



International Sports Karate Association

Australia

Light-Kick Sparring Rules

2016

This rulebook contains the standard rules that all sanctioned International Sports Karate Association (ISKA) Light-Kick Sparring events are to be conducted in the Oceanic Region, including but not limited to Australia and New Zealand.

Competitions conducted outside the Oceanic Region may be subject to alternate rules. When entering competition outside the Oceanic Region, Competitors are advised to ensure they become familiar with the rules with which the competition is being conducted under.

No alteration or adjustments to this rulebook will be made within thirty (30) days of any sanctioned event. All alteration and adjustments will be passed by a majority vote of the International Sports Karate Association Incorporated Board of Directors. Any alterations or adjustments will be generally communicated by the most appropriate channel as determined by the International Sports Karate Association Incorporated Board of Directors.

<b>DOCUMENT CHANGE CONTROLS</b>	
<b>Version</b>	<b>Document Changes</b>
V1: August 2016	
V2: August 2016	Section 1.1 deletion of second paragraph
V3: August 2016	Add Section 1.20, 1.21 and Competitor Uniform & Required and Recommended Safety Equipment photos

## Contents

1. Light-Kick Sparring .....	4
1.1 Definition .....	4
1.2 Weigh-In.....	4
1.3 Light-Kick Sparring Rules.....	4
1.4 Legal Target Areas.....	5
1.5 Illegal Target Areas (Prohibited Techniques and Behaviour).....	5
1.6 Legal Techniques.....	6
1.7 Scoring.....	6
1.8 Referees and Judges .....	7
1.9 Referees .....	7
1.10 Point Values and Winner Determination.....	7
1.11 Scoring Techniques .....	7
1.12 Bouts .....	7
1.13 Decisions .....	7
1.14 Changing a Decision .....	8
1.15 Warnings .....	8
1.16 Points Over.....	9
1.17 Exit Rules.....	9
1.18 Match .....	9
1.19 Disqualification .....	10
1.20 Competitor Uniform.....	10
1.21 Required and Recommended Safety Equipment.....	10
CENTRE REFEREE AND JUDGES HAND SIGNALS.....	12
COMPETITOR UNIFORM .....	13
REQUIRED AND RECOMMENDED SAFETY EQUIPMENT.....	14

# 1. Light-Kick Sparring

## 1.1 Definition

Competition in Light-Kick sparring should be executed as its name implies, with well-controlled techniques.

In Light-Kick competitors fight continuously until Central Referee command STOP or BREAK. They use techniques from full contact, but these techniques must be well controlled when they land on legal targets. Equal emphasis must be placed on both punching and kicking techniques.

Three judges make the complete scoring decisions with the use of clickers.

## 1.2 Weigh-In

It is mandatory for all competitors, who compete in a weighted Division, to weigh-in before engaging in competition. Only one official weigh-in is required. If any Official feels a competitor is trying to mask their weight by wearing unreasonable clothes or equipment, they will be asked to remove those articles of clothing before weighing-in. A Competitor cannot compete in a weight division in which they do not make the proper weight. This means a Competitor cannot go up to a heavier weight Division or go down to a lower weight Division.

## 1.3 Light-Kick Sparring Rules

Competitors will enter the ring and touch gloves. They will then step back and assume a fighting stance and wait for the command FIGHT from the Centre Referee.

The Centre Referee will initiate the fight by commanding fight, when the Centre Referee calls STOP, the competitors must return to their starting points on the mat. If the Centre Referee's commands break both competitors must step back and then reengage with their opponent.

The time will only be stopped on the command of the Centre Referee, by calling TIME to the area control table. Time is not stopped to award penalties unless the Centre Referee feels it is necessary to do so.

The Centre Referee should not talk to the competitors during the match unless they have stopped the clock.

Competitors may have one Coach in their corner during the match. The Coach must remain in the allocated coach's area.

