



RULES & REGULATIONS WESTERN CANADIAN KARATE CHAMPIONSHIPS

SPARRING RULES

Sparring: Non-contact

- No contact to the head, all blows must be stopped within two inches of the head
- contact to the body can be of medium force
- no strikes below the belt (with the exception of sweeps)
- if head contact is made, first offense results in loss of point, second offense results in disqualification
- all matches will be two minutes in duration or five point spread. In case of a tie, match will go into sudden death.
- foot sweeps are allowed but must be followed up immediately

Sparring: Touch-contact

- contact to the head must be light (neck must not snap) but is not always necessary to score a point. If there is no defense to a strike then a point should be called
- contact to the body can be made, but any malicious attempt to injure will not be tolerated
- no strikes below the belt (with the exception of sweeps)
- if excessive contact is made, first offense results in loss of point, second offense results in disqualification
- foot sweeps must be boot-to-boot and must be followed up

Sparring: All divisions

- if a person falls due to a sweep or a slip you have three seconds to score on the ground (must be a non-contact to the person on the ground)
- any disrespect to officials (e.g., swearing, showing poor sportsmanship, etc.) will not be tolerated. Black belts or instructors guilty of this offense may be disqualified and may have their entire clubs disqualified at the discretion of the Chief Referee

Mandatory Equipment

- **Foam hand gear and foot gear** which covers the heel, groin cup, and mouth guard
- **HEAD GEAR IS MANDATORY**

Disallowed Techniques

- Knee and elbow strikes
- Groin attacks
- Leg attacks (with the exception of boot-to-boot sweeps)

ALL OTHER TECHNIQUES WILL BE DISCUSSED AT THE BLACK BELT MEETING

KICKBOXING RULES

1. Single elimination matches of 90 seconds. Finals will be two 60 second rounds.
2. Light controlled contact to the head and controlled contact to the body
Excessive contact -warning or immediate disqualification
2nd warning-disqualification.
3. Leg kicks inside and outside of leg above the knee only.
4. No knee or elbow attacks.
5. No contact to the back of the head.

Required equipment- Min.14oz boxing gloves, Head gear, Shin & instep protectors, Groin cup, & mouth guard.

MODIFIED MUAY THAI RULES

Same rules as Kickboxing but allowing knees to the body and legs.