# Sport Karate Sparring Rules

**Rules and Requirements:**

1. Competitors must compete in their respective age, gender and belt level divisions;
2. The following protective equipment is mandatory for each competitors in all matches: head gear, gloves, foot protection, groin protection and mouth guard;
3. Bag gloves and/or open finger are not permitted. Finger tip and thumb must be covered. Foot gear – open heel is not permitted, toes & back of the heel must be covered;
4. Sparring gear must be in good condition (no tears or tapes holding it together);
5. Points must be scored by executing a controlled strike (light contact) to the body or to the padded part of the helmet;
6. No contact areas: front of face, back of the head, neck, spine, groin, legs, and knees;
7. Prohibited Techniques: elbows, knees. Head butt, choke, joint lock, sweeps or throws, take-downs and body slams;
8. All techniques must be retracted. Spinning back fists, hooks or uppercuts with follow-through motions are also ruled as prohibited techniques;
9. Warning will be issued for excessive contact, and/or prohibited techniques as stated above. First warning will be verbal, second warning will be a point deducted, and third will result in disqualification;
10. The Head Referee is authorized to disqualify a competitor without a single warning if he/she deems the technique is malicious or overly excessive;
11. Disrespect to the Judging Officials will result in disqualification;
12. In case of a competitor slipping and falling down onto the mat, all fighting action halts until both competitors get back to the ready positions at the command of the Head Referee;
13. Each Match is one 2 minute round, stopping between points;
14. Total number of points after one round, up to 10 points, will be used to determine the winner;
15. In case of a tie, the tie breaker must win by 2 points;
16. If there is a dispute during a match, the Arbitrator must be consulted immediately to settle the dispute. No reversal of decisions after the match is over. The Arbitrator is authorized to make the final decision.

**Awarding Points:**

1. 1 (one) point for each controlled hand or foot technique scored on the opponent;
2. If the Head Referee sees the action that is a valid point, he/she will command “STOP” and immediately halt the action, and command the 2 competitors to face each other in a respectful standing position, and yell loudly to the 2 Corner Judges “POINT”. Then all 3 officials (Head Referee and the 2 Corner Judges) will hand point simultaneously to one of the two competitors to award the point. The point will be awarded with the minimum consent of 2 officials;
3. If one of the Corner Judges sees the action as a valid point, he/she must signal to the Head Referee immediately. The Head Referee will then apply the above procedures to determine if a point would be awarded.