2019 SKITA RULES AT A GLANCE

"SKITA Rules at a Glance" are a condensed version of the official SKITA Handbook. See the SKITA Handbook for detailed, specific & expanded rule clearification, official arbitration procedures & penalties at www.nblskil.com (then click SKITA). The "Rules at a Glance" is updated annualy thus takes precedence over the official SKITA Handbook in regard to discrepancies. Yearly revisions in the "Rules at a Glance" are <u>underlined</u> & take precedence over any previous "Rules at a Glance". SKITA Rules apply to all ranks & ages unless specified otherwise.

Opt = The Super Grands/Amateur Internationals will generally use option ("a") for all seven (7) options. **BB** = Blackbelt **UBB** = Underbelt **SG** = Super Grands Requirement only **AM** = Amateur Int'Is Requirement only. **SG** & **AM** Rules vary from the regular season SKITA Rules at a Glance.

Judges - Note that in all cases of disqualification a single player must be left in each of the top 8 positions of each division.

FORMS

		FORMS
CC/AM	1.	RINGS - 20' X 20' for ages 12 & up, 15' X 15' or larger for ages 12 & under if they're UBB, 20' X 40' for Chinese forms divisions if requested by the player.
SG/AM Opt 1-a	2. 4.	FINAL DECISIONS - Made only by the Rules Arbitrator. 3. NUMBER OF JUDGES - Every division must have 3 Judges. LOCATION OF JUDGES - One side of the ring for contemporary & open forms, corners for traditional forms.
oprid	5.	UNIFORM - Player must wear a traditional or sport karate uniform with no foul language on it. T-shirts as part of a school uniform are allowed in Chinese (soft style) divisions only. The top may be removed during the performance if appropriate for the division. NOTE: Different detailed uniform specifications as outlined in APPENDIX A - SPECIFIC
	6.	FORMS CRITERIA will apply. AGE - Player must compete at the age they were on the first day that the circuit's season began. [At SG/AM all BB & UBB players must enter divisions
	0.	New provide the based upon the age they were on January 1 at 12:01 a.m. of the year (season) the tournament is held, excepting those players who will be turning 18 during the circuit season (NBL season - January 1 to December 31 / SKL season July 1 to June 30) are allowed to compete in either 17- or 18+ at each tournament during that entire circuit season even before they turn 18. They cannot compete in both 17- & 18+ at the SG/AM. The same applies for those players that will be turning 35, 45 or 55 during the circuit season
		event before they run to. They calmot compete in boar 17- & rot- at the Software applies to mose players that will be running 35, 45 or 55 during the circuit season except they can compete in any divisions 18 & over as long as they qualify by age. SKITA Rulebook V.B.4J.
SG/AM	7.	BELT RANK - Player must compete with the proper color belt worn for the drivision competing in & at the same rank in all divisions (Except NBL divisions that allow UBB must not wear any belt. NBL divisions allowing Adt/Jr UBB are Team Forms, SD & Breaking. NBL divisions allowing just Jr UBB are Point/Continuous/Team Sparring). Note that a new BB with an UBB SKIL seeding can compete in the Amateur Internationals as a UBB & NBL SG as a BB for one year only. A player can only compete in Nov, Int & Adv a
		maximum of 2 years each rank, then must move up.
	8.	AMOUNT OF DIVISIONS - A player can compete in any amount of divisions. A player competing in one division when their other division is called, cannot be disqualified if they are presently on deck or up competing & if they have informed the Scorekeeper or Coordinator of the division that is waiting for them as to what ring they are in.
	9.	STYLE - It does not matter what forms criteria you followed at any prior league event, the following applies (Forms divisions don't allow weapons).
Opt 1-a		a) All players must compete in the proper style division (Jap, Kor, Contemporary etc.) for the form (techniques, uniform, etc.) they are performing. Detailed regulations are out lined in APPENDIX A - SPECIFIC FORMS CRITERIA, of the SKITA Handbook with a generalization listed below. Penalties for any Appendix A infration is automatic DQ the Center Referee, Arbitrator or with a majority vote of the Judges.
SG/AM		Japanese / Okinawan Forms - Pure white uniform, maximum total of 2 emblems on uniform shoulder and/or chest & sponsor logo on back & nothing on pants. No shirt
		allowed under uniform top (males) & only white sports bra, sleeveless or sleeved "T" under uniform top (females), no jewelry, max 4 kiai, no kicks above chest, no multiple kicks, no elevated spin kicks, no gymnastics. Traditional unaltered Jap/Oki forms only.
