



# **Jin Sei Ryu Karate-Do International Tournament Rules Book**



**Sanctioned by the World Martial Arts Championships**

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# 1 GENERAL

## 1.1 RING DIMENSIONS AND BOUNDARIES

The ring is 8m x 8m in size, with a clearly delineated border of 1m around the perimeter. For the sparring divisions, the 6m x 6m area inside this perimeter is defined as the “fight zone”. See diagram at right.

Athletes and visitors shall not endanger themselves or others while attending the tournament. This will include the safe supervision of children at the tournament.

Should an athlete use any area (or off the mats) for practice, that person must ensure no other person(s) be affected by such practice that may cause an injury or damage in proximity of the practice.

## 1.2 UNIFORM

Athletes will wear their normal training uniform. It should be clean and in good repair, and in good taste, or he/she may not be allowed to participate. In the case of a freestyle system, where there is no uniform *per se*, their clothing should include something that denotes their club affiliation e.g. a club t-shirt, or logo on the shorts/track pants.

While competing, one contestant will wear a red identifying marker, and the other may wear a white identifying marker.

Shoes will not be permitted for athletes for any sparring divisions, nor on the competition mats.

### 1.2.1 Protective equipment

An athlete must not use equipment or wear anything that is dangerous to himself or another athlete (including any kind of jewellery or piercings).

Fingernails and toenails must be kept short and should not constitute a risk of injury to another athlete.

Glasses may not be worn during competition in Sparring, Demonstrations, Fun events or any Xtreme events such as Xtreme Forms or Xtreme Weapons.

Athletes are permitted to wear sports glasses/sports goggles (with strapping) provided that the sports glasses/goggles are assessed for suitability by the National Technical Commissioner (NTC) or his/her representatives.

The athlete must carry a medical certificate (from their optometrist, ophthalmologist, or general practitioner) confirming the athlete is required to wear visual aids while competing in WMAC.

Personal Protective Equipment must be worn when competing in combat events at the competition. This includes:

**GLOVES** – (sparring events only) these must cover the knuckles, and be soft enough to protect someone hit

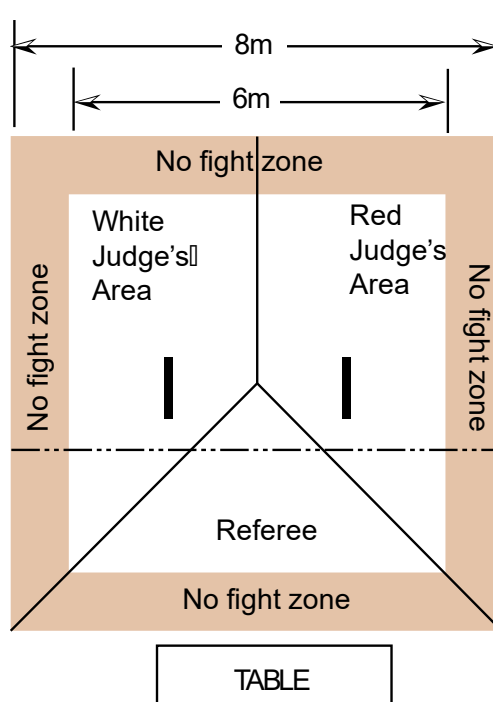


Figure 1 Mat layout

The primary purpose of the gloves and the shin-instep protectors is to protect the person being struck. Protecting the wearer is a secondary purpose.

The referee and judges shall be the final arbiters of whether any given pair of gloves is deemed acceptable.

accidentally, while also protecting the knuckles of the wearer. They should also not have any rough edges. Boxing mitts/gloves are not permitted, nor hard gloves (like some bag mitts).

**SHIN/INSTEP PROTECTORS** – (Sparring events only). These must cover the shins and instep and must be worn under the uniform.

**MOUTH GUARDS** – compulsory for all athletes in all combat divisions

**GROIN GUARDS** – (sparring events only) compulsory for males. Optional for females.

**CHEST GUARDS** – (sparring events only) optional for females.

Must be soft in nature, not the hard surface shin guards used in sports such as soccer etc... Shin pads are meant to protect the target, not the attacker. They must be worn under the uniform (if it allows) because the uniform itself offers additional protection.

Red mouthguards are not advised, as they disguise mouth bleeding. They will however not be disallowed.

They must be worn under the uniform (if it allows) because the uniform itself offers additional protection.

### 1.3 INJURIES AND FIRST AID

Where an injury has been sustained the referee shall call time out for up to 1 minute to allow the athlete to decide whether he or she wishes to be treated by a First Aid Officer (FAO).

If first aid treatment is required, and the injured is NOT at fault, the treatment shall be no longer than 2 minutes before the athlete is called back to the ring for restart of the event.

Before the event restarts, the referee shall obtain the FAO’s opinion for confirmation on the athlete’s condition and whether the athlete is in a fit condition to recommence the event or not. Should the FAO determine that he or she is unfit to continue, this decision will be final.

### 1.4 AGE OF ATHLETES

In age-based divisions, athletes may only enter divisions appropriate to their age on the 30<sup>th</sup> of June. This entry criterion is valid for the whole of the current calendar year.

If an athlete has a birthday anytime up to and including the 30<sup>th</sup> of June in any calendar year, then that will be the age division in which he or she must compete in for the entire calendar year. i.e. turn 14 during Jan-June, you compete in the 14 yrs division Jan-Dec. Turn 14 during Jul-Dec, you compete in the 13 yrs division Jan-Dec.

### 1.5 PROTESTS

Protests should be referred to the tournament technical commissioner as soon as possible after the incident. Video evidence will not be accepted.

To have a protest validated, a Protest/Complaint form must be filled in and submitted. These forms can be obtained from (and submitted to) the tournament’s Technical Commissioner

A protest can only be submitted by a REGISTERED coach i.e. one who has signed in and registered at the beginning of the tournament. For national Titles events, registered coaches have been pre-registered, usually on a state-by-state basis.

## 2 OFFICIATING FORMAT GUIDE

The Officiating Format Guide gives athletes, coaches/instructors, and spectators a general guide ONLY, as to the officiating and management of AMAC rings. This includes the bout management formats for two- and three-person officiating.

