

*Colorado Karate Association*



***Rule Book***

*Revised 2021*



Benefits for CKA members .....	5
Responsibilities, Policies and Procedures ....	5
Individual Memberships .....	5
Update personal information .....	6
Points.....	7
School Memberships .....	7
Conduct/Sportsmanship.....	8
Moral Grounds for Disqualification.....	8
General Rules .....	10
Competition Area .....	10
Qualifications.....	11
Judging Your Own Student.....	11
Coaching .....	11
Rank Rule .....	13
Changing Divisions.....	14
Rank Compliance Rule .....	14
Competing at the Appropriate Age Level .....	15
Legal Competition Age .....	15
Personal Health and Hygiene.....	16
Uniform and Equipment Requirements.....	16
Late Ring Arrival Regulations.....	18
Bracketing.....	18
Division Sizes.....	18
Protests .....	18
Additional Regulations .....	20
Forms (Kata/Pattern) Competition .....	21
Kata Scoring.....	25
Things to Look For.....	25
Kata Scoring Chart.....	27
Sparring Rules .....	28
Weighing In.....	28
Length of Matches.....	28
Competing Up Option.....	29
No Fault Rule.....	30

CKA Officials.....	30
Referees .....	30
Judges.....	31
Confirmation Competition Rule.....	33
Scoring System.....	33
Legal Target Areas.....	33
Point Values.. ..	34
Illegal Target Areas.....	34
Method of Scoring.....	35
Focus Requirements.....	35
Legal Scoring Techniques.....	36
Illegal Techniques.....	37
Out of Bounds.....	37
Contact Rules.....	38
Knockout Rule.....	39
Blood Rule .....	39
Competitor Safety .....	40
Injury Reports.....	40
Sparring Verification of points .....	40
Late Calls .....	41
Points awards. ....	41
Rule Violations.....	41
Penalty accumulation .....	42
Order of Enforcement .....	42
Rule Infractions Examples.....	44
Continuous Sparring Rules.....	46

# ***CKA Memberships***

## ***Benefits for CKA members***

- Discounts on CKA sanctioned tournaments
- State of the art CKA equipment, mats for Sparring and Forms divisions, and sound to compete with
- Complimentary CKA patch and rule book
- CKA web site 24/7
  - [www.coloradokarateassociation.org](http://www.coloradokarateassociation.org)
- CKA ratings system for point accumulation towards year-end State Championship awards.
- Online access for tournament results and year to date ratings results
- The best year-end awards and banquet of ANY martial arts sanctioning body in the country!

## ***Responsibilities, Policies and Procedures***

The CKA calendar year is from January 1st to December 31st. It is your responsibility to maintain an annual membership.

## ***Individual Memberships***

Individual membership fees are as follows:

\$20.00/yr. for Individuals in CKA Member Schools —  
\$15.00 each additional family member  
\$25.00/yr. for Individuals in Non-Member Schools —  
\$20.00 each additional family member

## **Update Personal Information**

Please update your personal information when you move or change your e-mail address. This information is important to us. At the end of each tournament season competitors eligible to receive year end awards are mailed RSVP forms which have a deadline that must be met. If those forms are not received by the CKA by the deadline those awards will not be made. Other important information is mailed to all members including tournament registration forms.

***Important: Activate your CKA membership at the beginning of each tournament season. It is the policy of the CKA that you start to accrue points for year end standings in the quarter that you join the CKA. The CKA has amended this policy to say if you activate your membership by June 30<sup>th</sup>, all points will count for the tournament year. If you join in the 3<sup>rd</sup> or 4<sup>th</sup> quarters of the year, points will then start accruing in the quarter that you joined. Non-member points will be deleted July 1<sup>st</sup>, and October 1<sup>st</sup>, so for maximum point accumulation, it is wisest to join prior to June 30<sup>th</sup>. Example: if you join the CKA in April, all of your points for the entire year accumulate toward your year end ranking. However, if you join in August, only points earned in the 3<sup>rd</sup> and 4<sup>th</sup> quarters will count toward your year end standings, regardless of points you may have earned in March. Check your points throughout the year at: [www.coloradokarateassociation.org](http://www.coloradokarateassociation.org) to ensure accuracy.***

Please do not ask the CKA board to make an exception for you. In order to be fair to all competitors we must be consistent in this policy.

All NEW applicants under the age of 18 years of age MUST include a copy of their birth certificate. If you're renewing a membership, you need not provide your child's birth certificate again.

## ***Points***

<u>Place</u>	<u>AAAA</u>	<u>AAA</u>	<u>AA</u>	<u>A</u>
1 <sup>st</sup>	20	16	12	8
2 <sup>nd</sup>	15	12	8	4
3 <sup>rd</sup>	10	8	4	2
4 <sup>th</sup>	5	4	2	1
5-8 <sup>th</sup>	3	2	1	0
Gr Champ	10	8	6	4
Runner Up	5	4	3	2

Most of the tournaments are rated AAA. If they are rated other than AAA, the flyer will note that. Points are awarded for each division to all competitors. Points are deleted quarterly for non-members. The points are added throughout the year to vie for the Colorado State Championships and Top 20 competitors.

## ***School Memberships***

A CKA school annual membership is \$75.00. This will save your Students money on their membership while providing a positive environment in which you can teach them to develop perseverance and determination.

## ***Conduct***

At all CKA events, we expect the utmost respect and sportsmanship from competitors, parents, judges and ourselves.

Unsportsmanlike conduct is not tolerated. In the past we have had to suspend certain competitors, parents, instructors and promoters. The suspensions have ranged from one tournament to lifetime bans. Fortunately these have been rare, but because of our strict standards the CKA is one of the most respected organizations in the country. Our children learn to compete in a respectful, safe, and healthy environment. Competitors look up to other competitors, instructors, judges, siblings and parents. By making an effort to be positive role models and leading by example, we may teach our children sportsmanship and life skills that they will carry with them their entire lives.

