

# **AKKA's Semi-Annual Karate Tournament Rules**

## **Little Ninja Flag Sparring**

- 1. One minute round per match. Time is stopped when the match is stopped.**
- 2. 4 Flags per competitor placed in the front part of each competitor's belt.**
- 3. Competitors each wear a head gear that we provide**
- 4. Competitors compete using the single elimination system.**  
Go to [Sparring Bye System](#)
- 5. Match is stopped each time a flag is drawn. If flags are drawn at the same time, they both will count. Only one flag can be drawn at a time.**
- 6. Competitor with the most flags at the end of the minute wins.**
- 7. If a competitor draws all 4 flags on the other competitor, the match is over**
  - 8. If time is up and competitors have an equal amount of flags left. Match will go into sudden death. Competitors will go again until another flag is drawn making the competitor that drew the flag the winner.**

## **Forms Divisions- Empty Hand and Weapons**

Competitors are judged based on the following.

- 1. Knowledge of form**
- 2. Presentation/showmanship**
- 3. Balance**
- 4. Focus**
- 5. Intensity**
- 6. Quality form of stances/strikes**
- 7. Control**
- 8. Control of weapon for weapons forms**
- 9. Courtesy**
- 10. Scores are between 8 and 9 for under Black Belt.  
9-10 for Black Belt.**
- 11. Scores are added and divided by the number of judges. Highest average wins  
The higher the competitor's rank, the higher the expectation.**

## **Forms Grand Championship**

The winner from each empty hand forms division will compete against each other. Scoring is between 9-10. Scores are added together and divided by the number of judges. The highest average wins.

# **Padded Weapon Sparring**

## **Padded Sword Sparring and Padded Bo Staff Sparring**

- 1. Strict One minute time limit, continuous sparring. Judges only stop the match for an equipment failure or if there is a safety concern.**
- 2. Competitors use the single elimination system.**
- 3. Each student wears a head gear and sparring gloves that we provide. Students are expected to use their own if they have them.**
- 4. Whomever dominates the match with the most effective strikes wins per the majority of the judge's simultaneous call.**
- 5. Targets are anywhere on the opponents body except the face. Top and Side of Head, Legs, arms, mid section, no contact to the face. Competitors must only use the padded section of the weapon for striking.**
- 6. Contact is touch only. Excessive contact will disqualify a competitor.**
- 7. Competitors compete using the Single elimination system. Go to [Sparring Bye System](#)**

## **Required Gear for Tournament Sparring**

1. Head Gear
2. Sparring Boots
3. Shin Guards
4. Rib and Chest protector (under 18 yrs)
5. Mouthguard
6. Protective Cup(males)

### **NO EXCEPTIONS!**

**Gear must be in good condition and be the required AKKA approved gear to be allowed in the competition.**

# Point Sparring

1. 3 point matches. First to 3 wins.
2. There must be a majority of a judges' call to receive a point.
3. 1 point for kick, 1 for punch. Point scored at the same time will be called a "clash" and no point will be awarded to either competitor.
4. Targets: a. front and side of the body b. top and side of the head
5. Competitors compete using the Single elimination system.  
Go to [Sparring Bye System](#)
6. 2 minute time limits. Clock is stopped each time the competitors are called to stop. If time runs out, the competitor with more points wins. If there is a tie, then the match will continue until a point is scored..
7. Out of Bounds. Competitors are allowed out of bounds 2 times. On the 3rd time, the other opponent is awarded 1 point. Points can be scored on a competitor that is out of bounds as long as the other competitor is in bounds.
8. All competitors must be in full gear  
Headgear, gloves, boots, shins, rib guards, mouthguard, cup for boys.
9. No contact to the face, back, or below the waist.
10. Competitors are allowed 1 warning for illegal or excessive contact and low strikes. 2<sup>nd</sup> time and the other competitor is awarded 1 point. 3rd Time warrants disqualification.
11. [Sparring Bye System](#)- this is necessary to insure that there will be only 1 winner. This depends on the number of competitors. In some cases, a name will be drawn at random and that competitor will advance in the division even though no match was fought.

# Rules for Continuous Sparring

1. One 60 second round per match. Time only stops for equipment failures and/or safety concerns.
2. Competitors are allowed medium contact to the body and light contact to the head. There is no face contact allowed. No contact to the back. Strikes are allowed below the waste but must not be against the knee.
3. At the end of the match, 5 judges decide simultaneously who dominated the match.
4. Competitors compete using the single elimination system. Go to [Sparring Bye System](#)
5. Gear requirements: Head gear, boxing gloves, foot gear, shin pads, mouth guard, protective cups for men.