## 2.1 SPARRING

This includes Points Non-Contact Sparring, Points Contact, Tap Freestyle Sparring, Full Contact, Sword Combat, and Sumo. These divisions can all be officiated by either 2 or 3 officials. The referee is always the one with his/her back to the score-keeper's table and is the official in charge of the bout. The other officials are known as judges.

### 2.1.1 Two (2) Officials

This is known as mirror judging. In this situation, in the case of a split call by both officials, the referee's decision carries greater weight and therefore is entitled over-ride his/her judge's decision or may wave it away as "undecided".

### 2.1.2 Three (3) Officials

In this situation, each official's call has equal weight, and there must be a majority decision for points to be awarded.

If a situation arises where a referee might disagree with the call by one or both judges, s/he might call for a re-consideration of the decision, with a hand-signal explanation as to why s/he thinks it is necessary. At this point, the judges may or may not cancel/change their decision.

## 2.2 FREESTYLE SPARRING

Freestyle bouts can also use mirror judging, (2 officials), or the 3 officials bout management system. As in points sparring, when mirror judging is used, the referee's decision carries greater weight & will have the final decision. S/he may also stop the bout to issue penalties with or without the mirror judges involvement.

When mirror judging a freestyle bout, a draw can occur through the signalling of a draw or by conflicting votes for each side. Again, the referee has the final decision and may declare a draw & an extension round or declare the winner.

A draw is not allowed to be signalled by any official during an extension round.

## 2.3 FORMS

Forms too, may be judged with either 2 or 3 judges. The Chief Judge will sit facing the score-keepers. At the end of a form, all judges will hold up their scores at the Chief Judge's command, and the table officials will record them and add them up.

If there are only two judges, three scores will STILL be recorded, with the Chief Judge's score being recorded twice as a "Phantom Judge's" score.

### 3 COMMON SPARRING RULES

#### RING CRAFT

Athletes should stay within the designated boundaries of the ring, specifically the “fight zone”. Repeated failure to do so may result in points penalties as described in Section 5.3 below

Athletes may be warned, and eventually, penalised with penalty points (and points to the opponent), if they keep exiting the ring as part of their evasion strategy i.e. this is a ring – they should not be evading in a straight line backwards.

#### 3.1 LEGAL TARGET AREAS, WEAPONS, AND TECHNIQUES

Legal target areas are:

- Any part of the torso above the belt/navel/hip level
- Face, neck, sides and back of head
- FREESTYLE AND FULL CONTACT SPARRING ONLY: thighs, calves are also valid targets

Legal weapons are:

- Fore-fist, back-fist, hammer-fist, and knife/sword hand, ridge hand,
- Instep, shin, calf, sole, heel, ball of the foot.
- FREESTYLE AND FULL CONTACT ONLY: Elbows and knees are permitted to legal target areas, using appropriate contact levels.

Legal techniques include:

- Controlled punches, strikes, and kicks to legal target areas, with legal weapons.
- Controlled take-downs with immediate follow-up non-contact punch to a legal target area
- Sweep, only if followed by a legal hand technique
- After having been taken down or swept to the ground, an athlete may score with a hand technique from the ground before the opponent follows up on his/her technique

The following apply ONLY to all Adult Advanced/Black Belt sparring divisions EXCEPT Full Contact.

- After a successful take-down or sweep, you can also follow-up and score by using a legal FOOT technique to a legal target area
- After having been taken down or swept to the ground, an athlete may score from the ground with a hand or foot technique before the opponent follows up on his/her technique.

If an athlete has any doubts about whether a particular technique is valid, he/she should ask the referee or tournament commissioner prior to the start of division.

Generally, a controlled take-down will be one where the person being taken down is **not** permitted to free-fall i.e. it should literally be a take-down, rather than a throw or dump.

There is no additional points benefit to sweeping, other than to facilitate scoring. HOWEVER, the sweep **must be** a sweep, not a kick to the lower leg. It should primarily be used to destabilise and must be followed up with a strike.

It must be clear that the follow-up is part of a planned sequence of techniques, and not an afterthought.

As for follow-ups with hand techniques, it must all be part of a smooth, planned sequence.

Contact levels should be according to the division. i.e. non-contact should be non-contact, tap/light contact **CAN** be contact, but **NEED NOT BE**, and Points Contact will be like Full Contact – no contact to the person on the ground, but the distance **MUST** be such that you **COULD** have made good contact.

The head and neck and spine are, of course, not legal contact targets for the hands at any time.

Control is the key.

## 3.2 ILLEGAL TARGETS, WEAPONS, TECHNIQUES, AND BEHAVIOURS

- Use of any illegal targets, weapons, techniques, and behaviours will incur penalties points up to and including disqualification, as described in Section 5.3 below.
- Illegal target areas are:
- Any part of the arms e.g. fists, hands, elbows, etc...
- Throat
- Anywhere below the belt. However, in freestyle sparring, thighs and calves are also permitted
- attacks to leg joints e.g. knees, ankles, hips are still not permitted.

Illegal weapons are:

- Fingers, thumbs, head, and teeth
- Knees, elbows (only in non-contact Points Sparring)

Illegal techniques and behaviours include:

- Attacks that make contact (only in non-contact Points Sparring)
- Using any of the illegal weapons mentioned above
- Uncontrolled techniques, whether hand or foot, including (but not limited to) excessive contact, uncontrolled spinning kicks and strikes, uncontrolled axe kicks
- Uncontrolled techniques in general
- Feints and attacks to illegal targets
- Grabbing or clinching
- Pushing
- Disregard for personal safety

- Avoiding combat e.g. pretending injury, playing for time by avoiding, rather than evading, the opponent
- Unsportsmanlike behaviour by the any of the athletes, athlete's coaches, or an athlete's team
- Abusive attitude, language, or behaviour (from athlete, coach, or spectator)

If a penalty is incurred in point sparring (both contact and non-contact), in addition to it being recorded towards disqualification, the opponent will ALSO be given a point in his/her favour.

