

# Karate Forms Division Rules

## 1. Objective

Competitors perform solo forms demonstrating technique, power, speed, balance, and expression. The goal is to achieve the highest score.

## 2. Divisions

Competitors are divided by age, gender, and skill level as much as possible to ensure fair competition.

## 3. Attire

Competitors must wear clean, appropriate martial arts uniform without logos or insignias unrelated to the event.

## 4. Scoring

4.1 Judges score performances on technical accuracy, power, speed, balance, and expression. Scores range from 7.0 to 9.9, in increments of 0.1 (e.g., 7.5, 8.3).

4.2 In case of a tie after initial scoring, tied competitors perform the form again and are rescored. If a tie still remains after rescoring the tied competitors, the competitors turn away from the judges, who then vote for the winner. The competitor with the majority of judge votes wins.

## 5. Judging Panel

A panel of three to five judges scores each performance independently. The highest and lowest scores may be discarded, with the remaining averaged for final score.

## 6. Point Deductions

6.1 Loss of balance or stumbles result in deductions.

6.2 Improper technique or incomplete movements incur deductions.

6.3 Timing errors or hesitations cause deductions.

## 7. Determining the Winner

The competitor with the highest final score after deductions is declared the winner.

# **KARATE POINT SPARRING RULES**

## **1. Objectives**

The purpose of Point Sparring is to test skill, speed, control, and strategy in a safe, competitive environment by scoring clean, light contact strikes to legal target areas. The competitor with the most points at the end of the match wins. Point Sparring promotes fair play, safety, and skill development while encouraging sportsmanship, self-control, and respect among all participants.

## **2. Required Safety Equipment**

2.1 Foam-dipped head, hand, and foot gear.

2.2 Mouthpiece.

2.3 Groin cup for males.

## **3. Points and Scoring**

3.1 All techniques are worth 1 point.

3.2 A majority of judges are needed to award a point.

3.3 Matches have either 3 or 5 judges.

## **4. Acceptable Target Areas**

4.1 Front and sides of the body and face, from the belt up.

## **5. Unacceptable Target Areas**

5.1 Any part of the body below the belt.

5.2 The back and back of the neck.

5.3 Top of the head.

5.4 The “face triangle” (eyes, nose, mouth).

## **6. Contact Rules**

6.1 Allowable Contact: Light contact to the body and side of the head.

6.2 Non-Allowable Contact: No striking the top or back of the head, or the “face triangle.”

## **7. Illegal Techniques**

7.1 No spin backfist or open-hand strikes (e.g., palm heels or spear hands).

7.2 No elbows or knee strikes.

## **8. Time Limit**

8.1 Each match is 2 minutes.

8.2 The competitor with the highest score at the end wins.

8.3 In case of a tie, the advantage point wins. If no points were scored, the match continues in 1-minute rounds until the tie is broken (No sudden victory).

# WEKAF Sayaw (Forms) Rules and Criteria

## 1. Attire:

- For **traditional Sayaw**, participants may wear a **standard training uniform**.
- Weapons:
  - Must be part of established Filipino martial arts—such as single or double sticks, kris, barong, bolo, pinuti, espada y daga, etc.

## 2. Form (Sayaw) Structure & Time Limits

- **Individual Sayaw**: Maximum duration of **2 minutes**.
- **Team Sayaw**: Maximum duration of **5 minutes**.
- Timing begins with the **first movement after the salutation** and ends with the performance's conclusion
- A **salutation** is required both before and after the performance
- Competitors must **remain within the contest area** until the score is announced

## 3. Scoring and Judging

- Judged by a **panel of five judges**—ideally from neutral organizations or countries. The highest and lowest scores are dropped; the remaining three are summed for the final score
- Judges assess the following criteria:
  - **Gracefulness**: execution of technique, footwork, balance, coordination
  - **Power**: coordination of breathing and movement, delivery of strikes, dynamic tension
  - **Speed**: tempo, transitions, combination of fast/slow movements
  - **Impact**: precision, use of space, uniform or costume (especially in open divisions), and music or tribal songs
  - **Variety of Techniques**: well-executed, non-repetitive techniques
  - **Authenticity**: techniques should be combatively credible and true to Eskrima-Kali-Arnis; unrelated acrobatics may be ignored or penalized

## 4. Penalties & Deductions

Judges may deduct points for the following infractions:

- **Unintentional weapon drop**: –1.0 point
- **Exceeding time limit**: –0.5 point per violation
- **Restarting the performance**: –1.0 point
- **Ending in a different spot than where started** (unless forewarned to judges): –0.5 point

## 5. Tie-Break Procedure

- In the event of a tie, tied competitors perform again. Only the new performance is judged to determine the winner; prior scores do not carry over

