

# Colorado Karate Association



**2010**

***Rule Book***

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# ***CKA Memberships***

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

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

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

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

## ***Individual Memberships***

Individual membership fees are as follows:

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

## ***Update Personal Information***

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

will not be made. Other important information is mailed to all members including tournament registration forms and the CKA magazine

***Important: Activate your CKA membership at the beginning of each tournament season. It is the policy of the CKA that you start to accrue points for year end standings in the quarter that you join the CKA, so for maximum points accumulation, it is wisest to join in the 1st quarter of the year. Example: if you join the CKA in February or March, all of your points for the entire year accumulate toward your year end ranking. However, if you join in May or June, only points earned in the 2nd quarter and beyond will count toward your year end standings, regardless of points you may have earned in February or March. Likewise, if you join the CKA in September of that same year, you would earn points for the third quarter and forward. Check your points throughout the year at: [www.coloradokarateassociation.org](http://www.coloradokarateassociation.org) to ensure accuracy.***

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

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

## ***School Memberships***

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

## ***Conduct***

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

Unsportsmanlike conduct is not tolerated. In the past we have had to suspend certain competitors, parents, instructors and promoters. The suspensions have ranged from one

tournament to lifetime bans. Fortunately these have been rare, but because of our strict standards the CKA is one of the most respected organizations in the country. Our children learn to compete in a respectful, safe, and healthy environment. Competitors look up to other competitors, instructors, judges, siblings and parents. By making an effort to be positive role models and leading by example, we may teach our children sportsmanship and life skills that they will carry with them their entire lives.

## ***General Rules***

### ***Competition Area***

The rings and competition area are “roped off” in order to be separate from the spectator area. Only Competitors, Coaches (with valid pass), Judges, Score Keepers/Time Keepers, Tournament Medics and Staff are to be inside the competition area.

### ***Coaching***

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

- Anyone is allowed to obtain a coaches pass. It is their responsibility to know the rules and abide by them. The coaching pass may not be “shared.” Any coach abusing the privilege of the pass may have it revoked without refund.
- The coach must have a valid coaching pass and must wear it in plain view while inside the competition area.
- Coaches’ passes will be made available at all CKA tournaments for \$25.00 each and may only be used at that tournament.
- A coach must reside within the “Coaches Box”. Located outside the ring on the side of the competitor they are coaching.
- Only one coach per competitor is allowed. A coach may replace an active coach during a competitors match.
- A coach or competitor will be allowed to call one (1), 10 second time out per match. Requests for a time out will only be allowed when “Break” (sparring) is called by the center official.
- Unsportsmanlike behavior WILL NOT be tolerated by coaches. If a coach demonstrates unsportsmanlike behavior, they will be warned or immediately removed from the competition area depending on the severity of the attitude displayed. No more than 2 warnings will be given before a coach will be asked to

- leave. A competitor may be disqualified from competition if a coach displays unsportsmanlike behavior or attitudes that are disruptive to the match in progress.
- If it is determined that ringside influence from someone other than a coach is influencing a player's performance, a competitor will receive a warning for illegal coaching. A second violation will result in a "point over." Future violations may result in continued point over calls or disqualification

## ***Rank Rule***

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

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

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

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

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

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

## **Rank Compliance Rule**

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

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

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

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

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

## **Legal Competition Age**

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

*This option does not apply to competitors turning 18 DURING the competition year; as outlined above. Again, a competitor may NOT participate in adult divisions prior to reaching his or her 18th birthday.*

## **Competing Up Option**

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

- Competitor (if under age) must have the consent of their parent or legal guardian.



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

### **No Fault Rule**

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

### **Confirmation Competition Rule**

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

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

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

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

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

## ***Changing Divisions***

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

## ***Weighing In***

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

No competitor shall be allowed to participate without this stamp.

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

## ***Personal Health and Hygiene***

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

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

- Regulation martial art uniforms, with sleeves reaching at least to the elbow, must be worn. All competitors must wear their rank as a belt, sash, or cord according to the discipline they study.
- All uniforms must be neat and clean.
- In sparring competition, all male competitors must wear a groin protector (whether the groin is a target or not).
- In sparring competition, all competitors must wear a mouthpiece.

