

# **Michigan Sport Karate Circuit Sparring Rules**

**Competitors age as of January 1 year of the competition. Competitors can move up in age and rank but will not be able to move down.**

## **ROUNDS**

In Black Belt divisions all rounds are two minutes in length or the first competitor to get 10 points. If at the end of the regulation time if the match is tied, or if one competitor is ahead only by one point, the match will continue until one competitor achieves a two-point lead (no time limit). If one competitor attains a lead of 10 points during the elimination match he/she is instantly declared the winner.

In Under Belts all rounds are two minutes in length or when the first competitor to get 7 points.

In Black Belt Division Grand Champion match(s) are two rounds of two minutes each, scoring is the same as above, with the exception. In this match if the competitor attains a lead of 15 points (not 10 points) he/she are declared the winner.

## **COMPETITOR**

The competitor must be dressed in a clean and appropriate uniform (clean T-shirts may be worn). The pants must reach the feet and be open at the bottom.

There will be no zipper fasteners, pockets, or buttons.

The competitor cannot wear any metal objects that may cause injury to themselves or their opponents such as piercings, chains watches or earrings.

Eyeglasses are forbidden, soft contact lenses and safety goggles (who needs prescription eyeglass wear) are allowed at the competitor's own risk.

Competitors may wear badges (cloth) of the respective club, association or sponsors.

Names and slogans are permitted if they do not offend public decency.

Headcover under the headgear are not allowed such as headbands, hairnets, towels, and scars may cause the headgear to slip.

Longhair must be fastened by elastic band and toenails must be trimmed to prevent an injury to their opponent.

## **COMPETITORS EQUIPMENT**

The competitor's (male / female) equipment must include: helmet \ headgear (soft foam type), mouth guard \ gum shield, open hand gloves (soft foam type) that have the fingers and thumb enclosed, safety kick (soft foam type) that cover the entire foot, groin protectors and shin guards (both must be worn under clothing).

No face shield is allowed.

Failure to wear any of the above equipment could possibly cause the competitor to be disqualified.

Competitors may additionally wear; hand bandages, maximum length of 3.5 meter in length, though no tape on the fist or knuckles.

Elbow and knee protectors may also be worn under the uniform.

Breasts protectors for female (required in national and world competition, highly recommended).

## **SCORING AREA**

Front, back, side, and top of the head. Front and side of the body. Sweeps below midcalf, and base leg (Black Belts only). Sweeps for Under Belts boot to boot, (lead leg only). If opponent is down the other competitor is allowed 3 seconds to score by punching technique only (referee will count to three in his head before he\she call stop).

Every action must be controlled and well-timed technique. Black belts must make light contact on all techniques, under belts must use control techniques.

## **PROHIBITED ACTIONS AND RING ETIQUETTE**

Sweeping and kicking to the knee and thigh area (low kicks) and punching to the groin.

Kicks and punches to the back of the body, especially to the spinal area

Biting, scratching, spitting, verbal attacks of any type, to anybody.

Kicking and punching after stop is called (second attacking).

Uncontrollable actions, leaving the fighting area or falling to waste time. It is not unusual to stop the time to give points, but the referee will stop time to give a warning or minus point.

**Only one coach is allowed, and she\he is to stay on the competitor's side of the ring.**

**If the coach feels that there has been an infringement of the rules, she\he may indicate to the center referee using the sign "T" for time. (See Protest)**

**At no time may the coach\and or others entered a fighting area, an event this happens the center referee may give a penalty point.**

**In each fighting area, the center referee\judges will act as the" ring inspector."**

**The judges\referee is responsible for all Michigan Sport Karate Circuit rules and procedures to be correctly applied in their ring.**

### **PROHIBITIVE TECHNIQUES**

**Jabs, reverse punch, back fist, Ridge hand, front kick, sidekick spinning back kick, round house kick, hook kick, crescent kick, axe kick, sweeps (below the calf black belts only, boot to boot under belts).**

**All techniques must display control belts and focus.**

**No face contact allowed in all under belt divisions.**

### **ILLEGAL TECHNIQUES**

**Spinning back fist, elbow strikes, throws, pushing with arms, low kicks, knee strikes, head butts. Using any kick or techniques that require one hand to touch the floor.**

### **POINTS**

**The correct definition of a point; is when a legal technique hits a legal target area.**

**The competitor scoring must remain on their feet. E.g., The technique must be completed to score, unless the competitor is thrown or pushed to the floor.**

**Every clean and well controlled technique to a permitted target area and executed with light contact scores, according to the degree of difficulty as follows:**

**all punches to the head and body one-point.**

**Under belts do not need to win by 2 points. Only by 1 point.**

**Foot sweeps one point (a competitor is swept if any part of his body other than his feet touches the floor and your balance is broken after and opponents attack. A follow-up kick to an opponent on the ground is not allowed, only a punch).**