In the case of an apparently illegal technique, it is possible that the judges decide that the person suffering from this technique may actually not have been watching out for their own safety e.g. leading with the chin, not blocking the other's punch because s/he was too focused on their own attack, and hence they will receive the penalty rather than the attacker,

Depending on the severity of infringements, it is also possible that neither or both athletes will be penalised.

Disqualification as a consequence of bad behaviour by the athlete's teams or coach is expected to be a rare occurrence. This will have to be ratified by the tournament's most senior Technical Commissioner present. This may be any of the Regional, State, or National Technical Commissioner.



The chart below demonstrates the level of contact that will be tolerated within the WMAC competition. It has been clearly defined to minimise any misunderstanding of the contact rules.

Six levels of contact can be identified, from one extreme to the other, and their use and application are summarized in the graphic below.

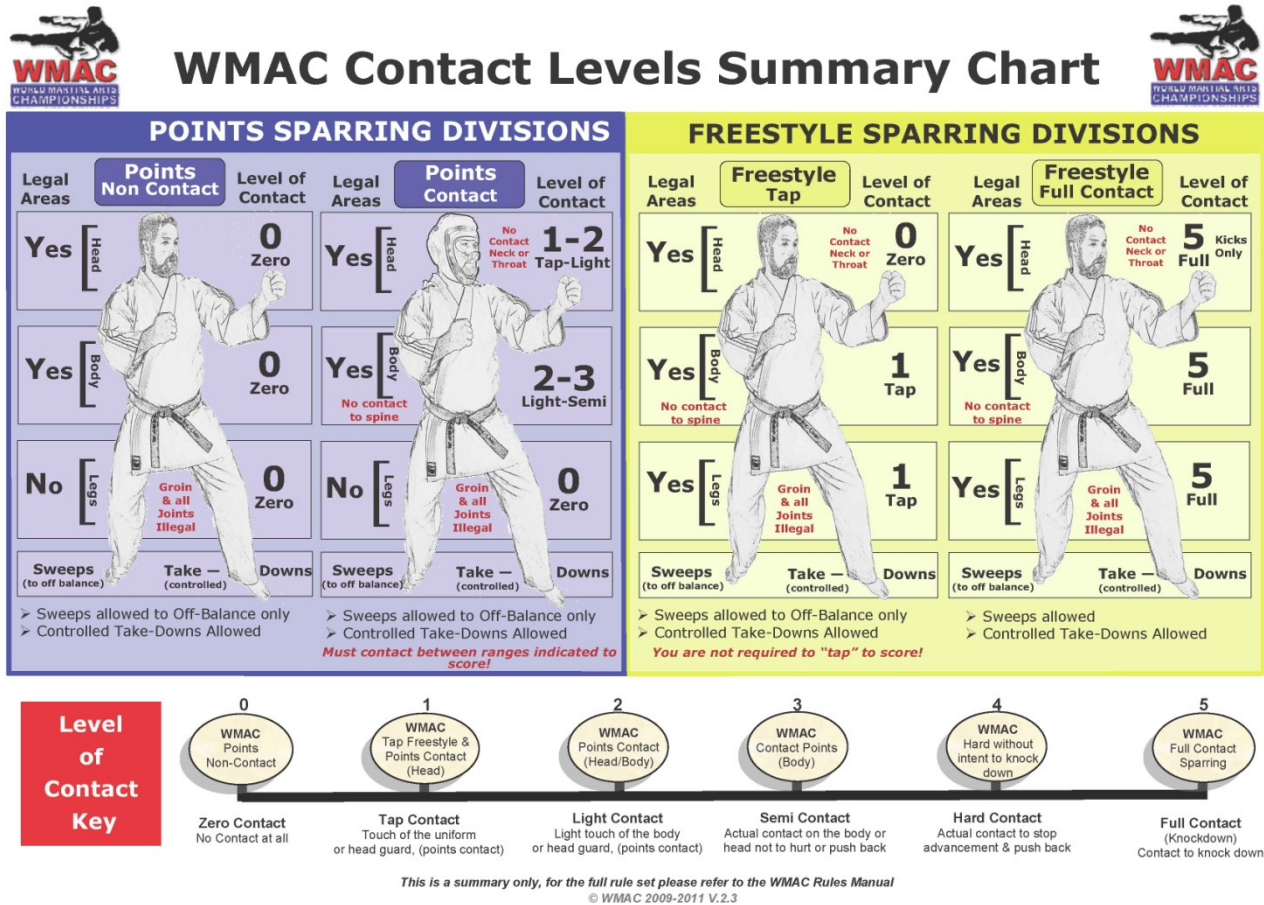


Figure 2 Levels of Contact Chart

## 4 SHADOW SPARRING (Non-contact) (Jin Sei Ryu Specific Rules)

### 4.1 FORMAT

- The Shadow Sparring Event is specific to Jin Sei Ryu Karate-Do Tournaments and is not recognized nor sanctioned by WMAC.
- All beginner students of all age groups are eligible and encouraged to participate.
- The elimination system will be applied whereby two contestants perform their techniques (“Shiai”) against each other, separated by a delineated or physical barrier.
- The Tournament Director will reserve the right to combine and split divisions depending on the number of registered participants.

Even though this is a not a WMAC Sanctioned event, this event will adopt WMAC Rules and Officiating Format Guidelines as much as possible.

This event was developed to encourage students to participate in a “sparring” event, in a safe and fun manner.

All techniques (open and closed-hand techniques, stationary and jumping kicks, rolls and flips) are permitted. We encourage students to let their inner performer emerge!

As the shadow sparring matches are conducted from a safe distance and no contact is permitted, no protective equipment is required for this event.

No weapons or accessories are permitted for this event.

## 4.2 GENERAL

### SPARRING METHOD

For this event, shadow sparring will continue uninterrupted unless stopped by the referee. Athletes will be judged on the following:

- fighting ability, both in attack AND defence
- ring craft
- stamina, and
- entertainment value

### DURATION

Shadow-sparring bouts shall be no more than 1 minute in duration. However, the length of the contest is by continuous activity of both contestants for the duration of the match. The referee may end the match if at least 30 seconds elapses, or both contestants stop simultaneously for 3 seconds.

