckless attacks, Uncontrolled techniques, Any unsportsmanlike behaviour from the Competitor or their coach, team-mates, family, friends, Any abusive behaviour from the Competitor or their coach, team-mates, family, friends, etc., such that the Referee feels it affects the outcome of the match or the performance of the Officials or other Competitors, Not being prepared or ready when it is time to compete

Disqualification

Disqualification will occur for the following reasons:

- Receiving three (3) penalty points.
- If, in the opinion of the Referee or medical personnel a Competitor is unable to continue because of an injury caused by an illegal attack executed by their Opponent, the offending Competitor shall be automatically disqualified
- Excessive Contact
- Inappropriate Equipment:
 - Insufficiently padded gloves, foot and headgear will not be allowed.
 - Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury.
 - Equipment with heavy or too many seams on the striking surfaces are also prohibited.
 - The event Arbitrator ultimately determines the approval or denial of the equipment.
 - The strapping of hands is prohibited.

Clash Sparring

Competitor

Each competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. If they are not prepared to compete as deemed by the center referee, the competitor may be penalised for delay of time.

Delay of start

An automatic warning will be issued to the competitor. A penalty point will be issued for each minute the competitor is not properly ready to compete. Upon 3 penalty points the offending competitor will be disqualified.

Competitor Appearance

All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate colour belt or sash must be worn in competition. All sparring uniforms must have sleeves that reach at least to the middle of the forearm.

Competitor Responsibility

It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. They must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins, he/she will not be able to compete (see delay of time rule). If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified (see delay of time rule).

Coaching

A coach aids a competitor, including friends, parents, teammates, or official coaches.

- Each competitor/team can have only one designated coach at a time. You are not obligated to have a coach if there's no-one available.
- Coaches can be changed between fights, but the Center Official must be notified for it to be official. The designated coach MUST stay seated in the coaching chair during a match.
- Coaches can stand before a match, between rounds, during timeouts, and after the match.
- If a coach leaves the chair or stands up during a match, a penalty point is awarded to the opposing competitor/team. If a coach has to leave, a penalty point is awarded to the opposing competitor/team and the seat is left empty for the remainder of the match.

Competition Area

The size of the standard ring shall be approximately Seven (7) metres by Seven (7) metres. If mats are not used the borders of each ring shall be clearly marked.

Mandatory Equipment:

- **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand, side of the hand, back of the fist, and the knuckles must be covered with a soft padded surface.
- **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot.
- **Headgear:** The front, sides and back of the head must be covered by a soft padded surface.
 - A face shield is required for all competitors under the age of 18
- **Mouth guard:** A properly fitted mouthpiece is required.
- **Chest Guard:** All competitors under the age of 18 must wear a chest shield

Note: Cloth protectors are not permitted. Hand Wraps are not permitted.

Clash Sparring

Competition time limit

Ninety seconds running-time. (at the 75 second mark, the time keeper will shout out "FIFTEEN SECONDS!") If a match is tied at the end of ninety seconds, sudden victory (first clash) overtime period will determine the match.

Scoring

- All legal hand techniques that score will be awarded one (1) point.
- All legal kicking techniques that score will be awarded two (2) points.
- All fouls as determined by the referee shall result in one (1) penalty point being awarded to the fouling competitor's opponent.

The judges will evaluate the point scoring (and penalty points) of each competitor and track them on hand held devices in order to help determine the vote for a winner.

What is a "SCORING TECHNIQUE":

- A "scoring technique" occurs when a legal sport martial arts technique is scored by a competitor in-bounds and up-right (not considered down) without time being called that strikes his opponent with the allowable amount of focused touch contact and focused control to a legal target area.
 - Focused Touch Contact: the legal amount of contact allowed to certain scoring areas.
 - Focused Control: an amount of controlled force that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled. Note that in Under Black Belt divisions contact is not required for a technique to be scored a point.

What is a "SCORING COMBINATION":

- A "scoring combination" occurs when two or three legal sport martial arts techniques (as defined above) are scored in the sequence of an attack or counter within a clash. A point or points are awarded for each scoring technique that occurs in the combination.

Counter Scoring

As Clash Sparring places a premium on the total number of scoring techniques rather than who scores first, all legal scoring strikes are credited. It is each competitor's responsibility to defend counter-strikes that occur in response to their own attack the same way they we need to defend their opponent's attack.

Three technique limit

Clash Sparring does not allow competitors to stand in front of each other and "trade shots" indefinitely. The skill of Clash Sparring is best defined as the ability to "score effectively with combination strikes and escape untouched". Combination attacks and counters are strictly limited to three (3) techniques as defined below.

- KICKS: Competitors may kick as many times and at as many different targets as they choose within the time and physical limit of a single leg lift. Multiple kicks that occur while a foot remains in the air shall be considered "one technique". Once the kicking foot touches the ground, if another kick is launched (even with the same foot) it will be considered a second technique (maximum of three techniques per combination/clash)
- LEAD-HAND STRIKES: If executed in "quick sequence", competitors may strike twice in a row with the same lead-hand technique and it will be considered "one technique" (example: bridging the gap with double backfist strike). Any break in rhythm or timing, or change in technique will result in each strike being considered separately.
- REAR-HAND STRIKES: All rear hand strikes will count as a single strike within the three technique limit.
- DISENGAGING TECHNIQUE: Competitors are allowed a single disengaging strike that is not considered part of the three (3) technique maximum for each clash combination. This strike must be executed as the competitor is creating space after a clash (disengaging) and be followed by the fighter continuing their disengagement (moving out of range).

Clash Sparring

Legal Target Areas

Entire head and face, ribs, chest, abdomen, collarbone and kidneys.

Illegal Target Areas

Spine, back of neck, throat, sides of the neck, groin, legs, knees and back.

Non Target Areas

Hips, shoulders, buttocks, arms, and feet.

Legal Techniques

Legal techniques are all controlled sport karate techniques, except those listed as illegal.

Illegal Techniques

Hook punches, Uppercuts, Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, ground Sparring on a hard surface, any stomps or kicks to the head of a downed competitor, slapping, grabbing for more than one second (as defined below), uncontrolled blind techniques, any uncontrolled throws, take downs or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Grabbing:

A competitor may grab the uniform top of his/her opponent in an attempt to score with a sport karate technique for only one second (immediately), after which time he/she must release the uniform. Likewise, the uniform pants may be grabbed for one second to an upright opponent in an attempt to score.

Warnings & Penalties:

One and only one warning is allowed for breaking the rules before a penalty point is awarded.

After the first warning is given, a penalty point is awarded for each and every rules violation. If the severity of the first rules violation is deemed by the referee to be too severe, a penalty point can be issued immediately and the first warning will be forfeited.

If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalised attack executed by his/her competitor, the offending competitor shall be automatically disqualified.

Exceeding the maximum allowable number of techniques (three) per clash, consistently executing more than one “disengaging techniques, failing to “break” or create space between the competitors after each clash, attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid competing, falling to the floor to avoid competing, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behaviour by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are just some examples of possible penalisation.

Light touch contact

Means there is no penetration or visible movement of the competitor because of the contact. Light touch is required to all legal target areas in all black belt sparring divisions. The face shield of a headgear along with the headgear is a legal target area.

Moderate touch contact

Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face shield and face.

Breaking

Competitors must break, step back, or disengage from their opponent after each clash.

When “breaking” the competitors must “step back” or disengage to a distance outside of which they can’t touch each other without moving their feet.

Competitors are responsible for self regulating the break rather than waiting for the referee to take control. Requiring the referee to take control of the breaks will likely lead to penalisation.

REMEMBER – Clash Sparring is about scoring and not being scored on, so the sparring strategy needs to be one of “engaging and disengaging”.

Clash Sparring

Disqualification

- The referee may at their discretion disqualify a competitor for fouling or unsportsmanlike behaviour.
- If the referee considers that the competitors are not making an obvious attempt to compete in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified.
- If any competitor competes in a division they do not qualify to compete in due to age, weight, rank, gender, style.
- A coach entering the ring without the referee's permission
- Abusive, violent, unsportsmanlike or overzealous coaching / supporting spectators
- Interfere with the proper running of the ring or the decisions of the judges by a competitor, coach or spectator.

Out of Bounds

A competitor is out-of-bounds as soon as he/she does not have at least one foot touching inside or on the boundary line. An out of bounds competitor cannot score a point while out of bounds. In bounds competitor can score on an out of bounds competitor if the center referee has not called stop.



Light Kick Continuous Sparring

Definition

Competition in Light-Kick sparring shall be executed as its name implies, with well-controlled techniques.

In Light-Kick competitors fight continuously until the Referee command STOP or BREAK.

