

Wisconsin Black Belt League

REQUIRED AND RECOMMENDED SAFETY EQUIPMENT FOR COMPETITION

UNIFORM: All competitors must wear a complete professional martial arts uniform. The appropriate ranking color belt must be worn during competition. Sparring uniforms must have sleeves that reach to the middle of the forearm.

FOOT GEAR: A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. Ringstar sparring shoes are also acceptable for competitions.

HAND GEAR: A soft padded surface must cover the fingers, wrist and any striking surface of the hand.

SHIN GEAR: A soft padded surface must cover the shins for safety

GROIN CUP: A properly fitted groin cup is required for all male competitors.

MOUHPIECE: A properly fitted mouthpiece is required.

HEAD GEAR: The front, sides and back of the head must be covered by a soft padded surface. All competitors under 18 must also have face shield/cage.

CHEST/RIB GUARD: Chest/Rib Guards are highly recommended for additional safety to all sparring competitors. All competitors under 18 must wear Chest/Rib Guards.

SPARRING RULES

LENGTH OF MATCH FOR SINGLES: One, two minute round unless one competitor has a seven point advantage over their opponent. If a match is tied at the end of two minutes, golden point will determine the victor.

LENGTH OF MATCH FOR TAG TEAM: One, three minute round unless one team has a 7 point advantage. If a match is tied at the end of three minutes, golden point will determine the victor.

TAG TEAM SPECIFIC RULES: There are only two fighters allowed on a team. Only one fighter from each team is allowed to spar in the ring at a time. The fighters on the outside of the ring have to stay on their respected baselines until tagged in. Team fighters can tag in and out at any time during the match. The moment a tag is made, the fighter tagging in becomes the "legal" fighter whereas the other fighter must return to the baseline. A tag is made when the hand of one fighter makes contact their partner's hand or foot. Points can only be scored on the "legal" fighter.

POINT VALUES AND WINNER DETERMINATION: All legal hand techniques that score will be awarded one point. All legal kicking techniques that score will be awarded

two points. All penalty points awarded will be awarded one point. The competitor who earns a seven point advantage in Singles or Tag Team, or whoever is ahead at the end of the two minute or three minute round is declared the winner.

WHAT IS A POINT: A point is a controlled legal sport karate technique scored by a competitor in-bounds with or without competitors hand touching the ground and without time being called, that strikes a competitor legal target areas.

LEGAL TARGET AREAS:

Entire head and face, ribs, chest, abdomen, and kidneys.

ILLEGAL TARGET AREAS: Spine, neck, throat, groin, legs, and back.

LEGAL TECHNIQUES: Legal techniques are all controlled sport karate techniques, except those listed as illegal.

ILLEGAL TECHNIQUES: Pulling of the hair, head butts, biting, fish hooks, scratches, elbow strikes, knee strikes, throws, open hand slaps, uncontrolled blind techniques, such as a spin back fist, or any other techniques seemed dangerous and unnecessary by the master official.

SWEEPS: Sweeps can be used in order to strike your opponent off balance with the intention of immediately following up.

WARNINGS AND PENALTIES: One verbal warning for any rule infraction will be given prior to the restart of match. After the first verbal warning, one penalty point will be awarded to the opponent. If the problem persists, a disqualification under the discretion of the master official may ensue.

REASONS FOR PENALTIES: Attacking illegal areas, falling to the ground to avoid fighting, delaying time, going out of the ring to avoid fighting, unnecessary contact, knockouts.

DISQUALIFICATION: A disqualification is made under the discretion of the master official alone.

BLOOD RULING: Drawing blood is not an automatic disqualification. The master official has the discretion whether a disqualification should or should not take place and may award 1 point to the competitor that is bleeding.

OUT-OF-BOUNDS: A fighter is out of bounds as soon as they do not have at least one foot touching inside or on the ring line. A fighter out of bounds does not stop the match, only the master official can. That fighter cannot score when out of bounds, however that fighter can be scored on by the "legal fighter" from in bounds. **DON'T GO OUT OF BOUNDS!**