

**SPARRING COMPETITION RULES -  
COLOUR BELTS, SENIORS, and CHILDRENS DIVISIONS**

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LENGTH OF MATCHES

- 1 ½ minutes stop time match.
- 1 minute sudden death overtime in the event of a tie at the end of regular time.
- If still tied at the end of overtime, the Judges and Referee will decide the winner.

POINT SCORING SYSTEM (Controlled techniques only are permitted).

- 1 point for punch to body between collar bones and belt, including belt & flanks.
- No point for punch to the head.
- 1 point for kick to body between collar bones and belt, including belt and flanks.
- 2 points for kick to the head, including entire head and sides of neck. This includes a controlled kick going over the head if the kicker is looking at the kick.
- 5 point Mercy Rule. Competitor wins if leading by 5 points (not just first 5 points)

WARNINGS

A warning will be given by the centre ring referee and recorded by the timekeeper for:

- Any attack toward back of neck or spine.
- Any attack below the belt. (Note- no warning for kick to back of thigh or butt if it is followed immediately by a legal kick before the first foot touches the ground).
- Any contact to an illegal area - below belt, spine, back of neck, even by accident.
- Blind attack, even if no contact is made.
- Excessive contact to the face with punch or kick (esp. in childrens divisions).
- Any excessive contact showing lack of control.
- Feigning injury.
- Falling down on purpose.
- Stalling, running around without fighting, or stepping out of the ring on purpose.
- Turning back to opponent.
- Grabbing or holding for more than one technique.
- Tripping or throwing the opponent down on purpose.
- Poor sportsmanship, bad language, or taunting an opponent.
- Arguing with an official.

MINUS POINTS

One point minus will be given by the centre referee and recorded by the timekeeper for:

- Any two warnings given during the match.
- Deliberately attacking the groin.
- Attacking a fallen opponent.
- Continued attack after the command to stop ("Kalyeo!").
- Deliberate and excessive contact to the head with fist, even if no blood appears.
- Any attack with knee, elbow, forehead, or with open hand to the eyes.
- Any deliberate attempt to injure.
- Loss of temper, throwing equipment, or showing any lack of self control.

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### DISQUALIFICATION

A competitor can be disqualified by the referee for the following:

- Two minus points (four warnings) during the match.
- Showing disrespect to a judge or referee.
- Failure to comply with instructions.
- Blood appears after excessive and deliberate contact to face.
- Excessive contact where the opponent is injured or cannot continue in the competition because of a deliberate attack (requires that both competitors will be out and can not proceed to the next round).
- In the event of a possible disqualification, the referee may decide after consultation with the corner judges.

### SPARRING EQUIPMENT

- Head protectors, fist/forearm guards, and foot/shin guards are mandatory in all Colour Belt, Children, and Seniors sparring divisions.
- Chest protectors and mouthguards are optional in all Colour Belt, Children, and Seniors sparring divisions.
- Chest protectors are mandatory if one competitor insists (can be supplied by fellow competitors or host club at ring).

### REFEREE/CORNER JUDGES RESPONSIBILITIES

There will be 1 referee and 2, 3, or 4 corner judges.

- The Referee must ensure both competitors are wearing appropriate safety equipment, (and chest protectors if one competitor insists).
- The referee should relinquish the referee position to a qualified corner judge for any match in which one of the referee's own students is competing.
- Each corner judge calls "point!" when seen. All raise arms outward, the referee crosses arms and says "Judges call!" and all raise the scorer's colour flag at the same time, with the referee pointing one finger for one point or two fingers for two points at the competitor who scored.
- The referee will then announce the point(s) scored, and make sure it is recorded by the timekeeper.
- Any two or more of the same colour flag raised must be awarded a point (or two points by high section kick), even if no point is seen by the referee.
- In the event of one each or two each of different colour flags raised, the referee can decide the point or declare no point.
- The referee can not award a point without a flag confirmation from at least one corner judge, but can award the point if only one flag is raised if he indicates the point when he clearly saw the technique score.
- In the event of a tie at the end of the sudden death overtime, the judges and referee will declare a winner by majority based upon best techniques, by turning back and raising the winner's colour flag at the same time.
- In the event of a dispute the Tournament Director will have the final decision.