They use techniques from full contact, but these techniques must be well controlled when they land on legal targets.

Equal emphasis must be placed on both punching and kicking techniques.

Three judges make the complete scoring decisions with the use of clickers.

Weigh-In

It is mandatory for all competitors, who compete in a weighted Division, to weigh-in before engaging in competition.

Only one official weigh-in is required. If any Official feels a competitor is trying to mask their weight by wearing unreasonable clothes or equipment, they will be asked to remove those articles of clothing before weighing-in.

A Competitor cannot compete in a weight division in which they do 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.

Competitor Appearance

All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate colour belt or sash must be worn in competition. All sparring uniforms must have sleeves that reach at least to the middle of the forearm.

Competition Area

The size of the standard ring shall be approximately Seven (7) metres by Seven (7) metres.

If mats are not used the borders of each ring shall be clearly marked.

Mandatory Equipment:

- **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand, side of the hand, back of the fist, and the knuckles must be covered with a soft padded surface.
 - 10 to 13 years are allowed 6 to 8 oz. padded gloves
 - 14 years and over are allowed wear up to 10 oz. padded gloves.
- **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot.
- **Shin Guards:** Must cover the front of the shins and be of soft padding.
- **Headgear:** The front, sides and back of the head must be covered by a soft padded surface.
 - A face shield is required for all competitors under the age of 18
- **Groin cups:** for male competitors
- **Mouth guard:** A properly fitted mouthpiece is required.
- **Chest Guard:** All competitors under the age of 18 must wear a chest shield

Note: Cloth protectors are not permitted.

Light Kick Continuous Sparring

Light-Kick Sparring Rules

- Competitors will enter the ring and touch gloves.
- They will then step back and assume a fighting stance and wait for the command FIGHT from the Referee.
- The Referee will initiate the fight by commanding fight, when the Referee calls STOP, the competitors must return to their starting points on the mat.
- If the Referee's commands break both competitors must step back and then reengage with their opponent.
- The time will only be stopped on the command of the Referee, by calling TIME to the area control table. Time is not stopped to award penalties unless the Referee feels it is necessary to do so.
- The Referee should not talk to the competitors during the match unless they have stopped the clock.
- Competitors may have one Coach in their corner during the match.
 - The Coach must remain in the allocated coach's area.
 - No coach will be allowed to enter the fighting area while a match is in progress and no Coach will be allowed to interfere with any Referee or Judge.
 - No Coach will be allowed to make derogatory remarks about a Referee or judge or comment.
 - A Coach may be removed from their coaching position during the match if they continue to abuse officials or Referees.
- Only the Referee may ask for time to be stopped.
- A Competitor may request the clock to be stopped to adjust safety equipment or check an injury. The Referee does not have to stop the clock if they feel it will take away the advantage from the other Competitor.
- Time-stops must be kept to a minimum. If the Referee feels a Competitor is using time-stops to rest or to prevent his opponent from gaining advantage, a warning will be given and the competitor, disqualified for delaying the match or refusing to fight.

Legal Techniques

Kicks

Front kick, side kick, round house kick, hook kick, crescent kick, axe kick, jumping kicks and spinning kicks.

Hands

All kind of boxing punches. For example Hook, upper cut, jab, straight punch etc.

Leg, foot sweep

To score with a foot sweep the attacker must remain on their feet at all times. If in the execution of a foot sweep the attacker touches the floor with any part of their body other than their feet, no score will be given.

A score will be awarded to the attacker if the opponent touches the floor with any part of their body other than their feet.

Hand and foot techniques should be used equally during the entire fighting period.

It is extremely dangerous to strike with the back of the heel; it must be strictly emphasized that the attacking competitor must use control touch contact techniques when executing the following, i.e. Axe, Hook, jumping and any type of spinning kicks.

Scoring Techniques

For all legal techniques (Punches, Kicks or Sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will push the button once on the clicker for a hand technique and leg technique to the body or foot, if it is a kick to the head or jumping kick to the head they will push the button twice.

Indicating the correct competitor (Red or Blue corner), in the event where there is more than one round, points, starting from the first round, will continuously be added from the judges.

For example, competitor one scores 6 in the first round, competitor two scores five, and these points will carry over to round two in the finals only.

In the event of a tie the Referee will extend the fight for another 30 seconds, the competitor with the most points scored within that time will be declared the winner.

Light Kick Continuous Sparring

Legal Target Areas

The following parts of the body may be attacked using legal techniques:

- Head (front and sides)
- Torso (front and sides)
- Legs (Thigh only from outside to inside and vice versa, which can be attacked using the shin)
- Feet (only for sweeping)

Scoring

A "scoring technique" occurs when a legal sport martial arts technique is scored by a Competitor in-bounds and up-right (not considered down) without time being called that strikes his opponent with the allowable amount of focused touch contact and focused control to a legal target area.

If a competitor jumps in the air to attack or defend, they must land inside the ring with both feet to score and they must keep their balance.

They are not allowed to touch the floor with any part of their body except their feet.

Excessive Contact: Excessive contact is made when an Opponent strikes with force in excess of what is necessary to score a point.

No Competitor is allowed to make excessive contact

If a competitor executes excessive contact then they will be disqualified.

The following requirements will determine if excess contact has occurred:

- Visible snapping back of a Competitor's head from the force of a blow
- 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).
- The distortion or injury of the body from the force of a blow to the body

Illegal Target Areas

It is prohibited to:

- Attacks with malicious or excessive contact.
- Attack the top of the head or the back of the head area.
- Fall or drop to the floor without due cause.
- Attack the back of the torso (Kidneys and spine).
- Attack the top of the shoulders or all parts of neck area
- Continue after the Referee has called "Stop".
- Turn one's back to the opponent, running away or deliberately falling down.
- Do all blind, uncontrolled techniques in general.
- Attack the groin or knee.
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- Wrestle and duck below opponent's waist. ☒ Throw your opponent.
- Attacking an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knee touches the floor.
- Leave the Fighting Area (Exits).
- Continue after the command "Stop" or "Break" or the end of the round has been sounded.
- Have oil on the face or the body.
- Spit out your mouth-guard voluntarily.
- Ground attacks. A competitor cannot attack an opponent on the ground.
- Display unsportsmanlike-like conduct. A competitor shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike conduct, the competitor may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.
- Inappropriately arguing/ commenting on a Referees/Judge's decision.
- Inappropriately arguing/ commenting on a score not given. ☒ Attacking or verbally abusing an Official either inside or outside the ring.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate disqualification and based on the Arbitrators review possible permanent removal from arena/event.

Violations of the rules and regulations may, depending how grave they are, lead to warnings, point/s over or even disqualification.

Light Kick Continuous Sparring

Referees and Judges

Each of the three judges must be seated in three separate respective corners of the rings. In the event where there are only two Judges, the Referee is classified as the third judge, which keeps control of the ring from the mat area and is not seated.

Referees Judges will keep a record of scoring strikes on hand held devices (e.g. clickers) that will help specify their vote for a winner at the conclusion of each match. In the event of a tie the Referee will extend the fight for another 30 seconds.

The Referee will direct the Judges to reset the clickers to zero (0) in order for the points to be scored over that 30 second extended period.

The competitor with the most points scored within that extended 30 second time period will be declared the winner.

Point Values and Winner Determination

- Punch - 1 point
- Kick to the leg (Thighs - Inside / Outside) - 1 point
- Kick to the body - 1 point
- Jumping kick to the body - 1 points
- Foot sweep leading the opponent to touch the floor with any other part of the body apart from their feet) - 1 point
- Kick to the head - 2 points
- Jumping kick to the head - 2 points

Scoring Techniques

For all legal techniques (Punches, Kicks or Sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will push the button once on the clicker for a hand technique and leg technique to the body or foot, if it is a kick to the head or jumping kick to the head they will push the button twice. Indicating the correct competitor (Red or Blue corner), in the event where there is more than one round, points, starting from the first round, will continuously be added from the judges. For example, competitor one scores 6 in the first round, competitor scores five, and these points will carry over to round two in the finals only.

In the event of a tie the Referee will extend the fight for another 30 seconds, the competitor with the most points scored within that time will be declared the winner.

Bouts

In normal competition one bout is 2 minutes. At international level, one bout is 2 minutes for preliminary and two bouts are two minutes per bout for finals.

Decisions

The following decisions could bring the fight to an end;

- Winner by points.
- Winner by disqualification of the opponent. In difficult cases, the Referee may also call out a disqualification without having given a warning beforehand. For example:
 - Executing excessive contact
 - Knocking out the opponent by an uncontrolled blow to the head or malicious attack.
- For excessive, continuous hitting after the "stop" command.
- By extreme un-sportsman-like conduct of a competitor such as insulting the Referee, Judges, the opponent or coaches.
- Showing overly aggressive behaviour.
- By not showing up.
- Excessive Exits.

