



46th Annual Western Canadian Karate Championships

RULES & REGULATIONS

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, the first offense results in loss of point, second offense results in disqualification.
- Foot sweeps are allowed but must be boot-to-boot and must be followed up.
- We will be using the 3,2,1 point system. 3 points for a jump kick to the head. 2 points for a jump kick to the body or a kick to the head. 1 point for a punch to the body or head.
- Matches will be a 2 minutes total points or a 10 point spread.

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 strike 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 2 minutes. 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
6. No spinning back fists
7. Weight divisions will be formed once a competitor pool is established.

Required equipment:

Min.14oz boxing gloves,10 oz or lighter for children depending on referee discretion. 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.