



National Sport Karate Australia
Ltd

Sport Karate Rules
2022

Preface:

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

- The International Sport Karate Association for Sport Karate competition. Including; Kata/forms, Extreme Kata/forms, Weapons Kata/forms, Extreme Weapons Kata/forms, Clash Sparring, Point Sparring, Continuous Light Kick / Light Contact Sparring, Self-Defence demonstration, Showmanship Demonstration, Synchronised Kata/forms, Sumo, Sword Combat
- The World Breaking Authority for Power breaking & Creative breaking competition
- The International Brazilian Jiu Jitsu Federation for No-Gi Grappling and Jiu Jitsu competition
- The World Koshiki Karate-do Association for Koshiki sparring competition
- The World Tricking Federation for Tricking competition

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 rulebook 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.

Competitions conducted outside the Oceanic Region may be subject to alternate rules. 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 rulebook 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.

DOCUMENT CHANGE CONTROLS	
Version	Document Changes
V1: Feb 2020	
V2: June 2021	Logo update and minor word changes
V3: Jan 2022	Contact Sparring removed (continuous sparring) Numbering of sections changed to reflect removal of contact sparring section and the inclusion of Light Kick at section 11. Update to National Sport Karate Australia branding.

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1. Jurisdiction

All events sanctioned by the National Sport Karate Australia Incorporated Board of Directors in which sports karate competition is conducted shall be governed by the rules set forth in this Rule book without exception or modification.

2. General Rules and Information

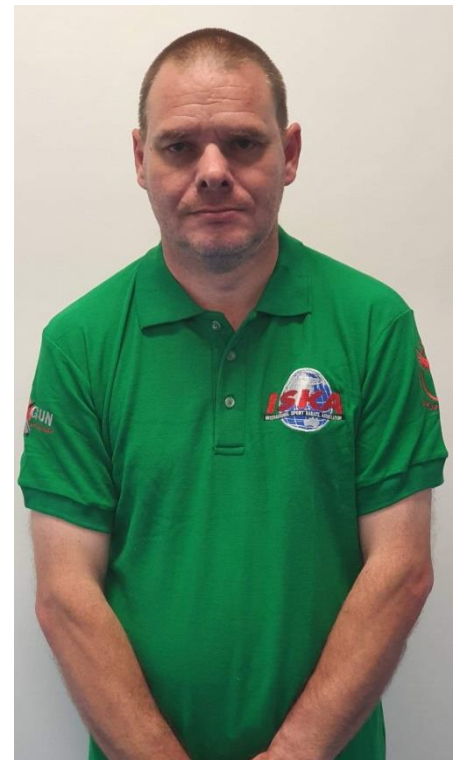
2.1 Know your Officials

Table Official: a Table Official is the base level entry grade for officials and is responsible for timekeeping, recording of scores and warnings etc and entering all results of the events into the Uventex system. A Table Official must have completed the online NSKA Table Officials' course. Table Officials wear a black NSKA issued polo shirt.



Judges: assists the Referee to control and judge events. A Judge must have completed the online NSKA Table Official and Judges course. A Judge wears a yellow NSKA issued polo shirt.

Referee: is tasked with ultimate control of a ring at an NSKA tournament event. They must have superior knowledge of the NSKA Rule Book and have completed the online NSKA referees course including having completed in the past the online Table Official and Judges courses. The Referee is the final level for problem solving on the ring before referral to the Arbitrator. A Referee wears a green NSKA issued polo shirt.



Arbitrator: is an independent person or body officially appointed to settle a dispute. The Arbitrator would have completed all the courses as a Table Official, Judges and Referees and must have a superior understanding of the NSKA Rule Book. The Arbitrator makes the final ruling on issues referred to them on the day of the tournament by the Referee. An Arbitrator wears a white business shirt.

2.2 The Function of the Referee

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 the up to the discretion of the Referee to issue one

2.3 The Function of the Judge

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.

2.4 The Function of the Table Official

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.

2.5 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.

2.6 Number of Officials on Rings

A minimum of three (3) Officials are required for all Divisions plus a least one (1) Table Official.

2.7 Referee and Judge Hand signals

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 only one point is being called, the Judge should raise an open hand.





Hands are placed over eyes if Judge did not see a point scored.

Fists are placed together if Judge believes that both opponents scored at the same time, clashed.



A Judges will raise a fist if they believe a Competitor has committed a foul.

A Judge will cross their wrists at waist level to indicate that they believe no point was scored.



2.8 Know your Skill Levels for Entry

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 NSKA tournament events.

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 level: you have been training in any style of martial arts for more than 4 years

Black belts: if you have achieved your Black belt in any style you would be classified as expert level

For example: If you have been training for two years at a Taekwondo Club and have achieved your blue belt but you changed over to a Shotokan Club and started back at your white belt in this style, you would still be classified as advanced level as you have been training in martial arts for over 2 years. It is required that you enter into the NSKA tournament as an advance skill level competitor.

2.9 Know how to Behave

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 our Member Protection Policy and associated Attachments including the following;

- B1 – Code of Behaviour Policy
- B2 – Spectator Behaviour Policy
- B3 – Chaperone Policy
- B4 – Social Media Policy
- B5 – Communication Policy
- B6 – Picking up and dropping off Children
- B7 – Disability and Inclusion Policy
- B8 – Illegal Drugs Policy
- B9 – Guidelines for Interacting with Children

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

2.10 How to be prepared for Competition

Competitors must present themselves to the Referee suitably dressed in the correct uniform for the event and physically prepared to compete. Jewellery or any object that the Referee feels might endanger either Competitor cannot be worn. Fingernails and toenails must be properly cut or covered to eliminate any possible chance of injury to an opponent. It is the Competitor's duty to be

ready to compete when called upon to do so. If the Competitor is not suitably attired or physically prepared to compete as deemed by the Referee, the Competitor may be penalised for delay of time. **It is the Competitor's responsibility to know the rules.** Three calls will be made for competition at ringside, a first call, a second call, and a final call. If a Competitor leaves a ring after the ring competition begins and is not present when their name is called, their name will be called three (3) times at ringside. If they are still not present to compete on the final call they will be disqualified.

2.11 Enter into the Right Age Division

Proof of Age Rule & 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 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.

2.12 Gender Segregation

NSKA will separate Divisions into male and female as it sees fit. 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.

2.13 When can I Enter into Events

Entries can be accepted from the time they go-live on the NSKA system up until the gazetted closure time for each sanctioned tournament. Once a Division has commenced i.e. the first Competitor has started their routine or the first fight has started, no additional Competitor/s can be added to the Division. Entries can be made online via the Uventex system.

2.14 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. (Those not using a computerized system will place names in a random order on the draw sheet.) Competitors should not be matched against other Competitors from their own Club in the first round, numbers permitting.

2.15 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.

2.16 What happens if there is a Tie or Draw

Where there are **three (3) judges** only, in the case of a tie or draw, the competitor with 'more' higher scores gets placed ahead.

For example: If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

In the event where there are **five (5) or seven (7) judges** - normally this is only in Grand Championships.

Ties will be broken as follows;

For example; in the case of five (5) or seven (7) Judges, the highest and lowest scores are dropped so that only 3 scores are used.

If, this still does not lead to a break in the tie or draw, the lowest score will be added back into the scores of the drawn Competitors only to break the draw. If this still does not lead to a break in the tie/draw **then** the highest score will be added back into the scores of the tied/drawn competitors only to break the draw. If this still does not lead to a break in the draw a count-back will occur, which will follow the example provided for the three (3) judges scenario above.

Which is, If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

2.17 How to make a Protest

A Competitor has the right to protest an infraction of the Rules or if a rule mistake was made, not if a judgment call was made. 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, and sportsmanship like manner. All protests must be made immediately. **Protests are not allowed once competition has resumed.** A Competitor may be penalised if they are protesting improperly or without proper cause.

2.18 Fairness Rule

If a question arises that is not covered by this Rule book, the Arbitrator and/or their appointed representative, may at their discretion overrule, modify or change a delineated rule if they believe that enforcing such a rule would result in an inherent unfair outcome to a Competitor. However, this should only be undertaken in extreme cases and after careful consideration. This process shall be carried out in a written form and given either to the Australian Head Referee or a Director and must be taken to the next meeting of the Board.

2.19 Non-Rating Events

These events can vary from tournament or promoter, some of the events that are currently in use in various circuits around Australia are team sparring; and board breaking. These events generally do not attract rating points and are trophy events only.

2.20 The Competition Area

The size of the standard ring shall be approximately seven (7) metres by seven (7) metres, six (6) metres by six (6) metres is acceptable for Younger Divisions. If mats are not used the borders of each ring shall be clearly marked. Starting lines should be marked approximately 2 metres apart in the centre of each ring. Additionally, each ring should be posted with a ring number visible to Competitors, Officials and medical personnel from across the floor.