Official Warnings can only be given by the Referee.

A fight may be stopped if the competitor is unable to fight or defend themselves and also if the other competitor shows total athletic superiority. The Referee decides who the winner is. If the fight is stopped because a competitor is injured, then the officials must make a decision.

Changing a Decision

All Referee decisions are final and cannot be changed unless agreed by the Arbitrator

- Clear and fundamental mistakes which occurred in calculating the points are discovered.
- One of the judges declares they made a mistake and switches the scores of the competitors.
- There are evident violations of the rules.

Light Kick Continuous Sparring

Warnings

Warnings given to a competitor's corner, count against that competitor. A Referee may, without stopping the fight can give a caution to a competitor where a foul has occurred.

The following actions are considered fouls:

- Punching below the belt, tripping, and hitting with knees or elbows
- Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing the face with arm or elbow, pushing back the opponent.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back, particularly on the back of their neck, head and kidneys.
- Lying down, wrestling or not fighting at all.
- Grabbing.
- Holding.
- Attacking an opponent who is on the floor or getting up.
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding the opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Falling down intentionally, in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the call "BREAK/STOP".
- Trying to land a blow on the opponent immediately after a "BREAK/STOP" call and before withdrawing.
- Insulting the Referee, Judges or Officials at any time.
- When a warning for all types of fouls has been administered.
- Inappropriate behaviours of a coach or team members and parents.

Points Over

Criteria for point over, given only by the Referee,

- Unclean fighting style.
- Constant clinching.
- Constant and continuous ducking, turning of the back.
- Not engaging in fight.
- Excessive contact.
- Heavy knock down.
- Any Serious violation of the rules.

Exit Rules

- 1st Exit = Official Warning
- 2nd Exit = Official Warning -1 penalty point given verbally communicated to competitor/coach with hand signal
- 3rd Exit = Official Warning -1 penalty point given verbally communicated to competitor/coach with hand signal
- 4th Exit = Disqualification verbally communicated to competitor/coach with appropriate hand signal

Match

A coach must obey by the following rules,

- Only the coach may be at the ring side during breaks.
- No advice is to be given to the competitor during the fight (encouraging is allowed).
- A coach can give up the fight on behalf of their competitor, if the competitor is in difficulty.
- During the match the coach cannot be on the ring.
- A coach who violates the rules may receive a warning or disqualification by the Referee for bad behaviour and be refused to act as a coach for the remainder of the tournament.

Once the Competitors enter the ring, the rules make the contest as equal and as fair as possible for both Competitors. Therefore, the following rules on coaching apply:

- Never at any time, can friends, team members, etc.; enter the ring. Only the Officials, Competitors and medical personnel are normally allowed in a ring.
- No abusive, violent, unsportsmanlike or overzealous coaching is allowed.
- A coach can never, at any time, interfere with the proper running of the ring or the decisions of the Judges. The Referee will issue penalties for any of the above coaching infractions.

Koshiki

Official Attire

- The jacket when tightened around the waist with the belt must be of an even length covering the hips.
- The length of the sleeves must not only cover the elbows, but also cover at least half of the forearm.
- The length of the pants shall cover at least 3/4 of the skin down from the knees.
- Hair should be clean, reasonable in length and should not interfere with the competition.
- The use of bandages, supports, fist guards, kick guards for reasons of injury, must be approved by the referee.

Protective Equipment

- All contestants are required to wear the standard shiai protectors, consisting of the main body protector (do), face protector (men) and groin guard (kin-ate). For safety reasons, only certified protectors are approved as the official shiai protectors for tournaments. Foam protectors are not to be used. It is mandatory for contestants to wear shiai protectors
- The referee will ensure that equipment used at a tournament is valid. Any equipment deemed by the referee to be unsafe cannot be used in competition unless it is repaired to the satisfaction of the referee
- All female contestants may wear an additional chest protector under the gi.
- The use of a mouth guard is optional.

Judges and Referees

- The judgement of the matches shall be made by judges (one referee and two corner judges).
- Prior to the match, and prior to taking up their prescribed positions, all of those concerned at the match site must first bow to the front (shomen ni rei), then to the referee (shinpan ni rei) and finally to each other (otagai ni rei).
- At the end of the match, all of those concerned must return to their original positions, stand correctly, and bow to each other (otagai ni rei), then to the referee (shinpan ni rei) and then to the front (shomen ni rei). After this they exit the shiaijo (taijo) and shake hands with fellow competitors. Courtesy suggests that all competitors then thank the referees, judges, arbitrators, other officials and coaches.
- The red/white distribution shall be red (aka) to the right, and white (shiro) to the left from the referee's perspective.

Conduct (shiai)

- The match shall commence on the referee's command of "hajime".
- When the call "yame" is given by the referee, the contestants will disengage from the bout and return to their prescribed positions to await an award from the referee. They shall continue the shiai on the referee's command of "hajime". When the referee announces "yame soremade", the contestants shall again return to their prescribed positions to await the referees awarding of the match. When this is given, the contestant shall again bow to each other, to the referee, and then shake hands with each other. The shiai is then over and the competitors should leave the mat.
- The shiai shall be conducted exclusively under the instructions of the referee.

Match Time (Shiai Jikan)

- Shiai time shall be three minutes in principle. The panel of judges, in consultation with each other, may specify that the shiai time for specific events (e.g. female and/or junior events) be two minutes or one and a half minutes, as deemed appropriate.
- An encho sen (first extension) of one minute shall be staged if no decision is reached or if no conclusive judgment can be given in the main bout. In this case, the rules of shiai shall be followed in the normal manner. Prior to the extension, the contestants may be given a short rest period as deemed appropriate by the referee, based on is/her assessment of the contestant's conditions.
- If no conclusion is reached after the encho sen, a sai encho sen (final extension) shall be staged, again following all normal rules of the match. Only one sai encho sen shall be staged, after which the judges must indicate a decision. No draw shall be permitted in a final extension.
- The final extension shall take the form of "sagidori", in which the first point scored (ippon or waza ari), from technique or foul, shall determine the winner.
- Shiai time shall be taken from the referees signal to commence the shiai, and shall be counted until the final cessation of the match. However, any time spent in discussion among the referee and judges, or in connection to an injury, shall not be included in the shiai time.
- An effective technique delivered simultaneously with the time up signal shall be counted as part of the score.

Koshiki

Victory & Defeat

Victory or defeat shall be awarded on the basis of "ippon", the greatest number of waza ari's, decision, or defeat due to a foul or disqualification.

Areas of attack:

- Controlled contact attacks may only be delivered to protected areas.
- Non contact controlled techniques may be executed to the back of the torso area. If successfully executed and recognised, such an attack may be awarded a single waza ari

Criteria for Deciding an "IPPON" (Winning Point)

An "ippon" shall be awarded when an accurate, well controlled, powerful and effective punch (tsuki), kick (keri) or strike (uchi) is executed to a recognized target area with the following conditions:

- Good form
- Good attitude
- Strong vigour
- Zanshin
- Proper timing and
- Adequate distancing

An "ippon" may be awarded for a technique which meets the above criteria, and was preceded by a throwing or sweeping technique.

Techniques delivered outside the prescribed shiaijo (fighting area) shall be invalid. If however the attacking contestant was entirely within the boundary at the time of executing a technique, it shall be considered valid provided it was delivered prior to the referee's "yame" signal.

A sequence of three or more effective techniques in an unbroken combination (renzoku waza) shall be awarded "ippon".

In the event that the opponent has lost the will to fight, the other contestant shall be awarded "ippon".

Criteria for Deciding a "WAZA ARI" (One Point)

The criteria for deciding a "waza ari" (one point) are the same as those for deciding an "ippon" except that the techniques are judged to be slightly less powerful and perfect in execution. Such techniques must in all other ways be comparable to an "ippon".

Kicking techniques (keri waza) to protected areas shall be counted as two waza ari, except when they are considered suitable for "ippon".

Non contact controlled techniques (punches, strikes and kicks) delivered to the back of the torso area shall only be awarded a single waza ari, if judged to be suitable.

Techniques scored simultaneously by both contestants and recognized by the referee shall be awarded ai uchi - meaning a waza ari is awarded to each contestant.

Criteria for Decision (HANTEI)

In the absence of an "ippon" or victory due to a foul or disqualification during the prescribed shiai time including extensions, a decision shall be awarded on the basis of the following:

- Which contestant has scored the greatest number of waza ari;
- The relative excellence of fighting attitudes;
- Ability and skill;
- The degree of vigour and fighting spirit;
- The number of valid attacking moves; and
- Relative excellence in strategy.

