

2005-06 SKITA RULES AT A GLANCE

These rules apply to all ranks and ages unless specified otherwise. They are general in nature and are not entirely applicable for the Super Grands / Amateur Internationals (see SG brochure). See the official rules in the latest edition of the SKITA Handbook for specifics and for official arbitration procedures and rule changes during the year. SKITA rules may be accessed at www.nblskil.com (then click SKITA.). All revisions here are underlined and take precedence over any previous SKITA Handbook discrepancies.

O = Options to Choose (7 total)

SG = Super Grands Requirement

AM = Amateur Int'l's Requirement

The Super Grands / Amateur Internationals and NBL National Conference tournaments must use option ("a") for all seven (7) options except for option number four (04) where either "a" or "b" may be chosen.

FORMS

1. **RINGS** - 20'X 20' for ages 12 and up, 15'X 15' or larger for ages 12 and under if they're under blackbelts, 20'X 40' for Chinese forms divisions if requested by the player.
2. **FINAL DECISIONS** - Made only by the Rules Arbitrator.
3. **NUMBER OF JUDGES** - Every blackbelt division must have five (5) Judges. Under blackbelt divisions can have three (3) Judges.
4. **LOCATION OF JUDGES** - Options:
 - a) One side of the ring for contemporary or open forms, corners for traditional forms.
5. **UNIFORM** - Player must wear a traditional or sport karate uniform with no foul language on it. T-shirts as part of a school uniform are allowed in Chinese (soft style) divisions only. The top may be removed during the performance if appropriate for the division. NOTE: Different detailed uniform specifications as outlined in APPENDIX A - SPECIFIC FORMS CRITERIA will apply if specific forms criteria (option 9.a. below) is used.
6. **AGE** - Player must compete at the age they were on the first day that the circuit's season began. [At all NBL tournaments: All blackbelt and under blackbelt players must enter divisions based upon the age they were on January 1 at 12 a.m. of the year the tournament season starts, excepting those players who will be turning 18 during the circuit season (NBL season - January 1 to December 31 / SKIL season July 1 to June 30) are allowed to compete in either 17- or 18+ at each tournament during that entire circuit season - even before they turn 18. They cannot compete in both 17- and 18+ at the same tournament and points will stay in the age group the player competes in at each tournament. The same applies for those players that will be turning 35 or 45 during the circuit season except they can compete in both age divisions at the same tournament and retain points in both - see SKITA Rulebook V.B.4].
7. **BELT RANK** - Player must compete with the proper color belt worn for the division competing in and at the same rank in all divisions.
8. **AMOUNT OF DIVISIONS** - Player can compete in any amount of divisions.

NOTE: If player is competing in one division when their other division is called, they cannot be disqualified so long as they are on deck or up competing and if they have informed the scorekeeper or coordinator of the division that is waiting for them as to what ring they are in.
9. **STYLE** - Options: (no weapons allowed)
 - b) Player must compete in the proper style division for the form they are performing. The performance must display only traditional techniques that are inherent to forms of the style being represented by the player. All other general specifications apply.
10. **MUSIC** - Choreographed musical forms divisions cannot use background music w/o choreography. Occasional sound effects can be added but any player's attempted choreography to sound effects CANNOT be considered by the Judges as part of their choreography requirement. The form must follow the rhythm (various beats) of the music.

Options for blackbelt divisions:

