



OFFICIAL RULES

For

South Australia



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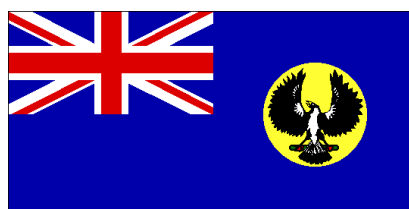
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BACKGROUND

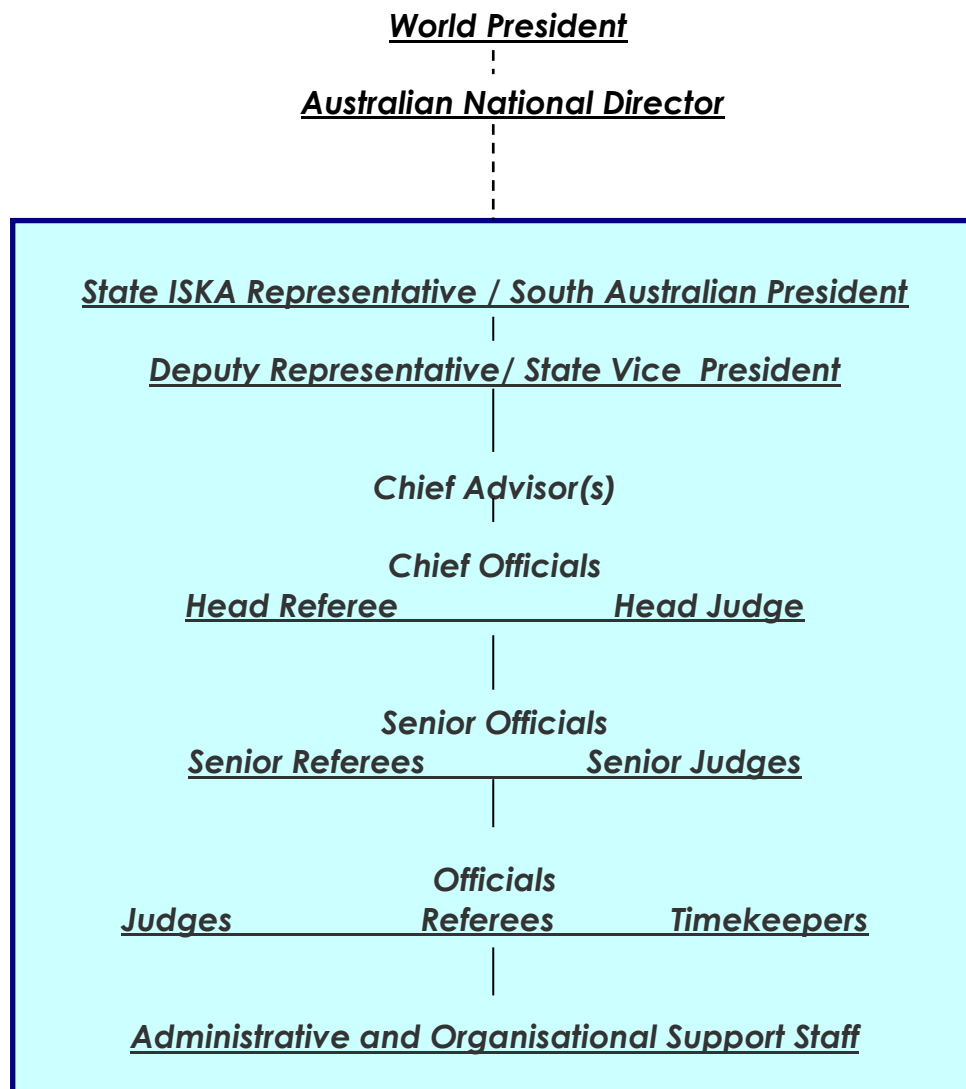


SECTION 1: BACKGROUND

ISKA South Australia Official Rule Book

Overview

- The International Sports Kickboxing and Karate Association South Australia (ISKA SA) is a direct affiliated and member of to the ISKA Australia and ISKA World-Sanctioning Organisation.
- The ISKA SA consists of two divisions (refer to figure 1);
 - *International Sports Karate Division (Traditional Martial Arts)*
 - *International Sports Kickboxing Division (Combat Sports)*
- The ISKA SA has the following organisational structure;



- The information contained in the *ISKA Official Rules for South Australia* (the Official Rules) relates to both combat sports and sports karate

Divisions and contains the ISKA Rules, Regulations and Policies for South Australia. The Background Section provides relevant information for understanding and interpreting these Rules and Regulations. Schedule 1 to 5 define requirements for all ISKA sanctioned events in South Australia;