- All competitors must wear CKA approved protective gear on hands and feet.
- Fingers must not extend beyond the end of the glove when the hand is held open. Toes must not extend beyond the end of the boot.
- Competitors are prohibited from wearing jewelry of any kind during fighting competition, with the sole exception of a simple wedding band.
- CKA-approved headgear is mandatory for ALL competitors in ALL sparring divisions. A bandana or “Do-Rag” may be worn by the competitor for the purpose of keeping sweat out of the eyes, provided it is kept neatly in place and presents no threat to either participant’s safety.
- ALL protective equipment must meet with the approval of the referee, tournament promoter, director, or arbitrator.
- No shoes of any kind are allowed in junior sparring even with protective pads as a cover. Ring Star padded sparring shoes are allowed in adult sparring divisions.
- Foam shin pads are recommended but not required. Hard shin pads, plastic or otherwise, are prohibited.

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

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

### ***Bracketing***

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

### ***Division Size***

Divisions shall be limited to 20 competitors. In the event that more than 20 competitors are entered in a single division, the competitors in the division shall be split randomly through a numbers draw.

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

- Unsportsmanlike conduct on the part of the competitor results in the immediate disqualification of the offender. No warning is necessary for unsportsmanlike conduct on the part of a competitor. This includes talking back to an official or the use of profanity. A majority of the officials must agree on any disqualification.
- Unsportsmanlike conduct or profanity on the part of a parent, colleague, or instructor of a competitor may result in disqualification of the competitor. A majority of the officials must agree with the decision, and one warning must be given before disqualification.
- Any person threatening an official will be expelled from the premises for the duration of the tournament.
- Any competitor is eligible for disqualification, (e.g. he has already lost), who demonstrates unsportsmanlike conduct (or whose parent, instructor or coach demonstrates unsportsmanlike conduct) toward an official may still be subject to a six-tournament suspension. Additional infractions may call for extended suspensions. A physical attack on a competitor, spectator or official incurs a minimum of one year suspension from competing or being even on the premises of any tournament facility.
- Disqualification for 'unsportsmanlike conduct' makes the competitor ineligible for prize or further competition in any event.

## ***Protests***

- A competitor, instructor, parent, or coach of a player involved in a protest situation may protest any infraction of the rules. The protester may NOT protest or question a call, failure to call, a point or a decision by the judges, UNLESS the officials' decision violates tournament rules. Spectators may NOT lodge protests.
- All protests must be submitted to the referee at the time of the infraction. Protests submitted after the infraction, when the match has continued or at the end of the match are not considered. An arbitrator is assigned at each tournament to handle any protests.
- Protest procedure: All protests are to be submitted in a courteous manner. Any overt display of emotion or unsportsmanlike conduct or manner the competitor or his/her support team may result in disqualification of the competitor (one warning must be given before disqualification).
- Any fighter involved in a protest situation may present his or her own protest as long as it is offered in a courteous manner. The competitor or protestor should request a time-out from the referee to discuss the protested issue.

- A protest that is lodged against a competitor for violating rules which affects divisional standings would be evaluated by the CKA board of directors on a case by case basis. Any complaint of such an infraction will need to be made in a timely manner as there is a “Statute of Limitation” of two months or two tournaments which will be enforced on such infractions. Protests of this nature must be made in writing either directly to a board member or at the CKA events booth. Not making the Board aware for several tournaments makes it impractical for a reasonable solution and creates a situation where there is no “*fair*” solution.

### ***Additional Regulations***

- Judges are to be in uniform or wearing a CKA official’s shirt.
- Whenever possible, Students from the same club should not fight each other in the first round. This applies only to the first round of eliminations. This rule supersedes byes given during bracketing. In other words, any competitor may lose his or her bye so that Students from the same school do not fight each other in the first round.
- A competitor may only compete in a maximum of 6 divisions. This change was to ensure that no one had an unfair advantage for determining the Top 20
- Competitors in children’s division must present a birth certificate (or copy) to show proof of age within 30 days to the CKA’s ratings director upon request.
- For safety reasons, male and female sparring competitors 11 years of age and older have separate sparring divisions.
- Any competitor not wishing to fight may “bow out” of the competition. In such a case, the other fighter is automatically declared the winner. If a competitor bows out without competing, no points will be earned. Bowing out as a show of respect may be an exception.

