

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.

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'l's 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

- 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.
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.
6. AGE - Player must compete at the age they were on the first day that the circuit's season began.
7. BELT RANK - Player must compete with the proper color belt worn for the division competing in & at the same rank in all divisions.
8. AMOUNT OF DIVISIONS - A player can compete in any amount of divisions.
9. STYLE - It does not matter what forms criteria you followed at any prior league event, the following applies.
10. MUSIC - All musical performances require musical choreography except "Open Musical" divisions.

WEAPONS

- 1. PROCEDURE - (same as forms)
2. SPECIFICATIONS - Weapons must be authentic to martial arts & must be protected from sharpness.
3. STYLE - 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").

Table with 8 columns: Length of Bo, Min. Required Wgt., Required Center, Required End, and four columns for different bo lengths (3'-3.6", 3'-6"-4", 4'-4.6"-48"-54", 4'-6"-5", 5'-5.6"-60"-66", 5'-6"-6"-66"-72", 6'-6.5"-72"-78").

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).
- SG/AM 7. **RESTARTS** - BB & UBB-One restart allowed in contemporary (creative & musical) weapons only (Both Eliminations & Finales, but not in Overall Grands). No penalties or deductions by Judges for legal restarts. No second restarts.

SELF DEFENSE & BREAKING

- 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).
- 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.
- 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 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.
- 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 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 as part of their scoring, only the ability of the player or players listed on the registration card. No dialogued 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 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.
- 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.

POINT SPARRING

- 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 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**
 - Head, face, ribs, chest, abdomen & 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 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.
- 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 Center Referee.
- 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.
- 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.
- SCORING** - Points are awarded by majority vote of the Judges.
 - 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**
 - 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 last 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 sportsmanship penalty.

TEAM SPARRING

- 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.
- 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 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)

CONTINUOUS SPARRING

- 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)
- 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, & light or moderate contact to score to body scoring areas. 19. **OUT OF BOUNDS** - (same as point sparring).
- 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, 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).
- SCORING** - 1 point for hand & kicking techniques, 2 points for head & spin kicking techniques, & 3 points for spinning head kicks & spinning aerial 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 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)