- ***Schedule 1: ISKA Policies - applies to all sanctioned events and activities regardless of the style of competition or tournament, covered in Schedules 2,3,4 and 5.***
 - ***Schedule 2: ISKA Kickboxing Rules - applies to all Kickboxing sanctioned events and activities.***
 - ***Schedule 3: ISKA San Shou Rules - applies to all San Shou sanctioned events and activities.***
 - ***Schedule 4: ISKA MMA Rules - applies to all Mixed Martial Arts sanctioned events and activities.***
 - ***Schedule 5: ISKA Sports Karate and Martial Arts - applies to all Sports Karate and other Traditional Martial Arts sanctioned events and activities.***
- The ISKA SA will endeavour to ensure consistency between South Australian Rules, Regulations and Policies, and those of both the ISKA Australia and ISKA International. However, several unique state based variation have been included where it was deemed necessary.
 - The ISKA SA will endeavour to ensure consistency with Government requirements. In any circumstance where ISKA SA Rules, Regulations or Policies, differ from South Australian Government Legislation and / or Regulations, *(including the Boxing and Martial Arts Act 2000 and supporting Regulations)*, or are silent on a subject, Government requirements will be adopted by the ISKA SA.
 - Any variations to the Official Rules, will be coordinated and managed through and only with the approval of the State ISKA Representative / South Australian President (ISKA SA Representative).
 - The authority of the ISKA in South Australia is vested in the ISKA SA Representative, whom has authority for all matters related to the operations, structure, appointments of personnel, accreditation of Officials trainers and clubs, and approval of all qualifications as granted, of the ISKA in South Australia. This authority has been granted by and subject to the approval of the National Director of the ISKA. Specific policies can be created as needed by the ISKA South Australia representative in the interest of the ISKA.
 - Promoters, Event Organisers, Coaches, Competitor and Officials must accept responsibility for compliance with ISKA Policies and Rules under Schedules 1-5 to participate in ISKA South Australia Sanctioned Events.

Note: It should be noted that although the wording, format and structure of the South Australian rules may vary to that of the International or Australian rules, the meaning, content and intention are consistent.

Figure 1: ISKA South Australia

The ISKA South Australia comprises of two Divisions;

1. South Australian Division of International Sports Kickboxing Association



(Combat Sports)

2. South Australian Division of International Sports Karate Association



(Sports Karate & Traditional Martial Arts)



SCHEDULE 1

ISKA SOUTH AUSTRALIA

POLICIES

SCHEDULE 1 – SECTION 1

Background to Policy Requirements

- 1.1 All ISKA sanctioned events or activities (including those detailed in Schedule 2,3,4, and 5) in South Australia are required to comply with Schedule 1 of the Official Rules (including all Combat Sports and Martial Arts events or activities).
- 1.2 The ISKA SA will endeavour to ensure consistency between the Policies applied to South Australian sanctioned activities and events, and ISKA Australia Policies.
- 1.3 The ISKA SA will endeavour to ensure consistency between the Policies applied to South Australian sanctioned activities and events, and requirements of the South Australian Government.
- 1.4 Where ISKA SA policies (or rules) differ from (or are silent on) the requirements of South Australian Government Legislation and/or Regulations (*specifically the Boxing and Martial Arts Act 2000 and supporting Regulations and any other directly applicable legislation/regulations*), Government requirements will be fully adopted by the ISKA South Australia.
- 1.5 The ISKA South Australia reserves the right to review their policy and change in accordance to meet with changes to Government Regulation or introduction of new legislation.
- 1.6 All ISKA Officials have the authority under the ISKA Rules and Regulations to seek compliance with Schedule 1 from competitors, trainers and spectators.
- 1.7 The ISKA SA Representative or ISKA Tournament Chief Official has the authority under the ISKA Rules and Regulations to seek compliance with Schedule 1 from ISKA Officials.
- 1.8 State non-compliance penalties will be determined by the ISKA SA Representative, with National and International penalties determined in consultation with the National Director and International Commissioner.

SCHEDULE 1 – SECTION 2

ISKA South Australia Code of Conduct Policy

2.0 Introduction

The following policies have been established in the interests of the competitor, official, and spectator.

2.1 No Tolerance Policy

- 2.1.1 The ISKA SA prides itself on providing a fair, safe & competitive playing field and will not tolerate poor sportsmanship and displays of disrespect to any individual.
- 2.1.2 The ISKA SA expects promoters to support its policies and vision of providing a fair, safe & competitive playing field. Promoters will be required to comply to “No Tolerance” and “Code of Code” policies at their events.
- 2.1.3 Competitors, trainers and seconds who are disqualified during their bout for willful gross rule violations, or unprofessional performance, or who represent themselves improperly following their bout, may be subject to penalties.
- 2.1.4 Penalties, which will apply to South Australia, are at the discretion of the ISKA SA Representative, with National and International penalties determined in consultation with the National Director and International Commissioner.