### DISTANCES

At no time during Shadow-sparring bouts are competitors allowed to make contact with each other.

This distance is clearly delineated or represented by a physical barrier (traffic cone). The distance between competitors will be monitored closely by the referee.

## 4.3 COMPETITION PROCESS

- The draw for this event will be determined after the application process closes, and before the Tournament.
- If there are only three contestants in a division, there will be a round robin where each contestant performs against each other. In the case of each contestant winning one match the winner will be determined
- There will be play-off for third and fourth places, if possible.

### 4.3.1 Penalties

- Penalties for Shadow-sparring shall be issued for, but not limited to, the following:
  - Contact by one competitor to the other during the match, or
  - Disrespectful behaviour as determined by the referee and judges.
- In this division, the **offender is given the points as warnings only**. There are no points for the “victim”.
- Disqualification shall take place when a athlete has accumulated a total of 3 penalty points, or at least two of the officials have determined that an offence is serious enough to warrant escalation to that level.

## 5 POINTS SPARRING (Non-contact and Contact)

### DURATION

Point sparring bouts will have duration of 2 minutes but may be changed on the day of the tournament by the organiser.

The winner will be:

- the first to reach 12 points
- the one who has the most points at the end of the bout,
- **or** the one who develops a lead of six or more points

In case of a draw, the winner shall be decided by the first point scored in the ensuing 2 minute extension. If there has been no score after two minutes, the judges shall decide the winner by a show of flags.

### DISTANCES

**NON-CONTACT:** All *attacks* should be non-contact in nature. To ensure this, any attack (fist or foot) need only be within 10cm (i.e. approximately one of the attacker's OWN fist-lengths) from the target and still be considered valid, provided the referees and judges deem it worthy of a point. The judges may use their discretion in the children's divisions and allow up to 15cm.

**CONTACT POINTS** – All attacks must be made with good distance and control. Points can only be scored through contact, at levels as prescribed in the Levels of Contact diagram. As in Non-Contact Points, balance and control are still important consideration for scoring.

If officials must decide a winner by show of flags, there can be NO draws given. Each official MUST decide on a winner.

While the attacks themselves should be non-contact, point-worthiness and effectiveness is determined by the method of delivery i.e. stance, control, and distance from the opponent should be such that if contact had been the intent, it would have been possible and effective.

ALSO, the higher the grade of the athlete, the closer the distance from fist/foot to target is expected i.e. for black belts, <1 fist length.

Contact with just the uniform will not be considered contact, but strikes must not impact the body.

In both points-sparring categories, wild flailing or stretching out (e.g. playing "tips") to make contact are not adequate to score. Techniques must be performed such that IF they had wanted to land a full contact technique, they could have.

### 5.1 PROTECTIVE EQUIPMENT

Protective equipment must be provided by the athletes.

**It is in all instances the athlete's responsibility to have ALL the required protective equipment.**

**Should a division or athlete not be allowed to proceed due to lack of equipment by an athlete(s), there will be no refund of any fees.**

For Points contact, helmets with face-mask/protection must be worn. Refer to the WMAC Protective Equipment Chart on the website for types of head protection approved by WMAC.

It is the responsibility of the athlete to bring their own protective equipment, including helmet and face protection

## 5.2 SCORING POINTS

In both Contact and Non-Contact points sparring, the techniques, and targets required for scoring are more or less the same, as are the points scored. The **ONLY** difference is the level of contact.

In the case of contact points sparring, the only legal target areas are the protected areas i.e. those covered by the body armour or the helmet.

The exception to the covered area rule is when the body armour also provides a padded area along the spine. **UNDER NO CIRCUMSTANCES IS THE SPINE A LEGAL TARGET!**

### 1 POINT

- Any legal, single, hand technique to the torso or head
- Any legal kick to the torso
- A legal counter-attack to torso or head from the ground after having been taken down but before the take-down has been confirmed with the follow-up technique.

### 2 POINTS

- Any clear and unblocked combination of 2 or more legal techniques, *other* than kicks to the face/head. Hand techniques must be to different targets e.g. torso/head, front/back. A punch/kick combination may target the same striking area i.e. torso/torso
- One or more strikes to the back of an opponent who has been turned around to expose the back.
- Spinning back kick to the torso.

### 3 POINTS

- Any legal kick to the head.
- Take-downs with follow-up, as described in Section 3.1 above.

Combination techniques can be with one or two hands.

Points cannot be combined e.g. body and face punch, followed by kick will not result in 5 points. If the sequence cannot be broken down, the higher scoring technique will be awarded. The decision rests with the referee.

This can be either a straight or a roundhouse spinning back kick to the torso. In either case CONTROL is of the essence. As these are powerful techniques, they require extra control. A straight spinning back kick that pushes a person's arm into his/her body while he/she is blocking the kick could be considered contact and should be awarded a penalty.

This includes, but is not limited to, roundhouse, spinning, axe-kicks, and jumping kicks. It has been shown that some athletes CAN control these techniques. The most important requirement is control. It is up to the officials to decide whether a technique was under control or not.

NOTE: a spinning back kick over the head is not likely to score a point, whereas a spinning back kick passing in front of the body or face is likely to be penalised for being an uncontrolled technique.

## 5.3 PENALTIES

When use of illegal techniques, behaviours, or weapons has been observed and indicated by the judges or referee, the referee may stop the fight and impose a penalty.

The basic penalty will be 1 point to the opponent. It can however be escalated to 2 points, **or disqualification** depending on the severity of the infringement.

Penalties in this division are imposed for the tally towards disqualification.

HOWEVER, as further compliance incentive for the athletes, the other athlete will be awarded points on his/her score i.e. 1<sup>st</sup> penalty, one point, 2<sup>nd</sup> penalty, 2 points, and of course, 3rd penalty is automatically a win. These points will be formally awarded (as with other points) after the penalty has been imposed.