This is the end of the General Rules and Information section.

3. Book One - Traditional Kata/Patterns/Forms and Traditional Weapons

3.1 What the Judges are looking for when judging Traditional Kata and Traditional Weapons Divisions

Competitors in Traditional Kata 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 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. Competitors exhibiting a routine that is too “free”, have 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.

3.2 What happens if I drop my Weapon

For safety, a Competitor who unintentionally drops their weapon is automatically disqualified and the lowest score will apply for that event. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5. If a Competitor recklessly or carelessly misuses his/her weapon they may be penalised or disqualified and a zero score will be given.

The Referee should check all weapons for safety. Weapons are subject to Referee’s approval (no sharp weapons are allowed in Youth Divisions). The Referee should make sure all spectators and competitors are at a safe distance from the performing Competitor. Safety of all Competitors, judges, spectators and helpers should be considered by all involved.

Therefore, the Competitor's control of his/her weapon is of utmost importance.



A Referee or Judge will check all weapons prior to the event commencing to ensure they are safe.

3.3 What is the 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 call for the Table Official to start the clock.

A Competitor whose routine exceeds the time limit will be disqualified. Competitors in the grand championship or finals will receive five (5) minutes to present and perform their routine.

3.4 What happens if I need to Start Over

A Competitor may start their form over, due to their own negligence **within the first five moves**. The Officials will score that Competitor as though there was not a mistake made but the Scorekeeper will deduct 0.50 points from the Competitor's total score. 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. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5.

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.

3.5 External Aids

No external aids such as props, weapons, music, etc. can be used these Divisions except those Divisions where it is permissible. No external aids can be used that would damage, disrupt or render the competition area unsafe for the other Competitors, Spectators or Officials.

3.6 Grand Championship Rounds

The Grand Championship round is the “Tournament of Champions,” putting the appropriate first place winners against each other. All Competitors should have an equal opportunity to compete at their best. Therefore, routines may be altered or changed including, not having to use the same weapon used during the elimination.

However, a winner of a Non-Weapon Division **cannot** use a weapon in the Grand Championship.

3.7 What happens if there is a Tie or Draw

Where there are **three (3) judges** only, in the case of a tie or draw, the competitor with ‘more’ higher scores gets placed ahead.

For example: If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

In the event where there are **five (5) or seven (7) judges** - normally this is only in Grand Championships.

Ties will be broken as follows;

For example; in the case of five (5) or seven (7) Judges, the highest and lowest scores are dropped so that only 3 scores are used.

If, this still does not lead to a break in the tie or draw, the lowest score will be added back into the scores of the drawn Competitors only to break the draw. If this still does not lead to a break in the tie/draw **then** the highest score will be added back into the scores of the tied/drawn competitors only to break the draw. If this still does not lead to a break in the draw a count-back will occur, which will follow the example provided for the three (3) judges scenario above.

Which is, If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

3.8 What do I wear - Competitor 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. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform**.

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.



This is the end of Book One – Traditional Kata/Patterns/Form and Traditional Weapons.

4. Book Two – Creative, Musical and Extreme Kata/Patterns/Forms and Weapons

4.1 What the Judges are looking for when judging Creative Forms Division - Musical Kata/Patterns/Forms/Weapons

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.

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, will result in a downgrade of 0.50 points by the Judges or upon a unanimous vote of the Judges a 'no score' can be issued if the form is deemed inappropriate for the Division.

For safety, a Competitor who unintentionally drops their weapon is automatically disqualified and the lowest score will apply for that event. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5. If a Competitor recklessly or carelessly misuses his/her weapon they may be penalised or disqualified and a zero score will be given.

This Division permits the use of “**Music**” but it is not a requirement.

4.2 What the Judges are looking for when judging Extreme Forms and Extreme Weapons Division

The Extreme Division allow the Competitor to perform any movements whether they originate from traditional or contemporary martial arts system 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.

Inclusion of other movements or the performance of a form or weapons form meeting the criteria above for a Traditional or Creative form will result in a downgrade by the Judges or upon a unanimous vote of the Judges a 'no score' can be issued if the form is deemed inappropriate for the Division.

For safety, a Competitor who unintentionally drops their weapon is automatically disqualified and the lowest score will apply for that event. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5. If a Competitor recklessly or carelessly misuses his/her weapon they may be penalised or disqualified and a zero score will be given.

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

4.3 What is the 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 call for the Table Official to start the clock.

A Competitor whose routine exceeds the time limit will be disqualified. Competitors in the grand championship or finals will receive five (5) minutes to present and perform their routine.

4.4 What happens if I need to Start Over

A Competitor may start their form over, due to their own negligence **within the first five moves**. The Officials will score that Competitor as though there was not a mistake made but the Scorekeeper will deduct 0.50 points from the Competitor's total score. 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. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5.

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.

4.5 External Aids

No external aids such as props, weapons, music, etc. can be used these Divisions except those Divisions where it is permissible. No external aids can be used that would damage, disrupt or render the competition area unsafe for the other Competitors, Spectators or Officials.

4.6 Grand Championship Rounds

The Grand Championship round is the "Tournament of Champions," putting the appropriate first place winners against each other. All Competitors should have an equal opportunity to compete at their best. Therefore, routines may be altered or changed including, not having to use the same weapon used during the elimination.

However, a winner of a Non-Weapon Division **cannot** use a weapon in the Grand Championship.

4.7 What happens if there is a Tie or Draw

Where there are **three (3) judges** only, in the case of a tie or draw, the competitor with 'more' higher scores gets placed ahead.

For example: If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

In the event where there are **five (5) or seven (7) judges** - normally this is only in Grand Championships.

Ties will be broken as follows;

For example; in the case of five (5) or seven (7) Judges, the highest and lowest scores are dropped so that only 3 scores are used.

If, this still does not lead to a break in the tie or draw, the lowest score will be added back into the scores of the drawn Competitors only to break the draw. If this still does not lead to a break in the tie/draw **then** the highest score will be added back into the scores of the tied/drawn competitors only to break the draw. If this still does not lead to a break in the draw a count-back will occur, which will follow the example provided for the three (3) judges scenario above.

Which is, If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

4.8 What do I wear - Competitor 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. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform**.

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.



*This is the end of Book Two – Creative, Musical and Extreme
Kata/Patterns/Forms and Weapons.*

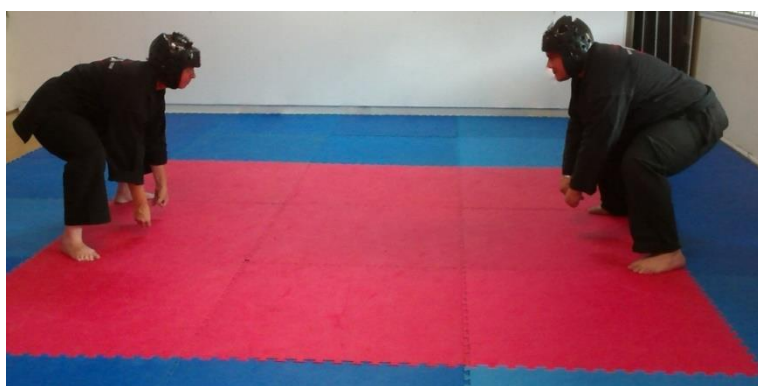
5. Book Three – Sumo

5.1 General Rules

- 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.
- Where weight categories are required ensure your correct weight is recorded within the closet kilo rounded up on your entry form. For example, if you are 45.6kg recorded your weight on your form as 46kg not 45.6kg as 46kg will be to the closet kilo
- You may also on the day of the tournament be requiring to be weighed by the officials, before you can compete
- Karate Kung Fu or Taekwondo Gi with long sleeves must be worn for this event no short sleeves, T shirts or similar are not allow

5.2 How do I start

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 opposite 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.



5.3 How do I Score

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.

