



KToC Nationals

Professional Sport Karate League

Rules and Regulations



Every Center referee will have a copy of all PSKL rules and regulations

KToC Nationals has three (3) arbitrators available. 1 Ring Coordinator and 1 fight coordinator

Arbitrators will have final decisions on all disputes.

Number of Officials – Each ring will be assigned three judges, five when possible. All Grand Champion Divisions will have five judges.

Removal of Officials – If a competitor or coach feels an official should be removed from a division with good reason a formal protest must be made prior to the start of the division. The final decision to remove official will be made by the arbitrator.

Center Referees – The center referee is the most experienced person in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of competitors, enforces the rules, and ensures fair play. To this end, he/she starts and stops the match, awards points, makes penalty decisions, administrates the voting of the other judges, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match. The center referee has final decisions on disputes. He has the power to over-rule a majority call only to issue a warning or penalty point. He can automatically disqualify a competitor who receives two penalties. He and only he has the power to issue a time-out and to ask the timekeeper to stop time. The center ref and /or arbitrator has the authority to remove or replace a side judge if they feel said judge is not fulfilling their obligation to the competitors.

Protest - All protests must be made in an orderly and proper, and sportsmanlike manner. Protest must be made immediately. Protests are not allowed once competition is resumed. When a competitor or coach wants to make a protest the center judge must stop the ring immediately. A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause. An arbitrator may be called over if protest cannot be resolved within the ring.

Competitor Responsibilities – The competitor is responsible to know all rules and be prepared to compete when his/her division has been called. If the competitor is not at the ring when his/her division is called, he/she may not be allowed to compete and loses his/her registration fee. If a promoter wishes to reimburse the competitor it is up to his/her discretion.

Competition Age – All competitors must enter divisions based upon the age they were as of June 30 of the competition year. There are some exceptions for adult Black Belts. (See forms and or fighting rules)

Rank – All competitors must compete at the highest belt level they have earned. All competitors may compete at a higher belt level but can never compete at a lower level once they have moved up.

Belt Levels – Beginner (white, yellow, gold, and orange), Intermediate (purple, green, and blue), Advanced (red, brown), and Expert (black).

Fighting

Sparring Safety Equipment – Head, hand footgear, cup and mouthpiece are MANDATORY. Foam sparring gear, SAP type gloves, and Ringstar's will be allowed. Equipment must be in good condition and fit appropriately. Fingers and toes cannot be found protruding from the hand or footgear. Continuous Sparring divisions must wear closed fingered gloves (Ex. Sap Gloves)

FACE SHIELDS ARE OPTIONAL (LIGHT FACE CONTACT IS PERMITTED)

Sparring Matches - Once a sparring division has been called the head judge will collect the cards. Matches will then be selected randomly. Preregister competitors will compete last all others will be randomly chosen. **There are NO seeding's.** Competitors, instructors, coaches, scorekeepers, or judges cannot pick whom they want and don't want to fight. It must be random. The center judge will line up the competitors and divide them by size when ever appropriate. If a division is extremely large, it will be at the promoter's discretion whether or not to divide the division.

Number of Sparring Divisions – Only **one** point sparring division and/or **one** continuous sparring division is allowed per competitor. You may not compete in 2 weight classes within a division.

Length of Point Sparring Matches – Two minutes running time.

Under belts - seven point matches in the two minute time period. **No** three point techniques for Under Belts. Cartwheel kicks and jump spinning kicks are allowed **but** only count as two points.

Black Belt divisions are two minutes running time total points. There will be a ten-point spread. If a match is tied at the end of two minutes, sudden victory (first person to score a point) in overtime period will determine the match.

Scoring – (1) One point for hand techniques, (1) one point body kicks, (2) two point head kicks, for Black Belts only there will be (3) three point controlled with technique jump spinning kicks to the head and cartwheel kicks. **(Under Belts can do jump spinning kicks and cartwheel kicks but only receive (2) two points for each technique).**

Grand Championship Matches – Grand Champion fights is a two minute rounds Player must win by 2 points. If 2 minutes are up and there is no 2 point spread, match will continue until a player wins by 2 points.