SG/AM		Kenpo / Kajukenbo Forms - Black uniform, maximum total of 2 emblems on uniform shoulder and/or chest & sponsor logo on back & nothing on pants. No shirt allowed under uniform top (males) & only black or white sports bra, sleeveless or sleeved "T" under uniform top (females), no jewelry. High kicks only allowed in forms that traditionally have them. Traditional unaltered Kenpo, Kajukenbo, Polynesian forms only.
SG/AM		Korean Forms - Pure white or black/blue traditionally trimmed uniform top, maximum total of 2 emblems on uniform shoulder and/or chest & sponsor logo on back &
SG/AM		nothing on pants. No shirt allowed under uniform top (males) & only white sports bra, sleeveless or sleeved "T" under uniform top (females), no jewelry, max 5 kihap, no gymnastics, no splits, etc. Traditional unaltered Korean forms only. Chinese Forms - Traditional forms only in traditional divisions. Gymnastics limited.
SG/AM		Hard Contemporary (Creative / Musical / Open) - Sport or traditional uniform (no T-shirts as uniform top), soft style techniques not allowed. Max of 7 gymnastics (Touchdown
CC/AM		Raizes are not considered gymnastics). NOTE: Appendix A, A. HARD CONTEMPORARY FORMS, 3. REQUIRED TECHNIQUES, a, b, c & d are not required any longer.
SG/AM		Hard Contemporary-Limited (Creative) - Same as Hard Contemporary (above) except no gymnastics allowed & no techniques allowed that involve player's head to invert while in the air (inc. aubitido, capoeira, touchdown raiz, side swipe, cork, misty flip, hyper fulls, flares, windmills, etc.). Modified traditional forms acceptable. A 0.05 deduction will be taken off the player's total score for each & every violation with that decision being made by the Center Referee. Arbitrator or with a majority vote of the Judges.
SG/AM	10	Soft Contemporary (Creative / Musical / Open) - Gymnastics generally unlimited. Techniques inherent to soft style only.
SG/AM	10.	MUSIC - All musical performances require musical choreography except "Open Musical" divisions. Choreographed musical forms cannot use background music w/o choreography. Occasional sound effects can be added but any player's attempted choreography to sound effects CANNOT be considered by the Judges as part of their
		choreography requirement. The form must follow the rhythm (various beats) of the original music. A players lack of providing their music via iPod or acceptable CD when called
Opt 2-a		to compete will result in optional DQ by the Arbitrator after 2 minutes. a) Judges will award one of the following musical choreography scores:
		1) 2 points = Sufficient choreography to music where an obvious attempt was made by the player to choreograph the majority of the form.
		 2) 1 point = Attempted choreography of the form where only a few techniques are choreographed. For example the beginning and/or ending of the form. 3) 0 points = Basically not choreographed. A few techniques may hit beats on purpose or accidentally.
00/111		A total of 4-6 points = Players' score remains the same / 2-3 points = 0.05 point deduction off player's overall score deducted by Scorekeeper / 0-1 points = DQ.
SG/AM		SEQUENCE / SEEDING - NBL ranked players will be seeded using up to their top 3 rankings in each division if entered correctly on their players' card. SKIL players will also be seeded according to their SKIL rankings if pre-registered by the SG pre-registration deadline or pay a \$50 late fee to retain rankings. Extra points for seeding from SKIL State Games available only in person at SG/AM registration. Non ranked players will compete first by luck of the draw (see Appendix O & P of SKITA Rulebook). Players attending from any country that have no NBL or SKIL ranking & do not have a SKIL qualifying tournament in their country will be given a complimentary ranking of 24 points in all Amateur Internationals divisions & be placed at the equivalent seeding (ranking) of 24 points & if their country does not have an NBL qualifying tournament they will be given a single complimentary first place regional conference seed with no preferred seeding. Under no circumstance are players that have competed made to a tournament
		error. Note: VI. B.5 Error by Official.
SG	10	SEQUENCE - OVERALL GRAND CHAMPIONSHIP - Sequence will be chosen by luck of the draw.
		AVAILABILITY - When the division has been declared closed and/or the charting has started, no late entries are accepted. When the player is called to compete, they have 2 minutes to be ringside or may be DQ. (See complete Rules in SKITA Handbook)
	13.	TIME LIMIT - Up to 3 minutes is allowed from the time the player enters the ring, begins speaking, or when their music is started, whichever is first. Overtime is 0.05 deduction