## SPARRING COMPETITION RULES - BLACK BELTS

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### LENGTH OF MATCHES

- Black Belt matches will be 2 rounds of 2 minutes each, continuous time, with a one minute break between rounds.
- In the event of a tie at the end of the match the centre referee will decide the winner.

### POINT SCORING SYSTEM

- Corner judges will record points scored on their judge's score sheets, which are tallied at the end of the match. The centre referee does not award points.
- 1 point for a punch to the body (chest protector) between collar bones and belt, including flanks (includes flurry of punches even if more than one strikes target).
- No point for punch to the head.
- 1 point for kick to the body (chest protector) between collar bones and belt, and including flanks. Contact to the chest protector with a recognizable legal kick (or punch) must be made to be awarded a point.
- 2 points for kick to head, including entire head (headgear), face, and sides of neck (includes a controlled kick going over the head if the kicker is looking at the kick).
- A point must be marked on at least two judges' score sheets to verify the point.
- A warning counts as half a point minus in the event of a tie in points scored.

### WARNINGS

A warning will be given by the referee and recorded by the judges for the following:

- Any attack below the belt. (Note- no warning for a kick to back of thigh or butt if followed immediately by a legal kick before the first foot touches the ground).
- Any deliberate attack to back of neck or spine.
- Any contact to illegal areas - knees, groin, spine, back of neck, even by accident.
- Blind attack, even if no contact is made.
- Excessive contact to the face with punch showing lack of control.
- Falling down on purpose after an attack to avoid a counter-attack.
- Turning back to opponent.
- Stepping out of the ring boundary line on purpose.
- Stalling by running around the ring without fighting.
- Feigning injury.
- Grabbing and holding for more than one technique.
- Tripping or throwing the opponent down on purpose.
- Poor sportsmanship, bad language, or taunting the opponent.
- Arguing with an official.

### MINUS POINTS

One point minus will be given by the referee and recorded by the judges for the following:

- Any two warnings given during the match.
- Deliberately attacking the groin.
- Attacking a fallen opponent.
- Any attack with knee, elbow, or forehead.

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- Any attack with fingers or open hand to the eyes, even if no contact is made.
- Deliberate attempt to injure with excessive contact or lack of control.
- Continued attack after the command to stop ("Kalyeo!").
- Loss of temper, throwing equipment, or loss of self control.

### DISQUALIFICATION

A competitor can be disqualified by the referee for the following:

- Excessive and deliberate contact where the opponent is injured or cannot continue in the competition or where blood appears after deliberate contact to the face. (Requires that both competitors will be out and can not proceed to the next round).
- Injury to the opponent resulting from a prohibited attack.
- Failure to comply with a decision by the referee.
- Showing disrespect to any judge or the referee.
- Two minus points (four warnings) during the match.
- In the event of a possible disqualification, the referee may decide after consultation with the corner judges.

### SPARRING EQUIPMENT

- Chest protectors, head protectors, fist/forearm guards, foot/shin guards, and mouthguards will be mandatory in all Black Belt Sparring divisions.
- Groin protectors will be mandatory in Men's Black Belt Sparring.

### REFEREE/CORNER JUDGES RESPONSIBILITIES (Black Belt Competition only)

- There will be 1 referee and 4 corner judges.
- The referee will check that contestants are wearing the mandatory chest protectors, groin protectors, fist/forearm guards, foot/shin guards, and head gear.
- The referee will place the appropriate red and blue ribbons on the competitors.
- The referee or any judge should bow out of a match in which one of their own students is competing.
- Judges will record points they clearly see scored on score sheet during the match.
- When the centre referee sees an infraction on the part of either competitor, he will stop the match temporarily and issue a warning or minus point, which must be recorded by the corner judges on their score sheets.
- At the end of the match the referee will collect the judges' score sheets and tally the points and warnings with the timekeeper. Every point must be verified by appearing on at least two judge's score sheets to count.
- In the event of a tie the referee will decide the winner.
- In the event of a dispute, the Tournament Director has the final decision.

### COACHES RESPONSIBILITIES

- Coaches must ensure that their competitor is ready and wearing the proper protective equipment on time for the match.
- Coaches may not interfere with the matches. and must remain in their seats at the side of the ring and remain quiet during the actual rounds. Instructions can be given to their competitors only during the break between rounds.
- The referee can issue a warning to the coach's competitor for an infraction of the rules by the coach, including for shouting instructions during the round, using bad language, stepping into the ring, arguing with an official, or poor sportsmanship.