Majority Vote – Point are awarded by the majority vote of all judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored. **A majority of the judges calling the point must call a two or three point technique before points can be awarded otherwise only one point is awarded.**

Legal Target Areas – Light touch to the entire head and face, ribs chest, abdomen, kidneys.

(Light contact or 2 inch rule is permitted to the face. Light touch is not mandatory to be made to the headgear in under belt divisions, but can be up to approximately two inches away without being blocked.

Legal Techniques – Legal techniques are all controlled sport karate techniques.

Illegal Target Areas – Spine, back, neck, throat, legs, knees, groin area, (nothing below the belt).

Illegal Techniques – Groin kick, head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs, stomps or kicks to the head of a down competitor, slapping, grabbing for more than two seconds, uncontrolled blind techniques, sweeps. Any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Downed Opponent- There is no points scored for downed fighting,

Grabbing – Competitors may grab a uniform top of his/her opponent in an attempt to score with a sport karate technique for only two seconds immediately after which time he/she must release the uniform. Uniform pants may also be grabbed for two seconds to an upright opponent in an attempt to score.

Sweeps – Sweeps can be used only to obstruct the balance of an opponent, not to take him/her down. (Boot to boot). A point is only given when the legal sweep is effective and followed up with an appropriate sport karate techniques immediately. The supporting leg cannot be swept.

Light Contact Touch - Light contact can be made to all legal target areas. Including very light contact to the face.

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Moderate Touch Contact - Only in black belt divisions. Moderate touch means slight penetration or slight target movement. Moderate contact can be made to all legal target areas.

Warnings And Penalties – There will be no warnings. Automatic point will be awarded to opponent on all penalties. This includes running out of the ring, intentionally falling to the ground, illegal techniques (refer to illegal techniques), and unsportsmanship like behavior. A competitor cannot be penalized and still be awarded a point on the same call. A competitor can receive a point for a proper technique and another point from a penalty call from his/her opponent. If in the opinion of the referee and or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor the offending competitor shall be automatically disqualified. The medic will have final say if a competitor can continue or not.

Disqualification – Requires a majority vote by all officials, unless it is an automatic disqualification. If in the majority opinion of the officials it is considered that the 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 he/she does not qualify to compete in due to age, weight, rank, gender, style etc., he/she will be disqualified.

Blood- The severity of a technique which caused blood to be drawn will be up to the head judge's discretion. Center referee along with judge's decision has authority to take point away from aggressor or issue point to opponent if blood is drawn. If blood is caused due to a previous injury and both competitors wish to continue, it is up to the center and medic to approve. Opponent will NOT receive any point deduction.

Coaches – Fighters can have ONE coach. The coach must have a coach's pass. If a coach is caught in the coach's area with no pass his/her opponent will automatically receives a point. If coach without a pass does not leave the coaches area, his player will automatically be disqualified. **A coach cannot step into the ring with out a center referee's permission. There will be no abusive, violent, unsportsmanlike or overzealous coaching.**

In black belt divisions, **only the coach or competitor can call for a 10 second timeout.** Timeouts may not be awarded during live sparring segments. **If a coach calls for more than one timeout, a penalty point will be awarded to the opponent.** 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 a competitor in any way. A coach could be but is not limited to a friend, parent, teammate, instructor, or official coach. The center referee **can** award a penalty point to the opponent for each time a coach interferes with a match or disrupts fair play between contestants. Due to limited space around the ring, coaches are not allowed to stand in the competition area before and after his/her competitor's matches.

Coaches must be respectful and stay in the coach's area. Coaching is not allowed at ringside of any forms, weapons, or self-defense division.

Out-Of-Bounds A competitor is out-of-bounds when both feet are outside the ring area. One foot in one foot out is not considered out-of-bounds, but that competitor cannot score. (A competitor must have both feet in bounds to score). An in-bounds competitor can score on an out-of-bounds competitor if the center referee has not called stop.

Fighter is not penalized for fighting out or being pushed out of the ring but may be penalized for running out bounds to avoid the fight. After first run out of bounds, it is to the discretion of the center referee and judges to determine if they feel the opponent is avoiding fight.

