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OFFICIAL RULES

GARDEN STATE KARATE INVITATIONAL GAMES

March 2007

I. UNIFORMS--- UNIFORMS, SPARRING, & WEAPON REQUIREMENTS

1. Uniforms must be a traditional Karate, Kung Fu, or Taekwondo type.
 2. All uniforms must be a solid color.*
 3. Only black belts can mix top and bottom colors.
 4. Uniforms must be clean and not tattered prior to start of competition.
 5. Sleeves may be ¾ or full length.
 6. Pants may be full or calf length.
 7. Solid stripes or school logo only are permitted on the pants and jacket (USA patch is acceptable).
 8. Stars and stripes (except for demos and team competition), camouflage, space cadet, or T-shirts are NOT PERMITTED in individual competition.
 9. Athletes have 5 minutes to change uniform if it does not conform to Karate Invitational standards.
 10. Only martial arts type headbands are permitted to be worn.
 11. No rings (except round wedding band) or jewelry extending from uniform permitted.
- * All exceptions to the above require the approval of the GSKIG Chairman.

II SPARRING

1. Mandatory Equipment: Headgear, gloves, boots, mouthpiece, and groin cup (males).
2. Optional Equipment: Forearm, shin, shin/instep, chest protector.
3. Not Permitted: Metal or hard plastic protective equipment.
4. Face mask may be worn upon approval of the chairman. Keep in mind that it now becomes a target and may be contacted in a light controlled manner for a score.
5. All protective equipment must be foam dipped or vinyl covered foam.
6. No tape permitted on the outside surface of gloves or boots.
7. No borrowing of equipment within the same ring.
8. Finger nails and toenails must be clipped and covered by the protective equipment
9. All groin protection must be concealed beneath uniform.
10. Chest protectors can be worn inside or outside of the uniform

III WEAPONS

1. Any alterations from their original form of the weapon must be pre-approved.
2. Any taping of weapon must be less than 50% of the weapon.

IV CODE OF CONDUCT

1. Disrespect WILL NOT be tolerated toward any officials of the GSKIG
2. Any act which is deemed detrimental to the honor and prestige of the GSKIG is immediate disqualification of the athlete or person involved. These persons will be removed from the premises, barred from future events, and possibly face police charges.

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V. COMPETITION --OPEN HAND FORMS & WEAPON FORMS

1. Uniform requirements same as stated in # I Page 1.
2. Forms must be recognizable within the American, Japanese, Okinawan, Korean, Philippine, or Chinese systems.
3. Competitor shall enter the ring facing the judges and in a strong, clear and respectful voice introduce him / herself, his / her form. They may also give their Instructors name. Then, respectfully request permission to begin.
4. Each competitor will be given a total of 3 minutes to: enter ring, introduce themselves, and complete their form. Over 3 minutes: ½ point deducted over 3.5 minutes: Disqualification
5. Athletes must complete his or her form in order to receive a score. Under belts only, may start over, however, the clock will keep running-- (loss of ½ point when restarting)
6. Competitors will be judged on the strength, flow, balance, and continuity of their form.
7. All weapons must be presented to the officials to view for safety and acceptability.
 - A Acceptable: Sai, Bo, Kama, Chinese – Korean – Japanese Swords, Nunchakus, Arnis Sticks, Chains, & Chinese Spears.
 - B Non- Acceptable: Chains greater than 12', taped weapons with more than ½ the surface taped. Non-martial arts type demonstration weapons (Shurikens, garrotes, Throwing knives, etc...).
- 8 The athlete with the highest score shall be declared the winner.
 - 5 Judges: high & low scores will be dropped before totaling the results. If a tie occurs, the High & low will be added in. If still tied, one additional form (if known) shall be performed. Black Belt must do another Form.
 - 3 Judges: All scores will be totaled. If tied, one additional form (if known) will be required.