Escalation of the first penalty will cause the opponent to be awarded 4 (four) points. At least two of the ring officials must agree to allow the referee to escalate the penalty to 4 points or disqualification. Escalation after the 1<sup>st</sup> penalty will of course result in disqualification.

**5.3.1 Disqualification**

Disqualification shall take place when a athlete receives a third penalty point, or at least two of the officials have determined that an offence is serious enough to warrant escalation to that level.

Escalation in penalties will be based on the severity of the offence. Examples of this would include intentional kicks to the groin, excessive contact, obvious malice, face contact, repeated offences despite warnings, etc...

**6 POINT SPARRING (Light-contact) (Jin Sei Ryu Specific Rules)**

**6.1 FORMAT**

- This event is open to advanced and black graded level students aged 13-year-olds and over.
- The Tournament Director will reserve the right to combine and split divisions depending on the number of registered participants.

The Light-Contact Points Sparring Event is specific to Jin Sei Ryu Karate-Do Tournaments and is not recognized nor sanctioned by WMAC

**6.2 SGENERAL**

The only difference is in the level of contact to the body. Refer to the WMAC Contact Levels in the Summary Chart above. These are the contact levels for the Padded semi-contact sparring event:

- Head – Level 0
- Body – Level 2-3
- Legs – Level 0

This event will adopt all WMAC Rules for Non-Contact Points Sparring and Officiating Format Guidelines.

**7 FREESTYLE SPARRING (Touch-contact and Full-contact)**

**7.1 GENERAL**

**SPARRING METHOD**

Sparring will continue uninterrupted unless stopped by the referee. Athletes will not only be judged on scoring techniques. They will also be judged on:

- fighting ability, both in attack AND defence
- ring craft
- stamina

- effectiveness of technique (full contact)

## DURATION

Touch-contact bouts shall be 1.5 minutes in duration, with a single 1-minute extension if necessary.

Full-Contact bouts will be 2 minutes long, with two-minute extensions.

These durations may be changed on the day of the tournament by the organisers.

There will be no draws awarded in the extension, Judges and referee must each decide on a winner.

## 7.2 LEGAL TARGET AREAS

The same legal target areas apply as for Points Sparring, with one addition. See Section 3.1 above for full details.

The sole addition in freestyle sparring is that kicks to the legs (using instep and shin only) are also permitted. Both the inside and outside thighs, and the calves, are legal target areas. Joints are never legal target areas.

All attacks should be light touch contact in nature. This essentially means only touching the uniform, but not the body behind it.

### DISTANCES

All *attacks* should *at most* be light touch-contact in nature only. The easiest definition would be that both foot and hand attacks should only touch the athlete's uniform, but not make impact on the body. For reference, see Figure 2 above (Level of Contact Chart)

It must however still be kept in mind that kicks must also be within the prescribed levels of contact. Athletes should take care not to kick the groin or knees by accident, as this may lead to penalties being imposed on them.

Note: validity of a technique is not just based on how close it comes, but also other factors such as balance, reach, and focus.

Controlled take-downs as described in Section 3.1 above are also permitted.

This is a much faster form of sparring, and the accuracy and control required are far greater than that in Points Sparring. It is harder to perform and just as hard to judge. It is however also a very good means of developing control and accuracy.

## 7.3 SCORING

Judging will be based on a athlete's ability to use his/her art and the ring to their best advantage.

Judges score freestyle by keeping a mental tally of engagements.

An "engagement" for the purpose of AMAC freestyle sparring, is defined as "*When athletes' move into a distance which allows them to perform offensive / defensive techniques. The engagement is deemed to be over when athletes break from this scoring range*".

**Non-Scoring Engagement** – Where neither athlete clearly wins the engagement.

**Scoring Engagement (1 point)** – When one athlete clearly wins the engagement with an offensive combination or a combination of defensive and offensive techniques.

**Superior Engagement (2 points)** – As the name suggests, when one athlete is clearly superior. This could be a head kick, controlled take-down with a follow up scoring technique, overwhelming combination of offensive or offensive/defensive techniques which leaves the opponent completely defenceless.

For the benefit of spectators, athletes, and the other judges, a judge might indicate with a hand signal that

The faster, stronger, and more overbearing athlete need not necessarily be the winner. IF the other person has shown the ability to defend, evade, and retaliate effectively, it is conceivable that s/he might be declared the winner instead.

If both athletes stand in range while exchanging techniques without disengaging, it will be scored as only one engagement, no matter how many techniques are thrown! Thus, for example, a frenzied non-stop 30 second attack with the intention of overwhelming the opponent would only count as one engagement.

Athletes are therefore encouraged to use ring craft, moving in and out of range, while scoring when the opportunities arise or are set-up.

Single techniques, as performed by athletes in point sparring, might not be scored if in the judge's opinion the athlete is adopting a point fighting strategy. Athletes should be looking at scoring combinations within each engagement.

The scoring and/or signalling (by the officials) of one or more "superior engagements" does not necessarily result in a win for that athlete. Spectators and coaches are reminded not to view these as the only scoring events.

s/he feels that a superior engagement has just taken place,

The judges will indicate win or draw for the athletes, using red and white flags.

Both “scoring” and “superior” engagements, that is 1 and 2 point engagements, are mentally tallied by each judge as the bout continues and are awarded at the end of the bout in the form of a red or white decision. The total number of points is irrelevant because each judge may have a different tally due to their different view point and interpretation.

## 7.4 PENALTIES

Penalties for Freestyle Sparring will be imposed on the same basis as for Point Sparring, i.e. based on legal targets and techniques and for the same points, with the difference being that in this division, **the offender is given the points as warnings only**. There are no points for the “victim”.

Athletes will be penalised by being given a 1- or 2-point warning, or a disqualification (effectively the 3<sup>rd</sup> point), depending on the severity of the offence.

### 7.4.1 Disqualification

Disqualification shall take place when a athlete has accumulated a total of 3 penalty points, or at least two of the officials have determined that an offence is serious enough to warrant escalation to that level.

Penalties in this division are imposed primarily towards the disqualification tally. HOWEVER, referees and judges should take these penalties into account when awarding the final decision i.e. overall performance is what matters in this division.