Late Entries For all divisions, once a division has started there will be no entries. No exceptions. If a competitor comes late, but the first competitor has not started he/she can compete, but must compete first and immediately.

Adult Black Belt Team Sparring Teams must consist of (3) three Black Belt Players, any weight, 18 and older. The order of the players will be determined by coin toss. Winner of the coin toss decides to send out first or to have opposing team send out their first fighter. After a team sends out the first player in the first match, the opposing team must send out their next player first, in the second round etc. Each match will be (2) two minutes total points, with a 12-point mercy rule. (Ex. If a player is up in the match by 12 points, the match will be stopped.) See scoring rules for points.

Team Fighting All above rules apply for Junior Black Belts, and under belts with the exception of the rated rules.

Continuous Sparring – Will have (1) center referee and (3) officials. The center referee will control the match and will give penalties and can disqualify a player. At the end of each match the center referee will ask the three officials to point to the winner. The majority of votes will determine the winner. Each match will consist of (1) one two minute round. The last match for first and second place will be (2) two, two-minute rounds, with a one minute rest. In case of a tie, the players will fight (1) one minute round to determine the winner. Continuous sparring will be light contact fighting.

FORMS

First and foremost forms must have relevancy not just movement with no purpose.

Focus, stance, foot grounding, posture, balance, control, speed, power, breathing, projection and application are essential for good form whether it is traditional, musical, creative or open. .

Judges for Forms, Weapons, & Self Defense Judges will be seated either in four corners or at a head table-(this is at the discretion of the promoter.

Forms, Weapons, and Self-Defense Order of Competition – Once the final call at ringside has been made and the competition cards have been collected, the competitor cards will be drawn randomly for the order of competition with preregistered going last. The first three competitors will perform before any scores are awarded. After the third competitor has finished, the first competitor will be called to come back for scoring, followed by the second and third competitors. All competitors in the division will be judged in comparison to these three competitors.

Time Limit (Forms, Weapons, Self-Defense) – Each routine must be three minutes or less. Any routine that goes over the allowed time limit will be automatic disqualification. The time starts once the competitor enters the competition ring. All team and demo routines must be five minutes or less.

Ring Size If you are in need of additional space for a form as is with many **Chinese forms**, it is required that you speak with the center referee so all judges are aware you will be going “outside” the standard ring size.

Uniform Each competitor must wear a full top and bottom competition uniform when performing. T-shirts will be allowed in fighting divisions if they are a part of a school or team uniform. A full Black or White uniform must be worn for Jap/Oki and Korean Forms. Creative /Open divisions are not required to have traditional uniforms.

Japanese/Okinawan, Chinese, Korean, Traditional, Etc. – Competitors in these divisions must exhibit a form or weapon routine that reflects the essence and traditional values of the division name in which they competing. The form 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 movements. Otherwise, the competitor risks disqualification or down grading.

Basic Traditional Forms Rules (Jap/Oki, Chinese and Korean, including Hard Traditional Weapons) – Form comprised of traditional movements related to the division name. Weapon must be constructed with proper materials (i.e. Wood) and unadorned except for traditional kung fu.

None of the following: gymnastics (including display of extreme flexibility) or tricks, more than three kicks with the same leg, release of weapon (i.e. Keep both hands on the weapon).

Open/ Creative Forms (Including Music) – Any traditional or contemporary movements from Jap/Oki, Chinese or Korean influence, including but not limited to multiple hand combinations, flying front and side kicks, split kicks, multiple kicks with the same leg etc. Please keep in mind this is an OPEN CREATIVE division which may include techniques that are “non” traditional. This is the essence of this division.

SELF DEFENSE

There is a 3 minute maximum. Traditional and open compete together. Props and skits are permitted however no music.

Under belt- Three techniques are permitted. Each “section” can be multiple attacks as long as they stay within the 3 minute timeframe.

BB- No technique maximum but must stay within the 3 minutes.

**OUR GOAL IS TO HOST A FUN, FAIR AND SAFE COMPETITION
RESPECT THE RULES, RESPECT THE PLAYER, RESPECT THE GAME**

