

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 clarification, official arbitration procedures & penalties at www.nblskil.com (then click SKITA). The "Rules at a Glance" is updated annually, thus takes precedence over the official SKITA Handbook in regard to discrepancies. Yearly revisions in the "Rules at a Glance" are underlined & take precedence over any previous "Rules at a Glance". SKITA Rules apply to all ranks & ages unless specified otherwise. (See the Super Grands brochure for "Modified Rules at a Glance" that apply to only the Super Grands/Amateur Int'l's.

Opt = Options to Choose (7 total). The Super Grands/Amateur Internationals & NBL National Conference tournaments must use option ("a") for all seven (7) options.
Opt = except for option number four (Opt 4) where either "a" or "b" may be chosen.

BB = Blackbelt (all NBL divisions at NBL tournaments).

UBB = Under blackbelt (all non NBL divisions at NBL tournaments)

NOTE: Fines levied must be issued with Appendix J being completely filled out in duplicate (1 copy sent to NBL & 1 copy given to offender) & with the fine being collected by the Arbitrator before a player is allowed to continue play or before a coach/spectator is allowed to remain at the tournament.

FORMS

1. **RINGS** - Must be 20' X 20' (15' X 15' or larger for UBB ages 12 & under), 20' X 40' for Chinese forms if requested by the Player. 2. **FINAL DECISIONS** - Made only by the Rules Arbitrator.
 3. **NUMBER OF JUDGES** - Every division must have 3 Judges.
 4. **LOCATION OF JUDGES** - One side of the ring for contemporary & open forms, corners for traditional forms.
 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 FORMS CRITERIA will apply if specific forms criteria (Opt 1-a under 9. below) is used.
 6. **AGE** - Player must compete at the age they were on the first day that the circuit's season began. [At all NBL & SKIL sanctioned tournaments that are using SKITA Rules: All BB & UBB players must enter divisions based upon the age they were on January 1 at 12:01 am of the year the tournament is held, excepting 17 year old players who will be turning 18 during the circuit season (NBL season - January 1 to December 31 / SKIL season July 1 to June 30) are allowed to compete in either 17- or 18+ at each tournament during that entire circuit season. They cannot compete in both 17- & 18+ at the same tournament & points will stay in the age group the player competes in at each tournament. The same applies for those players that will be turning 35, 45 or 55 during the circuit season except they can compete in any & all divisions 18 & over as long as they qualify by age & they will retain points in all divisions (17, 34, 44 & 54 year old players competing for NBL points in the younger age group during the second half of an NBL season - July 1 to December 31, may transfer those points earned to the older division for next year's SKIL season). Also see SKITA Rulebook V.B.4.]
 7. **BELT RANK** - Player must compete with the proper color belt worn for the division 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).
 8. **AMOUNT OF DIVISIONS** - A player can compete in any amount of divisions. **NOTE:** If player is competing in one division when their other division is called, they cannot be disqualified so long as 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** - Options: It does not matter what forms criteria was enforced at any prior league event, the following applies (Forms divisions don't allow weapons):
 - a) **Specific Forms Criteria for BB (Appendix A), UBB must use General Forms Criteria (Opt 1-b)** - All players must compete in the proper style division (Jap, Kor, Contemporary etc.) for the form (techniques, uniform, etc.) they are performing. UBB players (all non NBL divisions) follow Opt 1-b regulations (see below). Detailed regulations for BB players (all NBL divisions) are outlined in APPENDIX A - SPECIFIC FORMS CRITERIA, of the SKITA Handbook with a generalization listed below. The penalty for any Appendix A infraction is automatic DQ by the Center Referee, Arbitrator or with a majority vote of the Judges.
 - 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 Japanese/Okinawan forms only.
 - Kenpo / Kajukenbo Forms** - Black uniform, maximum total of 2 emblems on uniform shoulder &/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.
 - Korean Forms** - Pure white or black/blue traditionally trimmed uniform top, maximum total of 2 emblems on uniform shoulder &/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 5 kihap, no gymnastics, no splits, etc. Traditional unaltered Korean forms only.
 - Chinese Forms** - Traditional forms only in traditional divisions. Gymnastics limited.
 - 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 Raizes are not considered gymnastics). **NOTE:** Appendix A, A. HARD CONTEMPORARY FORMS, 3. REQUIRED TECHNIQUES, a, b, c & d are not required any longer.