Koshiki

Prohibited Acts and Techniques

- Direct attacks to unprotected areas, including joints.
- Striking while holding the protective equipment.
- Attacks to the groin area.
- Attacks to the head without correct pullback.
- Unnecessary grabbing, clinching and bodily crashing against the opponent.
- Any un-sportsman like, discourteous behaviour, such as name calling, provocation and unjustifiable utterances.
- Kicking techniques executed to the legs. However, foot sweeping techniques are allowed, provided that they are immediately followed by another valid attacking technique.
- Elbow strikes to the head (jodan hiji ate).
- Knee kicks to the head (jodan hiza geri).
- Any stalling or avoiding of competition.
- Any stepping or moving outside of the designated shiaijo.
- Any attack directed to the area of the ear.

Foul and Disqualification

- When a contestant is about to commit a prohibited act, or has just done so, the referee shall give him/her a warning or a foul.
 - If a contestant, after having once been warned, repeats prohibited techniques, the referee may award "ippon" to the opponent.
 - In the event that a contestant actually violates the rules by executing a prohibited technique, the referee may award hansoku (disqualification) or hansoku chui (penalty) as deemed necessary. In the event that a hansoku is awarded, an ippon shall be awarded to the opponent. In the event that a hansoku chui is awarded, a waza ari shall be awarded to the opponent.
 - If a contestant is deemed by the referee and judges to be stalling or avoiding competition, he/ she will be given a warning (mukogeki keikoku). Following the reprimand, the offending contestant must deliver an attack within ten seconds, after which time a "mubobi chui" shall be awarded and a waza ari awarded to the opponent, if no attack is executed.

- When a contestant commits any of the following acts, the contestant shall be awarded hansoku or shikkaku (expulsion), and referee shall award ippon to the opponent. If shikkaku is awarded, the contestant may be barred from participating in the remainder of the tournament in progress at the discretion of the Chief Referee. These acts are:
 - Being deemed to be acting maliciously, wilfully violating the rules;
 - Failing to obey the instructions of the referee; and
 - Becoming overexcited, to the extent that the contestant is considered unfit for engagement in the shiai.

Injuries

- If a contestant suffers any injury, minor or disabling, which is not as a result of a foul and requests permission to quit or is unable to continue due to injury sustained or other reasons, his/her opponent shall be awarded ippon and declared the winner.
- In the event that a contestant receives a waza ari and the other contestant receives an injury not caused by a foul and cannot continue, the contestant with the single waza ari shall be declared the winner.

Protests

No contestant may personally protest to the referee and/or judges in relation to any decision(s) rendered.

- The referee's decision is final.
- If a decision given by the referee and judges is suspected of being in violation of the rules, the registered coach of the team or individual involved may protest to the Chief Referee against the decision.
- Coaches behaving inappropriately (e.g. abusive language or gestures) may be relieved of their duties for the match and/or the remainder of the tournament in progress, at the discretion of the Chief Referee.

Koshiki

Miscellaneous Rules

- In the event of a situation not foreseen in these Rules, or in case that there is doubt about the applicability of these Rules to a given situation, the judges, the referee and the Chief Referee shall consult amongst themselves to find a suitable solution thereto.
- PURPOSE These rules are instituted for the purpose of insuring strict fairness and uniformity of the methods of judging, and thus to enhance the authority of the judges.
- METHODS OF DECISION Referees and judges shall judge matches in accordance with the "Rules of the Shuai".
- METHODS OF JUDGEMENT The panel of judges for each match shall consist of one referee and two judges. In addition, for the purpose of facilitating the operation of the matches, several time keepers, record keepers and score keepers shall be appointed.
- THE POWER AND DUTY OF REFEREES AND JUDGES The referees and judges shall be vested with the following power: The referee shall have the power to conduct matches (including announcing the commencement and conclusion of the match), to award ippon and waza ari for accurate and effective techniques, to explain when necessary the grounds on which he/she awarded such decisions, to announce hansoku or shikkaku, to issue warnings (prior to or during a Match), to take other disciplinary actions (to dismiss or suspend a contestant from a match), to obtain advice from judges, to decide victory by casting his/her vote in the case of a tied decision, and to announce the extended match. A referee's decision is final. The judges shall take up their positions at prescribed locations outside the match area, carrying a pair of flags (one red and one white). They shall assist the referee, give their opinion regarding the awards to be given, signal their judgment by means of flags, and exercise their right to express their decision or view.
- OTHER MATTERS Matters relating to judgment not prescribed in these Rules shall be discussed among the judges and referees. The decisions thus reached shall be referred to the Chief Referee for approval.

The conditions for operating the judging rules

- When a judge signals (by flags) an effective technique executed by one of the opponents, the referee may ignore the signal and continue the match. When both judges signal likewise, however, the referee must acknowledge their opinion and render a judgment on the technique. If the referee decides not to award such a technique, he/she must briefly and audibly announce the reasons for his/her decision.
- Only the referee shall have the authority to suspend or terminate the match. No one other than the referee shall be permitted to halt the match arbitrarily. An attack even if effective, delivered after an order to halt the match, shall not be recognised, and shall not constitute the basis for a decision.
- When the contestants have stepped out of bounds, the match shall continue until the referee orders it to be halted.
- When the match develops into a deadlock without the exchange of effective techniques, the referee may temporarily stop the match and announce a "mukogeki keikoku" (warning for stalling) requiring the contestants to exchange techniques within a 10 second period. If a contestant seizes the opponent by the hands, the referee shall forthwith separate them.



Board Breaking

Materials

- All wooden breaking material must be purchased from smai.com.au
 - 12mm for 13 and under
 - 20mm for 14 and over
- Concrete breaking material should be 390 x 190 x 40mm Cap Besser Block purchased from Bunnings
- Judges reserve the right to inspect any materials that are to be used for breaking.
- All breaking materials must be removed from the competition area by competitors and put into the dumpsters provided by Committee after completion of each performance.

Warnings and Disqualification

- Disruptive behaviour, use of profanity, or other unsportsmanlike conduct will result in disqualification.
- Any behaviour that is deemed by the Judges to be malicious, it will result in disqualification.
- Failure to follow any rule set out will result in disqualification

Competitor Appearance

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform.

The appropriate Belt or Sash indicating the highest rank of the Competitor must be worn.

Time Limits

- **IMPORTANT:** In order to keep the breaking divisions running smoothly, competitors will be required to adhere to the time limits outlined. This is very important, and deductions will be enforced. It would be to the competitor's benefit to practice set-ups, breaks, and clean-ups before the day of the event.
- **Competitor Readiness:** A competitor must be ready to compete, as determined by the judges, as soon as that competitor's name is called in the ring.

Safety

The safety of the competitor and the audience comes first, NO EXCEPTIONS! The safety of the competitor is very important and we request that the instructor of the competitor approve all breaks.

If the break is deemed to be unsafe by the Judges. We reserve the right to restrict the break.

No material may leave the ring as a result of breaking unless planned for beforehand, to ensure that no other competitor, spectator, official or judge will be struck or put in danger by material as a result of a break. If this occurs, the Judges have the right to disqualify the competitor if they feel that the safety of others was compromised.

The break cannot cause damage to the facility or surrounding fixtures.

Creative Multi-Direction Breaking - Wood Only

Note: Fire is not permitted

Only wood boards are permitted. Creativity of props, and creativity of techniques will increase a competitor's score. Music is allowed, but competitor will be responsible for music.

- **Techniques:** All techniques are allowed. A competitor may use any strike to break.
- **Breaking Stations:**
 - under 18 - 4 Stations Max
 - over 18- 8 Station Max.
 - Each break will be considered one station. Simultaneous breaks (all breaks executed in one moment in time) will be considered one station.
 - If a competitor leaves the ground all breaks executed before they return to the ground will be considered one station.
 - A station may be free standing, set on stands, or held by assistants.
 - Competitor will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of others

Board Breaking

- Time Limits: Competitor will have a maximum of 3 minutes to set-up, break, and clean up the area.
 - A deduction of 3 points will be taken off the competitor's final score for every 15 seconds over the allotted time.
 - Deductions will begin after the 3-minute mark.
 - Time is cumulative, determined as follows: time starts when competitor starts set-up, time stops when competitor completes set-up, time starts again upon the attempt of the first break, time stops when the ring is cleared as determined by the ring coordinator.
- Judging: Competitor will be judged on areas including difficulty, creativity, focus, intensity, materials and completion of breaks.
- Ties: In the event of a tie, the winner will be decided by a show of hands by the Judges.

