

Rules at OC Jr Nationals

Majority of All Rules for color belts is NASKA rules Below we have the list of Rules differences & Important Rules

UNIFORM

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 color belt or sash must be worn in competition.

- a) **Sparring:** All sparring uniforms must have sleeves that reach at least to the middle of the biceps for Black Belts. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the Sparring divisions (see sparring foot pads).
- b) **Forms & Weapons:** T-shirts, tank tops and sweatshirts are allowed in forms if they are part of the competitor's official school uniform.

Required Safety Equipment for Sparring

Hand pads, foot pads, headgear, mouthpiece and groin protector for males are required to participate in sparring.

Hand Pads: A soft padded surface must cover the fingers, wrist and any striking surface of the hand.

Hand pads **MAY NOT** be grappling gloves, WKF gloves, or bag gloves with the bar in the palm.

Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot

Face shield and rib guard/chest protector are optional in All Color Belt Divisions

- Black Belt matches are 7 points spread or the competitor with the most points at the end of 2 minutes. Color Belt matches go to 7 points or the competitor with the most points at the end of 2 minutes.
- One Warning allowed for any violation of Rules, PENALTY POINT awarded for every violation after first warning.
- 3 Penalty point will result in automatic Disqualification.
- Any lack of sportsmanship or disrespect from a competitor, parent, spectator, coach, etc. will result in **IMMEDIATE DISQUALIFICATION**

Legal Target Areas: Entire head and face(focus), ribs, chest, abdomen, collarbone, and kidneys.

No face Contact in any Black Belt or Color Belt 17 & Under

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 are all controlled sport karate techniques

SPARRING PENALTIES

1. Missing or improper equipment 2. Goes out of bounds to avoid competition 3. Falling to avoid competition 4. Runs around the ring to avoid competition 5. Stalling and/or not attempting to engage the other competitor. 6. Attacking illegal and non-target areas 7. Using illegal techniques. 8. Uncontrolled techniques 9. Unsportsmanlike behavior by the competitor, his/her coaches, friends, etc. 10. Profanity 11. If a coach(s) and/or team member(s) enters the ring during a match. 12. A sparring match is ready to start, and the competitor is delaying his / her entry into the ring. 13. Late strikes after call to stop 14. Retaliation strike from a competitor. 15. Moderate contact to the head. 16. Fixing Equipment more than one time.

TIME LIMIT For All Form & Weapon Division

Time limit in all Form & Weapon divisions is **3 Minutes** Time starts with the competitor first step in the ring. Once a competitor takes their first step time will start.

Scoring Range In All Belt Divisions 9.90 – 9.99

TIES: If there is a tie for 1st thru 4th place, the majority of the judge's scores determine the winner. If there is not a majority of judges for one competitor and one judge or more given the same score for the tied competitor, the judge that gave the same scores must be asked to make a decision and break the tie.

DROPPING A WEAPON

Black Belt competitor drops his/her weapon during the eliminations, they will not be scored and will be disqualified.

Color Belt competitor drops his/her weapon during the eliminations, **they will get the lowest score in that division** They are encouraged to complete their form but are not required to continue.

STARTING A FORM OVER

If a competitor starts his/her form over because of a memory lapse or any other reason due to his/her own negligence, he/she may perform the form again.

The officials will score as though there was not a mistake, but a **.05 deduction from Judges total Score.**