

# ***Southern Wisconsin Open Spring Karate Championships***

**Sunday, March 19<sup>th</sup>, 2017**

## **INDIVIDUAL EVENTS RULES AND REMINDERS**

### **In All Divisions-**

All competitors must be wearing a complete Martial Arts Uniform. This includes your uniform top. Competitors cannot compete in a t-shirt.

***There is NO COACHING by parents, family members, or instructors from any school while a competitor is in a ring competing.***

Encouragement and support of your students is expected and is the best thing you can do for them. However, it is their tournament, it is their competition, and you'll help them the most by cheering them on regardless of what place they come in. Competition is about getting out there and doing it, it is NOT about the size of the trophy...

**In Divisions where age is a factor, which would be Under Black Belt Kids and Black Belt Kids, the age a competitor will compete in is their age on the day of the tournament, Sunday, March 19<sup>th</sup>, 2017**

### **In the Under Black Belt Divisions-**

Under Black Belt competitors can compete in the Weapons, Forms, and Sparring divisions.

**There are no "musical forms" divisions for under Black Belt competitors.**

In the Weapons and Forms Divisions, competitors that forget their form or get lost can choose to start over if they wish. However, by starting over the center judge will take a one time .5 point deduction from their total score.

### **In the Weapons Divisions-**

Competitors who drop their weapon may pick it up and continue, but they will not be given a score. Competitors will be judged on their use and mastery of the weapon, NOT only their athletic ability...

There is NO music allowed in any Weapons Division.

Black Belts who win their Black Belt Weapons Division will be allowed to use music when competing for the Black Belt Grand Championship.

### **In the Sparring Divisions-**

We will use standard NASKA point fighting rules, 2 points for a kick, 1 point for a punch. There is NO ground fighting. All techniques must be above the belt. Competitors can sweep the front leg only to break balance, and only to the back of the opponents front leg foot pad.

**As in any Martial Art sparring event, when the Center Judge calls "Break" or "Point", both competitors must instantly stop and control their techniques. Late techniques thrown after the Center Judge has stopped the action will not be allowed or accepted and will result in a warning. Further disregard for this rule will result in that fighter's disqualification.**

**All sparring competitors, including Black Belts, must wear headgear**

**All sparring competitors in the Under Black Belt Divisions are encouraged to wear some type of chest protector or rib guard**

Fighters must wear hand and foot protection that covers the fingers and toes of their hands and feet. Just wearing shin guards and forearm guards that leave a portion of the fighters hands and feet exposed are not allowed.

Fighters must wear EITHER traditional foam dipped kicks and punches, or as an option for foot protection we will allow fighters to wear the Ringstar brand sparring safety shoe as approved by NASKA. This is the only brand we approve as an option for fighters to wear, if you're not sure if you're gear is allowed feel free to call me at 608-845-1333 before the day of the tournament!

Headgear “cages” are not required, but highly recommended

All competitors in all Sparring divisions MUST wear a complete Martial Arts Uniform! Sparring Competitors will not be allowed to compete in just a t-shirt.

→→→ **NEW!!!**

**There will now be a fight to determine  
3<sup>rd</sup> and 4<sup>th</sup> place in all sparring divisions!**

→ **Head Contact rules!** ←

**There is light head contact allowed in  
All Divisions**

**EXCEPT the following:**

**The ONLY divisions where there is NO head contact allowed  
are the Kids Divisions, Ages 4 to 13,  
for WHITE, GOLD, and ORANGE Belts!**

**In order to run a tournament of this size we need everyone’s help  
to keep things running smooth. Thanks again for your support!**

**Jeff Christensen – Tournament Director  
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