Power Board Breaking Arm

- Materials and Spacers: Boards must be purchased from SMAI prior to competition Carpenter pencil spacers will be provided.
 - Boards should be pre-stacked before the division is called.
- Techniques: Hand technique (palm, knife-hand or chop, hammer fist, etc.). Or Elbow Techniques
 - Technique must be a downward strike.
- Stations: One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish.
- One Strike Only! Competitor has one attempt to break the boards.
- Time Limits: Competitor will have a maximum of 3 minutes to set up, break and pack-up.
 - Time starts when the competitor name is called,
 - A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time.
 - Deductions will begin after the 3-minute mark.
- Officiating: Officials will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.

- Ties: In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Power Board Breaking Foot- Spaced

- Materials and Spacers: Boards must be purchased from SMAI prior to competition. Carpenter pencil spacers will be provided.
- Techniques: Foot strike only (stomp, axe kick, etc.).
 - Technique must be a downward strike.
 - Some part of the foot below the ankle must make contact with the material.
- Stations: One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish.
- One Strike Only! Competitor has one attempt to break the boards
- Time Limits: Competitor will have a maximum of 3 minutes to set up, break and pack-up.
- Time starts when the competitor name is called,
- A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time.
- Deductions will begin after the 3-minute mark.
- Officiating: Officials will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
- Ties: In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Board Breaking

Power Concrete Breaking Arm

- Materials and Spacers: Concrete breaking material should be 390 x 190 x 40mm Cap Besser Block purchased from Bunnings prior to competition. Carpenter pencil spacers will be provided.
 - Blocks should be pre-stacked before the division is called.
- Techniques: Hand technique (palm, knife-hand or chop, hammer fist, etc.). Or Elbow Techniques
 - Technique must be a downward strike.
- Stations: One station will be used. Blocks will be set on a block base. Competitors may set up as many blocks as they wish.
- One Strike Only! Competitor has one attempt to break the block
- Time Limits: Competitor will have a maximum of 3 minutes to set up, break and pack-up.
 - Time starts when the competitor name is called.
 - A deduction of 1 block will be taken off the competitor's total break for every 15 seconds over the allotted time.
 - Deductions will begin after the 3-minute mark.
- Officiating: Officials will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
- Ties: In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Grappling

Introduction

- Grappling competition is divided into 2 sub categories Gi & No-Gi for the most part the International Brazilian Jui Jitsu rules are followed with a summary extraction below.

Weight Limits

- All competitors must weigh in prior to competition.
- Divisions will be separated further based on weight as appropriate

Competitor Appearance

- For Gi based events All Competitors must wear a complete (top and bottom) White, Black or Blue BJJ Gi in a good state of repair.
 - The appropriate Belt indicating competitor BJJ rank must be worn.
- For No-Gi based events all competitors must wear a rash shirt and shorts

Time Limits

- Under 18 - 3 Minutes
- Over 18 - 5 Minutes

Starting Positions

- Neutral Start/Standing
- Neutral/Open Guard Restart (go out of bounds or stoppage with leg defences in play)
- Side Control Restart (go out of bounds or stoppage after points for side mount)
- Mount Restart (go out of bounds or stoppage after points for full mount)
- Back Control Restart (go out of bounds or stoppage after points for back mount)

Technical Points:

- Take down 2 points
- Guard pass 3 points
- Full Mount 4 points
- Back Mount 4 points
- Sweep 2 points
- Reestablishing Neutral 1 point (closed guard is the only recognised neutral ground position)
- Reversal 1 point (reversals from a disadvantaged position or any bottom position without direct establishment of a dominant position) Control must be established for a count of 3 seconds to score any of the points.

Situations of guard pulling

- Jumping or sitting into guard from a standing position with contact and with a deliberate attempt of a submission or take down will not be penalised by a caution and will not award 1 point to the opponent.
- Jumping or sitting into guard from a standing position with contact and without a deliberate attempt of a submission or take down will not be penalised by a caution, but will award 1 point to the opponent.
- Jumping or sitting into guard from a standing position without contact to avoid standing or ground fight will be penalised by a caution and will award 1 point to the opponent.

Passivity

When the action has stalled, the referee shall stimulate the athletes with verbal commands ("Action" or "Open") without interrupting the match.

If the passivity does not stop, the referee shall indicate the passive grappler by raising the fist bearing the corresponding colour and give the appropriate penalty according to following progression: Warning, 1st caution = 1 point, 2nd caution = 1 point, 3rd caution = disqualification

Legal Techniques

- Any kind of choke (except for using the hand to close the windpipe)
- Any arm bar, shoulder lock, or wrist lock
- Any Leg Lock or Ankle Lock

Illegal Techniques

- Slamming
- No neck cranks that trap both shoulders and puts downward pressure on the neck
- No "Full Nelson"
- No crucifix
- No spiking your opponent on their head
- CAN NOT roll forward while someone is on your back
- No striking/punching/kicking of any kind
- No eye gouging or fish hooking
- No grabbing the ears
- No hair pulling
- No holding of less than 4 fingers or less than 5 toes
- No thumbing, scratching, pinching, biting
- No squeezing or putting pressure on the groin, hands, knees or elbows on face
- No slippery substances allowed on body or clothing
- No crossface guillotine twisting the chin

Grappling

Offences

- All offences fall under the central referee's authority who shall give the appropriate penalties according to the following progression:
 - 1st caution = 1 point,
 - 2nd caution = 1 point,
 - 3rd caution = disqualification
 - Any illegal action executed to counter a submission will result in immediate disqualification.

Overtime

One (1) minute . The first point scored wins the match. The choice of position (either open guard top or bottom or standing) is given according to the following criteria:

- most passivity infractions,
- lowest value of points,
- coin flip.
- The grappler who gets to choose the position must score otherwise his opponent receives 1 point and wins the match.

Types of Victories

- Submission (50)
- Forfait / Default (50)
- Disqualification (50)
- Technical Superiority (40) or (41)
- Decision (30) or (31)
- Overtime (20) or (21)
- For Technical Superiority, Decision, and Overtime victories, 1 match classification point will be awarded to the loser if he managed to score 1 or more technical points during the match.



Forms List

Japanese Forms

- Annan
- *Annan Dai/ Annan Ni
- Annanko
- Aoyagi
- Bassai/Passai- Matsumura
- Bassai/Passai- Tomari
- Bassai/Passai Dai
- Bassai/Passai Sho
- Chinte
- Chinto- Tomari (Shotokan: Gankaku Sho)
- Chinto (Shotokan: Gankaku)
- Fukyu (all versions)
- Gekisai 1 and 2
- Gojushiho Dai
- Gojushiho Sho
- Hakutsuru/Hakuchō
- Hangetsu
- Heiku
- Jiin
- Jion
- Jitte
- Juroku
- Kanchin
- Kanku Dai (Shorin-Ryu Kusanku Dai or Shito-Ryu Kosokun Dai)
- Kanku Sho (Shorin-Ryu Kusanku Sho or Shito-Ryu Kosokun Sho)
- Kanshiwa
- Kanshu
- Kosokunshiho (Shito-Ryu)
- Kururunfa
- Kusanku- Chatanya
- Kusanku- Chibana
- Meikyo
- Nipaiho (Standard Shito Ryu version only)
/ Niju-hachiho (Shotokan)
- Niseishi (Shotokan : Nijushihō)
- Ohan
- Ohan Dai
- Paiku
- Paipuren
- Pinan / Heian 1- 5
- Rohai
- Saifa
- Sanchin
- Sansai
- Sanseiru S
- Sanseiru (Uechi-Ryu version)
- Seichin
- Seipai
- Seirui
- Seisan (all versions)
- Seiunchin
- Shinpa
- Shishochin
- Sochin (Shotokan and Shito-Ryu versions)
- Sunsu (Isshin Ryu)
- Suparinpei/Peichurin
- Taikyoku (all versions)
- Tekki 1- 3 (Okinawan: Naihanchi)
- Tensho Unshu (Shito Ryu)
- Unsu (Shotokan)
- Wankan (Shotokan)
- Wankan (Shito Ryu: Matsukaze)

Korean Forms

- Taegeuk 1 -8
- Koryo
- Keumgang
- Taebaek
- Pyongwon
- Shipjin
- Jitae
- Cheonkwon
- Hansu
- Ilyo
- Chon-ji
- Dan-gun
- Do-san
- wonhyo
- Yul-gok
- Joong-Gun
- Hwa-Rang
- Choong-Moo
- Kwang-Gae
- Po Eun
- Gae Beak
- Eui Am
- Choong Jang
- Juche
- Sam-Il
- Yoo-Sin
- Choi-Yong
- Yong Gae
- Ul-ji
- Moon-Moo
- So-San
- Se-Jong
- Tong-Il

Code of Behaviour

Safety and Health of Participants

- Place the safety and welfare of the participants above all else.
- Be aware of and support the sport's injury management plans and return to play guidelines.