## 8 PADDED SPARRING (Semi-contact) (Jin Sei Ryu Specific Rules)

### 8.1 FORMAT

- This event is open to advanced and black graded level students aged 13-year-olds and over.
- The Tournament Director will reserve the right to combine and split divisions depending on the number of registered participants.

The Padded Semi-Contact Sparring Event is specific to Jin Sei Ryu Karate-Do Tournaments and is not recognized nor sanctioned by WMAC

Even though this is not a WMAC Sanctioned event, this event will generally adopt WMAC Rules and Officiating Format Guidelines as much as possible.

### 8.2 GENERAL

#### LEVEL OF CONTACT

Referring to the WMAC Contact Levels Summary Chart, these are the contact levels for the Padded semi-contact sparring event:

- Head – Level 1
- Body – Level 3-4
- Legs – Level 1

In other words, controlled tap contact to the side of head via kicks are allowed, no contact to face, neck or throat.

No techniques to the head or face area with hand techniques are allowed.

Contact to the body is allowed, using WMAC-defined legal techniques for full-contact sparring.

Tap contact to the thighs, no contact to the knees or below the knees.

Sweeps are allowed, but only to draw off-balance.

Controlled takedowns are allowed if followed up with a legal technique. No throws are allowed.

Notes: Uncontrolled kicks to head are subject to penalties; knockdowns via kick are subject to immediate disqualification.

Gloves must have padded thumbs and cover the fingers. MMA gloves are not permitted.

Women must wear chest cups for all padded semi-contact divisions.

**EQUIPMENT**

All athletes are required to wear WMAC-approved equipment for full-contact sparring, with the following additional requirements:

- Headgear protecting the side and back of the head are required. Face protectors/cages are not required.
- Boxing gloves are required for the following divisions:
  - 8 oz gloves for 13–15-year-olds
  - 10 oz gloves for 16–17-year-olds
  - 12 oz for adult women
  - 16 oz for adult men
  - Chest protectors are required for the 13-15-year-old divisions.

**SPARRING METHOD**

For this event, padded semi-contact sparring will continue uninterrupted unless stopped by the referee. Athletes will be judged on the following:

- fighting ability, both in attack AND defence
- ring craft
- stamina, and
- effectiveness of techniques

**DURATION**

Padded semi-contact sparring bouts will be 2 minutes long, with two-minute extensions. These durations may be changed on the day of the tournament by the organisers. There will be no draws awarded in the extension. Judges and the referee must each decide on a winner.

**DISTANCES**

All head and leg attacks should at most be light touch-contact in nature only. The easiest definition would be that both foot and hand attacks should only touch the athlete's uniform, but not make impact on the body. For reference, see Figure 2 above (Level of Contact Chart)

This is a much faster form of sparring, and the accuracy and control required are far greater than that in Points Sparring.

It is harder to perform and just as hard to judge. It is however also a very good means of developing control and accuracy.

**8.3 LEGAL TARGET AREAS**

The same legal target areas apply as for Points Sparring, with one addition. See Section 3.1 above for full details.

The sole addition in padded semi-contact sparring is that kicks to the legs (using instep and shin only) are also permitted. Both the inside and outside thighs, and the calves, are legal target areas. Joints are never legal target areas.

All attacks should be light touch contact in nature. This means only touching the uniform, not the body behind it.

It must however still be kept in mind that kicks must also be within prescribed levels of contact. Athletes should take care not to kick the groin or knees by accident, as this may impose penalties on them.

Note: validity of a technique is not just based on how close it comes, but also other factors such as balance, reach, and focus.

Controlled takedowns as described in Section 3.1 above are also permitted.



## 8.4 SCORING

Judging will be based on an athlete’s ability to use his/her art and the ring to their best advantage.

Judges score freestyle by keeping a mental tally of engagements.

An “engagement” for the purpose of AMAC freestyle sparring, is defined as *“When athletes move into a distance which allows them to perform offensive/defensive techniques. The engagement is deemed to be over when athletes break from this scoring range”*.

**Non-Scoring Engagement** – Where neither athlete clearly wins the engagement.

**Scoring Engagement (1 point)** – When one athlete clearly wins the engagement with an offensive combination or a combination of defensive and offensive techniques.

**Superior Engagement (2 points)** – As the name suggests when one athlete is clearly superior. This could be a head kick, controlled take-down with a follow-up scoring technique, overwhelming combination of offensive or offensive/defensive techniques which leaves the opponent completely defenceless.

For the benefit of spectators, athletes, and the other judges, a judge might indicate with a hand signal that s/he feels that a superior engagement has just taken place.

The judges will indicate win or draw for the athletes, using red and white flags.

The faster, stronger, and more overbearing athlete need not necessarily be the winner. IF the other person has shown the ability to defend, evade, and retaliate effectively, it is conceivable that s/he might be declared the winner instead.

If both athletes stand in range while exchanging techniques without disengaging, it will be scored as only one engagement, no matter how many techniques are thrown! Thus, for example, a frenzied non-stop 30-second attack with the intention of overwhelming the opponent would only count as one engagement.

Athletes are therefore encouraged to use ring craft, moving in and out of range, while scoring when the opportunities arise or are set-up.

Single techniques, as performed by athletes in point sparring, might not be scored if the athlete adopts a point fighting strategy in the judge’s opinion. Athletes should be looking at scoring combinations within each engagement.

The scoring and/or signaling (by the officials) of one or more “superior engagements” does not necessarily result in a win for that athlete. Spectators and coaches are reminded not to view these as the only scoring events.

Both “scoring” and “superior” engagements, that is 1- and 2- point engagements, are mentally tallied by each judge as the bout continues and are awarded at the end of the bout in the form of a red or white decision. The total number of points is irrelevant because each judge may have a different tally due to their different viewpoint and interpretation.

## 8.5 PENALTIES

Penalties for the padded semi-contact sparring event will be imposed on the same basis as for Point Sparring, i.e. based on legal targets and techniques and for the same points, with the difference being that in this division, the offender is given the points as warnings only. There are no points for the “victim”.

Athletes will be penalised by being given a 1- or 2- point warning, or a disqualification (effectively the 3rd point), depending on the severity of the offence.

