

United Karate Alliance

Official Rules rev. 2009

All events sanctioned by the United Karate Alliance will follow and enforce these rules.

AGE AND RANK RULES:

LEGAL AGE RULE: All competitors have the option of competing in the same division all year long for rating purposes, by establishing a **legal competition age** for the year. **The age that a competitor is on June 30th of the current competition year is their legal competition age for that year.** They can compete all year at that age so he/she can earn rating points in one age division all year. A competitor can always choose to compete in his/her chronological age and will be awarded points in that division when doing so. All points stay in the division the competitor earned them in and do not go with the competitor if the competitor changes divisions. The legal age rule is developed for rating purposes only.

PROOF OF AGE RULE: All competitors must be able to provide proof of age. If there is a legitimate reason to question a competitor's age, he/she must be able to present a proof of age (birth certificate, driver's license, or other acceptable documents) to prove his/her age.

RANK RULE: A competitor must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a lower belt division than the highest level of belt he/she has earned. All competitors have the option to compete in the same division all year long for rating purposes by establishing a legal competition rank for the year. If, because of a projected rank promotion during the year, a competitor wants to compete all year in a higher rank division in order to keep their points in one division, then the competitor can move up a rank division and earn rating points in that rank division all year. A competitor can always choose to compete at his/her current rank and will be awarded points in that division when doing so. All points stay in the division the competitor earned them in and do not go with the competitor if the competitor changes divisions. Once a competitor competes as a black belt legally, he/she must always compete as a black belt.

Ranks In 3 Belt Divisions Are:

Beginner - White, Yellow, Orange

Intermediate - Purple, Blue, Green

Advanced - Red, Brown, Black

Ranks In 2 Belt Divisions Are:

Advanced - Black, Brown, Red and the belt before

Beginner - All other belts

FORMS COMPETITION

1. All forms competitors must be ready to compete by the "final call" for that division. **Once competition begins, NO COMPETITOR WILL BE ALLOWED IN THE DIVISION.**
2. Forms competitors must wear a traditional karate/kung fu uniform. An official school T-shirt and/or shoes (non-marking sole) may be worn.
3. Forms competitors will receive a score within the range of 9.50 to 10.0 in all divisions. Scoring is based on several factors including: execution of the form, degree of difficulty and effectiveness of the techniques. Three judges are required for all divisions below black belt, five judges are required in all UKA rated black belt divisions (three can be used in non-rated divisions if necessary)
4. In case of a tie for **first place**, competitors will perform the same form again. If the new

scores fail to break the tie, **the majority of high scores will determine the winner.** (**In divisions with 5 judges, high & low scores are removed and the **remaining** three scores are added. In the event of a tie, high & low scores are added back in to break the tie.**)

In the case of a tie for other places, **the majority of high scores** will be used first. If that does not determine a winner, competitors will perform the form again and a **show of hands will determine the winner.**

5. If a competitor forgets the form and informs the Judges of this, competitor may start the form again. **The center judge will deduct ½ point from the official score and have the score keeper make the adjustment.** A competitor who forgets the form twice is disqualified and receives “no score”. **BLACK BELTS are not allowed to start again and receive a “no score”.**

WEAPONS COMPETITION

Same rules as for FORMS COMPETITION and:

1. Competitor must compete with an authentic martial arts weapon.
2. Weapon must be in safe condition and may be inspected by the Judges.
3. If the weapon is dropped during the form, competitor will receive “no score”.

The panel of judges for Forms/Weapons competition is determined by the tournament Promoter. If an issue of suitability is raised, the Promoter and Arbitrator will settle the issue. Once competition begins, the Panel will remain in force.

SPARRING COMPETITION

Our goal is to provide a fair, safe environment. In order to achieve that goal, the following rules will govern all sparring competition.

Sparring competitors must be ready to compete at the “final call” for the division. Once competition begins, NO COMPETITOR will be allowed in the division.

REQUIRED EQUIPMENT

Competitor must show up at the ring with all required equipment (**foam-dipped gloves and feet-gear, helmet and mouthpiece, Ringstar shoes are also approved (not Flex) (all males must have protective groin cup).** **An official martial arts uniform is required** (same as in forms competition). A competitor cannot compete without required equipment.