SG/AM	14.	per every 10 seconds. RESTARTS - BB-No restarts allowed. UBB-One restart allowed in contemporary (creative & musical) forms only. No penalties or deductions by Judges for legal restarts. No
00/11		second restarts. 15. MUSIC PLAYER - Music player & person to run music is provided.
SG/AM	16.	SCORING - Scoring will be with 3 Judges all of whom must give a final score between 9.80 & 10.00. A system of "Maximum Deviation of 0.03" will be employed by the Scorekeeper after all the Judges' scores are given. Of the 3 Judges scores, the Scorekeeper will adjust if necessary, two (2) scores (the highest & lowest) to be within a 0.03 of the middle score. (i.e, if the scores are 9.96, 9.94 & 9.89, the 9.89 score will be adjusted to be 9.91 or 0.03 from the 9.94 middle score). With 1 or 2 players the winner is
Opt 3-a		chosen by a Judges show of hands. a) Judging will be performed using the official "SKITA Scoresheet" where each Judge will tally 4 scores of between 20 & 25 for each of 4 criteria to determine their final
		one-hundreth scores of 9.80 to 10.00. The first 3 players compete before scoring, then scoring after each performance.
	17.	OFFICIAL SCORE - The official score shall, first, be considered the score that is exhibited to the public (i.e. Electronic Scoreboard or Flip Cards), but may be adjusted with any errors discovered by the Scorekeepers, Center Referee or Arbitrator.
SG/AM	18.	TIES - All first time ties in the top 8 places must be broken by a run-off with the players re-run in the same order. Second ties must be broken by a Judges' show of hands with each Judge pointing to the player they gave their higher score to in the tie breaker. If any Judge had the players tied in the tie breaker then they must choose which one to point to.
SG		TIES - OVERALL GRAND CHAMPIONSHIP - Any tie between 2 or more players will be broken by a Judges' show of hands. Players don't compte again.
	19.	FINALES - All scores must be 9.95-10.00. Judges must give each player a different score. SKITA scoresheets will not be used. Ties will be broken same as eliminations. Player performance must comply with the division that was won (i.e., music cannot be added to a creative form). There will be a fine of \$25 levied against any
		player who is scheduled & desires to compete in the finales, but that fails to report to the Statisticians table before the eliminations end that day. All divisions or grands where
		prize money is advertized require that a player must be willing to compete to win any money. While players can agree in advance to split prize money amongst themselves, the money will not be awarded to a player if the Arbitrator feels that the player(s) appear to have pre-determined a winner in advance. The only exception is if either the medical
		personnel or Center Referee grant a medical exception not to compete based upon a legitimate medical concern.
	20.	TEAM FORMS - Team Forms can be any amount of players, but at least one must be a BB of whom the division must be registered under. The performance need not be choreographed to music used. Synchronization not required but if players attempt synchronization & are not, it may affect their score. Props, dialog & unlimited gymnastics
		allowed. Scoring will be determined evaluating the performance of all team players. One restart is allowed (Both eliminations & Finales). No penalties or deductions by Judges
		for legal restarts. No second restarts.
		PROCEDURE - (same as forms) 2. SPECIFICATIONS - Weapons must be authentic to martial arts & must be protected from sharpness.
	1.	PROCEDURE - (same as forms) 2. SPECIFICATIONS - Weapons must be authentic to martial arts & must be protected from sharpness. STVI E. Jo all Hard Creative Limited weapons divisions divisions employed in the start of the weapons experted by the hand/wrist provinity (up to
	3.	STYLE - In all Hard Creative-Limited weapons divisions, weapons manipulation does not allow intentional releases & the weapon cannot leave thehand/wrist proximity (up to 1"). A 0.05 deduction will be taken off the players total score for each & every violation with that decision being made by the Center Referee, Abitrator or with a majority vote of
		the Judges. All BB & UBB follow Opt 2-a Specific Criteria (Appendix A) as listed in forms above & only the following weapons will be allowed in the hard traditional divisions:
		Kai (oar), kama (no rope), katana, kuwa (hoe), long bo, naginata, nunchaku, sai, tonfa & yarihoko. Each of those weapons have specific size & weight requirements for size of the player. See SKITA Handbook "APPENDIX A #B-Hard Traditional Weapons" for specifics.
		EXAMPLE - Long Bo: a) Length - Must be at least the height of the player & can be to a maximum of 4 inches taller than the player