No coach will be allowed to enter the fighting area while a match is in progress and no Coach will be allowed to interfere with any Centre referee or judge. No Coach will be allowed to make derogatory remarks about a Centre Referee or judge or comment. A Coach may be removed from their coaching position during the match if they continue to abuse officials or Referees.

Only the Centre Referee may ask for time to be stopped. A Competitor may request the clock to be stopped to adjust Safety Equipment or check an injury. The Centre Referee does not have to stop the clock if they feel it will take away the advantage from the other Competitor. Time-stops must be kept to a minimum.

If the Centre Referee feels a Competitor is using time-stops to rest or to prevent his opponent from gaining advantage, a warning will be given and the competitor may be following discussion with judges, disqualified for delaying the match or refusing to fight.

#### **1.4 Legal Target Areas**

The following parts of the body may be attacked using legal techniques:

- Head
- Front and side
- Torso
- Front and side
- Legs
- Thigh (only from outside to inside and vice versa) which can be attacked using the shin
- Feet
- Only for sweeping

#### **1.5 Illegal Target Areas (Prohibited Techniques and Behaviour)**

It is prohibited to:

Any Attacks other than those mentioned in section 7.

- Attacks with malicious or excessive contact.
- Top of the head area.
- Falling or dropping to the floor without due cause.
- Back of the torso (Kidneys and spine).
- Top of the shoulders all parts of Neck area.
- Below the belt (Except for Foot Sweeps).
- Continue after the Centre Referee has called "Stop".
- Turn one's back to the opponent, running away, deliberately falling down.
- All blind, uncontrolled techniques in general.
- Back of the Head.
- Groin.
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- Wrestling and ducking below opponent's waist.
- Throwing.
- Attacking an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knee touches the floor.
- Leaving the Fighting Area (Exits).
- Continue after the command "Stop" or "Break" or the end of the round has been sounded.
- Oil on the face or the body.

- The competitor spits out their mouth-guard voluntarily.
- Ground attacks. A competitor cannot attack an opponent on the ground. The Centre Referee is responsible for stopping the match immediately when one of the two competitors touches the floor with any part of the body apart from their feet. Stomps to the head or body of a downed competitor can lead to a point over to the other competitor or disqualification (Judges must decide by majority decision).
- Unsportsmanlike-like conduct. A competitor shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike conduct, the competitor may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.
- Inappropriately arguing/ commenting on a Centre Referees/Judge's decision.
- Inappropriately arguing/ commenting on a score not given.
- Attacking or verbally abusing an Official either inside or outside the ring.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal of the Coach from the ring area and based on the Arbitrators review possible permanent removal from arena/event.
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

## 1.6 Legal Techniques

### Kicks

- Front kick, side kick, round house kick, hook kick, crescent kick, axe kick, jumping kicks and spinning kicks.

### Hands

- All kind of boxing punches.

### Leg, Foot sweep

- To score with a Foot sweep the attacker must remain on their feet at all times. If in the execution of a Foot sweep the attacker touches the floor with any part of their body other than their feet, no score will be given. A score will be awarded to the attacker if the opponent touches the floor with any part of their body other than their feet.

Hand and foot techniques should be used equally during the entire fighting period. It is extremely dangerous to strike with the back of the heel; it must be strictly emphasized that the attacking competitor must use control touch contact techniques when executing the following, Axe, Hook, jumping and any type of spinning kicks i.e.: hook or jumping kicks.

## 1.7 Scoring

A "scoring technique" occurs when a legal sport martial arts technique is scored by a Competitor in-bounds and up-right (not considered down) without time being called that strikes his opponent with the allowable amount of **focused touch contact** and **focused control** to a legal target area.

If a competitor jumps in the air to attack or defend, they must land inside the ring with both feet to score and they must keep their balance. They are not allowed to touch the floor with any part of their body except their feet.

## **1.8 Referees and Judges**

Each of the three judges must be seated in three separate respective corners of the rings.