5.4 What can't I do - Illegal Techniques

The following are illegal techniques and you cannot score with them and may receive a warning or disqualification if you perform any of these;

- No throwing of any type allowed such as hip throws
- No Pinching of the opponent's body is allowed. Any Competitor caught pinching will be disqualified
- 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

You cannot throw your opponent at any time



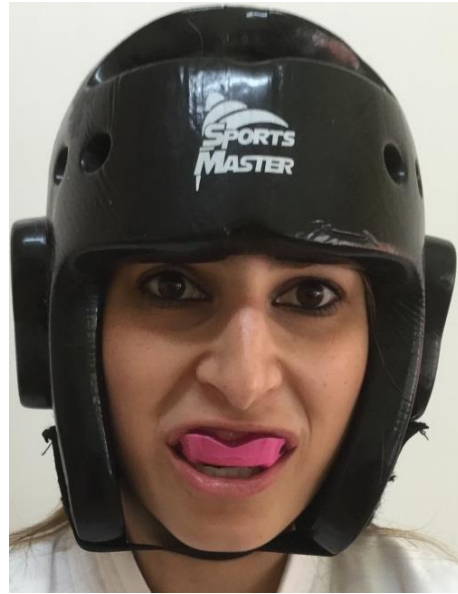
You cannot grab your opponent by their face guard



5.5 What Equipment do I need for this Event

You will need Headgear, a mouth guard and a full Martial Arts Uniform must be worn; Karate, Kung Fu or Taekwondo Gi with long sleeves (No Exceptions). Competitors must supply their own equipment for this event.

Both types of head gear are permitted to wear in Sumo events. Mouth guard is compulsory.



T shirts, shorts or short sleeve gi is not allowed in Sumo events. Only karate type uniforms to be worn including long pants.

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.

This is the end of Book Three – Sumo

6. Book Four – Sword Combat

6.1 General Rules

- This event has a time limit ninety seconds (90) seconds
- First to 5 points or whoever is ahead when time permits, will be declare the winner
- Each round can only commence when the Referee calls start
- Each round can only finish when the Referee calls stop
- The Referee is the only one who can start or stop bouts and issue warnings

6.2 Scoring Points

- 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 gi or belt as this is considered part of your body

6.3 How do I start

Competitor are to face one another with swords facing away, bow to one another, then come together into ready position with swords equally crossed in front.





6.4 How can I score - Legal Scoring Techniques

You must keep the sword lower than your eye level 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.



Legal scoring techniques (strike areas): One (1) point for striking any other part of the body except for the head or any illegal areas.



6.5 What can't I do - Illegal Techniques

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.

Illegal scoring techniques (strike areas): You cannot score by striking the fingers and up to the wrist area.



Illegal technique: you cannot score by poking to the eyes/face area.



Illegal technique: you cannot score with only one hand holding the sword.



Illegal technique: you cannot swing the sword back past eye level, as this is classed as a baseball swing. In the event of two warnings this will lead to point over.



Illegal technique: you cannot hit to the groin area.



6.6 What do I wear - Competitor Uniform

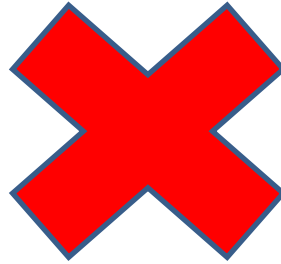
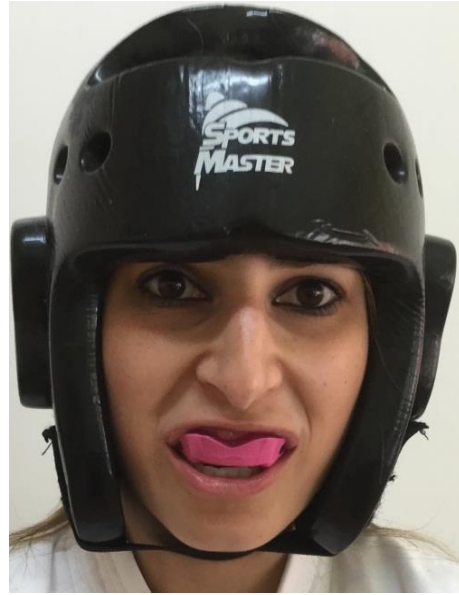
All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform**.

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.



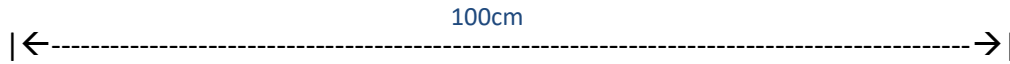
6.7 What Equipment do I need for this Event

You will need full Headgear with a face guard. Headgear without a shield is not permitted.



6.8 Approved Sword Length - Note: swords will be provided.

The standard size of a sword for sword combat to be used in the 7 years and above events will be 100 centimetres (cm) plus or minus 5cm.



The standard size of a sword to be used in the 6 years and below events will be 70cm plus or minus 5cm.



It is to be noted that swords will be provided on the day of the tournament. Competitors do not need to bring their own sword.

This is the end of Book Four – Sword Combat.

7. Book Five – Self Defense

7.1 What is Self Defense

Self-defense is 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.

No live or sharp weapons are permitted and no music is permitted.

The routine must be kept within the matted area, stepping out will lead to downgrading of Competitors score.

7.2 What is the Time Limit

The time limit for this event is four (4) minutes.

7.3 How do I score

Scoring criteria is based on realism, self-defense effectiveness and entertainment value, technique and speed.

7.4 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

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** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.



7.5 Age limit of assistants/helpers on the Mat

Please note that you must use people that do not exceed the age limit of the Division. For example, if competing in 10 to 12 years your helper/s must not be any older than 12 years of age.

This is the end of Book Five – Self Defense.

8. Book Six – Showmanship and Demonstration

8.1 What is Showmanship or Demonstration

This event is designed to allow the Competitor(s) 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.

8.2 What is the Time Limit

The time limit for this event is four (4) minutes. Five (5) minutes on Grand Championships only.

8.3 How do I score

Entertainment and skill level are taken into account when scoring this event.

8.4 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

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** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.



8.5 Age limit of assistants/helpers on the Mat

A Competitor may use other students/competitors which may be older or younger within their category up to 17 years of age. However, one adult is allowed to participate if their function is to be or hold a prop only.

For an adult/open division any age student/competitor can be used.

This is the end of Book Six – Showmanship and Demonstration.

9. Book Seven – Team Synchronise Form

9.1 What is Team Synchronised Form

A team synchronised form comprises of three (3) members only.

Empty Hand Forms to be used in this event only.

All the technical Martial Arts skills are graded for execution, presentation and difficulty.

9.2 What is the Time Limit

This event has a time limit of four (4) minute. Time starts when the first team member steps into the competition ring and ends when the team is obviously finished in the opinion of the Referee.

9.3 How do I score

This is a team event and will be judged as a combine team effort.

Synchronize Team Form will be graded on how well a team is working in a cooperative joint effort with the majority of techniques being executed together, at the same time, in unison and/or in a domino sequence effect.

9.4 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

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** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.



9.5 Age limit of team members

You must use people of the same age or below. For example, if competing in 13 years and under your helper/s must not be any older than 13 years of age.

9.6 Illegal Techniques

No use of Weapons this is just an empty hand event.

This is the end of Book Seven – Team Synchronise Form

10. Book Eight – Point Sparring

10.1 Point Values and Winner Determination

Head kicks will be valued at two (2) points.

Kicks to the body and all hand techniques will be valued at one (1) point.

All penalty points awarded will be one (1) point value.

The Winner is determined by the first Competitor who earns five (5) points automatically wins. If no one scores five (5) points by the end of the time limit the Competitor who is ahead wins. In the event of a draw, the two Competitors will fight until the next clean point is awarded by the Referee.

10.2 How do Officials award points

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 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.

10.3 How Points are awarded

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) point kick before two points can be awarded otherwise no point is awarded.

What is a Point?

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. 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?

10.4 Where are the Target Areas

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, takedowns 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 takedowns 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.

Sweeps, Takedowns, Grabs and 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. Takedowns 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 takedown 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 takedown 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. The Referee will say, "**Stop**" after two (2) seconds. 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. Deliberately dropping to the floor to avoid or evade fighting is not legal. All dropping to the floor deliberately on a hard surface is not legal. A fighter is down when any part of the body other than the feet is touching the floor.

10.5 How hard can I hit or kick

Touch Contact Requirements: All adult black belts must make light touch contact to the face and head (headgear) to score a point and light or moderate touch contact to the body to score a point.

Youth black belts cannot make any contact to the face but light touch contact is allowed to the headgear. Please note that youth black belts do not have to touch the head gear with light contact but can score by delivering a controlled, well focused technique approximately three centimetres (3cm) from the head gear or face. Youth black belts must make light or moderate contact to the body to score a point.

No face contact is allowed in any under black belt division (youth or adult), but light touch contact is allowed to the headgear.

Delivering a well-focused controlled technique close to the face or headgear may score a point/s. The higher the rank, the closer the technique should be. All under black belt Competitors must make light or 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. Light touch is allowed to all legal target areas except to the face of all youth and under black belt Competitors. Light touch does not have to be made to the headgear in all Youth Competitors and under black belt Competitors but must be approximately ten centimetres (10cm) away without being blocked.