Promoting excellence

- Help each person (athlete, official, etc) to reach their potential. Respect the talent, developmental stage and goals of each person and encourage them with positive and constructive feedback.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the sport.
- Treat each participant as an individual.
- Obtain appropriate qualifications and keep up-to-date with the latest coaching practices and the principles of growth and development of participants.

Honour the sport

- Act within the rules and spirit of your sport
- Promote fair play over winning at any cost.
- Respect the decisions of officials, coaches and administrators.
- Show respect and courtesy to all involved with the sport.
- Display responsible behaviour in relation to alcohol and other drugs.

Integrity

- Act with integrity and objectivity, and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a harassment-free environment.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.
- Ensure that any physical contact with another person is appropriate to the situation and necessary for the person's skill development.
- Be honest and do not allow your qualifications or coaching experience to be misrepresented.
- Never advocate or condone the use of illicit drugs or other banned performance enhancing substances or methods.
- Never participate in or advocate practices that involve match fixing.

Respect

- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- Do not tolerate abusive, bullying or threatening behaviour.

Spectator Behaviour

Our commitment NSKA is committed to providing a safe environment for participation.

Aggressive, threatening or other inappropriate behaviour by members, their families, their friends, and other sporting personnel while attending a game or event will not be tolerated.

These behaviours are outlined in our Code of Behaviour and specifically include:

- using bad language
- harassing or ridiculing players, coaches, officials or other spectators
- making racist, religious, sexist or other inappropriate comments to players, coaches, officials or other spectators
- any threatening behaviour or physical altercation between spectators and players, coaches, officials or other spectators
- putting undue pressure on children, berating them or putting down their performance
- drinking at a game or training or being drunk at an NSKA event.

What we will do:

- Provide members, their parents and other sporting personnel with our Code of Behaviour and make clear what is expected and the consequences of non-compliance.
- Where possible, bind non-members by prominently displaying conditions of entry to grounds and facilities and by requiring parents to abide by the NSKA rules (e.g. by making parents associate members, signing our Code of Behaviour).
- Reinforce messages of fair and respectful behaviour by displaying signs and posters around our facilities and providing information on our website, in our newsletter and through other NSKA communication.
- Encourage our coaches and officials to complete training to develop their skills and confidence.
- Ban bringing alcohol to training, a game or no-alcohol NSKA event.
- Consult with our local police and seek their support and advice on how to handle issues involving inappropriate behaviour by spectators prior to, at or after a game.
- Encourage the reporting of incidents and investigate inappropriate behaviours as outlined in this policy and take disciplinary or whatever other actions as are deemed necessary (e.g. appoint a ground official to monitor behaviour).
- Encourage our players, coaches, officials and spectators to call the police if they are concerned about escalating behaviour and their safety or the safety of others.

What we ask you to do:

- Help create a positive atmosphere for players, officials and other spectators by showing respect for players, officials and other spectators.
- Abide by NSKA's Code of Behaviour and refrain from using bad language, harassing or ridiculing others or behaving in a threatening or violent manner.
- If you are aware of inappropriate spectator behaviour and you feel confident to do so, speak with the person and ask them to stop. If there is a ground official or committee member present, ask for their assistance.
- Report any inappropriate spectator behaviour to the NSKA president or someone in a position of authority.
- Call the police or an NSKA official if you are concerned for your safety or the safety of others. Non-Compliance
- Parents or others found to have behaved inappropriately, and who are associate members or have agreed to abide by NSKA's Code of Behaviour and this policy, may face disciplinary action as outlined in our Member Protection Policy.

Social Media Policy

Social media is changing the way we communicate. This policy has been developed to inform our community about using social media so people feel enabled to participate, while being mindful of their responsibilities and obligations.

In particular, this policy provides practical guidance allowing all parties to benefit from the use of social media, while minimising potential risks and protecting those involved. This policy assists to establish a culture of openness, trust and integrity in all online activities related to NSKA. This policy contains NSKA guidelines for the NSKA community to engage in social media use. It also includes details of breaches of the policy. In circumstances where guidance about social media issues has not been given in this policy, we suggest you use common sense or seek out advice from those who have approved this policy.

Underlying principles:

This policy complements NSKA's core values:

- Conduct, encourage, promote, advance and administer Martial Arts throughout Australia
- act, at all times, on behalf of and in the interest of the Members and Martial Arts in Australia
- Become or otherwise liaise with the NSO of which Martial Arts is represented and adopt their rule and policy frameworks to further these Objects
- abide by, promulgate, enforce and secure uniformity in the application of the rules of Martial Arts as may be determined from time to time by NSKA and as may be necessary for the management and control of Martial Arts and related activities in Australia the General Manager is responsible for all matters related to this policy.

Coverage:

This policy applies to all persons who are involved with the activities of NSKA, whether they are in a paid or unpaid/voluntary capacity and including:

- members, including life members of NSKA
- persons appointed or elected to the NSKA Board, their committees and subcommittees;
- employees of NSKA
- members of the NSKA Executive;
- support personnel, including managers, physiotherapists, psychologists, masseurs, sport trainers and others;
- coaches and assistant coaches;
- athletes;
- referees, umpires and other officials;
- member Clubs and associations
- parents/guardians and spectators

Scope Social media refers to any online tools or functions that allow people to communicate and/or share content via the internet. This social media policy applies to platforms including, but not limited to: Social networking sites (e.g. Facebook, Twitter, LinkedIn, Google+, Pinterest, Yammer, etc), Video and photo sharing websites or apps (e.g. YouTube, Vimeo, Instagram, Flickr, Vine, etc), Blogs and micro-blogging platforms (e.g. Tumblr, Wordpress, Blogger, etc), Review sites (e.g. Yelp, Urban Spoon, etc), Live broadcasting apps (e.g. Periscope, Meerkat, Facebook Mentions, etc), Podcasting (e.g. iTunes, Stitcher, Sound cloud, etc), Geo-spatial tagging (e.g. Foursquare, etc), Online encyclopaedias (e.g. Wikipedia, etc), Instant messaging (e.g. SMS, Skype, Snapchat, WhatsApp, Viber, etc), Online multiplayer gaming platforms (e.g. World of Warcraft, Second life, Xbox Live, etc), Online voting or polls, Public and private online forums and discussion boards, Any other online technologies that allow individual users to upload and share content.

Communications Policy

Electronic communication is essential for sharing NSKA news and information with our members.

Our communication will be timely, appropriate and related to NSKA business.

What we will do:

We use a range of electronic tools to communicate with our members. Our communication will protect members' privacy, maintain clear boundaries and ensure that bullying and harassment does not occur. We will develop a Social Media Policy to address the particular issues arising from the use of social media.

- Our website will include current information on competitions, social events, committees, policies, constitution, rules and by-laws.
- No offensive content or photos will be published.
- If we intend to publish a photo of a child, we will first seek permission from his or her parents and take care not to provide identifying information.
- We will seek feedback from members to improve the information available on the site. SMS and email Committee members, coaches and team managers may use SMS and email to provide information about competition, training, NSKA-sanctioned social events and other NSKA business, however:
 - SMS messages should be short and about NSKA/team matters
 - email communication will be used when more information is required
 - communication involving children will be directed through their parents
- Social media websites
 - We treat all social media postings, blogs, status updates and tweets as public 'comment'.
 - Postings (written, photos or videos) will be family-friendly and feature positive NSKA news and events.
- No personal information about our members will be disclosed.
- No statements will be made that are misleading, false or likely to injure a person's reputation.
- No statements will be made that might bring NSKA into disrepute.
- Abusive, discriminatory, intimidating or offensive statements will not be tolerated. Offending posts will be removed and those responsible will be blocked from the site.

What we ask you to do:

We expect our members to conduct themselves appropriately when using electronic communication to share information with other members or posting material on public websites connected to NSKA.

Electronic communication:

- should be restricted to NSKA matters
- must not offend, intimidate, humiliate or bully another person
- must not be misleading, false or injure the reputation of another person
- should respect and maintain the privacy of members
- must not bring the NSKA into disrepute.

Coaches and others who work with children and young people must direct electronic communication through the child's parents. Non-compliant Members may face disciplinary action for sending inappropriate electronic communication or posting online content or comments that harass, offend, intimidate or humiliate another member, as outlined in our member protection policy or code of conduct. Under certain circumstances, cyber bullying (e.g. bullying that is carried out through an internet service such as email, a chat room, discussion group, instant messaging or website) is a criminal offence that can be reported to the police.