EXAMPLE - Long Bo: a) Length - Must be at least the height of the player & can be to a maximum of 4 inches taller than the player b) Construction Must be at least the height of the player & can be to a maximum of 4 inches taller than the player

D) (d	onstruction - Must be har	dwood, unadorned		c) weight / Inickness - According to below chart			
Length of Bo	3'-3'6" (36"-42)"	3'6"-4' (42"-48")	4'-4'6" (48"-54")	4'6"-5' (54"-60")	5'-5'6" (60"-66")	5'6"-6' (66"-72")	6'-6'5" (72"-78")
Min. Required Wgt.	15.8oz (450g)	18.4oz (525g)	21.7oz (600g)	23.7oz (675g)	26.2oz (750g)	28.9oz (825g)	31.5oz (900g)
Required Center	7/8" - 1 1/4"	7/8" - 1 1/4"	7/8" - 1 1/4"	7/8" - 1 1/4"	1" - 1 1/2"	1" - 1 1/2"	1" - 1 1/2"
Required End	5/8" - 1 1/8"	5/8" - 1 1/8"	5/8" - 1 1/8"	5/8" - 1 1/8"	3/4" - 1 1/4"	3/4" - 1 1/4"	3/4" - 1 1/4"

- 4
- WEAPON BREAKS Player has 5 minutes to replace it with the same or a different weapon & can compete again w/o penalty or can complete the form with the broken weapon w/o stopping & w/o penalty. 5. MUSIC (same as forms including options). 6. TIME LIMIT (same as forms). RESTARTS BB & UBB-One restart allowed in contemporary (creative & musical) weapons only (Both Eliminations & Finales, <u>but not in Overall Grands</u>). No penalties or deduct tions by Judges for legal restarts. No second restarts. 7.