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

10.6 What is the Time Limit

An elimination match shall have a running time of one and a half (1 ½) minutes for under 18 year or two (2) minutes for 18 years and over, 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.

All Grand Champion fighting matches will be a single, two (2) minute round. The Competitor with the most points at the end of the round will be declared the winner. 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.

10.7 What Equipment do I need

NSKA approved headgear; hand and foot pads, mouthguards and groin cups (for male Competitors only) are mandatory for all Competitors in all Sparring Divisions. As a result of the many brands and styles of martial arts equipment on the market today and more coming out each year, space prohibits listing all the brands, which are considered safe. Oceanic NSKA approved equipment means that each Competitor's equipment will be checked to see if it is safe for use. If it is deemed unsafe, the Competitor will be asked to change the equipment before they can compete. The following is a list of important and required features of NSKA approved safety equipment.



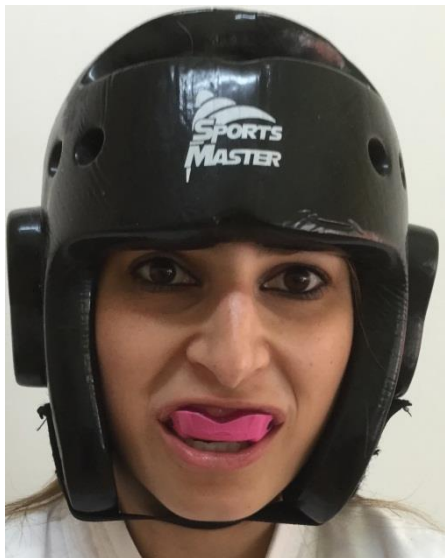
Hand Pads: A soft padded surface must cover the fingers, wrist and any striking surface of the

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. No cloth protectors or leather type boxing gloves.



Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot. No cloth protectors.

Headgear: The front, sides and back of the head must be covered by a soft padded surface.



Mouthguard: A properly fitted mouthpiece is required.

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.

As NSKA is involved in the promotion and participation in sport karate, only Karate, TaeKwon Do and Kung Fu equipment will be allowed. Boxing and other contact sports equipment are not allowed in NSKA events. Shin, elbow, rib, knee, and breast protectors for female Competitors are



recommended for additional safety to all sparring Competitors.

The strapping of hands is prohibited.

10.8 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

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** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.

Shorts cannot be worn at any time.



10.9 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 penalized 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, 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**.

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 penalized (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, etc.
- 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
- Excessive contact
- Not being prepared or ready when it is time to compete

10.10 Disqualification

Disqualification of a Competitor requires a majority vote by all Officials, except when a Competitor is automatically disqualified when they receive three (3) penalty points. When a Competitor is disqualified it is proper to notify the tournaments Arbitrator. A Competitor who bows out or accepts a bow out of any grand championship match may be disqualified. If so, all awards and rating points are forfeited. A Competitor who is disqualified for misconduct or malicious behaviour in a final round will not be awarded the trophy or rating points.

Non-Competing Penalty: If in the event of a majority opinion of the Officials that Competitors are not making an obvious attempt to fight in the true spirit of competition, both Competitors will be warned and if it continues, will be disqualified.

Wrong Division: If any Competitor competes in a Division they are not qualified for because of age, weight, gender or style, they will be disqualified.

Out of Bounds: A Competitor is out-of-bounds as soon as they do not have at least one foot touching inside or on the boundary line. Stepping out-of-bounds

does not immediately stop the match. The Referee is the only one who can stop the match. An out-of-bounds Competitor may be scored on by their Opponent so long as the in-bounds Competitor has at least one foot in bounds and the Referee has not signalled to stop. In the event of a jumping/flying technique, the attacking Competitor must land with one-foot in-bounds in order to score.

10.11 Coaching

Coaching is a luxury that most Competitors do not have access to at all times. Therefore, it can become an unfair advantage over a Competitor who does not have a coach. Rules are made and enforced so no one Competitor has an advantage or disadvantage over another Competitor. 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 coaches, friend/s, team member, etc.; enter the ring without the Referee's permission. Only the Officials, Competitors and medical personnel are normally allowed in a ring
- No abusive, violent, unsportsmanlike or overzealous coaching is allowed
- **A coach cannot ask for a time out** (only a Competitor may ask for a time out)
- 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.

Starting Position



Examples of Legal Techniques



Controlled Punch to Kidneys



Controlled Punch to Chest



Controlled Kick to Head



Controlled Kick to Ribs



Controlled Back fist to Side of Head



Controlled Punch to Chest

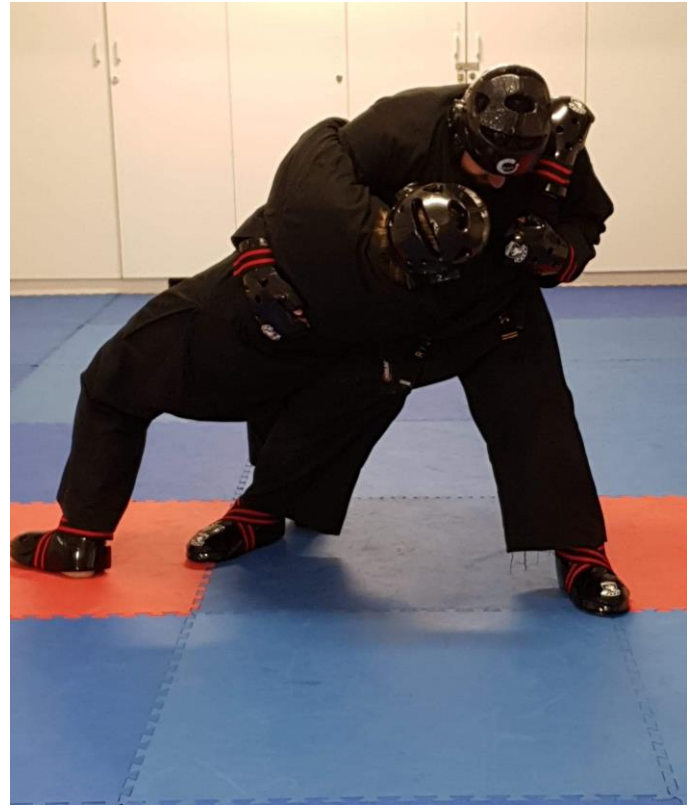


Controlled Punch to Face
within 150mm radius

Examples of Illegal Techniques



No Grabbing



No Throwing



No Scratching Face Area



No Stomping



No Head Locks



No Punching the back of Head or any part of the Neck



No Punching the Throat Area



No Punching the Back Area



No Kneeing any Area



No Kicking below the Waistline

This is the end of Book Eight – Point Sparring

11. Book Nine - Light-Kick Sparring

11.1 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.

11.2 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.

11.3 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.

11.4 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)

11.5 Illegal Target Areas (Prohibited Techniques and Behaviour)

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. The Referee is responsible for stopping the match immediately when one of the two competitors touches the floor with any part of the body apart from their feet. Stomps to the head or body of a downed competitor can lead to a point over to the other competitor or disqualification (Judges must decide by majority decision).
- 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.

11.6 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.

11.7 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

11.8 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.

11.9 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.

11.10 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

11.11 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 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.

11.12 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.

11.13 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.

11.14 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 switched the scores of the competitors.
- There are evident violations of NSKA rules.

11.15 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.

11.16 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.

11.17 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

11.18 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 friend/s, team member, 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.

11.19 Disqualification

The Referee may at their discretion disqualify a Competitor for fouling or unsportsmanlike behaviour.

11.20 Competitor Uniform

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform or T-shirt where club and club emblem are only displayed and are 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 or if they list the schools name or logo on the uniform top. A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation.

The appropriate colour belt or sash must be worn in competition if it is part of your usual school uniform.

11.21 Required and Recommended Safety Equipment

NSKA approved headgear; hand; shin guards; footpads; mouthpieces; groin cups (for male Competitors) and chest guards (for all Competitors 17 year and younger) are mandatory for all Competitors in sparring divisions.

The Competitor's equipment will be checked and if it is deemed unsafe, they will be asked to change the equipment before they can compete.

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

Guidelines for Gloves

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.

In the event that the competitors hand does not fit the gloves size as required, approval to move up or down a size can be sought and given only by the Arbitrator on the day of the event.

Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded.

Shin Guards: Must cover the front of the shins and be of soft padding.

Head Gear: The front, sides and back of the head must be covered by a soft padded surface. In addition to the head gear, a face shield is required for all Competitors 17 years and under.

Chest Guard: All 17 years and younger Competitors must wear an approved chest protector in sparring. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Rib guards that cover only the abdomen area are not approved chest guards.