## ***Moral Grounds for Disqualification***

- Unsportsmanlike conduct on the part of the competitor results in the immediate disqualification of the offender. No warning is necessary for the unsportsmanlike conduct on the part of a competitor. This includes talking back to an official or the use of profanity. A

majority of the officials must agree on any disqualification.

- Unsportsmanlike conduct or profanity on the part of a parent, colleague, instructor, or coach of a competitor may result in disqualification of the competitor. A majority of the officials must agree with the decision, and one warning must be given before disqualification.
- Any person threatening an official will be expelled from the premises for the duration of the tournament.
- Any competitor is eligible for disqualification, (e.g. he has already lost), who demonstrates unsportsmanlike conduct (or whose parent, instructor or coach demonstrates unsportsmanlike conduct) toward an official may still be subject to a six tournament suspension. Additional infractions may call for extended suspensions. A physical attack on a competitor, spectator or official incurs a minimum of one year suspension from competing or even being on the premises of any tournament facility.
- Disqualification for ‘unsportsmanlike conduct’ makes the competitor ineligible for prizes, points, and/or further competition in any event.

## ***General Rules***

### ***Competition Area***

The rings and competition area are “roped off” in order to be separate from the spectator area. Only Competitors,

Coaches (with valid pass), Judges, Score Keepers/Time Keepers, Tournament Medics and Staff are to be inside the competition area. Food and drinks (other than water) are not allowed in competition area.

- All matches are conducted on CKA certified mats in a square ring no smaller than six meters by six meters.
- Only officials, competitors, and coaches (sparring) are allowed in the ring unless invited by the referee.
- Sparring - The two starting positions must be centered in the middle of the ring and at least six feet apart.
- It is mandatory that every ring be clearly marked with the ring number visible to all.

To avoid the perception that individual school banners are being used as a recruiting tool, school banners are not to be displayed. **Please note that recruiting students at any CKA Event is prohibited.**

## ***Qualifications***

To be a CKA Certified Official, you must pass the CKA officials test every two years and:

1. Be an adult Black Belt (Un-restricted capacity to officiate in all divisions).
2. A seventeen-year-old Black Belt. (Restricted to officiate in only beginning and intermediate divisions).

3. An adult Advanced Belt within one year of testing for Black Belt. (They may only officiate in beginning and intermediate divisions).

## ***Judging Your Own Student***

Where possible, no more than one judging official from the same organization may judge a student of that organization. This rule applies to both forms and fighting competition.

## ***Coaching – Is currently not available due to COVID-19 restrictions***

Coaching is allowed in all sparring divisions with the following provisions: (Coaches are also allowed in forms divisions to assist with music only)

- Anyone is allowed to obtain a coaches pass. It is their responsibility to know the rules and abide by them. The coaching pass may not be “shared.” Any coach abusing the privilege of the pass may have it revoked without refund.
- The coach must have a valid coaching pass and must wear it in plain view while inside the competition area.
- Coaches’ passes will be made available at all CKA tournaments and may only be used at that tournament.
- A coach must reside within the “Coaches Box”. Located outside the ring on the side of the competitor they are coaching.

- Only one coach per competitor is allowed. A coach may replace an active coach during a competitors match.
- A coach or competitor will be allowed to call one (1), 10 second time out per match. Requests for a time out will only be allowed when “Break” (sparring) is called by the center official.
- Unsportsmanlike behavior WILL NOT be tolerated by coaches. If a coach demonstrates unsportsmanlike behavior, they will be warned or immediately removed from the competition area depending on the severity of the attitude displayed. No more than 2 warnings will be given before a coach will be asked to leave. A competitor may be disqualified from competition if a coach displays unsportsmanlike behavior or attitudes that are disruptive to the match in progress.
- If it is determined that ringside influence from someone other than a coach is influencing a players performance, a competitor will receive a warning for illegal coaching. A second violation will result in a “point over.” Future violations may result in continued point over calls or disqualification

## ***Rank Rule***

In forms, weapons, and sparring competition, all competitors compete in their respective divisions according to the highest belt rank they have attained as of the date of the tournament, regardless of what styles

or systems they have studied, or currently study.

There are many different recognized ranking systems in the martial arts world today. For this reason, we have defined rank as a function of time in training, NOT belt color. Beginner is someone with one year or less of training and is generally recognized as white, yellow or orange belt rank although the belt one wears may be a different color. No competitor may compete in the beginner division for more than one year. If, after one year of training, he/she still holds the rank of white, yellow or orange, he/she must move up to the intermediate-division.

CKA recognizes white, yellow and/or orange to be beginner belts, green, blue, purple are intermediate, and brown, red, and black is advanced. Any deviations from these belt colors arrangements have to be made with the CKA Board prior to students entering.

**If a competitor is found to have competed in a belt lower than the highest belt achieved in any style, any points earned for that day will be taken away and that competitor may be disqualified from competing for the remainder of the season. The competitor, instructor, parent/guardian will have the opportunity to meet with the Board to discuss.**

Additionally, if a competitor advances in rank to an Intermediate level in less than one year, that competitor must move up to the Intermediate division.

Advanced division includes red, brown and black belts (black belt is not included in “advanced” division in cases in which it has its own division).

Intermediate division consists of all the belt ranks that fall between beginner and advanced.

In anticipation of upcoming testing, a student may compete in the higher level division so all accumulated points will be earned and saved in that division. For example, an Orange belt is testing for Purple belt in May. The competitor may compete in the Intermediate division for the tournaments prior to testing even though a ‘Beginning’ belt color is worn.