 - b) Judges will not award a separate musical choreography score.
11. **SEQUENCE** - Luck of the Draw must be done at ringside with no more than one division staged ahead of time and the draw must be done in front of all players (coaches) of that division that are available at that time. First card picked is first up.
12. **AVAILABILITY** - When the division has been declared closed and/or the charting has started, no late entries are accepted.
13. **TIME LIMIT** - Up to three (3) minutes per performance is allowed from the time the player enters the ring or when the player's music is started, whichever is first.
14. **RESTARTS** - No penalties or deductions for the first restart per person, per division, for any blackbelt or underbelt. No score for a second restart.
15. **MUSIC PLAYER** - Unless provided by the promoter, the Player must provide their own music player and someone to run it.
16. **SCORING RANGE** - Blackbelts will be scored 9.90-10.00 and underbelts 9.80-9.90. The first three compete before any scores are given. With only one or two players the winner is chosen by Judges show of hands. (Except at SG/AM where scores will be given).
17. **TIES** - Ties for the top four (4) places and for eighth place will be broken by a Judges show of hands. The Scorekeeper must inform each Judge as to which player they gave the higher score to when they initially scored them and that Judge must point to that same player. If a Judge gave both players the same score then they must point to both players. For ties between 3 or more players, a second (or more) show of hands may be required for a process of elimination. If in the end any players are still tied then they must run their forms again by luck of the draw, with a new show of hands.
18. **GRANDCHAMPIONSHIPS** - All scores must be 9.95 - 10.00. Ties will be broken same as eliminations. Player performance must comply with the division that was won (ie - music cannot be added to a creative form). There will be a fine of \$25 levied against any player who is scheduled and desires to compete in the finals, but that fails to report to the Statisticians table before the eliminations end that day.

WEAPONS

1. **PROCEDURE** - (same as forms)
2. **SPECIFICATIONS** - Weapons must be authentic to martial arts and must be protected from sharpness.
3. **STYLE** - If option 02-a in forms is chosen, then specific criteria for hard traditional weapons applies and only the following weapons will be allowed: Kai (oar), kama (no rope), katana, kuwa (hoe), long bo, naginata, nunchaku, sai, tonfa and yarihoko. Each of those weapons have specific size and weight requirements for size of the player. See SKITA Handbook "APPENDIX A # B-Hard Traditional Weapons" for specifics.

EXAMPLE - Long Bo:

 - a) Length - Must be at least the height of the player and can be to a maximum of four (4) inches taller than the player
 - b) Construction - Must be hardwood, unadorned
 - c) Weight / Thickness - According to below chart

Length of Bo	3'-3'6" (36"-42")	3'6"-4' (42"-48")	4'-4'6" (48"-54")	4'6"-5' (54"-60")	5'-5'6" (60"-66")	5'6"-6' (66"-72")	6'-6'5" (72"-78")
Min. Required Wgt.	15.8oz (450g)	18.4oz (525g)	21.7oz (600g)	23.7oz (675g)	26.2oz (750g)	28.9oz (825g)	31.5oz (900g)
Required Center	7/8" - 1 1/4"	7/8" - 1 1/4"	7/8" - 1 1/4"	7/8" - 1 1/4"	1" - 1 1/2"	1" - 1 1/2"	1" - 1 1/2"
Required End	5/8" - 1 1/8"	5/8" - 1 1/8"	5/8" - 1 1/8"	5/8" - 1 1/8"	3/4" - 1 1/4"	3/4" - 1 1/4"	3/4" - 1 1/4"

4. **WEAPON BREAKS** - Player has five (5) minutes to replace it with the same or a different weapon and can compete again w/o penalty or can complete the form with the broken weapon w/o stopping and w/o penalty.
5. **TIME LIMIT** - (same as forms)

SELF DEFENSE & BREAKING

1. **PROCEDURE** - (same as forms exceptions)
2. **PROPS** - Only people and weapons can be used as props in traditional self-defense. No other props, music or skit dialogue in traditional self defense. Other props, music, dialogue and skits are allowed in contemporary self-defense (choreographed fighting).
3. **TIME LIMIT** - (same as forms)
3. **TIES** - Same as forms for self-defense. In breaking however, after a show of hands if they are still tied because a judge(s) gave tied scores initially then that judge(s) must break the tie by choosing between the players. The players are not to perform again.