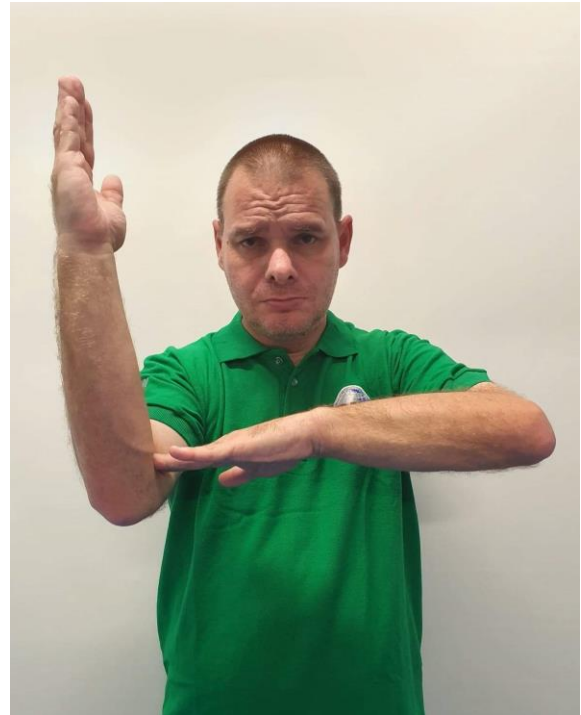
Insufficiently padded gloves, foot, chest and head gear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The tournament's official rules

Arbitrator ultimately determines the approval or denial of the equipment. A properly fitted mouthpiece is required. Shin pads, elbow pads and rib/chest guards are highly recommended for additional safety to all sparring Competitors in all divisions.

REFEREE AND JUDGES HAND SIGNALS



Warning



Official Warning



One Point Over



Disqualification

COMPETITOR UNIFORM

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform or T-shirt where club and club emblem are only displayed and are in a good state of repair.



REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

Standard Sparring Equipment 17 YEARS AND UNDER



NSKA standard head gear for 17 years and under

NSKA standard padded type gloves. Refer to Section 1.21 for glove size/weight.

NSKA chest guard compulsory for 17 years and under

NSKA recommended standard shin and bootie



Standard Sparring Equipment 18 YEARS AND ABOVE

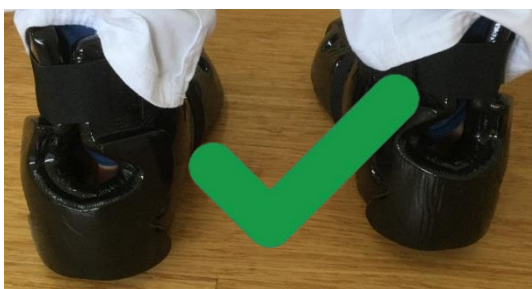


NSKA standard head gear for 18 years and above

NSKA standard padded type gloves. Refer to Section 1.21 for glove size/weight.



NSKA recommended standard shin and bootie



STANDARD SPARRING EQUIPMENT FOR 18 YEARS AND ABOVE



STANDARD SPARRING EQUIPMENT FOR 17 YEARS AND UNDER



It is compulsory for all male competitors to wear a groin guard.

Padded type gloves must be worn refer to Section 1.21 for glove size/weight.



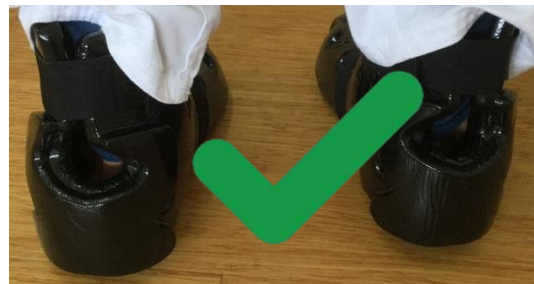
NSKA sample padded gloves only



NSKA sample groin guard only



NSKA sample padded bootie only



Examples only of Legal Techniques



Controlled kicks to head



Controlled Punch to Chest



Controlled kicks to ribs

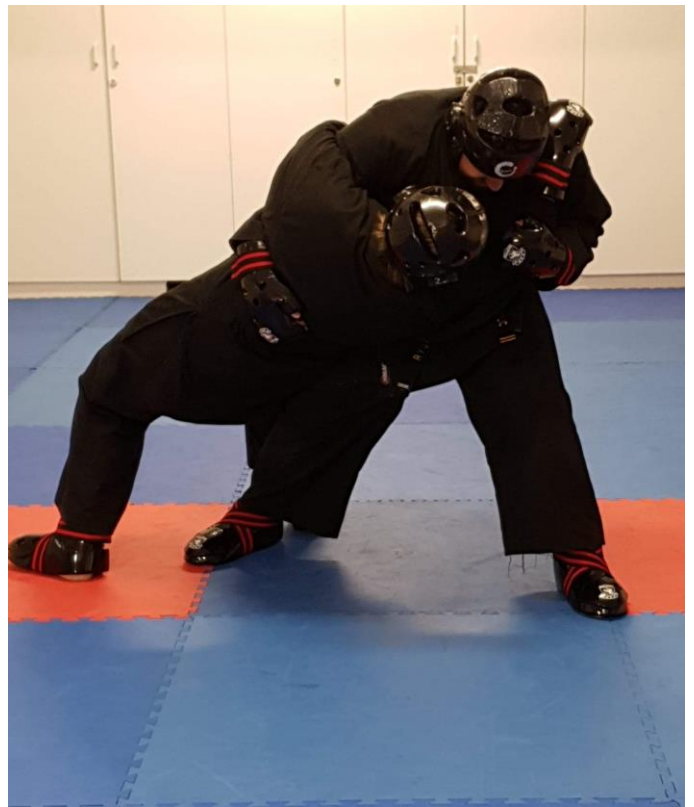


Controlled kick to the Stomach

Examples only of Illegal Techniques



No Grabbing



No Throwing



No Scratching or open hand to Face Area



No Stomping



No head locks



No punching the back of head or any part of the neck



No Punching the Throat Area



No Punching the Back Area



No kneeing any area



No kicking of knees



No Head Butts



No Uncontrolled Spinning Back Fist,
Uncontrolled Punches or kicks



No Slapping



No Punching below the hips



No Elbows



No Blind Techniques

This is the end of Book Nine – Light Kick

12. Book Ten - Clash Sparring

12.1 What is Clash Sparring - General Rules

Points may be scored by attacking and/or by countering an opponent's attack.

Each attack (and/or counter) is limited to a total of three (3) techniques per clash plus one (1) 'disengaging' strike.

Competitors may score multiple points during each clash for successful attacks and/or counter strikes and combinations.

Every kick that scores, earns two-points. Every hand strike that scores, earns one point.

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 penalization.

Note: Clash Sparring is about scoring and not being scored on, so the sparring strategy needs to be one of "engaging and disengaging".

Clash Example 1: "Fighter A" attacks, scoring* cleanly with his lead leg roundhouse kick followed immediately by a back fist / reverse-punch combination that also scores.* "Fighter B" manages to counter by scoring* cleanly with his own reverse punch before "Fighter A" can disengage. This clash will yield a 4-1 point advantage for "Fighter A".

Clash Example 2: "Fighter A" attacks and scores* with a back fist. Before "Fighter A" can disengage (move out of range), "Fighter B" scores* with a reverse punch counter and follows with a back leg round house kick that scores* to the head as "Fighter A" retreats. This clash will yield a 3-1 advantage for "Fighter B".

'SCORING' occurs only with the allowable amount of **focused touch contact (the legal amount of contact allowed to certain scoring areas) and **focused***

control (*an amount of force that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled*).

Competitors are expected to separate (break) after each clash and then continue sparring (re-engage). Failure to separate will result in having the Referee “break” the fighters and may warrant penalization or disqualification.

Rules regarding legal techniques and penalties are identical to those for Point Sparring with the following general exceptions,

- Hook Punches and Uppercuts are prohibited.
- Falling down will result in your opponent being awarded one point
- Leaving the ring will result in your opponent being awarded one point
- Clinching or stalling of any kinds will result in your opponent being awarded points

12.2 What is the Time Limit

Each match or bout is ninety (90) seconds running-time.

12.3 How are scores tallied

Each ring will have a **Referee**, two **Judges**, and a **Table Official**.

The Referee will control the action and be the arbiter of safety and fairness.

Judges will keep a record of scoring strikes on hand held devices that will help specify their vote for a winner at the conclusion of each match.

A draw decision by the two Judges will be decided by a “sudden victory extension” decided by the first scoring clash.

The Table Official starts time at the command of the Referee and announces when 90 seconds of “running time” has elapsed (at the 75 second mark, the Table Official will shout out “FIFTEEN SECONDS”). The Table Official will also monitor and adjust the “running time” according to the Refereed specified “timeouts”.