## ***Changing Divisions***

Competitors moving to a NEW division because of changes in rank, age (turning 18), or weight will enter their new division with zero points. *Previously accumulated points remain in the division in which they were earned.*

## ***Rank Compliance Rule***

When divisions are combined (Beginner/Intermediate or Intermediate/Advanced) the rules of the lower division apply.

## ***Competing at the Appropriate Age Level***

Competitors must participate in their correct age categories; this is the age as of January 1<sup>st</sup> of the current calendar year. Age is the primary factor in determining

a player's appropriate competition division. If a division is provided for competitors of your age, then you must compete in that division. Youth and Adult competitors must provide proof of age (birth certificate, Colorado ID card, etc.) to the CKA upon registering.

Competitors may use either their chronological age or "legal competition age" to compete. ***Exception: 17-year old competitors may NOT compete as adults.***

The minimum age for competition in an adult division is 18. All references to "adult" indicate anyone who has reached his or her 18th birthday. Competitors below 18 years of age must compete in the youth divisions.

## ***Legal Competition Age***

**A competitors' competition age is the age he/she is on January 1<sup>st</sup> of the current calendar year.** Competitors have the **option** of "competing up" in age, (moving to an older age division) if they will be turning a year older during that same year. This can be done from one division to another. A competitor may compete all year in the divisions for their age at January 1<sup>st</sup>. Junior competitors may not compete in adult divisions. Once a competitor turns 18 he/she must compete in the adult divisions. Points earned stay in the division they were earned in and do not follow the competitor.

***This option does not apply to competitors turning 18 DURING the competition year; as outlined above.***

*Again, a competitor may NOT participate in adult divisions prior to reaching his or her 18th birthday.*

### **Transgender Competitor:**

*Transgender competitor must follow the international Olympic Committee's' (IOC) Rules to compete in any Colorado Karate Association Divisions.*

*Plea see link below:*

*[https://stillmed.olympic.org/Documents/Commissions\\_PDFfiles/Medical\\_commission/2015-11\\_ioc\\_consensus\\_meeting\\_on\\_sex\\_reassignment\\_and\\_hyperandrogenism-en.pdf](https://stillmed.olympic.org/Documents/Commissions_PDFfiles/Medical_commission/2015-11_ioc_consensus_meeting_on_sex_reassignment_and_hyperandrogenism-en.pdf)*

### **Personal Health and Hygiene**

1. All competitors must be in good physical condition. The competitor's instructor, as well as the parent or guardian of a minor is responsible for assuring the tournament director that their competitors are in good health.
2. No participant is allowed to compete while under the influence of any consciousness altering substance - prescribed or otherwise.
3. All competitors must be clean. Any competitor with dirty hands or feet will be required to bathe or shower before engaging in competition.
4. Fingernails and toenails must be clean and trimmed prior to entry into tournament. Long fingernails must be completely covered.

## ***Uniform and Equipment Requirements***

- Regulation martial art uniforms, with sleeves reaching at least to the elbow, must be worn. All competitors must wear their rank as a belt, sash, or cord according to the discipline they study.
- All uniforms must be neat and clean.
- Kung fu tops or T-shirts may be worn in competition as long as it is part of the school uniform.
- In sparring competition, all male competitors must wear a groin protector (whether the groin is a target or not).
- In sparring competition, all competitors must wear a mouthpiece even if a face mask is worn.
- All competitors must wear CKA approved protective gear on hands, feet and headgear with face shield for competitors under 18 years of age.
- Fingers must not extend beyond the end of the glove when the hand is held open. Toes must not extend beyond the end of the boot.
- Competitors are prohibited from wearing jewelry of any kind during fighting competition, with the sole exception of a simple wedding band.
- CKA-approved headgear with face shield is mandatory for ALL competitors in ALL sparring divisions. A bandana or “Do-Rag” may be worn by the competitor for the purpose of keeping sweat out of the eyes, provided it is kept neatly in place and presents no threat to either participant’s safety.
- ALL protective equipment must meet with the approval of the referee, tournament promoter, director, or arbitrator.

- Ring Star padded sparring shoes are allowed in all sparring divisions.
- Foam shin pads are recommended but not required. Hard shin pads, plastic or otherwise, are prohibited.

## ***Late Ring Arrival Regulations***

- All Competitors must be at their assigned rings BEFORE competition begins.
- Once elimination begins in the form or fighting divisions, those divisions are CLOSED to all late entries.
- Once a competitor is called, he/she has ONE MINUTE to report to the ring. After one minute, a tenth of one point for form competition, a single point in sparring is assessed against that individual. AFTER TWO MINUTES the competitor in any division is disqualified.

## ***Bracketing***

In order to be as fair as possible to all competitors, bracketing will be done at ringside using random methods. (i.e. selecting numbers or shuffling of competitor cards).

## ***Division Size***

Divisions shall be limited to 16 competitors. In the event that more than 16 competitors are entered in a single division, the competitors in the division shall be split randomly through a number draw.