## Summary Table

<b>Aspect</b>	<b>Details</b>
Categories	Individual (2 min max), Team (5 min max)
Area & Floor	7–9 m square, flat & smooth
Attire	Traditional uniform or costume (open divisions)
Weapons	Authentic Filipino martial arts weapons
Salutation	Required before and after performance
Judging Panel	5 judges; drop highest and lowest
Criteria Evaluated	Grace, Power, Speed, Impact, Variety, Authenticity
Penalties	Dropped weapon (–1), overtime (–0.5), restart (–1), movement (–0.5)
Tie-Break	Rematch, only new performance judged

# **Padded Stick Point Sparring Rules**

## **1. Objective**

- 1.1 Competitors score a single point by landing a clean, legal strike to a legal target area.
- 1.2 The competitor with the most points at the end of the match wins.

## **2. Match Format**

- 2.1 The match consists of one (1) round of two (2) minutes.
- 2.2 If the score is tied at the end of regulation, the competitor who scored the first point gains the Advantage Point.
- 2.3 If no points were scored in regulation and the match remains tied, one-minute sudden death rounds are held until a point is scored.

## **3. Equipment Requirements**

- 3.1 Helmet with full face protection.
- 3.2 Mandatory neck protection, either attached to helmet or a separate soft hockey-style protector.
- 3.3 Padded gloves are required.
- 3.4 Chest protector recommended.
- 3.5 Soft padding recommended for elbows, forearms, knees, and shins (no hard shell padding allowed).
- 3.6 Groin protector mandatory for males; recommended for females.
- 3.7 Only approved padded sticks allowed.
- 3.8 All equipment must be inspected and in good repair before the match.

## **4. Legal Targets**

- 4.1 Head, torso (front, sides, back above the belt), arms, hands, and thighs (above the knee).

## **5. Illegal Targets**

- 5.1 Knees, groin, throat, spine, back of the head.

## **6. Fouls and Penalties**

- 6.1 Common fouls include but are not limited to:
  - a) Strikes to illegal target areas.
  - b) Thrusting attacks to face, throat, or groin.
  - c) Striking after the referee calls "STOP."
  - d) Excessive or uncontrolled force.
  - e) Grabbing the opponent's stick (except for immediate disarm attempt).
  - f) Joint locks, twists, throws, or tripping.
  - g) Unsportsmanlike conduct such as taunting or disrespect.
  - h) Stepping outside the contest area repeatedly.
  - i) Failure to obey referee commands.

## **Padded Stick Point Sparring Rules (Cont)**

### **6.2 Penalties:**

- a) Verbal warnings for minor infractions.
- b) Point deductions for repeated fouls.
- c) Disqualification for serious or repeated violations at the referee's discretion.

### **7. Scoring, Stoppage, and Match Restart**

7.1 When a judge or the center referee sees a clean, legal strike landed, they immediately call or signal "STOP."

7.2 The center referee stops the match immediately upon hearing the stop call.

7.3 The center referee and judges each record one of three decisions:

- a) Point (Red or Blue competitor)
- b) No point
- c) Foul

7.4 The majority decision determines the awarded call.

7.5 The center referee announces the point or issues the foul accordingly.

7.6 After stoppages (point, foul, disarm, or injury), competitors restart at the center of the contest area facing each other, on the referee's signal.

### **8. Disarms**

8.1 A disarm occurs when a competitor's stick is taken cleanly by the opponent without joint locks or twisting, or when the stick is lost and hits the ground.

8.2 If the stick is caught before hitting the ground, no disarm is recorded.

8.3 First disarm: point awarded to opponent.

8.4 Second disarm: point awarded to opponent.

8.5 Third disarm: immediate disqualification (DQ).

8.6 The referee stops the match, informs judges, replaces lost stick, then restarts the match.

### **9. Timeouts and Injuries**

9.1 Competitors may request timeouts for equipment adjustment or injury, subject to referee approval.

9.2 Medical stoppages are handled by officials; inability to continue may lead to match suspension or disqualification.

### **10. Referee Authority**

10.1 The referee's decisions regarding scoring, fouls, disqualifications, and stoppages are final.

### **11. Sportsmanship**

11.1 Competitors must respect opponents, officials, and spectators.

11.2 Unsportsmanlike behavior may result in penalties or disqualification.

# **Padded Stick Engagement Sparring Rules**

## **1. Objective**

Competitors score points by landing clean strikes to legal target areas.