WHAT A POINT IS

A point is any legitimate, legal martial art technique delivered to any legal target by a competitor who is in bounds. Technique must strike opponent with *light to moderate* contact. Competitor must demonstrate control of the technique and be in proper balance when executing the technique.

LEGAL TECHNIQUES/TARGETS

Legal techniques are any legitimate martial arts technique delivered with proper control.

Techniques must strike opponent with the padded glove or with the foot.

GRABS: Competitor may grab the uniform, arm/leg of opponent in an opportunity to score a legal technique. Competitor must release after 1 second AND before the scoring technique.

SWEEPS: Competitor may use a sweep in an attempt to score. Sweep must be executed front leg to front leg, below the calf and to the back of the leg only. The sweep **MUST BE FOLLOWED** with an immediate attempt to score a legal point.

LEGAL TARGET AREAS: (1) head (2) ribs (3) stomach (4) chest (4) kidneys (5) **Light, controlled contact to the face is allowed in ADULT BROWN/BLACK belt divisions**

NON-TARGET AREAS: arms, legs, throat, hips, back (except kidneys)

PENALTY POINTS

NO OFFICIAL WARNINGS are given for violation of rules that are observed by the Center Referee or the majority of corner judges. **For each rules violation** (determined by the center referee and/or majority of corner judges), **one point is awarded to opponent**. If a competitor commits three violations in one match, competitor is disqualified.

FACE CONTACT RULE: a competitor who strikes the face of opponent **two times in one match is disqualified (unless it is legal in that division)**

BLOOD RULE: If a competitor's contact causes flowing blood or immediate swelling to opponent **AND** the contact is seen by the officials, the competitor who executed the technique is disqualified.

DISRESPECT RULE: **Disrespect will not be tolerated.** A competitor (or his/her instructor/parents) who shows disrespect to officials can be disqualified.

VIOLATIONS

Sparring competitors **CANNOT** : (1) strike to the face (except Adult Brown/Black belts) (2) intentionally strike any "non-target" areas as defined above (3) receive coaching from anyone (4) run out of bounds or fall to avoid contact (5) deliver a technique with malicious intent OR excessive force (to be determined by majority of judges) (6) demonstrate unsportsmanlike conduct (7) perform an illegal sweep/throw (8) hold and strike opponent

OFFICIALS

The tournament Promoter determines officials for sparring divisions. In case of suitability issues, Promoter and Arbitrator decision is final.

Three judges are required for all divisions below black belt. Five judges are required in all UKA rated Black Belt divisions (three can be used in non-rated divisions if necessary).

CENTER REFEREE is in charge of running each match. Center Referee can award Penalty Points on violations that he clearly sees (without confirmation from corner judges). Center Referee can over rule corner judges in cases where he sees the violation and they call a point.

As a matter of personal honor, an official should remove himself anytime his/her student is competing in a match. Center Referee may ask corner judges to step out of the ring during a

match that students are competing. Center Referee should never officiate a match with his/her student competing.

MATCHES

Each sparring match shall be two minutes running time **OR** first competitor to score seven points.

Legal techniques delivered with the hand = 1 point, legal technique delivered with the foot = 2 points.

In case of a tie, the first competitor to score a legal point wins the match.

WEIGHT DIVISIONS

In all UKA sparring divisions that are divided into weight classes, sparring competitors must weigh in at the tournament site. Competitors must compete in the appropriate weight class. Promoters will provide an accurate scale and record the competitor's weight (no shoes or gear will be worn at time of weigh in).

Official weight at the time of weigh- in will be considered final.

BLACK BELT WEIGHT CLASSES:

LIGHT WEIGHT : 165 pounds and under

MIDDLE WEIGHT: 166 -189 pounds

HEAVY WEIGHT : 190 and over

UNDER BLACK BELT WEIGHT CLASSES:

LIGHT WEIGHT: 179 pounds and under

HEAVY WEIGHT : 180 and over