## **Protests**

- A competitor, instructor, parent, or coach of a player involved in a protest situation may protest any infraction of the rules. The protester may NOT protest or question a call, failure to call, a point or a decision by the judges, UNLESS the officials' decision violates tournament rules. Spectators may NOT lodge protests.
- All protests must be submitted to the referee at the time of the infraction. Protests submitted after the infraction when the match has continued, at the end of the match, or after the kata division is over, are not considered. An arbitrator is assigned at each tournament to handle any protests.
- Protest procedure: All protests are to be submitted in a courteous manner. Any overt display of emotion or unsportsmanlike conduct or manner the competitor or his/her support team may result in disqualification of the competitor (one warning must be given before disqualification).
- Any competitor involved in a protest situation may present his or her own protest as long as it is offered in a courteous manner. The competitor or protestor should request a time-out from the referee to discuss the protested issue.
- A protest that is lodged against a competitor for violating rules which affects divisional standings would be evaluated by the CKA board of directors on a case by case basis. Any complaint of such an infraction will need to be made in a timely manner as there is a "Statute of Limitation" of two months or two tournaments which will be enforced on such

infractions. Protests of this nature must be made in writing either directly to a board member or at the CKA events booth. Not making the Board aware for several tournaments makes it impractical for a reasonable solution and creates a situation where there is no “*fair*” solution.

## ***Additional Regulations***

- Judges are to be in uniform or wearing a CKA official’s shirt.
- Whenever possible, Students from the same club should not fight each other in the first round. This applies only to the first round of eliminations. This rule supersedes byes given during bracketing. In other words, any competitor may lose his or her bye so that Students from the same school do not fight each other in the first round.
- A competitor may only compete in a maximum of 7 divisions per tournament A competitor may compete in their choice of 1 Traditional Forms Division, 1 Creative Forms Division, 1 Musical Forms Division, 1 Traditional Weapons Division, 1 Contemporary Weapons Division, 1 Continuous Sparring Division, and in 2 point sparring divisions (adult black belts). An Adult black belt may compete in their age division plus one younger age division within their weight restrictions.
- Competitors in children’s division must present a birth certificate (or copy) to show proof of age within 30 days to the CKA’s ratings director upon request.

- For safety reasons, male and female sparring competitors 11 years of age and older have separate sparring divisions.
- Any competitor not wishing to fight may “bow out” of the competition. In such a case, the other fighter is automatically declared the winner. If a competitor bows out without competing, no points will be earned. Bowing out as a show of respect may be an exception. For example: an instructor may bow out to their student. In all cases, a competitor must be in uniform with intention of competing.

## **Forms (Kata/Pattern) Competition**

- Competitors are divided into divisions according to belt rank, age, and sex when those divisions are available.
- Each competitor addresses the center official giving his/her name and form to be executed. Additionally, the competitor may give the name of the school or association, and the instructor’s name. Further, a brief explanation may be given if necessary, and permission to begin the form may be requested of the center official.
- A judging panel consists of three, five, or seven qualified judges.
- Competitors are scored on a 7 to 10 point basis using hundredths of points.
- When there are five or more judges, the scorekeeper omits the high and low scores to determine the competitor’s score. The competitor with the highest score (sum, not average) is declared the winner.

- In the event of a tie (when there are five or more judges), the previously omitted scores are added back in. In the event that this does not settle the tie, (or a first tie when only three judges are present) the competitors perform again. They may use the same pattern or a different one. The officials will then choose the winner by a show of hands.
- Contestants that forget their forms during competition receive a 7.0 from all judges. The competitor may start his/her form over again in order to conclude the performance professionally, but he or she will still receive a seven.
- Shoulder/Judo/Aikido/ forward rolls ARE permitted in Traditional Forms. Gymnastic techniques and acrobatic kicks ARE NOT allowed in the Traditional Forms divisions. NOTE: Wu Shu and Capoeira forms contain many gymnastic types of techniques that are considered traditional within their system. However, these kinds of techniques must be performed in the Creative Forms divisions so as not to gain an unfair advantage in the traditional division.
- Gymnastic techniques and acrobatic kicks shall include the following: Cartwheels, round-offs, front and back handsprings, flips, “dive rolls”, aerials, barrel rolls, and splits. Also, no more than 2 kicks may be executed without putting the kicking foot down on the ground; e.g., no triple kicks or “machine gun” kicks are allowed. Any jump or jump spinning kicks which require the competitor to land on the kicking leg (such as the “540”) are illegal techniques in the Traditional Forms division.

The use of any of these techniques or kicks in a Traditional Forms or Traditional Weapons division will give cause for an automatic score of 7.00 from all judges.

- All forms containing gymnastic techniques and/or acrobatic kicks must be performed in the Creative Forms division, the Musical Forms division, or the Contemporary Weapons division.
- Creative Forms division is understood to be the performance of a non-Traditional kata and may include the use of gymnastic techniques and/ or acrobatic kicks, but neither music nor weapons.
- Traditional Weapons division does not contain any releases or gymnastics techniques (including nontraditional kicks). Please note that even rolling a weapon over the wrist is considered a release technique. **STAFF FORMS MUST USE A WOODEN BO.**
- Contemporary Weapons division may include releases and gymnastics techniques, but no music.
- All weapons must meet with the approval of the judges or tournament officials and may be inspected for safety. No plastic or rubberized weapons are allowed in weapons competition.
- Accidentally dropping or breaking a weapon in Musical or Weapons Form competition is equivalent to forgetting a form. The competitor who accidentally drops or breaks a weapon receives a score of 7.0 from all judges.
- Musical division is understood to be the use of music in a kata, together with any combination of, but not limited to, props, weapons or having more

than one individual perform. However, points accumulated in this division go to the individual introducing the form

- In Musical form division, competitors are allowed to use plastic or rubberized weapons as long as they are deemed safe for competition.
- All form competition officials must remain in their assigned ring until their division's eliminations are complete.
- Officials will show the kata score on cards visible to the competitors.
- The center official double-checks the score, (checking only places/totals - center officials do not recalculate the scores).
- An approved protective floor covering must be used for all breaking demonstrations. Only re-breakable boards/bricks may be used unless pre-approved by the promoter. The tournament promoter must approve all demonstrations and breaking events prior to the start of those events.
- All competitors in divisions for under 17 years of age and adult black belts who wins first place in any forms, weapons, or musical division qualifies to compete for Grand Champion.
- Grand championships are held in their respective divisions and are not mixed together (e.g. children and youth do not compete with adults). In the Forms Grand Champion competition, music may be used by ANY competitor regardless of which division(s) they won to qualify.
- Grand championship competitors must perform their form in accordance with the divisions that

qualified them for the grand champion competition. For example, the Traditional Forms winner *MUST* perform a Traditional (not Creative or Weapons) style form in Grand Champion competition, though they *MAY* perform it to music if desired.