SELF DEFENSE & BREAKING

- 2.
- PROCEDURE (same as forms with the following exceptions below). Appendix A applies for all divisions. PLAYING AREA Self Defense (SD) can use mats. Breaking (BR) players must provide a 20'x20', minimum 2 mil floor covering under their breaking set-up excepting breaks exclusively using wood. PLAYERS UNIFORM In SD, martial arts uniforms are not required in creative SD, but traditional SD players must wear traditional uniforms (See Appendix A). З.
- PROPS All props are allowed in creative SD, but traditional SD players can only use people & unsharpened weapons, a chair & a table as props. In BR the players must execute all breaking actions, not a person being used as a prop. 4.
- 5.
- execute all breaking actions, not a person being used as a prop. MATERIALS & SAFETY -All players must provide their own breaking material. All support materials & each end side of all blocks, bricks, boards & other materials to be broken must have the initials of the player or their team painted (by hand or spray can) on them in the same color. An exact duplicate sample of each & every type of breaking material must bave the initials of the player or their team painted (by hand or spray can) on them in the same color. An exact duplicate sample of each & every type of breaking material must be presented to the panel of Judges. Any Judge may replace any or all the materials in the players' set-up with the player provided samples of the same material & then examine that players' set-up material for safety, material type, weight & strength. Any Referee may test any replaced material for breakability. All players must remove all breaking remanents & provide their own containers for such removal. Players must angle their routines so as not to endanger the Judges, spectators & their people used as props. **CRITERIA** Contemporary SD can use non-martial arts techniques & music. Judging should be on execution of techniques, acting ability, dialog & ability to portray a realistic or abstract story & Judges must not consider the people used as props as part of their scoring, only the ability of the player or players listed on the registration card. No dialoge skits, music or weapons in BR. The player must attempt at leat 5 breaks & at least 1 must be a kick. A player will be allowed 2 attempts per break, a third attempt is disqualification. The time limit (for safety sake) & any penalties for lengthy set-up past 8 minutes and/or removal in breaking past 2 minutes will be determined by the Center Referee and/or Arbitrator. 6
- Referee and/or Arbitrator. TIES In BR, first time ties are broken by a Judges' show of hands for the same player they voted for initially. If after a show of hands they are still tied because a Judge(s) gave tied scores initially, then that Judge(s) must break the tie by choosing between the players. 7

<u>POINT SPARRING</u>

- 4.
 - 5. 6
- RINGS (same as forms) 2. FINAL DECISIONS (same as forms) 3. NUMBER OF JUDGES Every division must have 3 Judges. LOCATION OF JUDGES The Judges sit in ring corners just outside the ring with Center Referee standing. UNIFORM (same as forms except the following) No T-Shirts or sweatshirts (in place of uniform tops) or pants above the knees are allowed. Additionally, the sleeves must reach the elbows. Jewelry is not allowed unless covered by safety equipment. No metal can be worn on the uniform. No shoes. SAFETY EQUIPMENT Mouth piece, groin cup (males), hand, foot. & head gear is required. Cups cannot be worn outside the uniform. AGE (same as forms) 8. BELT RANK (same as forms) 9. AMOUNT OF DIVISIONS (same as forms) 10. AVAILABILITY (same as forms) WEIGH-IN All players must weigh-in & compete in the weight division(s) in which they qualify. Note Junior Players with conflicting weights in their NBL sparring rankings at the end of the season (Oct) may have all their divisional points consolidated into one division at the NBL's discretion for the final rankings unless the player sends in a point chart for their choice of division to nut all points into 7. 11. for their choice of division to put all points into.
- for their choice of division to put all points into. SEQUENCE Players will be seeded according to their rankings if pre-registered by the deadline or pay a \$50 late fee to retain rankings. Extra points for seeding from SKIL State Games available only in person at SG/AM registration. Non-ranked players will compete first by luck of the draw in a first round bye system (see Appendix O & P of SKITA Rulebook). 13. AVAILABILITY (same as forms) 14. TIME LIMIT Up to 2 minutes running time. (see 26. Opt 7-a) COACHING Allowed from coaches' box or designated area. Coaches in coaches' boxes cannot call or physically signal points for their player during a break for a call in scoring so as to confuse Judges calls for points. Coaches can enter/exit coaches' box at any time during the match, but only one coach can be in the box or within 3' of the box at any time. One point penalty awarded by Center Referee for each infraction. TIME OUT A player or coach can call 1 time out per match for up to 10 seconds when play is already stopped. 17. SCORING AREAS 12
 - 15.

 - 16
- a) Head, face, ribs, chest, addomen & kidneys (no groin). TECHNIQUES Allowable techniques include all kicks, punches, back fists, knife hands, ridge hands, sweeps to the back or side of the lower front leg, spins, aerials & grabs Opt 4-a 18.
 - 19.