### 8.5.1 Disqualification

Disqualification shall take place when an athlete has accumulated a total of 3 penalty points, or at least two of the officials have determined that an offence is serious enough to warrant escalation to that level.

Penalties in this division are imposed primarily towards the disqualification tally.

HOWEVER, referees and judges should take these penalties into account when awarding the final decision i.e. overall performance is what matters in this division.

## 8.6 INJURIES AND ACCIDENTS

If a contestant is injured during a match, the referee will stop the match and call for medical treatment (diagnosis and injury treatment only). The referee will confer with the judges to determine whether the injury was caused by a legal or illegal technique.

Any competitor who is knocked down or incapacitated by a legal technique and does not fully regain their feet within 5 seconds of the time of the legal technique, is considered unfit to continue fighting and will be automatically withdrawn from the match for medical attention. The match will be awarded to the other contestant.

Any competitor knocked down or incapacitated by an illegal technique has 3 minutes from the time of the illegal technique to recover. If the competitor is unable to recover within the time allowed, the head referee will disqualify the competitor who performed the illegal technique.

An injured competitor is not allowed to continue competing without medical clearance. If the same competitor is injured during their next match due to an illegal technique, they will be declared the winner of the match, but will not be able to continue in the competition.

The medical team will determine whether the remaining competitor is able to continue the competition.

Head injuries - no participant who is judged to have a head injury will be allowed to resume competition. Indications of injury include:

- any period of unconsciousness.
- confusion.
- lack of balance.

## 9 FORMS

Regardless of division, the maximum time without penalty for a form will be 3 minutes. Penalties will be imposed on any athlete who exceeds that time frame.

Athletes must stay within the area of the mat or otherwise defined area (normally 8m x 8m). Penalties for each exit may be imposed. *See the Section 9.2 Penalties below for more details.*

In the case of draws, if the result cannot be determined by numerical methods e.g. high/low, then athletes will be required to do another form.

Except in the black belt and equivalent divisions, this second form can be the same as the first one. However, if the form itself is of equal quality as that of the opponent, more consideration might be given to those who are able to do a different one.

For the sake of convenience and brevity, the term “form” will be used as a general term for all similar exercises e.g. kata, form, pattern, poomsae, sequence, etc...

High/Low method: Subtract the highest score. If still even, replace it and subtract the lowest score

## 9.1 TRADITIONAL FORMS/TRADITIONAL WEAPONS

### 9.1.1 General

This section will be restricted to forms that are in the traditional format. This does not mean that they are restricted to only traditional forms. Forms created by athletes or instructors are acceptable as long as they are in traditional format. There are a few constraints:

- no music will be permitted
- only one athlete per entry
- no weapons or props in the non-weapons

<p>divisions</p> <ul style="list-style-type: none"> <li>• no live cutting blades e.g. swords, knives</li> <li>• no weapons or other objects used as projectiles</li> </ul> <p><b>9.1.2 Hard Styles</b></p> <p>Hard styles generally comprise the straightforward punch-and-kick based martial arts e.g. karate, taekwondo, etc...</p> <p><b>9.1.3 Soft Styles</b></p> <p>This section will typically include Kung-fu, Wu-Shu and related styles.</p>	<p>Note: these divisions may be combined into one division called “Traditional Forms”</p> <p>Athletes will not be judged on their martial arts style, but on their performance.</p> <p>In some styles there is considerable overlap between hard and soft forms.</p> <p>Athletes should therefore not be discouraged from entering in the “OTHER” division i.e. the one that is NOT like their style, provided of course that their form DOES indeed fit in this category they’re entering.</p>
<p><b>9.1.4 Traditional Weapons Forms</b></p> <p>This division is devoted to traditional weapons. These might include bo, nunchaku, bokken, tonfa, sai, kama, Chinese broadsword, spears, long poles, chain, hook-swords, Tai Chi sword etc...</p> <ul style="list-style-type: none"> <li>• Weapons must be in good condition and firmly constructed, and not be at risk of coming apart during competition.</li> <li>• Weapons must not hit or poke/pierce the mats in such a way to potentially damage the mats.</li> <li>• Weapons, if being put down, are required to be placed carefully on, or <i>just</i> off the ring, rather than forcefully ejected as a consequence of, say, a disarming technique.</li> <li>• No pyrotechnics, fire of any kind, or liquids (flammable or not)</li> <li>• Nothing will be permitted that might endanger athletes, officials, and spectators, or damage any property.</li> </ul>	<p>“Traditional weapons forms” means “traditional forms with traditional weapons”</p> <p>Weapons may hit the mat as is common in the “softer” arts such as Kung Fu e.g. with the Long Pole hitting the mats horizontally (slapping the mat) i.e. it does not poke or pierce the mat.</p> <p>Regardless of this, the judges may still deem that damage has occurred. Their ruling shall be final.</p> <p>For this reason, pole vault type techniques with staffs, bo, etc... are also not recommended.</p>

## 9.2 PENALTIES

<p>Penalties will be imposed by points being taken off <i>each</i> judge’s score for <i>each time</i> any of the following occurs during any one form:</p> <p>0.1 — Exceeding the time limit by up to 10 seconds</p> <p><i>NOTE: The time starts from the moment the athlete (in case of multiple athletes, the first athlete) bows in after having taken position in the ring. If there is no bow in, then from the first movement after taking position.</i></p> <p>0.1 — The athlete steps out of the ring</p> <p>0.1 — Having any body-part leave the boundary of the ring</p> <p>0.3 — Falling, stumbling, or otherwise unintentionally losing balance such that the natural flow of the form is momentarily disrupted.</p> <p>0.3 — For Junior grades only - forgetting a form after starting. Junior grades may restart once, but with the deduction on the final score.</p>	<p>The judges or table officials will notify the Chief Judge of the infringement if he/she hasn’t observed it, and the Chief Judge will announce the penalties so that each judge can make the appropriate deductions from their basic score.</p> <p>Scores will first be shown WITHOUT the deductions and these should be made WITHOUT taking into account the infringements. The referee will then ask the judges to deduct the penalties, and the scores will be shown again – this time to be recorded by the scorekeepers.</p> <p>This would be on the order of half the athlete’s foot. A big toe overhanging between the teeth of the mat needn’t be considered an issue. The difference however is subtle.</p> <p>See above. The total area available is 8m x 8m. This is a large enough area, and there is no excuse NOT to plan your activity or demonstration to fit within it.</p> <p>These must be severe falls or stumbles. Deductions for wobbles and other minor losses of balance will be made during the regular scoring process</p> <p>NOTE: this applies also to any mixed grade divisions that could include black belts e.g. the Veteran’s division as it currently stands.</p>
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**DISQUALIFICATION**