- Competitors who have qualified for the Grand Championship competition in more than one division may choose which division they wish to compete in the Grand Championship. Competitors shall notify the Scorekeeper which division they are competing in for the Grand Championship and the scorekeeper shall note this on the score sheet.

## ***Kata Scoring***

Officials score form in their division, after all competitors have performed their routines.

Competitors shall be scored by the officials within the scoring range appropriate for the division and according to the following table. The Center Official shall verify the scoring range with the Scorekeeper prior to the competition and shall advise the other Officials of the appropriate range. In the event that an Official records a score outside of the permitted range, the Scorekeeper shall politely request a conference with the Center Official and the competitor shall be re-scored.

## ***Things to Look For***

In an artistic performance, the martial artist must show the mastery of body and movement. Competitors should demonstrate that they can complete their routines with

control, ease, style and precision. With this in mind, the officials shall evaluate the contestants on their posture, balance, focus, power, continuity, fluidity, and technique. In the Musical Division, judges shall also look at the competitor's choreography, e.g., how well the performance of the kata blends with the music.

*Note: In forms competition, judges are asked to remember that kata and forms vary from system to system and teacher to teacher. Therefore, a form should not be judged according to whether or not a competitor executes technique sequences exactly the way the judging official learned them.*

Division	5 or less Competitors	Median	6-10 Competitors	Median	11-19 Competitors	Median	20+ Split Div.
Beginner Trad Forms	8.50 to 8.60	8.55	8.50 to 8.70	8.60	8.50 to 8.80	8.65	
Intermediate Trad Forms	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.70 to 9.00	8.85	
Advanced Trad Forms	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
Black Belt Trad Forms	9.70 to 9.80	9.75	9.70 to 9.90	9.80	9.70 to 10.00	9.85	
5-8 Musical, Weapons, Creative	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.70 to 9.00	8.85	
9-11 Beg/Int Musical Weapons, Creative	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.70 to 9.00	8.85	
9-11 Adv Musical Weapons, Creative	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
12-14 Beg/Int/Adv Musical Weapons, Creative	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
15-17 Musical, Weapons, Creative	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
5-17 GRANDS	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
ADULT BLACK BELT GRANDS	9.91 to 10.00	9.95	9.91 to 10.00	9.95	9.91 to 10.00	9.95	

# Sparring Rules

## ***Weighing In***

Competitors **MUST** compete in the weight division in which they qualify. To enforce this rule there will be a scale at all CKA sanctioned events. **ALL** competitors participating in divisions separated by weight classes are required to weigh in and have their weight recorded and stamped on their wrist band prior to competition.

No competitor shall be allowed to participate without this stamp.

Competitors may weigh in at any time from the beginning of registration in the morning until 30 minutes before their division begins. If youth competitors weigh in with the uniform in which they will be competing, they will be given a two pound weight allowance. Adult competitors weighing in with the uniform in which they will be competing will be given a three pound weight allowance.

## ***Length of Matches***

- All sparring matches are two running minutes in duration, unless one competitor accumulates a 10 point lead. The match will then be stopped.
- A ring official (referee or judge) may call time if: A player is injured. An equipment or uniform adjustment is necessary. An officials' conference is requested or for a coaches time out.

- Time of a match is officially over when indicated by the Center Judge, not the timekeeper.
- Matches ending in a tie continue in overtime with the next player scoring a point declared the winner. Either fighter or coach may request a 30-second rest prior to the match continuing in overtime.
- All rule infractions, pertaining to the match are reset to zero once a fight goes into overtime.

### ***Competing Up Option (Sparring Only)***

In the event a competitor has no one in their division to compete against they are allowed to “compete up” with the following provisions:

- Competitor (if under age) must have the consent of their parent or legal guardian.
- Competitor must waive the automatic first place points they would receive from being the only competitor in that division. Points earned in the division they “compete up” in would be placed into the original division that they registered for.
- Competitor may “compete up” only one (1) division of rank or age/weight; determined by what division(s) of competition are available (haven’t already ran that day).
- The order of enforcement to “compete up”:
  1. By rank: Beginner up to intermediate; intermediate to advanced; advanced to black belt.
  2. By age (sparring)
- A competitor who exercises the option to compete up may continue to compete in their

regular divisions during the remaining tournament season.

## ***No Fault Rule***

Sometimes a competitor that has had no prior losses is NOT advanced into the following round(s) of sparring competition because of an error on the part of the ring officials. In a case of this infrequent event, both a first place plaque or trophy and first place CKA points will be awarded to the competitor for that division. In such a case the competitor would also be allowed to exercise the "competing up option." The only difference being the only points awarded would be the 1st place points aforementioned. It must be shown that the error was in fact on the part of the ring officials and not the competitor.

## ***CKA Officials***

Officials are categorized into center referees and corner judges.

All rings must have a CKA certified referee assigned to it. Where needed, there will be a minimum of two (2) and a maximum of four (4) corner referees for sparring division. For forms divisions there must be a minimum of three (3) officials with a maximum of seven (7).

## **Referee (Center Official)**

The referee must be center certified and experienced as a CKA official.