## **1.9 Referees**

Judges will keep a record of scoring strikes on hand held devices (e.g. clickers) that will help specify their vote for a winner at the conclusion of each match.

A draw decision by the Judges will be decided by a “sudden victory extension” decided by the first scoring clash. Refer to section 8.2 Scoring Techniques.

## **1.10 Point Values and Winner Determination**

- Punch - 1 point
- Kick to the leg (Thighs - Inside / Outside) - 1 point
- Kick to the body - 1 point
- Foot sweep leading the opponent to touch the floor with any other part of the body apart from their feet) - 1 point
- Kick to the head - 2 points
- Jumping kick to the body - 2 points
- Jumping kick to the head - 3 points

## **1.11 Scoring Techniques**

For all legal techniques (Punches, Kicks or Sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will push the button once on the clicker for a hand technique and leg technique to the body or foot, if it is a kick to the head they will push the button twice. If it is a jumping kick to the head they must push the button three times, a jumping kick to the body twice. Indicating the correct competitor (Red or Blue corner), in the event where there is more than one round, points, starting from first round, will continuously be added from the judges. For example, competitor one scores 6 in the first round, competitor two scores five, and these points will carry over to round two in the finals only.

In the event of a tie the Centre Referee will extend the fight for another 30 seconds, the competitor with the most points scored within that time will be declared the winner.

## **1.12 Bouts**

In normal competition one bout is 2 minutes.

At International level, one bout is 2 minutes for preliminary and two bouts are two minutes per bout for finals.

## **1.13 Decisions**

The following decisions could bring the fight to an end;

- Winner by points.
- Winner by disqualification of the opponent.

In difficult cases, the Centre Referee may also call out a disqualification without having given a warning beforehand.

For example:

- Knocking out the opponent by an uncontrolled blow to the head or malicious attack.
- For excessive, continuous hitting after the "stop" command.
- By extreme un-sportsman-like conduct of a competitor such as insulting the Centre Referee, Judges, the opponent or coaches.
- Showing overly aggressive behaviour.
- Winner by not showing up.
- Excessive Exits.
- Winner by stopping the fight (Referee Stops Contest, RSC).
- Official Warnings can only be given by a majority decision of judges.

A fight may be stopped if the competitor is unable to fight or defend themselves and also if the other competitor shows total athletic superiority. The Centre Referee decides who the winner is. If the fight is stopped because a competitor is injured, then the officials must make a decision.

### **1.14 Changing a Decision**

All Referee decisions are final and cannot be changed unless agreed by the Arbitrator

- Clear and fundamental mistakes which occurred in calculating the points are discovered.
- One of the judges declares they made a mistake and switched the scores of the competitors.
- There are evident violations of ISKA rules.

### **1.15 Warnings**

Warnings given to a competitor's corner, count against that competitor.

A Centre Referee may, without stopping the fight can give a caution to a competitor where a foul has occurred.

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing the face with arm or elbow, pushing back the opponent.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back, particularly on the back of their neck, head and kidneys.
- Lying down, wrestling or not fighting at all.
- Grabbing.
- Holding.
- Attacking an opponent who is on the floor or getting up.
- Clinching without any reason.
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding the opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Falling down intentionally, in order to avoid a blow.



- Using insulting and aggressive language during a round.
- Refusing to withdraw after the call "BREAK".
- Trying to land a blow on the opponent immediately after a "BREAK" call and before withdrawing.
- Insulting the Centre Referee at any time.
- When a warning for all types of fouls has been administered.
- Inappropriate behaviours of a coach or team members and parents.

### **1.16 Points Over**

Criteria for point over, given only by the Centre Referee,

- Unclean fighting style.
- Constant clinching.
- Constant and continuous ducking, turning of the back.
- Not engaging in fight.
- Excessive contact.
- Heavy knock down.
- Any Serious violation of the rules.