In addition, members who publish false or misleading comments about another person in the public domain (e.g., Facebook, YouTube or Twitter) may be liable for defamation.

Disability & Inclusion

NSKA welcomes all members of the community, regardless of their abilities. We will include people with disability in NSKA in both playing and non-playing roles to the greatest extent that we can.

We will endeavour to make NSKA as accessible as possible; based on the state sports policy on inclusion; the ability of individuals involved in NSKA; the type and level of competition (e.g., junior versus senior competition and social versus pennant); the individuals willingness to join and our capacity to make modifications that promote inclusion.

What we will do

- Put people first, focus on what they can do and find out how they want to participate.
- Ask each individual – and their parents if the participant is a child – for their advice about what modifications would help them to participate.
- Where possible, make adjustments to our coaching, equipment, rules or playing environment and modifications to NSKA premises (e.g. putting in a ramp).
- Be honest and explain if certain modifications or adjustments are not currently possible.
- Communicate with people and share club information in appropriate ways and formats.
- Expect all members of NSKA to accept and welcome people with disability.
- Make sure people of all abilities are included in NSKA's social activities and are recognised for their contribution and achievement.
- Have strong policies to ensure that people can play sport and participate in NSKA without discrimination, harassment or bullying.
- Provide information about other options for participation outside NSKA by letting people know about sports that are primarily or only for people with disability, or clubs where major modifications have been made to increase opportunities for participation.

What we ask you to do If you have a disability:

- tell us what we can do to help include you in understand that we will do our best to make any necessary adjustments or modifications
- talk to us if you have any concerns or ideas to help us make our club more inclusive.

Illegal Drugs Policy

NSKA does not allow the use, distribution or selling of illegal drugs by any NSKA member or any visitors within NSKA's jurisdiction.

This policy reflects our commitment to protecting the health, safety and wellbeing of all persons associated with NSKA and all persons in attendance at NSKA activities.

The purpose of this policy is to ensure the NSKA committee and members understand NSKA's position regarding illegal drugs and how it will respond to a drug-related incident within its jurisdiction.

Extent of this policy This policy refers to illegal drugs only, which is defined as "a substance that is not permitted to be taken or used according to state or national laws such as cannabis (marijuana), amphetamines (speed and "ice"), ecstasy, cocaine, heroin and a range of new psycho-active substances known as synthetic drugs."

This policy does not apply to pharmaceutical drugs or performance enhancing drugs (unless they are captured in the above definition).

This policy should be read and understood in conjunction with NSKA's code of conduct.

When does this policy apply?

This policy applies whenever the individual is taking part in activities under NSKA's jurisdiction. This includes NSKA's and member clubs facilities, tournaments, training, events and trips organised by the NSKA or their member clubs.

Private behaviour of members is not included in this policy as NSKA cannot be responsible for the behaviour of its members outside NSKA's jurisdiction; however, this policy will apply whenever an individual is wearing a part of the official NSKA uniform which would identify them as being a representative of the NSKA.

Who does this policy apply to?

All NSKA members and visitors to NSKA.

NSKA will:

- Activate and comply with the policy.
- Promote the policy to everyone within NSKA.
- Promote and role model expected standards of behaviours at all times.
- Appoint and support appropriate persons such as a General Manager to lead the initial response, investigation and action for all illegal drug-related incidents.
- Respond to breaches of this policy discreetly and in a timely manner.
- Investigate all apparent, or alleged, breaches of this policy and take action after all relevant facts and circumstances are known.
- Ensure all responses and actions will reflect NSKA's duty of care to members and visitors.
- Review this policy every year.
- Educate members on illegal drugs.
- Have a list of health service providers in our area who would be able to support an individual with a drug and/or alcohol-related issue.

Illegal Drugs Policy

Individuals will:

- Comply with the policy.
- Promote and role model expected standards of behaviours at all times.
- Be responsible and accountable for their behaviour.
- Alert NSKA officials or the Welfare Officer with any concern about illegal drug use within NSKA.
- Honour our commitment to the health, safety and welfare of all of our members.

Responding to illegal drugs

Privacy Where possible, the investigation of illegal drug-related concerns or incidents will remain confidential. NSKA will always act with discretion. Subject to its right to contact the Police if necessary, NSKA will maintain the privacy of those involved as far as possible.

NSKA members will be informed about the incident on a need-to-know basis only. Investigating the concern or incident An appointed Welfare Officer will investigate all illegal drug-related concerns or incidents in a timely and discreet manner. Once all relevant facts and circumstances are known, the Welfare Officer will recommend appropriate approaches and/or disciplinary measures to the NSKA committee based on the guiding principles outlined in this policy.

When responding to an illegal drug-related concern or incident, the responses by NSKA will focus on the safety and welfare of those directly and indirectly involved. All responses will reflect NSKA's duty of care to members and visitors. All illegal drug-related concerns or incidents should be discussed with a Welfare Officer as soon as possible. The Welfare Officer will document the issue using the incident register and investigate the concern/incident further.

In the event that a Welfare Officer is not available, an NSKA official may substitute for them. If illegal drugs are being distributed or sold on NSKA premises by a member or visitor of any age, the Welfare Officer or Chairperson will contact the local police to seek their advice.

If illegal drugs are found within NSKA's jurisdiction the Welfare Officer or Chairperson will contact local police to seek their advice and so they can be disposed of safely.

Illegal drug use by a member under 18 years

Where NSKA identifies that a person under the age of 18 years is involved in illegal drug use NSKA will:

- Inform the individual that a Welfare Officer will contact the parent or guardian to discuss the incident, if it is appropriate and safe to do so.
- Contact the parent or guardian to discuss, unless informing the parent or guardian would put the individual at risk of greater harm.
- In the case of a visitor in this instance, NSKA will inform the visiting club. Non-compliance with policy NSKA will respond to all breaches of this policy.

Any disciplinary measures imposed under our policy must:

- Be fair and reasonable and will focus on the safety and welfare of those directly and indirectly involved.
- Be based on the evidence and information gathered and the impact on NSKA, other members, competitors, spectators, visitors and the community.
- Take into account the age and personal circumstances of the people involved.
- Take into account whether the incident involved personal use of an illegal drug and/or the supply of an illegal drug to other people.

Illegal Drugs Policy

Examples of breaches of policy:

1. If a member sells or distributes illegal drugs in NSKA's jurisdiction, the following will occur:
 - NSKA will contact the local police to seek their advice.
 - Consequences for the individual(s) will depend on the circumstances or severity.
 - Where applicable, the individual(s) may be referred to a local health service provider.
 - NSKA may appoint a senior person to act as a mentor to a suspended individual(s) for a nominated period of time and to assist them to reintegrate with NSKA, if applicable.
 - If the individual(s) concerned is/are under 18, their parent or guardian would be informed immediately of the incident and of the consequences, unless informing the parent or guardian would put the individual at risk of greater harm.
 - In the case of a visitor, NSKA will inform the visiting club.
2. If a member is found in possession of an illegal drug, the following will occur:
 - The individual(s) will be asked to hand-over the substance and NSKA will follow the procedures for handling illegal drugs in its jurisdiction.
 - NSKA will contact the local police to seek their advice.
 - Consequences for the individual(s) will depend on the circumstances or severity.
 - Where applicable, the individual(s) may be referred to a local health service provider.
 - NSKA may appoint a senior person to act as a mentor to a suspended individual(s) for a nominated period of time and to assist them to reintegrate with NSKA, if applicable.
 - If the individual(s) concerned is/are under 18, their parent or guardian would be informed immediately of the incident and of the consequences, unless informing the parent or guardian would put the individual at risk of greater harm.
 - In the case of a visitor, NSKA will inform the visiting club.
3. If a member is found using drugs, or is affected by the use of illegal drugs under NSKA's jurisdiction:
 - NSKA would ensure the safety and wellbeing of the individual is the first priority.
 - Seek out medical assistance, if required.
 - If required, contact next of kin. If the individual(s) concerned is/are under 18, their parent or guardian would be informed immediately of the incident and of the consequences, unless informing the parent or guardian would put the individual at risk of greater harm.
 - Ensure individual is safely transported to their home.
 - When the individual's health has returned to a normal state, the Welfare Officer will investigate and take appropriate action.
 - Where applicable, the individual(s) may be referred to a local health service provider.
 - In the case of a visitor, NSKA will inform the visiting club.

All contact with the media related to a drug-related allegation or incident within its jurisdiction will be managed by NSKA's official spokesperson.

Interactions with Children Policy

These guidelines are for coaches and other personnel to protect them from risk and to keep children safe.