12.4 How do I score a point

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 Centre 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: Is the legal amount of contact allowed to certain scoring areas.

Focused Control: Is an amount of controlled force that would have incapacitated the opponent at least momentarily if the technique had not been controlled.

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.

What is a Counter-score?

Since 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.

What are Combination Attacks" and "Combination Counters"?

Combination attacks and combination counters are limited to three techniques. 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 back-fist 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).

LEGAL EXAMPLE 1: Fighter A attacks with jab / reverse punch / back leg double round house kick Fighter B attempts to counter with reverse punch Fighter A steps back and (beginning to disengage) defends with side-kick and continues to disengage to end the clash.

LEGAL EXAMPLE 2: Fighter A attacks with front leg round kick / backfist / ridge hand and then (beginning to disengage) steps back with a lead leg hook kick and continues to disengage to end the clash.

Note: Since Clash Sparring rewards successful attacking and successful countering equally the allowance for a legal Disengaging Technique (beyond

the three-technique maximum) provides the attacker with an effective defensive measure beyond merely blocking or retreating.

12.5 Where are the Target Areas

Legal Target Areas are: Entire head and face area, ribs, chest, abdomen, collarbone and kidneys.

Illegal Target Areas are: The spine, back of neck, throat, sides of the neck, groin, legs, knees and back.

Non-Target Areas are: Hips, shoulders, buttocks, arms, and feet.

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

Illegal Techniques are: 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, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Grabbing: A Competitor may grab the uniform top of their opponent in an attempt to score with a sport karate technique for only one (1) second, after which time they must release the uniform. Likewise, the uniform pants may be grabbed for one (1) second to an upright opponent in an attempt to score.

Sweeps, Takedowns, Grabs and Ground Sparring: Sweeps not to take down an opponent but only to obstruct the balance so as to follow up with a sport karate technique can only be executed to the back of the front leg at mid-calf or below. A sweep must be deemed a proper sweep and not a kick, to be legal. Controlled Takedowns and sweeps that are meant to take down an opponent are allowed only a declared approved padded surface. A point or points are awarded only when the legal sweep or takedown is followed up effectively legally and immediately with appropriate scoring sport karate techniques. Only hand techniques or a single carefully controlled kick or stomp to the body is allowed on a downed Competitor. 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 Competitor. Down sparring must be declared by the proper tournament officials before being allowed, padded surface or not.

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.

Out-of-Bounds: A Competitor is out-of-bounds as soon as they 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. An inbounds Competitor can score on an out of bounds Competitor if the Referee has not called 'stop'.

12.6 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

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** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. 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. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the sparring divisions.



12.7 What are my Responsibilities

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 their ring ready to compete when competition begins, they 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 their name is called to compete, their name will be called three times at ringside. If they are still not present to compete, they will be disqualified.

12.8 What if I am not ready for my event - Delay of Start-Time Penalty

Each Competitor must present themselves 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 Referee**, the Competitor may be penalized for delay of time. 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.

12.9 What Equipment do I need for this event

NSKA approved headgear; hand and footpads, mouthpieces, groin cups (for male Competitors only) and chest guards (for all Competitors 17 year old and younger) are mandatory for all Competitors in sparring divisions. The Competitor's equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete.

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



Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. (NSKA has approved the use of "Ringstar sparring shoes in all sparring divisions, with the same stipulations placed on other approved sparring gear.)

Head Gear: The front, sides and back of the head must be covered by a soft padded surface. In addition to the head gear, a face shield is required for all Competitors 17 yrs. & under.

Chest Guard: All 17 and younger Competitors must wear an approved chest protector in sparring. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Rib guards that cover only the abdomen area are not approved chest guards. Insufficiently padded gloves, foot, chest and head gear 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. The tournament's official rules Arbitrator ultimately determines the approval or denial of the equipment. A properly fitted mouthpiece is required. Shin pads, elbow pads and rib/chest guards are highly recommended for additional safety to all sparring Competitors in all divisions.



12.10 Rank Rules

A Competitor must compete at the highest belt level they have earned in the martial arts. A Competitor can never compete in a Division of which they have not earned that rank. Once a Competitor competes as a black belt legally, they must always compete as a black belt. A Competitor can never compete in a lower belt division than the level of belt they have earned in the Martial Arts.

12.11 Enter into the Right Age Division

Proof of Age Rule & 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 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.

Note on Age Divisions: Adult sparring Competitors 30 and older have the option to compete down one age Division. For example, a 30 year old Competitor can compete in the 18-29 years Divisions, a 40 year old Competitor can compete in the 30-39 Division etc. A Competitor cannot compete up in an age division.

12.12 How to make a Protest

A Competitor has the right to protest an infraction of the Rules or if a rule mistake was made, not if a judgment call was made. 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, and sportsmanship like manner. All protests must be made immediately. **Protests are not allowed once competition has resumed.** A Competitor may be penalised if they are protesting improperly or without proper cause.

12.13 Late Entries

Once a Division has the first divisional match has started) no Competitor/s can be added to that Division.

12.14 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.

12.15 Warnings and 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.

Other Penalty Rules: 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 a Competitor, the offending Competitor shall be automatically disqualified.

Other Cause for Penalisation: 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, their coaches, friends, etc., any excessive contact, and delay of time are just some examples of possible penalisation.

12.16 Disqualification

The Referee may at their discretion disqualify a Competitor for fouling or unsportsmanlike behaviour.

Non-Competing Penalty: 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.

Wrong Division: If any Competitor competes in a Division they are not qualified to compete in due to age, weight, rank, gender, style, etc. they will be disqualified.

12.17 Coaching

The luxury of having a coach is something that most Competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a Competitor who does not have a coach. The rules are made and enforced so no one Competitor has an advantage or disadvantage over another Competitor. Therefore, coaching is allowed but only under the following guidelines:

- Never, at any time, can a coach enter the ring without the Referee's permission
- No abusive, violent, unsportsmanlike or overzealous coaching
- Coaches cannot ask for a time out unless they are protesting a rules violation (only the Competitor may ask for a time out)
- Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges.

A **Coach** is defined as anyone who is trying to help one Competitor in anyway. A coach could be but is not limited to a friend, parent, team-mate, or an official coach. The Referee can issue a warning to a Competitor for each time their coach is interfering with a match or disrupting fair play between contestants. The Referee can ask for a disqualification of a contest but requires a majority vote of all judges.

12.18 Fairness Rule

If a question arises that is not covered by this Rule book, the Arbitrator and/or their appointed representative, may at their discretion overrule, modify or change a delineated rule if they believe that enforcing such a rule would result in an inherent unfair outcome to a Competitor. However, this should only be undertaken in extreme cases and after careful consideration. This process shall be carried out in a written form and given either to the Australian Head Referee or a Director and must be taken to the next meeting of the Board.

12.19 What is the Ring size

The sizes of the sparring adult black belt rings are 7x7 metres (each mat is one metre by one metre). Starting lines should be marked approximately six feet apart in the middle of the ring. Additionally, each ring should be posted with a ring number visible to Competitors, officials, and medical personnel from across the floor. All youth and under black belt adult rings are 6x6 metre (each mat is one metre by one metre).

This is the end of Book Ten – Clash Sparring

13. Book Eleven - Team Sparring

13.1 Team Sparring Rules

NSKA Point Sparring rules apply to this Division, except in the Open Division where Black Belt point sparring rules apply

Total points for each match will be added together to give the final team score

Each match will be one (1) minute per round for under 18 years and one (1) minute 30 seconds per round for over 18 years. For Grand Championships rounds will be two (2) minute for over 18 years only.

A coin toss will determine which team sends up a fighter first. The loser puts up the first fighter. The opposing team will match the fighter sent up with an appropriate fighter of the same weight.

Each team can have two registered team alternates. Alternates can replace a team member before a fight begins. Alternates are subject to the weight rule unless open weight division.

13.2 How do Officials award points

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 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.

13.3 How Points are awarded

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) point kick before two points can be awarded otherwise no point is awarded.

What is a Point?

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. 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?

13.4 Where are the Target Areas

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, takedowns 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 takedowns 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.

Sweeps, Takedowns, Grabs and 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. Takedowns 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 takedown 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 takedown 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. The Referee will say, "**Stop**" after two (2) seconds. 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. Deliberately dropping to the floor to avoid or evade fighting is not legal. All dropping to the floor deliberately on a hard surface is not legal. A fighter is down when any part of the body other than the feet is touching the floor.

13.5 How hard can I hit or kick

Touch Contact Requirements: All adult black belts must make light touch contact to the face and head (headgear) to score a point and light or moderate touch contact to the body to score a point.