1. The Primary purpose of the referee is to facilitate the functions in a ring. With the sole exception of

being able to apply a “LATE CALL” to a corner judge, the referee has no more authority than any other official.

2. The referee may allow a certified corner judge to assume the center referee’s position. The assigned referee is still responsible for the smooth operation of a ring’s function.
3. The referee needs to monitor the corner judges calling of points and penalties. Do not let them look around when calling points or tallying form scores. Help support penalty assessments without crowd approval. Make them assess the competitor(s) actions/skills on your command quickly. (Sparring - Either they saw a point or not, Forms - Overall skills assessment, pull up a score vs. looking around to make a score judgment).
4. The referee’s multi-tasking skills must be obvious. Always maintaining a correspondence and communications with time/score keepers, judges, competitors, and spectators is extremely important. The overall goal is SAFETY first, fairness second and thirdly that every competitor has a positive learning experience with a lasting good impression.

## **Judge (Corner/Side Official)**

1. A judge should be a CKA certified official.
2. The primary purpose of a judge is to support the center referee in facilitating the functions of a ring. With the sole exception of NOT being able to apply a “LATE CALL”, a judge has the same authority to enforce the rules as any other official.

3. A certified corner judge may assume the center referees position. The assigned referee is still responsible for the smooth operation of a rings function.
4. A corner judge is encouraged to move around the ring in sparring competition. A judge may call for “Break”, when points/penalties are observed. When requested by the referee to make a call for point awards or penalties, a judge should do so quickly with authority and confidence. If a judge looks around when sparring points are being confirmed, they can be assessed for late calling. If a judge looks around when calling form scores they can be removed from that ring after the current division is finished. Judges need to be attentive to the divisions of competition to which they are assigned. Remember to support penalty assessments and point awards without the crowd approval. Assess the competitor(s) actions/skills as it pertains to the governing rules. (Sparring - Either they have seen a point or not, Forms -Overall skills assessment, pull up a score vs. looking around to make a score judgment). Be open for discussing your point of view with competitors, spectators, parents and instructors. Don’t argue about the rules, rather help the people at CKA events understand the rules
5. A judge’s multitasking skills need to be developed so they can become more effective as an official. Support the referee to maintain good correspondence and communications with time/score keepers, judges, competitors, and spectators. Priorities are SAFETY first, fairness

second and thirdly that every competitor has a positive learning experience and lasting good impression.

## **Confirmation Competition Rule**

In the event there are three (3) competitors in sparring, a *Non-Round Robin* elimination may be applied in order that a competitor with the “bye” is not guaranteed at least 2<sup>nd</sup> Place, but if losing the match for 1<sup>st</sup> would then need to compete for, and earn 2<sup>nd</sup> Place.

*Example: Three* competitors, A, B, and C.

Competitor C has a “bye.” A and B fight each other to see who advances to fight C for 1<sup>st</sup> Place.

A wins and advances to fight C. A then defeats C earning 1<sup>st</sup> Place. Both C and B have lost to A and therefore will compete against each other for second place.

(If A were to lose to C, no further matches would be necessary for a division’s conclusion as fighter A has already defeated fighter B)

## **Scoring System**

### **Legal Target Areas**

Points are awarded when a player executes a legal technique to one of the following areas:

- head
- face\*
- sides of neck
- chest
- abdominal area / torso

- kidneys
- groin

\*Face is a target in all point sparring divisions but can only be touched in adult advanced/black belt divisions; otherwise contact must be pulled within 1 inch of the face. The face shield is considered part of the headgear and may be touched in all divisions. Face is not a target in continuous sparring divisions.

### **Point Values**

The following point value will be awarded in point sparring:

- a. 1 point for any hand technique
- b. 2-point head kicks & spinning kicks to the body.
- c. 3-point spinning head kicks
- d. 3-point spinning aerial any legal scoring area (Includes Cartwheel Kicks)

### **Illegal Target Areas**

The following targets are illegal in ALL divisions. An attack to any of these targets results in a warning, penalty point, or disqualification:

- throat
- back of neck
- spine
- legs
- knee

- head on downed opponent
- Groin.

*Note: An opponent is “downed” when any part of his body other than his feet are touching the mat.*

INJURIOUS, EXCESSIVE, OR MALICIOUS CONTACT RESULTS IN EITHER PENALTY OR DISQUALIFICATION, DEPENDING ON THE DEGREE OF INJURY.

### ***Method of Scoring***

Points are awarded when a technique is delivered to a legal target with sufficient speed, power, form and focus. A majority of officials must verify the attack as a point.

### ***Focus Requirements***

In divisions below adult brown, red, and black belt a controlled technique must be stopped within one inch of the face. The facial area (that are which is normally covered by a baseball catchers mask) must not be touched. The “padded” forehead may be touched - repeat touched. No movement of the head can occur.

*Note: If a fighter’s headgear covers the face, the face guard is considered part of the head gear and may be touched. Excluding the facial area and throat, light head contact is allowed, but not mandatory. Light-to-moderate body contact must be made before a score to the body is awarded.*

## **Adult Black Belts**

Light face contact and moderate body contact must be made before a point is awarded.

## **Adult Advanced Belt**

Light face contact is permitted, but not mandatory. Moderate body contact must be made before a point is awarded.

## ***Legal Scoring Techniques***

All strikes are made with the hands and feet only. Common scoring techniques are:

- Hands: back knuckle, reverse punch, hammer fist, knife and ridge hands.
- Kicks: front, side, round, back, aerial, spinning, wheel, heel, drop, and axe kicks.