For A Complete Listing of the SKITA Rules:

www.nblskil.com

2005-06 SKITA RULES AT A GLANCE

SPARRING

1. **RINGS** - (same as forms)
 2. **FINAL DECISIONS** - (same as forms)
 3. **NUMBER OF JUDGES** - Each ring must have three (3) or five (5) Judges.
 4. **LOCATION OF JUDGES** - With a majority rule by the Judges in the ring, they may sit in ring corners just outside the ring with Center Referee standing or may stand and move about inside the ring to judge.
 5. **UNIFORM** - (same as forms except the following) No T-Shirts or sweatshirts (in place of uniform tops) or pants above the knees are allowed. Additionally, the sleeves must reach the elbows. Jewelry is not allowed unless covered by safety equipment. No metal can be worn on the uniform.
 6. **SAFETY EQUIPMENT** - Mouth piece, groin cup (males), hand, foot, and head gear is required. Cups cannot be worn outside the uniform.
 7. **AGE** - (same as forms)
 8. **BELT RANK** - (same as forms)
 9. **AMOUNT OF DIVISIONS** - (same as forms)
 10. **SEQUENCE** - (same as forms)
 11. **AVAILABILITY** - (same as forms)
 12. **WEIGH-IN** - All players must weigh-in and compete in the weight division(s) in which they qualify.
 13. **TIME LIMIT** - Up to two (2) minutes running time depending on option 7a or 7b .
 14. **COACHING** - Allowed from coaches' box or designated area. Coaches in coaches' boxes cannot call or physically signal points for their player after a call for break for scoring so as to confuse Judges calls for points. One point penalty awarded by Center Referee for each infraction.
 15. **TIME OUT** - A player or coach can call one (1) time out per match for up to ten (10) seconds when play is already stopped.
 16. **SCORING AREAS** - Options:
 - a) Head, face, ribs, chest, abdomen and kidneys.
 17. **TECHNIQUES** - Allowable techniques include all kicks, punches, back fists, knife hands, ridge hands, sweeps to the back or side of the lower front leg, grabs up to three (3) seconds, spins and aerials. All other techniques are illegal. Eye contact must be made with technique contact.
 18. **CONTACT** - Definitions: Contact - Technique within a four (4) inch zone
 - Light - Just a touch, no blood.
 - Moderate - Slight penetration of opponent, no blood.
 - Excessive - Extreme penetration, possible swelling, redness or bleeding.
- Options:
- b) Blackbelts and divisions with blackbelts in them must use either light or no contact (the individual player's option) to score to head scoring areas (and the groin if it is a scoring area); and light or moderate contact to score to body scoring areas. Under blackbelts (unless the division includes blackbelts) must use no contact to face scoring areas (or groin if it is a scoring area), light or no contact (the individual player's option) to headgear scoring areas and light contact to body scoring areas.
19. **OUT OF BOUNDS** - Out of bounds is when neither foot is inside or touching the boundary line.
 20. **FORCED OUT VS. RUNNING OUT** - A player is not penalized for fighting out or being forced out of the ring, but can be penalized one (1) point for running out to avoid fighting by the Center Referee.
 21. **DOWNED OPPONENT** - Either Player has three (3) seconds to score when one player is down. Any kicking motions towards the head and punches making head contact to a downed opponent are illegal and determined by the Center Referee.
 22. **PENALTIES** - Excessive contact, illegal contact, illegal techniques and contact to non-scoring areas are subject to penalty points or disqualification by a majority vote of the Judges. All other penalties including hitting after call to stop, out of bounds, dropping to the floor to avoid fighting, unsportsmanlike conduct and coaches calling points and/or signaling points so as to confuse the Judges during scoring (1 point for such infraction) are subject to penalty points and disqualification by the Center Referee. (See APPENDIX C - Sparring penalties at a glance).
 23. **SCORING** - Points are awarded by majority vote of the Judges. Options:
 - a) One (1) point for hand and kicking techniques, two (2) points for head and spin kicking techniques and three (3) points for spinning head kicks and spinning aerial kicks. (Kicks are only one point when either player is down.)
 24. **POINT AND PENALTY** - A point can be given to one player and a penalty point to the other player at one calling by majority vote, thus giving a player two scores when points are called at a break. However, a point and penalty cannot be given to the same player by one Judge.
 25. **NUMBER OF POINTS TO WIN** - Options:
 - a) The player with the most points after two (2) minutes playing time or a ten (10) point or more spread. Time shall be stopped by the Scorekeeper whenever play is stopped during the last 30 seconds of each match.
 26. **JUDGING ERROR** - A Judge making an admitted error may immediately change the error before the next play is started.
 27. **TIES** - Result in sudden death overtime.
 28. **INJURY** - The Center Referee or the Medical Personnel can prohibit a player from continuing due to injury.
 29. **FINALS** - Total points in two (2) minutes wins.

