

Michigan Sport Karate Circuit Kata/Weapons Rules and Divisions.

| CONTINUOUS SPARRING (This is a BLACK BELT division that under belts can enter, but under belts must remove their belt) | | | | | | | | | | | |
|--|--------------------------|-------------------|------------------|-------------------|------------------|-------------------|------------------|---------------|-----------------|----------------|------------------|
| Girls 10yrs & under | Boys 10yrs & under | Girls 11-12yrs | Boys 11-12yrs | Girls 13-14yrs | Boys 13-14yrs | Girls 15-17yrs | Boys 15-17yrs | Men 18yrs+ | Women 18yrs+ | Veteran Men | Veteran Women |
| -55 | -55 | | | -100 | -100 | -120 | -120 | -140 | -120 | -159 | -140 |
| -70 | -70 | -100 | -100 | -120 | -120 | -140 | -140 | -160 | -140 | -179 | -160 |
| 71+ | 71+ | 101+ | 101+ | -140 | -140 | -160 | -160 | -180 | -160 | 180+ | 160+ |
| | | | | 140+ | 140+ | 160+ | -180 | -200 | 160+ | | |
| | | | | | | | 180 | 200+ | | | |

Competitors age as of January 1st the year of the competition. Competitors can move up in age and rank but will not be able to move back down.

Overview: Continuous sparring is designed to be a skilled event where the goal is out score your opponent by throwing and landing controlled techniques. It is not a full contact fighting match. Judges score the fight based on who they feel outscored their opponent. Influencing their decision is ring generalship, defense, fitness level, sportsmanship and technique. The Center referee will stop the match any time a competitor throws a technique that does not have the proper control.

In continuous fighting, fighters must protect themselves at all time. A match is stopped only if a rule violation occurs, like leaving the ring, equipment is loose or if one fighter this throwing techniques too hard and out of control. Safety of our competitors is the primary concern for the center referee. If a fighter continues to throw techniques without control they will be warned and eventually disqualified. On the other side, if a fighter is out of shape and is avoiding the fight they will also be warned and eventually disqualified.

Rounds: In all divisions the match consists of one round of two minutes. The gold medal match is, two rounds of two minutes

The competitor: The competitor must be dressed in a clean and appropriate uniform. Competitors cannot wear any objects that may cause injuries to the opponent. Piercings, chains, watches or earrings are not allowed. Eyeglasses are forbidden; soft contact lenses are allowed at the competitor's own risk.

Competitors may wear badges or their respective clubs, associations or sponsors. Names and slogans are permitted as long as they do not offend public decency. Headbands, hairnets and scarves are not allowed since they may slip. Long hair must be fastened by an elastic band.

Competitor equipment: The equipment must include: Helmet, Mouth guard (gum shield), 10 oz boxing gloves Safety kicks, Groin protector that must be worn under clothes (men and women), Shin guards that must be worn under clothes. No Face shields are allowed.

Scoring area:

Front, back, side and top of the head

Front and side of the body

Sweeps below mid calves

Every action must be controlled and well timed

In the event of a downed opponent, the match is stopped immediately. No techniques can be thrown towards downed fighter.

6. Prohibited actions:

Sweep and kick to knee and thigh (low kick)

Kick and punch to the groin

Kick and punch to the back of the body

Scratching, biting, spitting, verbal attacks to the referees or opponent

Kick and punch after stop called

Uncontrolled actions

Leaving the fighting area or falling down to waste time

It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus-point.

Only one coach is allowed and he/she is to stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the center referee using the sign "T" for time. At no time may the coach enter the fighting area. The referee may give a penalty point.

Scoring system: Three judges score the match. The judges use the "10 point must" system. This means that the judge awards the fighter winning the round 10 points. The loser receives 9 points. Scores can be affected by penalty points awarded by the center referee. The side judges must declare a winner of the match. They cannot decide on a draw, the judge must decide on an overall match winner.

Judges score the match on: total number of points scored, defense, technique, overall conditioning, good sportsmanship, number of minus points, warnings.

Penalty points: The center referee works on a 3 warning system. This means the center referee can warn a fighter twice for an infraction, like heavy contact. On the third warning a penalty point or minus point is given. The fourth warning results in disqualification. The center referee does hold the power to disqualify a fighter immediately for a gross violation of the rules. In this case they may ask side judges for their opinions.

Stopping the match: A match can be stopped in three ways. The corner throws in the towel. The doctor/medical staff decides that a fighter unable to continue. The center referee stops the match. In the first situation if a corner stops the match the opposition fighter is declared the winner. If the Doctor/medical staff decides a fighter cannot continue, then the center Referee must decide if the cause of the injury was due to a legal or illegal technique. If the technique was legal or the injury was not the result of anything the illegal action the other fighter did, the opposing fighter is declared the winner. If the injury was a direct result of an illegal technique or action then the injured fighter is declared the winner. The center referee may consult with the side judges on these matters.

Protest: The scoring of the Judges is final. Protests against the decisions of a Judge can only be accepted in the event that the competition rules have not been correctly applied. A Judges verdict given at the conclusion of any division shall be binding and may be altered only in the event that the Center Judge and Supervisor deem that one of the following circumstances has occurred: 1. A conspiracy has taken place or an illegal agreement has been entered into effect the result of the match. 2. The addition of the scorecards is faulty; one judge mixed up the corners, resulting in the victory being given to the wrong competitor. 3. A clear violation of the rules and regulations directly affecting the outcome of the match has been perpetrated. Protest shall be directed to the Center Judge and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The Center referee will decide on the protest after hearing evidence from the protesting side and the judges concerned. (Video will not be accepted). If a satisfactory resolution is not reached, the Chief referee for Light Contact at the Championships will decide the protest.