## **Legal Technique Notes:**

1. Sweeps to the non-support leg are legal and used to disrupt an opponent's balance in order to follow up with a scoring technique. Sweeps are NOT kicks or attacks to the legs. A sweep is executed only to the back of the player's calf or below.
2. Any score on a downed opponent must be initiated within three seconds. (Remember the head is not a target on a downed fighter.)
3. A downed fighter may score from the floor offensively or defensively).

## ***Illegal Techniques***

Use of the following results in a warning, penalty point or disqualification. (Penalty point or "Point Over"

means the competitor fouled receives a point.) Head butt, open hand strikes to the face, strikes to the spine, techniques executed against the joints of the body, techniques to the throat, blind techniques, knee, shin, elbow, and forearm strikes, take downs, kicks to the legs, any technique to the head of a downed opponent and failure to break.

## ***Out-of-Bounds***

- A competitor is considered out of bounds when they willfully step completely out of bounds to avoid the fight.
- A competitor that has one foot in bounds and one foot out of bounds is considered to be “In Bounds” and the match will not be interrupted.
- An inbounds fighter, “straddling” the line, who lifts his/her “in bounds” leg to kick is now considered out of bounds and may not score, but may be scored on. In this instance the competitor is considered “fighting out,” and is not penalized.
- If a competitor goes out of bounds while trying to engage the other competitor, they will not be assessed an out of bounds penalty. Example: if a competitor “Blitz’s” another competitor and crosses out of bounds, they are considered to be “fighting out” and are not penalized.
- There are no out of bounds warnings. Each confirmed “Out of Bounds” occurrence will result in a “Point Over” or point being given to the in bounds competitor.

# **Contact Rules**

## **Light Contact**

Contact is made with the safety equipment only. Light contact means that there is no penetration or visible movement of the opponent as a result of the technique. Head, sides of neck, collar bone, kidneys and groin can only be attacked with light contact. Face and groin contact are limited by division.

## **Moderate Contact**

Moderate contact means slight penetration or slight target movement. Moderate contact is permitted on the chest, rib cage and torso. Light-to-moderate contact (depending on division limitations) must be made to these areas in order for the technique to be considered a point.

## **Heavy / Excessive Contact**

Excessive contact is the use of force beyond what is necessary to score a point. Although largely a judgment call, excessive contact is evidenced by the following:

1. Visible snapping back of the competitor's head from the force of the blow
2. Violent distortion of the body from the force of a blow to the body
3. A knockout of an opponent.
4. A knockdown of an opponent EXCEPT when the knocked down fighter recklessly charges in, slips, or loses balance on his/her own
5. The appearance of swelling, bleeding, or obvious external injury. Injuries of this nature are evidence

of excessive contact even if the contact is not seen while the match is in progress. (Superficial bleeding in Adult Black Belt division is the officials' decision.)

6. Confirmed excessive contact (other than for knockout or obvious external injury) skips a warning and results in either penalty or disqualification of the offending fighter. In ALL divisions, if contact results in a knockout (directly or indirectly), the offender is disqualified without warning.

### ***Knockout Rule***

In all divisions, any competitor that is knocked out (loses consciousness for any length of time, however brief) is prohibited from competing in any contact division (fighting or grappling) for 30 days for medical reasons. The competitor may compete in Forms in less than 30 days with a doctor's release. Likewise, the player causing the knockout may not compete in any contact division for 30 days.

### ***Blood Rule***

In under belt divisions, (ranks below black belt) and all youth divisions, any contact causing bleeding results in immediate disqualification of the offender (incidental scrapes and scratches are not subject to this rule). In adult black belt divisions, a majority of the officials must agree that contact was excessive before the offender is penalized.

## ***Competitor Safety***

The center referee, tournament promoter, arbitrator, or medical personnel may stop a fight any time they have legitimate concerns regarding the safety of the competitor. The fighter that is able to continue is automatically declared the winner unless he is responsible for a fight-stopping injury.

The competitor has NO say in this decision. It is based solely on the rules, and the rules are here for the safety of the competitors. The tournament promoter has the final decision.

## ***Injury Reports***

All injury reports must be documented by the combined efforts of all officials involved in any division of competition. Any injury report may have consequences to the competitors involved. Make sure all reports are properly logged and documented with the medical staff and tournament promoter.

## ***Verification of Points***

The referee and judges each have one vote. A majority of officials is required to award points (e.g. if three judges are used, then two are required to confirm a point or penalty; if there are five officials, three of them are required). Note: Only a simple majority of officials is necessary for awarding of points, (even if each official calls a different technique for the score). In the case of a “mixed call,” (One judge calls a 3 point kick while two judges call a 2 point kick) The majority call overrides. In this case 2 points would be awarded.

## ***Late Calls***

A late call by a judge (side or corner official) may be disallowed by the referee.

## ***Point Awards***

When scoring any exchange (calling for points and/or penalty), No competitor may receive points for a score and, at the same time, a penalty point for a rules violation by his or her opponent. If a player scores and is fouled by his/her opponent, and the opponent is penalized, the person fouled receives their scoring point value and the offending player is penalized on the score keepers tabulation sheet.

## ***Rule Violations***

### **Definitions**

- A warning is an infraction of the rules where no physical injury or harm exists (e.g. a blind spinning back fist with which no contact is made).
- A penalty is an infraction of the rules in which illegal, excessive, dangerous or malicious contact or injury to a player occurs.
- Penalties and warnings override all points for a score by offender.
- A majority of officials is required for issuing a warning or penalty assessment.
- In the event of a clash when one fighter is fouled and at the same time throws a clean technique, the center official may stop time and call for both penalties and points. When this occurs the center

official should inform the corner officials they should make two separate calls, one for penalty assessment and the other for point awards.