TEAM SPARRING

1. **PROCEDURE** - (same as sparring, with exceptions)
2. **SEQUENCE OF TEAMS AND AGE GROUPING** (if there is age grouping) - Youngest to oldest in Junior divisions. Lightest to heaviest in adult divisions.
3. **CONTACT** - (same option as chosen for point sparring).
4. **AMOUNT OF POINTS TO WIN** - Total points of all matches.
5. **TIES** - Result in sudden death overtime in the last match only.
6. **DISQUALIFICATION** - A team cannot be disqualified for the disqualification of one of its players (unless it is for poor sportsmanship). If a member is disqualified, the match is ended with the victim receiving two (2) points or a score of two (2) points above that of his opponent's score (whichever is greater) for the match. If a DQ in the last match allows the DQed members team to win then the opposing team can opt to reject the DQ and will receive five points and the match shall continue. If either player is unable to continue then the DQed players team loses.

CONTINUOUS SPARRING

1. **RINGS** - (same as forms)
2. **FINAL DECISIONS** - (same as forms)
3. **NUMBER OF JUDGES** - Each ring must have five (5) Judges
4. **LOCATION OF THE JUDGES** - Four (4) sitting in corners outside ring, Center Referee is standing.
5. **UNIFORM** - (same as point sparring)
6. **SAFETY EQUIPMENT** - (same as point sparring)
7. **AGE** - (same as forms)
8. **BELT RANK** - (same as forms)
9. **NUMBER OF DIVISIONS** - (same as forms)
10. **SEQUENCE** - (same as point sparring)
11. **AVAILABILITY** - (same as forms)
12. **WEIGH-IN** - (same as point sparring)
13. **TIME LIMIT** - The match shall last for one (1) minute.
14. **COACHING** - (same as point sparring)
15. **TIME OUT** - (same as point sparring)
16. **SCORING AREAS** - Head, face, ribs, chest, abdomen and kidneys.
17. **TECHNIQUES** - (same as point sparring)
18. **CONTACT** - Definitions (same as point sparring) All ranks must use no contact to the face scoring areas, light or no contact (the individual player's option) to score to head scoring areas, and light or moderate contact to score to body scoring areas.
19. **OUT OF BOUNDS** - (same as point sparring)
20. **FORCED OUT VS. RUNNING OUT** - (same as point sparring)
21. **DOWNED OPPONENT** - When either player is down, the play is stopped and reassembled.
22. **PENALTIES** - Penalties and disqualifications are given out only by the Center Referee. Three (3) to five (5) point penalty (Center Referee Discretion) for moderate contact to face, kicking at downed opponent or hitting after a call to stop. Two (2) point penalties for more than three hand techniques, touching the face, intentional dropping to floor after attempting to score, contact to non scoring areas, illegal techniques, running out of bounds, etc. Disqualification for excessive contact and unsportsmanlike conduct (See APPENDIX C - Sparring Penalties at a Glance).
23. **SCORING** - One (1) point for hand and kicking techniques, two (2) points for head and spin kicking techniques, and three (3) points for spinning head kicks and spinning aerial kicks.
24. **DETERMINING THE JUDGES' SCORE** - Two Judges keep a point tally for one player and two Judges keep a point tally for the other. Play is continuous as Judges use clickers or write down each score that they see. Halfway through the match the Judges will give their scores for the two players and then tally points for the opposite player for the remaining thirty (30) seconds.
25. **SCOREKEEPING** - The Scorekeeper tallies the four (4) Judges' scores for each player and adds in any penalty points for each player to determine each Player's final total score.
26. **JUDGING ERROR** - (same as point sparring)
27. **TIES** - (same as point sparring)
28. **INJURY** - (same as point sparring)
29. **FINALS** - (same as regular play, but may be up to two (2) minutes at NBL national tournaments and the SG)