Coaches and other personnel in positions of authority should maintain clear: Physical boundaries

- Use drills to develop fitness, not as a punishment
- Only use physical contact that is appropriate for the development of a particular skill and has the permission of the athlete
- Work within sight of others at all times Emotional boundaries
- Use positive feedback on performance, not negative feedback about the person
- Be encouraging and avoid put-downs Social boundaries
- Attend sport related events such as sponsorship and fundraising events, celebrations and annual meetings but do not socialise with athletes outside sporting functions
- Do not socialise with athletes via social media Sexual boundaries
- Do not have sexual relationships with athletes you are coaching
- Do not touch athletes in ways likely to make them feel uncomfortable

Minimise physical contact Generally, physical contact with players or participants should be to:

- Develop sport skills
- Give sports massage
- Treat an injury
- Prevent or respond to an injury
- Meet the specific requirements of the sport

All physical contact by personnel should fulfil the following criteria:

- Physical contact should be appropriate for the development of a sport skill/s
- Permission from the player or participant should always be sought
- Players or participants should be congratulated or comforted in public not in an isolated setting Avoid being alone with a child To protect yourself and the child from risk:
- Do not isolate yourself and a child and avoid being alone with any particular child
- If a child approaches you and wants to talk to you privately about a matter, do so in an open area and in sight of other adults (e.g. other coaches, officials or parents/guardians)
- Before going into change rooms knock or announce that you will be coming in. Try to have at least one adult with you in a change room with children

Refund Policy

We strive to ensure that customers are fully satisfied with their purchases and entries to events through our online service.

However, we understand that there are several situations that may warrant a refund, including cancellation of a registration for an Event.

Event Registration Refund Policy

All requests for a refund must be made in writing through refunds@nska.com.au stating the reason for your request.

NSKA's General Manager will collate all refund requests and forward them to the appropriate Event Promoter.

Refunds will be assessed in accordance with the following:

- Cancellations made within 7 days prior to the event will be refunded as follows:
 - Where a medical certificate is provided we will provide a full refund.
 - Where a non-medical cancellation is requested we reserve the right to assess the request on its own merit. We will not disallow a refund where in the opinion of NSKA there are reasonable grounds for a cancellation and we will provide a full refund.
 - Where in the opinion of NSKA the cancellation is due to a 'Change of Mind', we will provide a refund equivalent to the entry fee paid less an administrative fee of \$20.00.
- Cancellations made 6 days prior to the event and up to 14 days after the event will be refunded as follows:
 - Where a medical certificate is provided we will provide a full refund.
 - Where a non-medical cancellation is requested we reserve the right to assess the request on its own merit. If NSKA determines reasonable grounds for a cancellation and we will provide a refund equivalent to the entry fee paid less an administrative fee of \$20.00.
 - Where in the opinion of NSKA the cancellation is due to a 'Change of Mind', we will not provide a refund.

Titles & Selection Policy

--- Australian National Championship Competitor Qualification ---

National Sport Karate Australia annually will conduct an invitation only event for the purpose of determining calendar year Australian Champions & Grand Champions.

The invitation & selection process for this event will use the rankings generated from that calendar years preliminary (A Rated) & State finals round (AA Rated) tournaments in the following way -

- Competitors placing in the Top 10 in any division will be invited to compete
- Competitors placing First, Second or Third in any division at a, AA rated, State Final / State Championship / State Title, will be invited to compete.
- All previous year Grand Champions will be invited to compete.
- All those placing 1st at the year prior's National Championship, AAA rated event, will be invited to compete

International competitors who are ranked in the "top 10" in their home country or who are currently rank as their home countries national champion can be seeded into the Australian National Championship at the discretion of the NSKA.

NSKA reserves the right to allocate wild card entries to any competitor who does not qualify via the above selection criteria.

The NSKA may at its discretion offer "open" events at the Australian National Championship these events will be clearly gazetted as such and will require no pre-selection criteria.

--- Australian National Team Qualification ---

National Sport Karate Australia will periodically select a team to compete at an internationally recognised world championship event with the International Sport Karate Association. NSKA will gazette any selection criteria 12 months prior to international team events. A minimum will be having competed at the last AAA rated event prior to the international event.

Concussion Policy

Concussion is a significant and complex health issue. This policy will enable all to know how to recognise and manage concussion at all levels of play.

What is Concussion?

Concussion is a disturbance in brain function rather than a structural injury to the brain. It is caused by direct or indirect force to the head, face, neck or elsewhere with the force transmitted to the head.

A player does not have to be knocked unconscious to have a concussion. Loss of consciousness is seen in only 10-15% of cases of concussion.

Concussion is difficult to diagnose and only medical doctors can definitively diagnose a concussion. However, recognising a suspected concussion at the time of injury is extremely important to ensure appropriate management and to prevent further injury.

Recovery from concussion varies from person to person, and injury to injury. If recognised and appropriately managed most people will recover from their symptoms.

Who Gets Concussion?

Concussions occurs in almost every sport or recreational physical activity. It is more common in sports and activities with full physical contact between players (like combat sports and martial arts).

The Three Most Important Steps of Concussion Management:

1. *Recognise* *Recognise an injury has occurred*
Although a medical practitioner should formally diagnose a concussion, all sport stakeholders including players, parents, coaches, officials, teachers and trainers are responsible for recognising and reporting players with visual signs of a head injury or who report concussion symptoms.

This is particularly important when a medical practitioner is not immediately available or observing a match.

Watch for when a player collides with:

- another player;
- a piece of equipment;
- the ground.

Visual Signs Players who sustain an impact to the head, face, neck, or body can demonstrate visual signs of a concussion such as:

- Lying motionless on the playing surface
- Getting up slowly after a direct or indirect blow to the head
- Being disoriented or unable to respond appropriately to questions
- Having a blank or vacant stare
- Having balance and coordination problems such as stumbling or slow laboured movements
- Having a face or head injury
- Headache
- Feeling "Pressure in the head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- Sadness
- Neck pain

An athlete may report symptoms of a concussion to a team mate, parent, teacher, official or coach. Symptoms that suggest a concussion include:

- Feeling more emotional than usual
- Being more irritable than usual
- Being nervous or anxious
- Difficulty concentrating
- Difficulty remembering
- Feeling slow
- Feeling like "in a fog"

A medical practitioner must be present at the Venue. They should assess the injured player. If they decide the player is concussed, the player must not resume participating on the same day, under any circumstances.

If the medical practitioner decides the player is not concussed, the player can resume participating as soon as they feel ready.

Concussion Policy

2. Remove

Removal from Play & Immediate Management -

Initial management must adhere to first aid rules, including airway, breathing, circulation and spinal immobilisation.

Anyone with a suspected concussion must be removed from competition. This will enable the player to be properly assessed.

Anyone who has a suspected concussion must not be allowed to return to participation on the same day unless cleared by a medical practitioner.

NSKA will not be influenced by the player, coaching staff, trainers, parents or others suggesting that they should return to play.

Players with suspected concussion should:

- Be immediately removed from participation
- Not be left alone initially (at least for the first 1-2 hours)
- Not drink alcohol
- Not use recreational drugs
- Not take certain prescription medications including aspirin, anti-inflammatory medications, sedative medications or strong pain-relieving medications
- Not be sent home by themselves.
- Not drive a motor vehicle
- Be referred for appropriate medical assessment

3. Refer

Referral for Medical Assessment - All players with concussion or suspected concussion need a medical assessment by a medical practitioner.

The player should be referred to a local general practice or hospital emergency department.

Return to play:

Return to Play or Sport Managing concussion is a shared responsibility between the player, coach, sports trainer, parents and medical practitioner.

Open communication is essential and information should be shared.

Coaches, administrators and officials should provide players and their parents with information about the:

- immediate management of a suspected concussion;
- graduated return-to- participation protocol; and
- medical clearances needed to return to participation.

Always refer the player and, if they are a child, their parents, to a qualified medical practitioner with some expertise in the management of concussion.

A player who has suffered a concussion should return to sport gradually. They should increase their exercise progressively, as long as they remain symptom-free

Additionally:

Players should:

Report any potential concussion symptoms they experience, report if they suspect a team mate or fellow player has concussion, follow any medical advice they receive.

Parents should:

Watch carefully for immediate and delayed signs and symptoms of concussion, obtain proper care for their child, inform other stakeholders of their child's health.

NSKA Should:

Ensure all stakeholders are aware of the concussion policy, coordinate concussion education activities, ensure all stakeholders follow and practice concussion protocols, notify parents of concussed junior player's as quickly as possible and provide advice about further management of their child, ensure concussed players follow appropriate protocols and medical assessment when resuming participation