Youth black belts cannot make any contact to the face but light touch contact is allowed to the headgear. Please note that youth black belts do not have to touch the head gear with light contact but can score by delivering a controlled, well focused technique approximately three centimetres (3cm) from the head gear or face. Youth black belts must make light or moderate contact to the body to score a point.

No face contact is allowed in any under black belt division (youth or adult), but light touch contact is allowed to the headgear.

Delivering a well-focused controlled technique close to the face or headgear may score a point/s. The higher the rank, the closer the technique should be. All under black belt Competitors must make light or 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. Light touch is allowed to all legal target areas except to the face of all youth and under black belt Competitors. Light touch does not have to be made to the headgear in all Youth Competitors and under black belt Competitors but must be approximately ten centimetres (10cm) away without being blocked.

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

Each team can have two registered team alternates. Alternates can replace a team member before a fight begins. Alternates are subject to the weight rule unless open weight division.

13.6 What are my Responsibilities

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 their ring ready to compete when competition begins, they 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 their name is called to compete, their name will be called three times at ringside. If they are still not present to compete, they will be disqualified.

13.7 What if I am not ready for my event - Delay of Start-Time Penalty

Each Competitor must present themselves 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 Referee**, the Competitor may be penalized for delay of time. 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.

13.8 What Equipment do I need

NSKA approved headgear; hand and foot pads, mouthguards and groin cups (for male Competitors only) are mandatory for all Competitors in all Sparring Divisions. As a result of the many brands and styles of martial arts equipment on the market today and more coming out each year, space prohibits listing all the brands, which are considered safe. Oceanic NSKA approved equipment means that each Competitor's equipment will be checked to see if it is safe for use. If it is deemed unsafe, the Competitor will be asked to change the equipment before they can compete. The following is a list of important and required features of NSKA approved safety equipment.

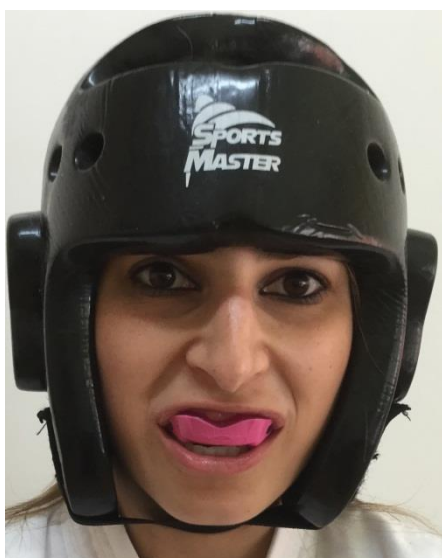


Hand Pads: A soft padded surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand, side of the hand, back of the fist, and the knuckles must be covered with a soft padded surface. No cloth protectors or leather type boxing gloves.



Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot. No cloth protectors.

Headgear: The front, sides and back of the head must be covered by a soft padded surface.



Mouthguard: A properly fitted mouthpiece is required.

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.

As NSKA is involved in the promotion and participation in sport karate, only Karate, TaeKwon Do and Kung Fu equipment will be allowed. Boxing and other contact sports equipment are not allowed in NSKA events. Shin, elbow, rib, knee, and breast protectors for female Competitors are recommended for additional safety to all sparring Competitors.

The strapping of hands is prohibited.



13.9 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

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** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.

Shorts cannot be worn at any time.



13.10 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 penalized 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, 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**.

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 penalized (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, etc.
- 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
- Excessive contact
- Not being prepared or ready when it is time to compete

13.11 Disqualification

Disqualification of a Competitor requires a majority vote by all Officials, except when a Competitor is automatically disqualified when they receive three (3) penalty points. When a Competitor is disqualified it is proper to notify the tournaments Arbitrator. A Competitor who bows out or accepts a bow out of any grand championship match may be disqualified. If so, all awards and rating points are forfeited. A Competitor who is disqualified for misconduct or malicious behaviour in a final round will not be awarded the trophy or rating points.

Non-Competing Penalty: If in the event of a majority opinion of the Officials that Competitors are not making an obvious attempt to fight in the true spirit of competition, both Competitors will be warned and if it continues, will be disqualified.

Wrong Division: If any Competitor competes in a Division they are not qualified for because of age, weight, gender or style, they will be disqualified.

Out of Bounds: A Competitor is out-of-bounds as soon as they do not have at least one foot touching inside or on the boundary line. Stepping out-of-bounds does not immediately stop the match. The Referee is the only one who can stop the match. An out-of-bounds Competitor may be scored on by their Opponent so long as the in-bounds Competitor has at least one foot in bounds and the Referee has not signalled to stop. In the event of a jumping/flying technique, the attacking Competitor must land with one-foot in-bounds in order to score.

13.12 Forfeit

Points will be awarded to the opposing team in the event a team forfeits a match. The Officials will handle intentional and unintentional forfeits differently. A team cannot win by forfeiting the final match if it is leading going into the final match.

13.13 Coaching

Coaching is a luxury that most Competitors do not have access to at all times. Therefore, it can become an unfair advantage over a Competitor who does not have a coach. Rules are made and enforced so no one Competitor has an

advantage or disadvantage over another Competitor. 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 coaches, friend/s, team member, etc.; enter the ring without the Referee's permission. Only the Officials, Competitors and medical personnel are normally allowed in a ring
- No abusive, violent, unsportsmanlike or overzealous coaching is allowed
- **A coach cannot ask for a time out** (only a Competitor may ask for a time out)
- 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.

13.14 Rank Rules

A Competitor must compete at the highest belt level they have earned in the martial arts. A Competitor can never compete in a Division of which they have not earned that rank. Once a Competitor competes as a black belt legally, they must always compete as a black belt. A Competitor can never compete in a lower belt division than the level of belt they have earned in the Martial Arts.

13.15 Enter into the Right Age Division

Proof of Age Rule & 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 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.

Note on Age Divisions: Adult sparring Competitors 30 and older have the option to compete down one age Division. For example, a 30 year old Competitor can compete in the 18-29 years Divisions, a 40 year old Competitor can compete in the 30-39 Division etc. A Competitor cannot compete up in an age division.

13.16 How to make a Protest

A Competitor has the right to protest an infraction of the Rules or if a rule mistake was made, not if a judgment call was made. 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, and sportsmanship like manner. All protests must be made immediately. **Protests are not allowed once competition has resumed.** A Competitor may be penalised if they are protesting improperly or without proper cause.

13.17 Fairness Rule

If a question arises that is not covered by this Rule book, the Arbitrator and/or their appointed representative, may at their discretion overrule, modify or change a delineated rule if they believe that enforcing such a rule would result in an inherent unfair outcome to a Competitor. However, this should only be undertaken in extreme cases and after careful consideration. This process shall be carried out in a written form and given either to the Australian Head Referee or a Director and must be taken to the next meeting of the Board.