### **Penalty Accumulation**

- Any and all rule violations are accumulated. This means that a player NEED NOT commit two or more infractions of the same kind to be penalized. ANY combinations of rule violations are all that is necessary. For example, a fighter that has been warned for face contact may next lose a point for hitting to the spine. Then be disqualified for a late hit.
- Fighting competition rules remain in force from bow-in to bow-out. That is, no fighter is excused for a late hit or unsportsmanlike conduct by the calling for break or the end of the match. (See “Rule Infraction Examples” for detailed examples.)

### ***Order of Enforcement***

- First infraction of any rule NOT resulting in injury, or excessive or malicious contact, may result in a warning being issued to the offender.
- Any score made by the offending fighter in that exchange is disallowed – it is nullified by the infraction. Ring officials may, by the majority decision, waive the warning and issue either a penalty point or decide to disqualify the offender immediately. Note: Only the FIRST infraction of any rule is eligible to receive a warning. Subsequent rule infractions ARE NOT given warnings.
- Second infraction of any rule results in either penalty point or disqualification depending on

factors like: Injury of a player, excessive or malicious contact, show of excessive or malicious force (even without contact) or unsportsmanlike conduct. If the second infraction occurs when the other fighter scores with a two point head kick, the scoring fighter receives two points for the head kick and the fighter committing the infraction is charged with a second penalty, noted on the score keepers tabulation sheet.

- Third infraction of any rule results in disqualification of the offender, regardless of how light, unintentional, or accidental any contact was - even if there was no contact whatsoever. Accumulation Rule Example: A blind non-injurious, non-contact technique, followed by an attack to the head on a downed fighter, and followed once more by light, unintentional, or accidental (but, still, illegal) face contact, constitutes three rule violations and results in disqualification.

*Note: The second and third infraction scenarios above presuppose the issuance of a warning on the first infraction. If the first infraction is assessed a penalty (the warning being waived), then the next infraction of any rule is considered the third and the offending player disqualified.*

## **Rule Infraction Examples**

### **Fight #1**

Red fighter scores with a good reverse punch to white fighter's chest. Then, before break is called, red-fighter

makes illegal, light contact to white's face. No previous infractions of the rules have occurred by either fighter.

**THE RESULT:** A warning is given to red- fighter for the non-injurious, no harm, but illegal contact. However, red fighter's score for the reverse-punch is disallowed (or nullified) by the warning.

The fight continues... red fighter fails to break when break is called. No points were scored and red fighter claims he did not hear the call to break or stop.

**THE RESULT:** By majority decision, the officials determine that the call to break or stop was sufficiently loud and that red fighter should have heard the call. A penalty point is assessed to white fighter because of red fighter's violation of the rules (failure to break). Red fighter is informed that one more violation of any rule will result in his immediate disqualification.

The fight continues...red fighter throws a blind, spinning hook kick. Before break is called, white fighter evades the kick and scores with a reverse punch.

**THE RESULT:** red fighter is disqualified. This was his third infraction of the rules. White fighter wins. This scenario demonstrates how penalties are accumulated, even for dissimilar infractions.

## **Fight #2**

Early in the intermediate division contest, white fighter receives a warning for a low kick, and no injury occurred when the warning was given. White fighter

and red fighter are tied with four points apiece.

White fighter throws a sidekick to red fighter's chest. The kick strikes red fighter's chest and is deflected by red fighter up into red fighter's face.

**THE RESULT:** red fighter wins. This is white's second infraction of the rules and red wins on the penalty point awarded due to white fighter's 2nd rule infraction.

This example illustrates that both players are always responsible for controlling their techniques. Accidental rule violations are still violations.

### **Fight #3**

A taller, 6 year old, black belt boy (red fighter) faces a smaller, cute 5 year old, blue belt girl (white fighter). Red fighter has a clear size and skill advantage over white and the score is 4 to 3 in red fighter's favor.

White fighter is putting up a good fight, but receives a warning, early in the fight, for unintentional, but still illegal, groin contact.

In a clash, white fighter scores a good reverse punch, then accidentally touches red fighter in the face. There is no harm and white fighter has put up an excellent fight. White fighter is the underdog and clearly the crowd's favorite.

**THE RESULT:** red fighter wins with the penalty point awarded (2nd rule infraction by white fighter) making the score 5 to 3. The emotion of a fight often makes

calls like these difficult, but to make any call in favor of the crowd favorite cheats the other player.

## **Clash Sparring Rules:**

Rules for scoring is the 9/10-point scoring system and the same for uniforms, coaching, contact, and ties.

- No more than three consecutive Techniques.
- Match is stopped for down fighter.
- Time limit is 1-minute round,
- In the event of overtime, refer to the rules for point sparring. First confirmed point wins.
- No groin or face contact.
- 2 corner judges and a center referee are required.

## **Center Referee:**

- Clash sparring is light contact point sparring. **Do not allow heavy contact and zero face or groin contact. Caution players before match of possible disqualification.** Center Referee does not have to see actual contact to DQ player. If there is questionable contact you may DQ player.

## **Side Referee:**

1. **Techniques:** Count up to 3 Techniques if the players are close enough to make contact. Players are allowed up to 3 Techniques at a time, then must disengage , so do not count more than this during an exchange.
2. **Illegal techniques:** Do not count points if a strike is to an illegal scoring area or is an illegal technique. **If a player kicks to the buttocks or legs, do not count this.** If they throw **more than three consecutive Techniques** without backing off, do not count the 4<sup>h</sup> Technique, etc. Center Ref will take care of penalties. Side Judges roll clickers back after each round.
  - **DQ** - excessive contact (Referee's Discretion).
  - **DQ** - un-sportsman-like contact (Referee's Discretion).

**Note: Face contact is legal when wearing face shield.**