## **2. Equipment Requirements**

2.1 Helmet with full face protection.

2.2 Mandatory neck protection, either attached to helmet or soft hockey-style protector.

2.3 Padded gloves required.

2.4 Chest protector recommended.

2.5 Soft padding recommended for elbows, forearms, knees, and shins (no hard shell).

2.6 Groin protection mandatory for males, recommended for females.

2.7 Only padded sticks permitted.

2.8 All equipment must be approved by tournament officials and inspected before the match.

## **3. Legal and Illegal Targets**

3.1 Legal targets: Head, torso (front, sides, back above the belt), arms, hands, and thighs (above the knee).

3.2 Illegal targets: Knees, groin, throat, spine, back of the head.

## **4. Match Format**

4.1 One (1) round of two (2) minutes duration.

4.2 If the score is tied at the end of regulation, the fighter who scored the first point becomes the advantage point holder.

4.3 If no points were scored during regulation and the tie remains, the match continues with one-minute extension rounds until the tie is broken.

## **5. Definition: Engagement**

An engagement is a brief exchange lasting approximately four seconds. When the center referee sees a clean strike land, they raise their stick and begin counting aloud: “1 Mississippi, 2 Mississippi, 3 Mississippi, STOP!” During this time, the two competitors continue a mini-fight, attempting to land as many strikes as possible while simultaneously blocking to prevent being hit. When the referee calls “Stop!” the engagement ends and the center referee calls for the judges to award a point or declare no-score.

## **6. Scoring**

6.1 Three or five judges score the match, with the majority decision determining the winner.

6.2 Points are awarded for clean strikes to legal target areas made during the engagement.

6.3 Judges determine the winner of each engagement, and a point is awarded. The competitor with the most points wins the match.

## **Padded Stick Engagement Sparring Rules (Cont)**

### **7. Disarms**

- 7.1 A disarm occurs when the opponent's stick is taken cleanly without joint locks or twisting, or when the stick is lost and hits the ground. If caught before hitting the ground, no disarm is recorded.
- 7.2 Grabbing the opponent's stick is not permitted.
- 7.3 Three disarms in a single match result in immediate disqualification (DQ).
- 7.4 Upon disarm, the referee stops the match, informs the judges, replaces the lost stick, and resumes the match.
- 7.5 First disarm: point awarded to opponent.
- 7.6 Second disarm: point awarded to opponent.
- 7.7 Third disarm: immediate disqualification (DQ).

### **8. Safety and Conduct**

- 8.1 No thrusting attacks to the face, throat, or groin.
- 8.2 Excessive or uncontrolled force is prohibited.
- 8.3 Fighters must obey the referee's commands at all times.
- 8.4 No striking after the referee calls "Stop."
- 8.5 Unsportsmanlike conduct, including taunting or disrespect, may lead to warnings, point deductions, or disqualification.

### **9. Referee Authority**

- 9.1 The referee's decisions on scoring, fouls, and match stoppages are final.
- 9.2 The referee may issue warnings, deduct points, or disqualify competitors for rule infractions or unsafe behavior.

### **10. Warnings and Penalties**

- 10.1 Verbal warnings are given for minor infractions.
- 10.2 Repeated violations may result in point deductions.
- 10.3 Persistent disregard for rules may lead to disqualification at the referee's discretion.

### **11. Timeouts and Injuries**

- 11.1 Fighters may request timeouts for equipment adjustment or injury; timeouts are limited and subject to referee approval.
- 11.2 Medical stoppages are handled by officials and may result in match suspension or disqualification if a fighter cannot safely continue.

### **12. Match Restart**

After a stoppage, fighters restart at the center of the ring or designated area, facing each other, on the referee's signal.

### **13. Sportsmanship**

All competitors must show respect for opponents, officials, and spectators. Disrespectful behavior, including verbal abuse or unsportsmanlike gestures, is prohibited.

## **Padded Stick Engagement Sparring Rules (Cont)**

### **14. Prohibited Techniques**

- 14.1 No grabbing, holding, throwing, tripping, or joint manipulation allowed.
- 14.2 No strikes below the belt or to illegal targets.

### **15. Boundaries**

- 15.1 Stepping outside the boundaries repeatedly may lead to warnings, point deductions, or disqualification.
- 15.2 First violation: warning.
- 15.3 Second violation: point deduction.
- 15.4 Third and subsequent violations: additional point deductions or disqualification at referee's discretion.

### **16. Judge Signaling**

- 16.1 Judges use hand signals to indicate calls:
  - Point: open palm toward scoring competitor.
  - No Point: low "X" block with forearms.
  - Foul: raised clenched fist.
- 16.2 Side judges may call "Stop," but the engagement stops only when the center referee calls "Stop."

### **17. Match Protocol**

- 17.1 Formal salutations before the match begin.
- 17.2 Competitors assume guard position with sticks crossed; the referee signals start with "Fight" command and raising their stick.

### **18. Timekeeper Procedures**

- 18.1 The timekeeper uses a bell, whistle, or signal device to indicate end of rounds or match.
- 18.2 Time stops for stoppages exceeding minimal delay; referee controls timing.