A disqualification will automatically cause a athlete to be awarded the lowest score of 5.0. The following acts will incur a disqualification:

- Dropping a weapon unintentionally
- Any action that potentially, or actually, causes damage to the mats e.g. hitting or poking the mats with a weapon
- Having any weapon, or part thereof leave the boundary of the ring, regardless of whether the athlete is holding it or not.
- Exceeding the time limit by more than 10 seconds
- *NOTE: The time starts from the moment the first athlete (in case of multiple athletes) bows in after having taken position in the ring. If there is no bow in, then from the first movement after taking position*
- Junior grades - forgetting a form again on the 2<sup>nd</sup> attempt.
- Advanced-Black belt division – forgetting a form the first time
- Unsportsmanlike behaviour by the any of the athlete, athlete's coach, or the athlete's team.

This is a safety issue. If the weapon is carefully placed outside the boundaries, this will not incur a penalty. HOWEVER, if it rolls, flies (say, as part of a disarming move), is thrown (whether intentionally or not), or is swung outside the boundary of the ring, then a penalty will be incurred.

NOTE: this applies also to any mixed grade divisions that could include blackbelts e.g. the Veteran's division as it currently stands.

**10 BREAKING****(Jin Sei Ryu Specific Rules)****10.1 FORMAT**

- The Breaking Competition is only open to adult black belt competitors 16 years old and over.
- There will be one breaking division each for
  - Women
  - Men
- The competition will consist of two parts:
  - Elimination: Each competitor will need to break 1 board (women) and 2 boards (men) with either forefist (seiken) or hammer fist (tettsui).
  - Final: Each competitor can select a number of boards to break with a single technique. The second break can consist of any part of the body i.e. hand, elbow, leg, or head.
- The breaks for each part of the competition are required to be mounted on cement cinder blocks. No holders will be permitted. Each competitor is responsible for setting up their own breaks and cleaning up afterwards.
- Each contestant is allowed one attempt during each part of the competition. The competitor must complete their elimination break to participate in the final.

The Breaking Competition is specific to Jin Sei Ryu Karate-Do Tournaments and is not recognized nor sanctioned by WMAC.

- Only wooden boards are allowed. All wooden boards and spacers will be provided during the Tournament. Competitors not using authorized materials will be automatically disqualified.
- The Tournament Director may disallow a breaking technique if it poses undue risk to the competitor(s) or spectators.

Competitors must specify and pre-order their boards as part of their application process. Spacers will be provided by the Tournament.

## 10.2 JUDGING PANEL

The judging panel for this event will consist of 1 marshal, 1 referee, and 1 scorekeeper.

As this event is not sanctioned by WMAC, the Tournament Director will assign the judging panel.

## 10.3 COMPETITION PROCESS

- Just prior to the competition, the Marshal will assemble the contestants to prepare their mounted breaks.
- There will be two rows of mounted boards:
  - The first set of boards will represent the elimination break, and
  - The second set of boards will represent the final break.
- All the contestants will bow to the Referee, then will line up by their elimination set of boards.
- When the Referee shouts READY, then BEGIN, the competitors will immediately attempt their elimination break.
- Those competitors who successfully complete their break will step forward toward their final set of boards. The unsuccessful competitors will sit down.
- When the Referee calls shouts READY, then BEGIN, the competitors will immediately attempt their final break.
- The Scorekeeper will tally up the number of boards successfully broken, compared to the number of boards attempted to determine the score.
- The Scorekeeper will communicate the results to the Referee, who will announce the Winner.

## 10.4 JUDGING CRITERIA

- The object of the competition is to successfully break all the boards selected for the final break.
- In the event that all boards are broken by 2 or more competitors, then the person breaking the most number of boards wins.
- If all boards are not broken, then the percentage of boards broken will determine the winner.
- If 2 or more competitors break the same number of boards and the same percentage of boards, then the competitor who weighs less will determine the winner.

## 11 SOGO (Overall) CHAMPIONSHIP

(Jin Sei Ryu Specific Rules)

### 11.1 FORMAT

The SOGO (Overall) Championship Award is specific to Jin Sei Ryu Karate-Do Tournaments and is not recognized nor sanctioned by WMAC.

- The SOGO (Overall) Championship is only open to adult black belt competitors.
- There is a SOGO Championship for
  - Women
  - Men

### 11.2 CRITERIA

A competitor must participate in each of the following events to be eligible:

- Individual Open Hand Kata
- Individual Weapons Kata
- Individual Sparring (any one of the following events):
  - Light-contact Points
  - Tap-contact Freestyle
  - Padded Semi-Contact
  - Full-Contact
  - Breaking

### 11.3 ELIGIBILITY

A competitor is automatically registered for SOGO consideration upon entry into each of the qualifying events.

The eligible competitor will be any **black-graded** individual aged 16 years or older.

### 11.4 SCORING

The competitor who has accumulated the most points from each eligible event will be the Overall (SOGO) Champion. Points are awarded as follows:

- First Place 5 Points
- Second Place 3 Points
- Third Place 2 Points
- Fourth Place 1 Point

It is possible to award more than one SOGO Championship in the event of an overall tie score.

### 11.5 RECOGNITION OF THE SOGO (OVERALL) CHAMPIONS

At the end of the Tournament, the main officials will calculate the SOGO scoring and present the results to the Tournament Director.

The Tournament Director will review the results for the Overall Championship Award and present a special Trophy to the winner.