### ***Team Sparring Competition (Suggested)***

- All sparring matches are two minutes in duration. No “mercy rule” is in effect.
- The winning team is the one with the most accumulated points at the end of the individual matches.
- At the beginning of the match, the referee randomly determines which team will put up the first fighter (by picking a number, tossing a coin, etc.).
- No substitutions of other fighters are allowed once the team is formed.
- If a team has a competitor that is unable to participate in a match, the opposing team automatically receives ten points.

- In the case of a disqualification of a competitor in a match, the disqualified competitor will lose all of his or her points in that match, and the other team is awarded three additional points.
- Teams comprised of competitors age 10 and below may be made up of both male and female contestants. Teams comprised of competitors age 17 and below may be made up of mixed ranks.

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

- Competitors are divided into divisions according to belt rank, age, and sex when those divisions are available.
- Kung fu tops or T-shirts may be worn in forms competition as long as it is part of the school uniform.
- Each competitor addresses the center official giving his/her name and form to be executed. Additionally, the competitor may give the name of the school or association, and the instructor's name. Further, a brief explanation may be given if necessary, and permission to begin the form may be requested of the center official.
- A judging panel consists of three, five, or seven qualified black belt judges.
- Competitors are scored on a 7 to 10 point basis using hundredths of points.
- When there are five or more judges, the scorekeeper omits the high and low scores to determine the competitor's score. The competitor with the highest score (sum, not average) is declared the winner.
- In the event of a tie (when there are five or more judges), the previously omitted scores are added back in. In the event that this does not settle the tie, (or a first tie when only three judges are present) the competitors perform again. They may use the same pattern or a different one. The officials will then choose the winner by a show of hands.
- Contestants that forget their forms during competition receive a 7.0 from all judges. The competitor may start his/her form over again in order to conclude the performance professionally, but he or she will still receive a seven.
- Shoulder/Judo/Aikido/ forward rolls ARE permitted in Traditional Forms. Gymnastic techniques and acrobatic kicks ARE NOT allowed in the Traditional Forms divisions. NOTE: Wu Shu and Capoeira forms contain many gymnastic types of techniques that are considered traditional within their system. However, these kinds of techniques must be performed in the Creative Forms divisions so as not to gain an unfair advantage in the traditional division.
- Gymnastic techniques and acrobatic kicks shall include the following: Cartwheels, round-offs, front and back handsprings, flips, "dive rolls", aerials, barrel rolls, and

splits. Also, no more than 2 kicks may be executed without putting the kicking foot down on the ground; e.g., no triple kicks or “machine gun” kicks are allowed. Any jump or jump spinning kicks which require the competitor to land on the kicking leg (such as the “540”) are illegal techniques in the Traditional Forms division. The use of any of these techniques or kicks in a Traditional Forms division will give cause for an automatic score of 7.00 from all judges.

- All forms containing gymnastic techniques and/or acrobatic kicks must be performed in the Creative Forms division or the Musical or Weapons divisions.
- Creative Forms division is understood to be the performance of a non-Traditional kata and may include the use of gymnastic techniques and/ or acrobatic kicks, but neither music nor weapons.
- Weapons competition has its own division, separate from the Musical form division.
- All weapons must meet with the approval of the judges or tournament officials and may be inspected for safety. No plastic or rubberized weapons are allowed in weapons competition.
- Accidentally dropping a weapon in Musical or Weapons Form competition is equivalent to forgetting a form. The competitor who accidentally drops a weapon receives a score of 7.0 from all judges.
- Musical division is understood to be the use of music in a kata, together with any combination of, but not limited to, props, weapons or having more than one individual perform. However, points accumulated in this division go to the individual introducing the form
- In Musical form division, competitors are allowed to use plastic or rubberized weapons as long as they are deemed safe for competition.
- All form competition officials must remain in their assigned ring until their division’s eliminations are complete.
- Officials will show the kata score on cards visible to the competitors.
- The center official double-checks the score, (checking only places/totals - center officials do not recalculate the scores).
- An approved protective floor covering must be used for all breaking demonstrations. Only re-breakable boards/bricks may be used unless pre-approved by the promoter. The tournament promoter must approve all demonstrations and breaking events prior to the start of those events.
- Grand championships are held in their respective divisions and are not mixed together (e.g. children and youth do not compete with adults). In the Forms Grand Champion competition, music may be used by ANY competitor regardless of which division(s) they won to qualify.