## **PATTERN (FORMS) COMPETITION**

### PROCEDURE.

- There will be 5 judges if possible, and must be at least 3.
- Competitors perform one at a time.
- Each competitor approaches the judges and states their name and pattern to make sure the timekeeper has the right slip.
- Unless the pattern requires a central or front starting position, competitors should begin at the rear mark on the floor.
- After bow at end, competitor turns around for the judges scores.

### SCORING:

Grade performance on the following:

- Proper attitude, including neatness, answer, bow, and presentation.
- Correct movements in sequence and directions.
- Proper stances at end of every movement.
- Timing and concentration of strikes at correct target directions.
- Speed and snap of punches, strikes, blocks, and kicks.
- Proper breathing with movements.
- Maintaining posture and balance.
- Rhythm, cadence and smoothness ('harmony') of movements.
- Degree of difficulty.
- Return to starting place (if applicable) at end of pattern.
- Proper attention stance, bow, and turn around for scores at end.
- Take off half a point if competitor falters noticeably or has to do the pattern again. (Can try again only once, after second failed attempt no score is given).

Note: all competitors should be scored relative to the first competitor, and a judge should not be influenced by what other judges score.

- Scores are number of fingers shown, with wrists crossed for half a point.

### CENTRE JUDGE'S RESPONSIBILITIES:

- Ensure competitors all line up to bow to the judges at the beginning.
- At end of pattern call to return to ready stance ('Parole'), to turn around, then say "judges", at which time all judges cross forearms, and then say "call!" and all raise hands for scores at the same time.
- Make sure the timekeeper calls out the correct scores.
- A judge should bow out when their own student is up.
- After all competitors have performed, verify the totals on the timekeeper's sheet.
- In the event of a two way tie, both competitors can do their pattern together and score right or left for winner. For three way ties or more, they do their patterns again individually. For higher belts, can request they do the same pattern together or a different lower pattern to facilitate judging differences in abilities.
- At end, line up the competitors, announce the three winners and present the trophies in the ring. Bow out.
- Send timekeeper with score sheet to head table for announcement of winners.
- In the event of a dispute the Tournament Director will have the final decision.

(Note: same procedures for 'Weapons Forms' divisions).

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### SELF DEFENCE COMPETITION

#### PROCEDURE.

- There will be 5 judges if possible, and must be at least 3.
- Competitors perform one at a time, on mats provided.
- Each competitor approaches the judges with their attacker and states their name to make sure the timekeeper has the right slip.
- Competitors perform five techniques.
- After bow at end, competitor turns around for the judges scores.

#### SCORING:

Grade performance on the following:

- Proper attitude, including neatness, answer, bow, and presentation.
- Timing of movements.
- Smoothness, grace and 'harmony' of movements.
- Maintaining control, posture, and balance.
- Follow through of pin or control of attacker.
- Realism of performance.
- Effectiveness of techniques.
- Degree of difficulty, including accounting for type of weapon(s).
- Age and belt level.
- Proper return at end, bow, and turn around for scores.
- Take off half a point if competitor falters noticeably or fails to control the technique.

Note: all competitors should be scored relative to the first competitor, and a judge should not be influenced by what other judges score. Judge how well the student has learned what their instructor taught, not just what each judge considers 'correct' techniques.

- Scores are number of fingers shown, with wrists crossed for half a point.

#### CENTRE JUDGE'S RESPONSIBILITIES:

- Ensure competitors all line up to bow to the judges at the beginning.
- At end of each performance have competitor and attacker turn around, then say "judges", at which time all judges cross forearms, and then say "call!" and all raise hands for scores at the same time.
- Make sure the timekeeper calls out the correct scores.
- A judge should bow out when their own student is up.
- After all competitors have performed, verify the totals on the timekeeper's sheet.
- In the event of a tie, have tied competitors do their routine again individually. For higher belts, can request they do a simple release to facilitate judging differences in abilities. If still tied, the centre judge shall decide.
- At end, line up the competitors, announce the three winners and present the trophies in the ring. Bow out.
- Send timekeeper with score sheet to head table for announcement of winners.
- In the event of a dispute the Tournament Director will have the final decision.