 - TECHNIQUES Allowable techniques include all kicks, punches, back fists, knife hands, ridge hands, sweeps to the back or side of the lower front leg, spins, aerials & grabs up to 3 seconds. All other techniques are illegal. Eye contact must be made with technique contact. CONTACT Definitions: Contact Technique within a 4 inch zone Light Just a touch, no blood. Moderate Slight penetration of opponent, no blood. Excessive Extreme penetration, possible swelling, redness or bleeding. a) All ranks must use either light or no contact (the individual player's option) to score to head scoring areas (and the groin if it is a scoring area); & light or moderate contact to score to body scoring areas. OUT OF BOUNDS Out of bounds is when neither foot is inside or touching the boundary line. FORCED OUT VS. RUNNING OUT A player is not penalized for fighting out or being forced out of the ring, but can be penalized 1 point for running out to avoid fighting by the Contra Performant.

 - enter Referee

 - 22. DOWNED OPPONENT Either Player has 3 seconds to score when one player is down. Any kicking motions towards the head & punches making head contact to a downed opponent are illegal as determined & penalized by the Center Referee.
 23. PENALTIES Penalty points & DQ are determined by a majority vote of the Judges or the Center Referee:

 By Judges votes Excessive contact, illegal contact, illegal techniques (including head, neck & groin grabs, headlocks, hookpunches & uppercuts) & contact to non-scoring

 areas
 - By Center Referee Hitting after call to stop, out of bounds, dropping to the floor to avoid fighting w/o throwing a technique, unsportsmanlike conduct & coaches calling points and/or signaling points so as to confuse the Judges during scoring (1 point for such infraction) are subject to penalty points & disqualification. (See APPENDIX C Sparring penalties at a glance). Penalties can be called when 1 or both players are out of bounds. More than 1 penalty call can be made if Judge feels player executed more than 1 betweeters. nfraction
 - 24.
 - SCORING Points are awarded by majority vote of the Judges. a) 1 point for hand & kicking techniques, 2 points for head & spin kicking techniques & 3 points for spinning head kicks, spinning aerial, cartwheel & capoeira kicks. (Kicks are only 1 point when either player is considered down.) POINT & PENALTY A point can be given to 1 player & a penalty point to the other player at one calling by majority vote, thus giving a player 2 scores when points are called
 - at a break. However, a point & penalty cannot be given to the same player by any Judge. A Judge must give a penalty to a player instead of a point if a penalty immediately follows the point by the same player. **NUMBER OF POINTS TO WIN**

26

- The player with the most points after 2 minutes playing time or a 10 point or more spread. Time shall be stopped by the Scorekeeper whenever play is stopped during the I ast 30 seconds of each match.
- 28
- ast 30 seconds of each match.
 DOUBLE ELIMINATIONS All Super Grands point sparring (except teams) are double eliminations after any "Wild Card" rounds you must lose twice. All Amateur International point sparring divisions (except teams) are double eliminations in the last match only. The first player of the remaining 2
 players to win twice becomes the Amateur Int'l Champion. 27. OFFICIAL SCORE (same as forms)
 JUDGING ERROR A Judge making an admitted error may immediately change the error before the next play is started. 29. TIES Broken by sudden death overtime.
 INJURY The Center Referee or the Medical Personnel can prohibit a player from continuing due to injury. 31. FINALS Total points in 2 minutes wins.
 TAUNTING With the Center Referees or Arbitrators' perception that a player uses words or actions during a match as an effort to taunt their opponent (i.e. Not bowing to, or standing over a downed opponent, offensive unprovoked comments, etc.) will, with each offense, have 1 penalty point awarded to their opponent and/or be subject to the poor standing over a downed opponent, offensive unprovoked comments, etc.) will, with each offense, have 1 penalty point awarded to their opponent and/or be subject to the poor standing over a downed opponent, offensive unprovoked comments, etc.) will, with each offense, have 1 penalty point awarded to their opponent and/or be subject to the poor standing over a downed opponent, offensive unprovoked comments, etc.) will with each offense, have 1 penalty point awarded to their opponent and/or be subject to the poor standing over a downed opponent opponent and/or be subject to the poor standing over a downed opponent and/or be subject to the poor standing over a downed opponent and/or be subject to the poor standing over a downed opponent and/or be subject to the poor standing over a downed opponent and/or be subject to the poor standing over a downed opponent opponent and/or be subject to the poor standing over a downed opponent and/or be subject to the poor sta 30. 32. sportsmanship penalty.