NEW *** TIES ARE for THOSE FINISHES THAT AFFECT MEDAL AWARDS ONLY.-- EXAMPLE 1ST PLACE TIE WINNER GETS 1ST, LOSER GET 2^D, 2 GETS THIRD. TIE FOR 1ST AND TIE FOR 2^D, WINNER GETS 1ST, LOSER GETS 2ND, 2ND RUN OFF FOR THIRD. 3 MEDALS AWARD PER DIVISION ONLY.

VI SYNCHRONIZED TEAM FORMS Individual Form rules apply with the following exceptions:

1. Three athletes shall perform the same form.
2. All three shall start & finish together.
3. Judgment of forms shall be based on the same characteristics as individual forms with additional emphasis on the timing of the three athletes.
4. Winning team shall be the team with the most points.
5. One athlete will be designated as the spokesperson for the team.

VII SELF DEFENSE---Uniforms: Same as for forms. Hakama may be worn.

1. All athletes & ukes shall enter the ring opposite the judges.
 2. All athletes shall be no closer than 3 feet from the judges when bowing in.
 3. All athletes have 1.5 minutes from bow in to bow out.
 4. Over 1.5 minutes, but less than 2 minutes will result in minus ½ point.
 5. Over two minutes, automatic stop & disqualification.
 6. REQUIRED TECHNIQUES : A . 3 demonstrations with uke
 - B . Athletes will identify attacks and introduce ukes
 - C . Only uke may have a weapon at the start of attack.
 - D . Removal of weapons must be with realistic techniques.
 - E . Excessive force is discouraged to prevent injuries.
 - F . All sets may end in control or restraint or kill / fly away.
 - G . 5 demonstrations against one or multiple opponents are required.
- ** BLACK BELTS:**

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VIII SPARRING-All matches are 3 points or most points within 2 minutes.

- A. Reporting to Ring: *Must have all the mandatory protective equipment and proper uniform.
*Must report within 1 minute from time called or be disqualified.

- B. Acceptable Techniques:
1. Reverse punch, lunge punch, vertical punch, & jab.
 2. Controlled back fist.
 3. Ridge hand to the body or upper back.
 4. Front, side, round house, hook, & crescent kicks.

- C. Target Areas for Scoring:
1. Head, body (above the waist), back (but, NOT the spine).
 2. the back NOT including the spine, is a legal target.
 3. Headgear is a legal target providing the contact is incidental and controlled in *BLACK BELT DIVISION ONLY*
 4. HEADGEAR CONTACT IN ALL OTHER DIVISIONS IS A

→→→NEW

"WARNING" IF THE CONTACT IS LIGHT. IF CONTACT IS EXCESSIVE, "DISQUALIFICATION." - CONTACT ON THE WITHDRAWAL OF A TECHNIQUE IS A CAUTION; HOWEVER, ORIGINAL CLEAN TECHNIQUE CAN BE AWARDED A POINT.

- D. Scoring:
1. Contact to the face, neck, or spine, is disqualification.
 2. Techniques within 2-3" of target (youth division) is a point.
 3. All acceptable techniques must be delivered to target areas in a controlled manner and NOT deemed excessive contact by either the center referee ALONE or any two judges.
 4. There is a 2 minute Time limit (most points) or 3 points whichever occurs first. ---ALL TIES ARE BROKEN BY SUDDEN DEATH (NO TIME)

- E. Non Acceptable Techniques:
1. Ax kicks.
 2. Blind techniques.
 3. Holding opponent and hitting.
 4. Attacks to the knees, arms, insteps, legs, or groin area.
 5. Gouging, grabbing, finger techniques, shoving, or pushing.
 6. Sweeping - Except in black belt division which requires an immediate follow up acceptable technique

- F. Conduct:
1. No athlete shall raise a hand or cheer indicating a point.
 2. Athlete shall face opponent at all times and not the corner officials.
 3. Failure to obey judges instructions = warning, disqualification.
 4. Any attempt to influence judges, may lead to - disqualification.
 5. Interference by a coach, parent, instructor, or another athlete, is immediate disqualification, removal from gym, and indefinite Suspension from future Karate Invitational events

PENALTIES:

<u>CAUTION</u>	No loss of points
<u>WARNING</u>	<u>Point to opponent</u>
<u>DISQUALIFICATION</u>	Elimination from match
<u>DISQUALIFICATION FOR CONDUCT</u>	Competition elimination
and ejection from gymnasium and from future events.	