- Grand championship competitors must perform their form in accordance with the divisions that qualified them for the grand champion competition. For example, the Traditional Forms winner *MUST* perform a Traditional (not Creative or Weapons) style form in Grand Champion competition, though they *MAY* perform it to music if desired.
- Competitors who have qualified for the Grand Championship competition in more than one division may chose which division they wish to compete in the Grand Championship. Competitors shall notify the Scorekeeper which division they are competing in for the Grand Championship and the scorekeeper shall note this on the score sheet.
- **Team Forms** – this is a division that competitors may compete in as a team. A team consists of 2 to 10 competitors and will follow the same rules as the musical divisions where music, props, weapons, etc. may be used. The form may not exceed 3 minutes. Three divisions were added: Youth Division, Adult Division, and a Combination of Youth/Adult Division. These divisions are not by Belt Rank. Points earned in Team Competition do not go towards any individual overall Top 20 standings.



# Sparring Rules

## ***Dimensions of the Fighting Area***

- All matches are conducted on CKA certified mats in a square ring no smaller than six meters by six meters.
- T-shirts are allowed for Wushu Competitors, if it part of their school's uniform.
- The competition area is sectioned off to keep all but the competitors, ring officials, and authorized coaches clear of the competition rings.
- Only officials and competitors are allowed in the ring, unless invited by the referee.
- The two starting positions must be centered in the middle of the ring and at least six feet apart.
- It is mandatory that every ring be clearly marked with the ring number visible to all.

## ***Length of Matches***

- All sparring matches are two running minutes in duration, unless one competitor accumulates a 10 point lead. The match will then be stopped.
- A ring official (referee or judge) may call time if: A player is injured. An equipment or uniform adjustment is necessary. An officials' conference is requested or for a coaches time out.
- Time of a match is officially over when indicated by the Center Judge, not the timekeeper.
- Matches ending in a tie continue in overtime with the next player scoring a point declared the winner. Either fighter may request a 30-second rest prior to the match continuing in overtime.
- All rule infractions, pertaining to the match are reset to zero once a fight goes into overtime.

## ***Scoring System***

### **Legal Target Areas**

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

- head
- face\*
- sides of neck
- chest

- abdominal area / torso
- kidneys
- groin\*\*

\*Face is a target in all divisions when the competitor has face shield. Otherwise, face is only a target in adult advanced/black belt divisions. Face is not a target in continuous sparring divisions.

\*\* Groin is not a target in youth divisions (below age 18) or beginning adult divisions. In tournaments where the groin is a target, light groin contact is permitted in intermediate adult divisions and above.

### **Point Values**

The following point value will be awarded in point sparring:

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

### **Illegal Target Areas**

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

- throat
- back of neck
- spine
- legs
- knee
- head on downed opponent
- Groin – in Children (under 18), adult beginner, and continuous sparring divisions.

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

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

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

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

### ***Focus Requirements***

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

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

### **Adult Black Belts**

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

### **Adult Advance Belt**

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

### ***Legal Scoring Techniques***

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

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

### **Legal Technique Notes:**

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

## ***Illegal Techniques***

Use of the following results in a warning, penalty point or disqualification. (Penalty point or “Point Over” means the competitor fouled receives a point.) Head butt, open hand strikes to the face, strikes to the spine, techniques executed against the joints of the body, techniques to the throat, blind techniques, knee, shin, elbow, and forearm strikes, take downs, kicks to the legs, any technique to the head of a downed opponent and failure to break.

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

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

## ***Contact Rules***

### **Light Contact**

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

### **Moderate Contact**

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

### **Heavy / Excessive Contact**

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

1. Visible snapping back of the competitor's head from the force of the blow
2. Violent distortion of the body from the force of a blow to the body
3. A knockout of an opponent.
4. A knockdown of an opponent EXCEPT when the knocked down fighter recklessly charges in, slips, or loses balance on his/her own
5. The appearance of swelling, bleeding, or obvious external injury. Injuries of this nature are evidence of excessive contact even if the contact is not seen while the match is in progress. (Superficial bleeding in Adult Black Belt division is the officials' decision.)
6. Confirmed excessive contact (other than for knockout or obvious external injury) skips a warning and results in either penalty or disqualification of the offending fighter. In ALL divisions, if contact results in a knockout (directly or indirectly), the offender is disqualified without warning.

### ***Knockout Rule***

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

### ***Blood Rule***

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

### ***Competitor Safety***

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

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

## **CKA Officials**

Officials are categorized into center referees and corner judges.