 - 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. aubtido, 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.
 - Soft Contemporary (Creative / Musical / Open)** - Gymnastics generally unlimited. Techniques inherent to soft style only.
 - b) **General Forms Criteria for both BB & UBB (Opt 1-b)** - All players must compete in the proper style division (Jap, Kor, Contemporary etc.) for the form (techniques, uniform, etc.) they are performing. The following applies to all BB & UBB players (NBL & non NBL divisions). Penalties for any infraction below will be reflected in Judges' individual scores and/or can be a final score reduction of 0.05 with that decision being made by the Center Referee, Arbitrator or with a majority vote of the Judges.
 - Japanese / Okinawan Forms** - Traditionally styled uniform with tie-over top, no kicks above chest, no multiple kicks, no elevated spin kicks, no gymnastics, no jewelry, unaltered techniques inherent to purely traditional Japanese/Okinawan forms only.
 - Kenpo / Kajukenbo Forms** - Traditionally styled uniform with tie-over top, no jewelry, unaltered techniques inherent to purely traditional Ken/Kaju forms only.
 - Korean Forms** - Traditionally styled uniform with tie-over or pull-over top, no gymnastics, no splits, no jewelry, unaltered techniques inherent to purely traditional Korean forms only.
 - Chinese Forms** - Gymnastics limited. Unaltered techniques inherent to purely traditional Chinese forms only.
 - Hard Contemporary (Creative / Musical / Open)** - Sport or traditional uniform (no T-shirts as uniform top). Soft style techniques not allowed. Max of 7 gymnastics.
 - 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. aubtido, 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.
 - Soft Contemporary (Creative / Musical / Open)** - Gymnastics generally unlimited. Techniques inherent to soft style only.
 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. Options for all divisions:
 - 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 &/or ending of the form.
 - 3) 0 points = Basically not choreographed. A few techniques may hit beats on purpose or accidentally.
 - b) 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 by Scorekeeper.
 11. **SEQUENCE** - Luck of the Draw must be done at ringside with no more than 2 divisions staged ahead of time. The draw for sequence must be done by the players (or their coaches) of that division if they are available, using a random draw of generically numbered cards from an envelope (lowest numbered card picked is first up) or a draw of numbered chips from an opaque container. (Players need not be present for the draw so long as their card was submitted. Under no circumstance is sequence to be redrawn or players that have competed made to restart due to a tournament error). Note: VI.B.5. - Error by Official.
 12. **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 music is started, whichever is first. Overtime is 0.05 deduction per every 10 seconds.
 14. **RESTARTS** - BB-No restarts allowed. UBB-One restart allowed in all forms divisions. No penalties or deductions by Judges for legal restarts. No second restarts. No restarts in Grands.
 15. **MUSIC PLAYER** - Unless provided by the Promoter, the Player must provide their own music player & someone to run it.
 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 chosen by a Judges show of hands.
- Opt 3-a** 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-hundredth scores of 9.80 to 10.00. The first 3 players compete before scoring, then scoring after each performance.
- Opt 3-b** b) Judges will not use the official "SKITA Scoresheets". All players compete before any scores are given.
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.
 18. **TIES** - Ties between 2 or more players in the top 4 places & for eighth place will be broken by the Scorekeeper tallying up which player(s) had the most Judges votes. If any Judge(s) gave the same score to the tied players, then each player gets a vote. If after the tally any players are still tied with the most overall votes then they must run their forms again by luck of the draw with a show of Judges' hands to determine a winner. A second show of hands may be required for 3 or more tied players.
 19. **GRANDCHAMPIONSHIPS** - 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 finals, but that fails to report to the Statisticians table before the eliminations that day. All divisions or grands where prize money is advertised require that a player must be willing to compete to win any money. While players can agree in advance to split any 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 any music used. Synchronization is 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. No penalties or deductions by Judges for legal restarts. No second restarts.