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VIII SPARRING (CONT.) GENERAL RULES

1. Causing opponent to strike your spine will result in a warning provided contact was not deemed Excessive by the officials. This is if the attack was intended to strike elsewhere and a block, turn, etc..., and caused it to be deflected into spine.
2. Drawing of blood is automatic disqualification for person causing opponent to bleed. Both may be disqualified if person bleeding caused contact by running into an acceptable technique.
3. Drawing of blood or illegal contact takes precedence over a point.
4. If an athlete fights out of turn and loses, they are out and shall NOT return to their proper bracket.
5. If an athlete fights out of turn and wins, they shall remain in that bracket until they lose.
6. THE CENTER REFEREE MAY CALL CONTACT WITHOUT OTHER VERIFICATION.
7. Excessive contact or contact to non legal areas may also be called by 2 or more corner Officials.
8. To receive a point requires a majority (3 of 5) of officials or (2 of 3) to call it.
9. A point call cannot be over ruled UNLESS it violated a specific rule (e.g. Ax kick – Not allowed).
10. Multiple points may be called (e.g. Legitimate score plus a warning to other athlete).

IX DISQUALIFICATIONS & APPEALS

1. Disqualification for:
 - A Conduct unbecoming a martial artist.
 - B Not wearing a mouthpiece or groin cup after being checked.
 - C Not wearing or using approved equipment or weapons.
 - D Replacing another athlete without permission.
 - E Telling officials that pre approval was obtained for head bands, Weapons, etc..., when approval was not obtained.
 - F Coaches, parents, instructors stepping into the ring to appeal a decision.
2. Appeals:
 - A Only designated coaches may appeal (which are coaches only purpose).
 - B All appeals must be for rules violations; NOT judgment or point calls.

APPEALS MUST be made to the CHIEF ARBITRATOR ONLY. The ARBITRATOR Shall make the interpretation and final decision. The ARBITRATORS decision is final and binding.

A. EXCESSIVE CONTACT TO BODY	DISQUALIFICATION
B. CONTACT TO FACE, NECK, OR SPINE	DISQUALIFICATION
C. DISRESPECTFUL RESPONSE TO OFFICIAL	DISQUALIFICATION
D. ATTEMPTING TO INFLUENCE OFFICIALS	W, DISQUALIFICATION
E. FAILURE TO OBEY OFFICIALS INSTRUCTION	W, DISQUALIFICATION
F. RAISING HAND TO CHEER OR INDICATE POINT	W, DISQUALIFICATION
G. ATTACK TO INSTEP OR KNEES	C, W, DISQUALIFICATION
H. ATTACKS TO ARMS OR LEGS	C, W, DISQUALIFICATION
I . AX KICKS, GROIN KICKS	C, W, DISQUALIFICATION
J. GOUGING, GRABBING, SHOVING, PUSHING	C, W, DISQUALIFICATION
K. BLIND UNCONTROLLED TECHNIQUES	C, W, DISQUALIFICATION
L. STEPPING, RUNNING, OR MOVING OUT OF RING	C, C, W, DISQUALIFICATION
M. INTERFERENCE BY COACH, INSTRUCTOR, OR PARENT	DISQUALIFICATION

& REMOVAL FROM PREMISES

****OFFICIALS may go directly to WARNING OR DISQUALIFICATION after discussion with the ARBITRATOR, based on the SEVERITY OF THE VIOLATION.**