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

### **Referee (Center Official)**

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

1. The Primary purpose of the referee is to facilitate the functions in a ring. With the sole exception of being able to apply a “LATE CALL” to a corner judge, the referee has no more authority than any other official.
2. The referee may allow a certified corner judge to assume the center referee’s position. The assigned referee is still responsible for the smooth operation of a ring’s function.
3. The referee needs to monitor the corner judges calling of points and penalties. Do not let them look around when calling points or tallying form scores. Help support penalty assessments without crowd approval. Make them assess the competitor(s) actions/skills on your command quickly. (Sparring - Either they saw a point or not, Forms - Overall skills assessment, pull up a score vs. looking around to make a score judgment).
4. The referee’s multi-tasking skills must be obvious. Always maintaining a correspondence and communications with time/score keepers, judges, competitors, and spectators is extremely important. The overall goal is SAFETY first, fairness second and thirdly that every competitor has a positive learning experience with a lasting good impression.

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

1. A judge must be a CKA certified official.
2. The primary purpose of a judge is to support the center referee in facilitating the functions of a ring. With the sole exception of NOT being able to apply a “LATE CALL”, a judge has the same authority to enforce the rules as any other official.
3. A certified corner judge may assume the center referees position. The assigned referee is still responsible for the smooth operation of a rings function.
4. A corner judge is encouraged to move around the ring in sparring competition. A judge may call for “Break”, when points/penalties are observed. When requested by

the referee to make a call for point awards or penalties, a judge should do so quickly with authority and confidence. If a judge looks around when sparring points are being confirmed, they can be assessed for late calling. If a judge looks around when calling form scores they can be removed from that ring after the current division is finished. Judges need to be attentive to the divisions of competition to which they are assigned. Remember to support penalty assessments and point awards without the crowd approval. Assess the competitor(s) actions/skills as it pertains to the governing rules. (Sparring - Either they have seen a point or not, Forms -Overall skills assessment, pull up a score vs. looking around to make a score judgment). Be open for discussing your point of view with competitors, spectators, parents and instructors. Don't argue about the rules, rather help the people at CKA events understand the rules

5. A judge's multitasking skills need to be developed so they can become more effective as an official. Support the referee to maintain good correspondence and communications with time/score keepers, judges, competitors, and spectators. Priorities are SAFETY first, fairness second and thirdly that every competitor has a positive learning experience and lasting good impression.

### ***Qualifications***

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

1. Be an adult Black Belt (Un-restricted capacity to officiate in all divisions).
2. A seventeen year old Black Belt. (Restricted to officiate in only beginning and intermediate divisions).
3. An adult Brown Belt within one year of testing for Black Belt. (They may only officiate in beginning and intermediate divisions).

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

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

### ***Kata Scoring***

Before the officials score any form in their division, the first three competitors perform their routines. After their performances, the officials score those three competitors. Each competitor thereafter is scored immediately upon completion of his or her form.

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



Division	5 or less Competitors	Median	6-10 Competitors	Median	11-19 Competitors	Median	20+ Split Div.
Beginners	8.50 to 8.60	8.55	8.50 to 8.70	8.60	8.50 to 8.80	8.65	
Intermediate	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.80 to 9.10	8.95	
Advanced	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
Black Belt	9.70 to 9.80	9.75	9.70 to 9.90	9.80	9.70 to 10.00		
5-8 Musical	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.80 to 9.10	8.95	
5-8 Weapons	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.80 to 9.10	8.95	
5-8 Creative	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.80 to 9.10	8.95	
9-12 Beg/Int. Musical	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.80 to 9.10	8.95	
9-12 Adv. Musical	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
9-12 Beg/Int Weap-	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.80 to 9.10	8.95	
9-12	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
9-12 Creative	8.80 to 8.90	8.85	8.80 to 9.00	8.90	8.80 to 9.10	8.95	
13-17 Musical	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
13-17 Weapons	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
13-14 Creative	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
15-17 Creative	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
5-8 Grands	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
9-12 Grands	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
13-17 Grands	9.30 to 9.40	9.35	9.30 to 9.50	9.40	9.30 to 9.60	9.45	
Black Belt Grands	9.91 to 10.00	9.95	9.91 to 10.00	9.95	9.91 to 10.00	9.95	

## **Things to Look For**

In an artistic performance, the martial artist must show the mastery of body and movement. Competitors should demonstrate that they can complete their routines with control, ease, style and precision. With this in mind, the officials shall evaluate the contestants on their posture, balance, focus, power, continuity, fluidity, and technique. In the Musical Division, judges shall also look at the competitor's choreography, e.g., how well the performance of the kata blends with the music.