WEAPONS

1. **PROCEDURE** - (same as forms including same options) 2. **SPECIFICATIONS** - Weapons must be authentic to martial arts & must be protected from sharpness.
3. **STYLE** - The same Specific or General Criteria option as chosen by the Tournament Promoter for forms is in effect (Opt 1-a or 1-b). In all Hard Creative-Limited weapons divisions, weapons manipulation does not allow intentional releases & the weapon cannot leave the hand/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, Arbitrator or with a majority vote of the Judges. If Opt 1-a for forms is chosen, then Specific Forms Criteria (Appendix A) applies for only BB players (all NBL divisions) & only the following weapons will be allowed in hard traditional divisions: Kai (oar), kama (no rope), katana, kuwa (hoe), long bo, naginata, nunchaku, sai, tonfa & yarihoko. Each of those weapons have 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 four (4) inches taller than the player
 b) Construction - Must be hardwood, unadorned c) Weight / Thickness - 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)
 7. **RESTARTS** - BB-One restart allowed in contemporary (creative & musical - no traditional) weapons only. UBB-One restart allowed in any weapons division. No penalties or deductions by Judges for legal restarts. No second restarts. No restarts in grandchampionships.

SELF DEFENSE & BREAKING

1. **PROCEDURE** - (same as forms with the following exceptions below) **Note** - If Opt 1-a in forms is chosen, then Appendix A applies for BB divisions (all NBL divisions).
 2. **PLAYING AREA** - Self Defense (SD) can use mats. Breaking (BR) players must provide a 20'x20', minimum 2 mil covering under their breaking set-up excepting breaks exclusively using wood.
 3. **PLAYERS UNIFORM** - In SD, martial arts uniforms are not required unless Opt 1-a in forms is chosen, then NBL traditional SD players must wear traditional uniforms (See Appendix A).
 4. **PROPS** - All props are allowed, however if Opt 1-a in forms is chosen, then only people & unsharpened weapons, a chair & table can be used as props in traditional SD. In BR the players must execute all breaking actions, not a person being used as a prop.
 5. **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 printed (by hand, spray can, etc.) 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 remnants & 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.
 6. **CRITERIA** - Contemporary SD can use non-martial arts techniques & music. Judging should be based on execution of techniques, acting ability, dialog & ability to portray a realistic or abstract story & Judges must not consider the people used as props when scoring. Traditional SD must demonstrate only martial arts techniques, no music, no dialog except to explain a technique & Judges must not consider people used as props when scoring, only the ability of the player or players listed on the registration card. No dialoged skits, music or weapons in BR. The player must attempt at least 5 breaks & at least 1 must be a kick. A player will be allowed 2 attempts per break, a third attempt is DQ. 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.
 7. **TIES** - In BR, first time ties are determined 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.

POINT SPARRING

1. **RINGS** - (same as forms) 2. **FINAL DECISIONS** - (same as forms) 3. **NUMBER OF JUDGES** - Every division must have 3 Judges.
 4. **LOCATION OF JUDGES** - The Judges stand & move about inside the ring to judge or with a majority decision by the Judges in the ring, 2 may sit in corners just outside the ring.
 5. **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.
 6. **SAFETY EQUIPMENT** - Mouth piece, groin cup (males), hand, foot, & head gear is required. Cups cannot be worn outside the uniform. 7. **AGE** - (same as forms)
 8. **BELT RANK / 9. AMOUNT OF DIVISIONS / 10. AVAILABILITY** - (same as forms) 11. **WEIGH-IN** - All players must weigh-in & compete in the weight division(s) in which they qualify.
 12. **SEQUENCE** - Any necessary byes must be randomly chosen first. Then in all rounds, players from the same country (first), players from the same state (second) & players from same school location (third), shall not be paired against each other if possible. Paring is not done by height. (Players need not be present for the draw so long as their card was submitted. Under no circumstance is sequence to be redrawn or players that have competed made to restart due to a tournament error). Changes during any round to amend incorrect paring of players is required if discovered, as long as it is possible w/o changing previously completed matches. Note: VI.B.5. - Error by Official.
 13. **AVAILABILITY** - (Same as forms) 14. **TIME LIMIT** - Up to 2 minutes running time depending on option Opt 7-a or Opt 7-b.
 15. **COACHING** - Coaching is allowed from a coaches' box, but coaches cannot call or physically signal point calls for their player during a scoring break 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. 16. **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** - Options:
 Opt 4-a a) Head, face, ribs, chest, abdomen & kidneys.
 Opt 4-b b) Head, face, ribs, chest, abdomen, kidneys & groin.
 18. **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.
 19. **CONTACT** - Definitions: Contact - Technique within a 4 inch zone
 Opt 5-a 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.
 Opt 5-b b) BB & divisions with BB in them 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. UBB (unless the division includes BB) must use no contact to face scoring areas (or groin if it is a scoring area), light or no contact (the individual player's option) to headgear scoring areas & light contact to body scoring areas.
 Opt 5-c c) Same as option (b) except all ranks must use no contact to score to the face scoring areas (and groin, if it is a scoring area).
 20. **OUT OF BOUNDS** - Out of bounds is when neither foot is inside or touching the boundary line.
 21. **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 Cen. 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 infraction.
 24. **SCORING** - Points are awarded by majority vote of the Judges. Options:
 Opt 6-a 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 down.)
 Opt 6-b b) 1 point for hand & kicking techniques.
 Opt 6-c c) 1 point for hand & 2 points for kicking techniques. (Kicks are only 1 point for groin kicks & 1 point when either player is down.)
 25. **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. However, both 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.
 26. **NUMBER OF POINTS TO WIN** - Options:
 Opt 7-a a) The player with the most points after 2 minutes playing time or 10 point or more spread. Time will be stopped by Scorekeeper when play is stopped during the last 30 seconds of a match.
 Opt 7-b b) The first player to 5 points or the player who accumulates the most points after 2 minutes playing time, whichever is first.
 27. **OFFICIAL SCORE** - (same as forms) 28. **JUDGING ERROR** - A Judge making an admitted error may change the error before the next play is started. 29. **TIES** - Sudden death overtime.
 30. **INJURY** - Center Referee or Medical Personnel can prohibit a player from continuing due to injury. 31. **FINALS** - Total points in 2 minutes wins.
 32. **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 sportsmanship penalty.