### **1.17 Exit Rules**

- 1st Exit = Official Warning
- 2nd Exit = Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
- 3rd Exit = Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
- 4th Exit = Disqualification Verbally communicated to athlete/coach with appropriate hand signal

### **1.18 Match**

A coach must obey by the following rules,

- Only the coach may be at the ring side during breaks.
- No advice is to be given to the competitor during the fight (encouraging is allowed).
- A coach can give up the fight on behalf of their competitor, if the competitor is in difficulty.
- During the match the coach cannot be on the ring.
- A coach who violates the rules may receive a warning or disqualification by the Centre Referee for bad behaviour and be refused to act as a coach for the remainder of the tournament.

Once the Competitors enter the ring, the rules make the contest as equal and as fair as possible for both Competitors. Therefore, the following rules on coaching apply:

- Never at any time, can friend/s, team member, etc.; enter the ring. Only the Officials, Competitors and medical personnel are normally allowed in a ring.
- No abusive, violent, unsportsmanlike or overzealous coaching is allowed.
- A coach can never, at any time, interfere with the proper running of the ring or the decisions of the Judges.

The Centre Referee will issue penalties for any of the above coaching infractions.

### **1.19 Disqualification**

The Centre Referee may at their discretion disqualify a Competitor for fouling or unsportsmanlike behaviour.

### **1.20 Competitor Uniform**

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform or T-shirt where club and club emblem are only displayed and are in a good state of repair.

T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform or if they list the schools name or logo on the uniform top. A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation.

The appropriate colour belt or sash must be worn in competition.

### **1.21 Required and Recommended Safety Equipment**

ISKA approved headgear; hand; shin guards; footpads; mouthpieces; groin cups (for male Competitors) and chest guards (for all Competitors 17 year and younger) are mandatory for all Competitors in sparring divisions.

The Competitor's equipment will be checked and if it is deemed unsafe, they will be asked to change the equipment before they can compete.

**Hand Pads:** Must be boxing type gloves. A soft padded surface must cover the fingers, wrist and any striking surface of the hand.

**Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. (ISKA has approved the use of "Ringstar" sparring shoes in all sparring divisions, with the same stipulations placed on other approved sparring gear.)

**Shin Guards:** Must cover the front of the shins and be of soft padding.

**Head Gear:** The front, sides and back of the head must be covered by a soft padded surface. In addition to the head gear, a face shield is required for all Competitors 17 years and under.

**Chest Guard:** All 17 years and younger Competitors must wear an approved chest protector in sparring. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Rib guards that cover only the abdomen area are not approved chest guards.

Insufficiently padded gloves, foot, chest and head gear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The tournament's official rules Arbitrator ultimately determines the

approval or denial of the equipment. A properly fitted mouthpiece is required. Shin pads, elbow pads and rib/chest guards are highly recommended for additional safety to all sparring Competitors in all divisions.

## CENTRE REFEREE AND JUDGES HAND SIGNALS



Centre Referee



Warning



Official Warning



One Point Minus



Disqualification

## COMPETITOR UNIFORM

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform or T-shirt where club and club emblem are only displayed and are in a good state of repair.

Refer to section 1.20.



## REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

### Standard Sparring Equipment 17 YEARS AND UNDER



ISKA standard  
head gear for 17  
years and under

ISKA standard  
boxing type gloves

ISKA chest guard  
compulsory for 17  
years and under

ISKA recommended  
standard shin and  
bootie





**Standard Sparring Equipment 18 YEARS AND ABOVE**



**ISKA standard head gear for 18 years and above**

**ISKA standard boxing type gloves**

**ISKA recommended standard shin and bootie**



**STANDARD SPARRING EQUIPMENT FOR 18 YEARS AND ABOVE**



**STANDARD SPARRING EQUIPMENT FOR 17 YEARS AND UNDER**



It is compulsory for all male competitors to wear a groin guard. Boxing type gloves and headgear must be worn.