**Sweep and a punch follow-up two points.**

**Kick to the body one-point**

**Jump kick (any type of jump kick) to the body two points.**

**Jump kick (any type of jump kick) to the head three points.**

## **SCORING**

**The referee upon scoring will count opinions, not flags.**

**The scoring is done by the main referee followed by the majority system only.**

**The referee or judges see a score they must indicate immediately.**

**After each acknowledged technique the fight must be stopped and the score announced.**

**Points are awarded only by the unanimous or majority decision of the referee and judges.**

**The main referee must in any case show his own opinion; and cannot give a score without reason his own hand to show the point before he stopped the competition, if there's no majority. Judges can score for neither fighter, indicated no call (I. E., Did not see"), or a clash.**

**Exit rule;**

**Exit means the whole foot must be outside the competition area. In case of an exit the attacking competitor must remain in the area to score. If the defender steps out of the area the score is valid. If the main referee is not sure about his judges, he must stop time and reconfirm decision was judges, afterwards command's "score" and that score is final. This situation should not be very often. But, if the whole foot exits the fighting area and the immediate returns, the center referee allows the match to continue to allow the fight to flow and not take advantage away from the attacker.**

## **JUDGES CALL**

Judges: call a point (s) for one fighter by pointing at that fighter with appropriate number of fingers extended.

A judge will place hand(s) and in front of his eyes indicating that he did not see the point scored.

A judge will cross hands down low indicating a clash, no points awarded.

\*\*Note; no double points allowed. If both fighters score at the same time a judge is to call a clash.

\*\*Note; if one judge calls for one point, and the other judge calls for two points than the fighter received one point (regardless of what technique the judges saw).

If a judge wants to show that contact was too hard he will punch his fist into his other hand.

To give a warning or a penalty point (minus point) the referee must inform the competitor why he/she was penalized.

### **POSSIBLE SITUATIONS:**

In the event of a strike that dazes an opponent the referee must stop the time then ask his judges what they saw. If most of decisions is on "foul" the referee will penalize the offender. If they decide on accident there is no penalty. If one of the competitors is injured it is the duty of the doctor, the competitor or his/her coach to stop the fight.

And injured fighter has five minutes to resume the match. If they cannot continue the match is over.

The referee cannot decide how seriously the competitor is injured.

In case of an injury the referee must call the doctor\medical personnel.

If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared the winner.

In case of an accident the competitor with the highest number of points is declared the winner.

If a draw, the uninjured competitor is the winner.

If a competitor out of condition, the referee would declare RSC, after discussion with judges.

## **WARNING AND PENALTY POINTS**

***ALL INFRINGEMENT OF THE RULES, DEPENDING ON HOW SERIOUS THEY ARE, MAY OR WILL RESULT IN A WARNING, PENALTY (MINUS) POINT OR EVEN DISQUALIFICATION.***

Warning will be carried throughout the all matches.

Only team fights will start again without warning from the match before.

Warning for "exit" will be kept separate from warnings of other offenses.

It's up to the referee to give a minus point instead of a warning, when in his/her opinion the violation was too rough (always falling or wasting time).

If a competitor voluntarily steps out of the fighting area or is refusing to fight, the referee has the option to add 10 seconds to the fight time.

This is separate from other violations. The warning and penalty (minus) points are given for illegal techniques or doing prohibitive actions, as well as any illegal action from the coaches.

Procedure for warnings is as follows;

1st warning, 2nd warning, and 3th warning.

Procedure for minus points is as follows:

1st minus point, 2nd minus point, *disqualification*.

## **COMPETITION SAFETY RULES**

Competitors may only participate if they are completely healthy. Upon suspicion of an illness a competitor must be examined by the on-site doctor\medical personnel who will decide whether that competitor may participate or not.

A competitor has five minutes to re-enter the ring and resume the match after an injury.

Eyeglasses are forbidden, soft contact lenses and safety sport goggles are allowed but, at the competitor's own risk.

## **PROTESTING**

The scoring of the referee and judges are *final*.

A protest can *only* be made by the competitor's coach.

The protest (s) against the decision of the referee or judges can only be accepted an event that the competition rules have not been correctly applied.

The protest must be made immediately after the alleged infraction or directly after the match.

The protest is first made to the center referee, and then if a satisfaction answer has not been found, the protest moves to the head referee\arbitrator.

They had a three\arbitrator will hear the protest, talk to the judges, and then make his\her decision, and that decision is final.

## **BODILY FLUIDS**

All body fluids such as blood or vomit, will be cleaned up by instructors, coaches, or parents.

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