Starting Position



Examples of Legal Techniques



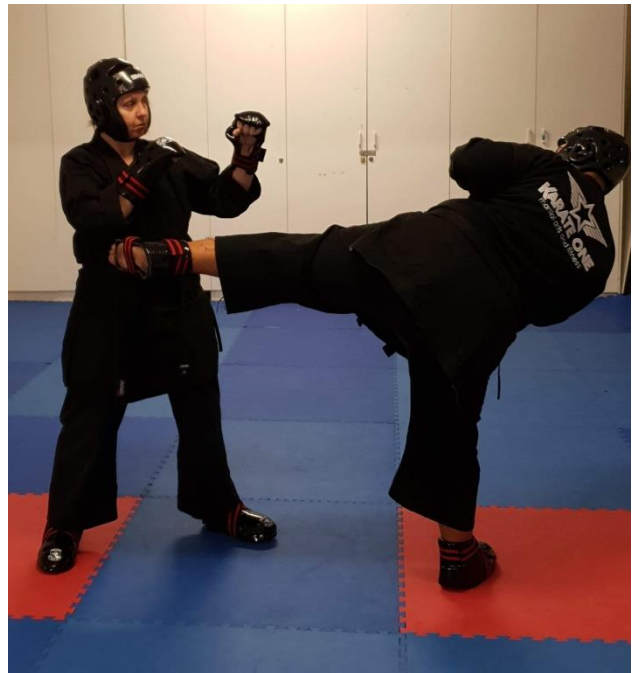
Controlled Punch to Kidneys



Controlled Punch to Chest



Controlled Kick to Head



Controlled Kick to Ribs



Controlled Back fist to Side of Head



Controlled Punch to Chest

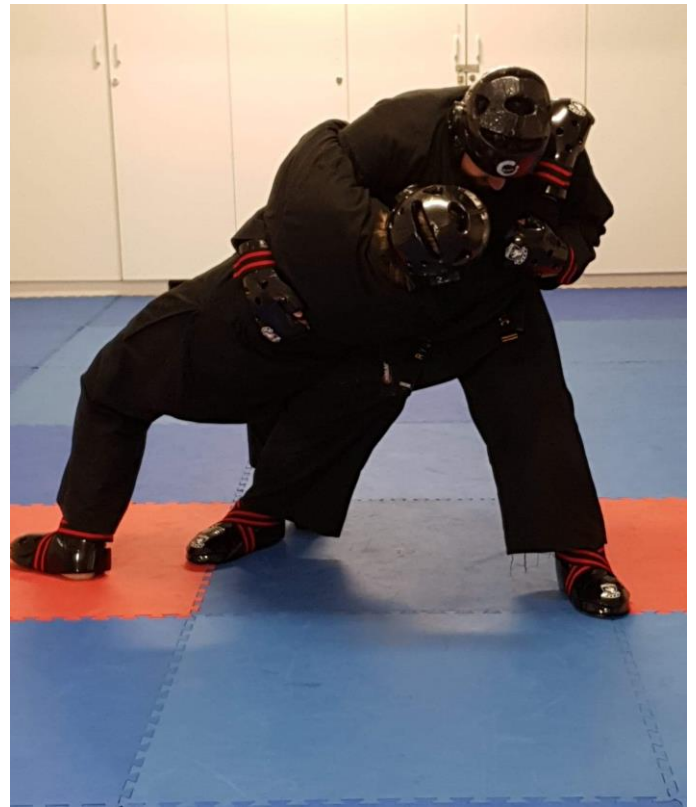


Controlled Punch to Face
within 150mm radius

Examples of Illegal Techniques



No Grabbing



No Throwing



No Scratching Face Area



No Stomping



No Head Locks



No Punching the back of Head or any part of the Neck



No Punching the Throat Area



No Punching the Back Area



No Kneeing any Area



No Kicking below the Waistline

This is the end of Book Eleven – Team Sparring

14. Book Twelve - Tricking

14.1 General Rules

All tricks regardless of discipline will be categorised into Power Moves or Combos categories.

14.2 How Battles will be Judged

Battlers will be judged on difficulty, creativity, crowd response, cleanliness, style and battle mentality (exuberance and level of entertainment expressed in a personal character). A person doesn't win just by doing the coolest trick.

Judges will point to who they think won at the end of each round. A person must win two (2) rounds in order to be the overall winner.

14.3 Types of Moves that can be performed

Power Moves: Any single or double trick technique. Can be a set up and trick, or two tricks.

Combo: Any three (3) techniques/tricks or more.

The first Competitor of each round will start by performing either a Power Move or Combo. The second Competitor must match the category (Power Move or Combo) by performing a trick in the same category for their turn. This will allow the Judges to compare power moves to power moves and combos to combos.

There are no limits. Tricks from all disciplines are allowed including: martial arts, dance, break-dance, acrobatics, gymnastics, parkour, free running, etc. No props will be allowed.

14.4 Spinning heel roundhouse kick 360 competition

Spinning Heel Roundhouse Kick 360 competition is done on a time limit of twenty (20) second. Two Competitors perform as many fully completed 360 spinning heel kick as they can within the time limit. The Competitor with the

most kicks performed according to the Judges count will win and progress to the next level. This is done on elimination rounds until the last Competitor competes and is declared the winner.

14.5 High Kicks competition

High Kick competition is done on knockout rounds. Each Competitor steps up to perform the high kick at the level the Judge places the pad. This Competition is judged on the Competitors ability to kick the touch pad at various heights. The pad must be kick by the foot area to move to the next round. As a Competitor misses the kick they are eliminated until a single Competitor remains will be declared the winner.

The kicks will be judged in the following order;

1. chest level
2. chin level
3. nose level
4. top of head level
5. approx. 100mm above the head
6. the Judges will then continue to move the pad higher in approx. 100mm increments until only one (1) Competitor remains



All kicks must make contact with the kick pad to be counted

This is the end of Book Twelve – Tricking

15. Definitions Required for NSKA Tournament Rules

Australian Head Referee—controls and oversees the ‘Rulebook’. Trains and approves NSKA Referees and Officials. Deals with any complaints or concerns that have been escalated or cannot be resolved by the Centre Referee or tournament Arbitrator.

Arbitrator - an independent person or body officially appointed to settle a dispute

Association - use in this document will refer to the National Sport Karate Australia Ltd and its associated entities

Belt Level - reference to martial arts training skills reached

Black Belt - level of martial arts skill usually equated to highly experienced, refer to ‘Belt Level’

Board - means the body managing NSKA and consisting of the Directors

Board of Directors - refer to ‘Board’

Chairman - the elected Director in charge of the Board

Club— an organisation constituted to play matched in a particular sport

Coach - a person who trains athletes for games, a contest etc. and or to give instruction or advice to in the capacity of a coach

Competitor(s) - a person(s) who takes part in a sporting contest

Competition - the activity or condition of striving to gain or win something by defeating or establishing superiority over others

Competition area - designated space in which the competition is conducted

Control - holding back in reverse the amount of force that, if not restrained or pulled short of full contact, could have incapacitated or inflicted serious damage to an opponent

Difficulty - the complexity and intricacy of the form or weapon routine. The difficulty category is the least critical of the three judging categories, but could become the deciding factor of winning or losing if a judge feels that two Competitors are equally as good in the execution and presentation categories

Director—a member of the board of NSKA

Division(s) - groupings of Competitors at an event

Event(s) - particular contests making up the NSKA calendar

Execution - the act or process of performing (executing) the techniques of the form or weapon routine. The execution stage of judging is the most critical and should weigh the most in the judge's final score

Executive General Manager - the senior most executive leader of NSKA

Expert Level – level of martial arts skill usually equated to highly experienced, you have been training in any style of martial arts or combination of martial arts for more than 4 years. For example, you trained in Shotokan for 1 year, then changed to taekwondo for 2 years, then Ryu Kon Kai weaponry for 1 year, combined you have been training in martial arts for 4 years so are considered expert level.

Floor - See 'Competition area'

Focused Touch - light, medium and excessive

Focused Control - no contact is allowed, but the technique must be focused close enough to the 'no touch' target area

Governed - authority of the policies, actions and affairs of the Board

Instructor - a person who teaches

NSKA - National Sport Karate Australia

Judgement Call—an observation ruling by a Referee or Judge that is necessarily subjective because of the disputable nature of the play in question and one that may be appealed but not protested, as opposed to a matter of official rule interpretation

Judges - appointed representative for decision making, approved to judge events such as Kata, traditional weapons, self-defence, showmanship and extreme kata/weapons. Assists the Centre Referee to control and judge events such as, point sparring, contact sparring, clash sparring, sumo and sword combat.

Mat(s) - refer to 'Padded Surface(s)'

Medical personnel - designated attendant to deal with medical issues arising at the event

Oceanic Region - entire region between continental Asia and the Americas, thereby including islands in the Pacific Rim such as the Japanese archipelago, Taiwan, Australia and New Zealand

Official - appointed representative for decision making

Opponent— someone who competes with or opposes another in a contest

Padded Surface - a surface that is resilient enough so that an opponent is able to withstand the shock of a fall or takedown without damage or injury. An actual resilient pad must be present on the surface to be considered padded or soft. Concrete, wood, tile, terrazzo, rubber or any other similar surfaces are not considered padded or soft

Point - a point is a controlled, legal sport karate technique scored by Competitor in-bounds which strikes an opponent with the allowable amount of focused touch contact or focused control to a legal target area

Presentation - the image or impression of the Competitor as reflected in his/her performance of the form or weapon routine. The presentation stage is the second most important or critical and should weigh accordingly in the judges final score

Promoter - key coordinator of an event

Referee – tasked with ultimate control of a ring at an event. Controls events such as point sparring, contact sparring, clash sparring, sumo and sword combat.

Ring - see 'Competition Area'

Rules - direct reference to this document

Rulebook- this document

Sanctioned - event approved by the NSKA Board

Scorekeeper - appointed representative for keeping a record of the Division(s) scores

Spectator - a person who watches an event and does not participate as a Competitor

Street Speed–the speed a moved would be performed in real life conditions

Synchronised Team –a group organised to function cooperatively in a joint effort working at same time or rate, going together or happen at the same time, working in unison or the use of techniques in a domino effect

Timekeeper - appointed representative for monitoring the duration of a match

Tolerance - the ability or willingness to tolerate the existence of opinions or behaviour that one dislikes or disagrees with

Younger divisions - reference to Divisions containing Competitors under the age of 18 years

~ END OF NSKA RULES 2022 DOCUMENT ~