TEAM SPARRING

1. **PROCEDURE** - (same as sparring, with exceptions) 2. **SEQUENCE IN TEAMS** - Youngest to oldest in junior, lightest to heaviest in adult & F, 35+, M in mixed divisions.
 3. **CONTACT** - (same option as chosen for point sparring). 4. **AMOUNT OF POINTS TO WIN** - Total points of all matches. 5. **TIES** - Broken by sudden death overtime in the last match only.
 6. **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 ended with the victim receiving 2 points or a team score of 2 points above that of his opponent's team score (whichever 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) Any substitute players' points count as injured players' points.

CONTINUOUS SPARRING

1. **RINGS** - (same as forms) 2. **FINAL DECISIONS** - (same as forms) 3. **NUMBER OF JUDGES** - Every division must have 5 Judges.
 4. **LOCATION OF THE JUDGES** - 4 sitting in corners outside ring, Center Referee is standing. 5. **UNIFORM** - (same as point sparring) 6. **SAFETY EQUIPMENT / 7. AGE / 8. BELT RANK**
 9. **NUMBER OF DIVISIONS / 10. SEQUENCE / 11. AVAILABILITY / 12. WEIGH-IN** - (all same as point sparring) 13. **TIME LIMIT** - The match shall last for 2 minutes.
 14. **COACHING / 15. TIME OUT** - (same as point sparring) 16. **SCORING AREAS** - Head, face, ribs, chest, abdomen & kidneys. 17. **TECHNIQUES** - (same as point sparring)
 18. **CONTACT** - Definitions (same as point sparring). All ranks must use no contact to the face scoring areas, light or no contact (the individual player's option) to score to head scoring areas, and light or moderate contact to score to body scoring areas. 19. **OUT OF BOUNDS** - (same as point sparring)
 20. **FORCED OUT VS. RUNNING OUT** - (same as point sparring) 21. **DOWNED OPPONENT** - When either player is down, the play is stopped & players reassembled.
 22. **PENALTIES** - Penalties & disqualifications are given out only by the Center Referee:
 - 3, 4 or 5 Point Penalty (Center Referee Discretion) - Moderate contact to face, kicking at downed opponent or hitting after a call to stop.
 - 2 Point Penalty - More than 3 hand techniques, touching the face, intentional dropping to floor (even after attempting to score), contact to non scoring areas, head, neck & groin grabs, head locks, hookpunches & uppercuts, running out of bounds, etc.
 - DQ - Excessive contact & unsportsmanlike conduct (See APPENDIX C - Sparring Penalties at a Glance).
 23. **SCORING** - 1 point for hand & kicking techniques, 2 points for head & spin kicking techniques & 3 points for spinning head kicks & spinning aerial kicks.
 24. **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. 1 minute into the match the Judges will give their scores for the 2 players & then tally points for the remaining 60 seconds.
 25. **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.
 26. **JUDGING ERROR / 27. TIES / 28. INJURY** - (all same as point sparring) 29. **FINALS** - (same as regular play)