# WEKAF Live Stick Competition Rules (Full Contact / Continuous Sparring)

## 1. Contest Format & Area

- Matches comprise **three (3) rounds**, each lasting **1 minute**, with **30 seconds rest** between rounds
- The competition area is a **square ring of 5 to 7 meters per side**, clearly marked on a **flat, smooth surface** (e.g., wood, vinyl, or mats)

## 2. Target Areas & Strikes

- Legal striking targets include **everything above the knee**, such as the front and sides of thighs, torso, arms, hands, and the **top/front/sides of the helmet**.
- Strikes to the **back of the body** are allowed only if opponents are facing each other (e.g., with curving strikes); **back of the head** strikes are prohibited due to inadequate padding.
- **Only two consecutive strikes** to the same target area are permitted in WEKAF full-contact competition.

## 3. Scoring & Victory Conditions

- **Win by Points:** After three rounds, judges total scores. Victory is decided by majority among judges.
- **Win by Technical Knockout (TKO):** Occurs if a contestant is outclassed or injured per referee's judgment, on medical advice, if they voluntarily surrender, or if they are **disarmed three times** during the match. The match may be stopped and awarded accordingly.
- **Win by Disqualification:** If a competitor is disqualified, the opponent wins. Disqualifications may lead to suspension from future events.
- **No Contest:** If match conditions are compromised (e.g., ring issues, lighting failure), the referee may stop the bout and declare "No Contest." Officials will decide the next steps.
- **Win by Walkover/Default:** If a competitor fails to appear within three minutes of being called, the opponent present is declared the winner.

## 4. Disarming Rules

- Disarm is scored when:
  1. The opponent's stick is cleanly taken within **2 seconds**, without joint locking.
  2. The competitor drops the stick and it hits the ground (unless caught before impact).
- When a disarm is valid, the match is halted, judges are notified, the stick is replaced, and competition resumes.

## 5. Tie Resolution

- If judges' scores result in a draw, an **overtime round** is held. In this round, judges must clearly select a winner (no ties allowed); decisions are made via simultaneous show of hands.

## WEKAF Live Stick Competition Rules (Cont) (Full Contact / Continuous Sparring)

### 6. Equipment & Attire Requirements

- **Mandatory Gear:**
  - WEKAF–approved **headgear/helmet**
  - **Body protector**
  - **Protective gloves** (WEKAF, hockey, lacrosse, or equivalent)
  - **Groin protector** for male competitors
- **Optional Recommended Gear:**
  - Elbow/forearm pads, mouthpiece, thigh pads, athletic shoes, and—for female competitors—plastic chest protector under the jacket.
- **Stick (“olisi”) Specifications:**
  - **Length**  $\leq 70$  cm
  - **Weight**  $\leq 200$  g
  - **Diameter**  $\leq 2.6$  cm
  - Organizers typically provide sticks; however, personal ones may be used with prior approval.
- **Attire & Safety:**
  - Clean, appropriate uniform (e.g., loose t-shirt and trousers)
  - Short-trimmed fingernails/toenails; no jewelry or ornaments
  - Hair must not obstruct vision; failure to comply can lead to warnings or point deductions.

### 7. Tournament Participation & Structure

- Competitors may enter only one single-stick division, one double-stick division, and one team-fighting division. Competing above one’s weight class is allowed; below is not.
- Maximum of **two competitors per country** per division (defending champion may be a third entrant).
- Bracketing is organized fairly (via draw or randomization), with byes only in the initial round, and no competitor receiving more than one bye nor successive walkovers.
- **No co-champions:** Refusal to compete equals disqualification.

### Summary Table – WEKAF Live Stick Rules

Category	Details
Rounds	3 × 1-minute rounds, 30-second rest
Ring Size	5–7 m square, flat and smooth surface
Legal Targets	Above knee (excluding groin & neck), helmet front/top/sides
Prohibited Strikes	Back of head; back except when facing; more than 2 continuous strikes per area
Scoring Methods	Points, TKO, DQ, Walkover/Default
Disarm Rule	Clean take in $\leq 2$ s or stick drop; results in interruption and restart

Overtime	One round; judges must pick a winner
Safety Gear	Mandatory: helmet, body protector, gloves, groin (male)
Stick Specs	≤70 cm length, ≤200 g, ≤2.6 cm diameter
Attire Requirements	Clean uniform, trimmed nails, no jewelry, hair secured
Divisions per Competitor	1 single-stick + 1 double-stick + 1 team-fighting
National	Max 2 per country per division; defending champ may add a third
Bracketing Rules	Randomized, fair; limited byes and no dual walkovers
Co-Champion Policy	None allowed; refusal = disqualification