- TEAM SPARRING
 PROCEDURE (same as sparring, with exceptions)
 SEQUENCE IN TEAMS Youngest to oldest in junior, lightest to heaviest in adult & F, 35+, M in mixed divisions.
 CONTACT (same option as chosen for point sparring).
 4. AMOUNT OF POINTS TO WIN Total points of all matches.
 TIES Broken by sudden death overtime in the last match only.
 DISQUALIFICATION A team cannot be disqualified for the disqualification of one of its players (unless it is for poor sportsmanship). If a member is disqualified, the match is one of the players (unless it is for poor sportsmanship) for the mether is disqualified. 1. 3.
- 5.
- 6. ended with the victim receiving 2 points or a team score of 2 points above that of his opponent's team score which here is greater) for the match. If a DQ in the last match allows the DQed members team to win then the opposing team can opt to reject the DQ & will receive 5 points & the match shall continue. If either player is unable to continue then the DQed players team loses. 7. **INJURY** - (same as point sparring)

CONTINUOUS SPARRING

- 1. 4.
- 6. 10.
- 13.
- 18.
- CONTINUOUS SPARFING

 RINGS (same as forms)
 2. FINAL DECISIONS (same as forms)
 3. NUMBER OF JUDGES Each ring must have 5 Judges

 LOCATION OF THE JUDGES 4 sitting in corners outside ring, Center Referee is standing.
 5. UNIFORM (same as point sparring)

 SAFETY EQUIPMENT (same as point sparring)
 7. AGE / 8. BELT RANK / 9. NUMBER OF DIVISIONS (same as forms)

 SEQUENCE (same as point sparring)
 11. AVAILABILITY (same as forms)
 12. WEIGH-IN (same as point sparring)

 TIME LIMIT The match shall last for 2 minutes.
 14. COACHING (same as point sparring)
 15. TIME OUT (same as point sparring)

 SCORING AREAS Head, face, ribs, chest, abdomen & kidneys.
 17. TECHNIQUES (same as point sparring)
 15. TIME OUT (same as point sparring)

 CONTACT Definitions (same as point sparring).
 11. RAVAILABILITY (same as coring areas, light or no contact to the face scoring areas, kight or no contact to the add scoring areas.
 19. OUT OF BOUNDS (same as point sparring).

 CONTACT Definitions (same as point sparring).
 21. DOWNED OPPONENT When either player is down, the play is stopped & players reassembled.

 FORCED OUT VS. RUNNING OUT (same as point sparring).
 21. DOWNED OPPONENT When either player is down, the play is stopped & players reassembled.

 PENALTIES Penalties & disqualifications are given out only by the Center Referee:
 -3, 4 or 5 Point Penalty (Center Referee Discretion) Moderate contact to face, kicki 20. 22

- 24.
- DU Excessive contact & unsportsmaninke conduct (See APPENDIX C Sparing Penalities at a Glance).
 SCORING 1 point for hand & kicking techniques, 2 points for head & spin kicking techniques, & 3 points for spinning head kicks & spinning head kicks.
 DETERMINING THE JUDGES' SCORE 2 Judges keep a point tally for 1 player & 2 Judges keep a point tally for the other. Play is continuous as Judges use clickers or write down each score that they see. Halfway through the match the Judges will give their scores for the 2 players & then tally points for the other. Play is continuous as Judges use clickers or write down each score that they see. Halfway through the match the Judges will give their scores for the 2 players & then tally points for the opposite player for the remaining 60 seconds.
 DOUBLE ELIMINATIONS All Super Grands continuous sparring are double eliminations after any "Wild Card" rounds you must lose twice.
 SCOREKEEPING The Scorekeeper tallies the 4 Judges' scores for each player & adds in any penalty points for each player to determine each Player's final total score.
 JUDGING ERROR / 27. TIES / 28. INJURY (all same as point sparring) / 29. FINALS (same as regular play)

SG/AM

SG/AM

SG/AM

SG/AM

Opt 5-a

Opt 6-a

Opt 7-a

SG/AM