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

## **Sparring**

### **Verification of Points**

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

### **Late Calls**

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

### **Point Awards**

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

## ***Rule Violations***

### **Definitions**

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

### **Penalty Accumulation**

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

## ***Order of Enforcement***

- First infraction of any rule NOT resulting in injury, or excessive or malicious contact, may result in a warning being issued to the offender.
- Any score made by the offending fighter in that exchange is disallowed – it is nullified by the infraction. Ring officials may, by the majority decision, waive the warning and issue either a penalty point or decide to disqualify the offender immediately. Note: Only the FIRST infraction of any rule is eligible to receive a warning. Subsequent rule infractions ARE NOT given warnings.
- Second infraction of any rule results in either penalty point or disqualification depending on factors like: Injury of a player, excessive or malicious contact, show of excessive or malicious force (even without contact) or unsportsmanlike conduct. If the second infraction occurs when the other fighter scores with a two point head kick, the scoring fighter receives two points for the head kick and the fighter committing the infraction is charged with a second penalty, noted on the score keepers tabulation sheet.

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

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

## **Rule Infraction Examples**

### **Fight #1**

Red fighter scores with a good reverse punch to white fighter's chest. Then, before break is called, red-fighter makes illegal, light contact to white's face. No previous infractions of the rules have occurred by either fighter.

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

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

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

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

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

### **Fight #2**

Early in the intermediate division contest, white fighter receives a warning for a low kick, and no injury occurred when the warning was given. White fighter and red fighter are tied with four points apiece.

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

THE RESULT: red fighter wins. This is white's second infraction of the rules and red wins on the penalty point.

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

### **Fight #3**

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

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

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

THE RESULT: red fighter wins with the penalty point making the score 5 to 3. This is the white fighter's second infraction of the rules. Red fighter wins on the penalty point. The emotion of a fight often makes calls like these difficult, but to make any call in favor of the crowd favorite cheats the other player.

### ***Injury Reports***

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

## **Continuous Sparring Rules:**

Rules are same as in point sparring as it relates to rings, points/scoring, uniforms, coaching, contact, and ties.

- No more than three consecutive punches.
- Match is stopped for down fighter.
- Time limit is 2 – 30 second rounds, with a break between each round for scoring.
- No groin or face contact.
- 4 corner judges and a center referee are required.

## **Center Referee:**

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

## **Side Referee:**

1. **Continuous Sparring – Scoring Points:**
  - **1 Point** - Hand and kicking techniques
  - **2 Points** - Kicks to head and spin kicks to body **from standing position**
  - **3 Points** - **Spinning head** kicks and **spinning aerial** kicks to head or body.
2. **Punches:** Count **up to 3 punches** if the players are **close enough to make contact.** Players are **allowed up to 3 punches** at a time so do not count more than this during an exchange.
3. **Spin kicks to head or kicks to head:**
  - **Juniors** allow up to 1”.
  - **Adults** need light contact.

4. **Illegal techniques:** Do not count points if a strike is to an illegal scoring area or is an illegal technique. **If a player kicks to the buttocks or legs, do not count this.** If they throw **more than three consecutive punches** without backing off or throwing a kick, do not count the 4<sup>th</sup> punch, etc. Center Ref will take care of penalties. Side Judges roll clickers back after each round.
5. **Center Judge: Continuous Sparring Penalty Points:**
- **3 - 5 Points** – moderate contact to face (Center Referee Discretion)
  - **3 - 5 Points** – hitting after call to stop (Center Referee Discretion)
  - **3 - 5 Points** – punches or kicks to a downed opponent (Center Referee Discretion)
  - **2 Points** – **Touching the face**
  - **2 Points** – more than 3 hand techniques.
  - **2 Points** – intentional dropping to floor after attempting to score.
  - **2 Points** – contact to non-scoring areas.
  - **2 Points** – illegal techniques.
  - **2 Points** – running out of bounds.
  - **DQ** - excessive contact (Referee's Discretion).
  - **DQ** - un-sportsman-like contact (Referee's Discretion).

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