

WTKA

POINT KARATE

COMPETITION RULES

ARTICLE 1. SAFETY EQUIPMENT

1. Safety Equipment must not have any buckles, straps or tape that might cause injury during the match.
2. Point Karate Gloves: Point Karate Boots must have padding that covers the Fist, Thumb and Ridgehand Striking Areas. The glove must cover the finger including the fingertips and must reach at least 5cm (2") above the wrist.
3. Point Karate Boots: Point Karate Boots must have padding that covers the entire boot and must extend 5cm (2") above the ankle.
4. Head Guards: Head Guard must cover the Forehead, Top of the Head, Upper Jaw, Temples and Ear and must be fully padded.
5. Shin Guards: Shin Guards must not contain any hard parts such as plastic, metal or wood and must be padded.
6. Mouth Guards: Mouth Guards must be soft plastic and properly fitted.
7. Groin Guards: Groin Guards must be contained within a padded cup holder.

ARTICLE 2. FIGHTING RULES

1. The Competitors must present himself to the corner judge nearest his corner to have his/her safety equipment inspected. Fighters must not wear any form of jewellery.
2. After the Competitors has been inspected by the corner judge he/she must wait to enter the fighting area until told so by the Referee.
3. Competitors will enter the area on the command of the Referee, take up their fighting positions and wait for the command "Fight" from the Referee.
4. Time shall be one 2 minute round for all competitions.
5. In the event of a drawn match one extra minute must be added. If the match is still drawn the first Fighter to score a point will be declared the winner.

6. The time can only be stopped by the Referee. Time is not stopped to award points.
7. The Referee must not talk to any of the Fighters during the fight unless he/she has stopped the time.
8. Competitors may have one coach in their corner during the fight.
9. No coaching will be allowing while the fight is in progress.
10. A Competitor may request the Referee to stop the time to adjust safety equipment. The Referee does not have to do so if he/she feels it will take away the advantage from the other Competitors.
11. If a Competitor is using the stops to rest or get instructions from his/her coach a warning will be given and he may have a point deducted or be disqualified for delaying the match or refusing to fight.

ARTICLE 3. LEGAL TARGET AREAS

1. Head: Face, Side, Back and Forehead.
2. Torso: Front, Back and Side.
3. Leg: Below Mid- Calf (Feet Sweep Only).

ARTICLE 4. ILLEGAL TARGET AREAS

1. Top of the Head.
2. Top of the Shoulders.
3. Neck: Front, Back and Sides. Throat.
4. Below the Belt. (Except for Footsweeps).

ARTICLE 5. LEGAL TECHNIQUES

1. Kicks: Front, Side, Back, Hook (Sole of Foot Only), crescent, Axe (Sole of Foot Only), Roundhouse, Jumps and Spins.
2. Hands: Punch, Backfist, Ridgehand, Reverse Ridgehand (No Spinning Backfist).

ARTICLE 6. ILLEGAL TECHNIQUES

1. Avoiding or refusing to fight.
2. Leaving the fighting area. If a Fighter leaves (Exit) the area without having been pushed, kicked or knocked out by his/her opponent it will be seen as a "Voluntary Exit" and will receive a warning.

3. On the second exit the Fighter will lose one point.
4. On the third exit the Fighter will lose another point.
5. On the fourth exit the Fighter will be disqualified.

ARTICLE 7. SCORING

1. A score is when a “Clean” Technique strikes the Legal Target Area. The Scoring Official must see the technique strike the target.
2. If a Fighter jumps in the air to attack he/she must land in the fighting area to achieve a score.
3. Points Evaluation:
 - Punch: 1 point.
 - Kick To Body: 2 point.
 - Kick To Head: 3 points.
 - Footsweep Follow Up: 2 points.

ARTICLE 8. PENALTY

1. Warnings will be carried throughout the fight. Warnings for exits will be kept as a separate issue from warning for other offences.
2. Anytime a Referee thinks a disqualification is necessary he/she shall confer with all judges to ensure proper procedures is being observed.
3. Gross and serious rules violations may be handled with a penalty point or disqualification.
4. A Fighter cannot receive a warning and a point at the same time.

ARTICLE 9. AWARDING POINTS

1. If the Referee sees an action that he considers to be a valid score, he/she must command “Stop” and signal the score as does the Judges.
2. If one of the Judges sees a score he/she must signal the score immediately. The Referee stops the fight and all Officials must indicate if they saw a score.
3. A minimum of two flags of the same colour are required to award the score. In the event that more then two flags are raised the Fighter with the majority will be awarded the point.

ARTICLE 10. INJURIES

1. If a Fighter is injured the fight shall be stopped long enough for the Doctor to decide if the Fighter can continue. Two minutes will be allowed for treatment of the injury.
2. If the injury is so serious that it cannot be treated in the time allowed then the fight must be terminated.
3. If there was no rules violations by the uninjured Fighter then that Fighter wins by forfeiture.
4. If there was a rules violation by the uninjured Fighter then the injured Fighter wins by disqualification.
5. If the injured Fighter is declared fit by the doctor then the fight will continue.
6. In cases of injury the Officials shall decide if either Fighter should receive a point, warning, penalty point or if no action is required.

ARTICLE 11. AWARDING OF THE FIGHTING

1. The winner of the fight will be that Fighter with the most points at the end of two minutes, after extra time or that fighter who scores first in sudden death.
2. The first competitor to eight (8) majority points will be deemed the winner.
3. Extra time of 1 minute in the event of a draw. If after this time there is no winner the fight will go to sudden death.