2.2 Competitor Code of Conduct Policy

- 2.2.1 Any competitor who conducts himself or herself in a way unbecoming of a Martial Artist or Sportsman will be immediately dismissed from a given event, and will be considered for suspension from future events.
- 2.2.2 Behaviour that is grounds for dismissal includes, but is not limited to, foul language, verbal or physical threats to another individual, or argumentative encounters with an official or other individual.
- 2.2.3 ISKA SA Officials, reserves the right to expel a competitor at their discretion.

2.3 Coaches / Trainers / Seconds Code of Conduct Policy

- 2.3.1 Any coach, instructor or corner second, who conducts themselves in a way unbecoming of a Martial Artist or Sportsman, will be immediately dismissed from a given event and will be considered for suspension from future events.
- 2.3.2 Behaviour that is grounds for dismissal includes, but is not limited to, foul language, verbal or physical threats to another individual, or argumentative encounters with an official or other individual.
- 2.3.3 The ISKA SA reserves the right to expel any coach, instructor or corner second at their discretion.
- 2.3.4 The competitor(s) represented by a particular coach or instructor whose behaviour is determined to be unacceptable will also be dismissed from the event.

2.4 Spectators

- 2.4.1 Any spectator who behaves disrespectfully towards another individual will be immediately dismissed from a given event.
- 2.4.2 The ISKA SA reserves the right to expel a spectator at their discretion.
- 2.4.3 If a spectator acts disrespectfully towards an official or competitor, then the competitor whom the spectator represents can be disqualified from the event / tournament they are competing in and, based on the severity of the incident, may be dismissed from the event completely.

2.5 Officials

- 2.5.1 Any Official who conducts themselves in a way unbefitting an ISKA Official, acts in a manner unbecoming of a Martial Artist, or Professional Sporting Official, will be immediately dismissed from a given event and will be considered for suspension from future events.
- 2.5.2 Any Official who intentionally violates any rule or regulation of the ISKA or State Government, will be immediately dismissed from a given event and will be considered for suspension from future events.

- 2.5.3 The ISKA SA Representative or Tournament Chairman has the authority under the ISKA Rules and Regulations to seek compliance from ISKA Officials.
- 2.5.4 Penalties, which will apply to South Australia, are at the discretion of the ISKA SA Representative with National and International penalties determined in consultation with the National Director and International Commissioner.

SCHEDULE 1 – SECTION 3

ISKA South Australia Alcohol & Drug Policy

3.0 Background

- 3.0.1 The ISKA SA is committed to providing its members with a safe and healthy sports environment.
- 3.0.2 The ISKA SA supports and adopts the ISKA Australia Alcohol & Drug Policy as described in Schedule 1 Section 3.1.
- 3.0.3 The ISKA SA will endeavor to ensure consistency with Government requirements and policies.
- 3.0.4 The ISKA SA reserves the right to review their policy and change in accordance to meet with Government Regulation.

3.1 ISKA Australia Alcohol & Drug Policy

- 3.1.1 The ISKA is committed to provide a safe and healthy sports environment. We recognise that alcohol or drug misuse will impair an individual's ability to perform in a safe manner.
- 3.1.2 It is the policy of the ISKA to protect its members, assets, the community and the environment in which it operates from hazards arising from alcohol or drug misuse.
- 3.1.3 Consequently, we require the performance of anyone within the ISKA organisation whether a member, competitor, family, friend etc. and others to be unimpaired by drug or alcohol misuse whilst associated with any type of activities to do with the ISKA .
- 3.1.4 The legal or unauthorised possession, consumption, sale or being under the influence of alcohol or illicit drugs during any type of activity for the ISKA is prohibited.
- 3.1.5 We view drug or alcohol dependency as a medical condition and encourage any member, nonmember or anyone associated with the ISKA with a problem to seek confidential support and treatment.
- 3.1.6 Any person/s associated with the ISKA found to be in breach of this policy shall be subject to removal from any events associated with the ISKA.
- 3.1.7 The above policy is subject to anyone wishing to be in any part of business associated with the ISKA.

SCHEDULE 1 – SECTION 4

ISKA South Australia Health & Safety Policy

4.0 Background

- 4.0.1 The ISKA SA is committed to providing its members with a safe and healthy sports environment.
- 4.0.2 The ISKA SA supports and adopts the ISKA Australia Health & Safety Policy as described in Schedule 1 Section 4.1.
- 4.0.3 The ISKA SA will endeavor to ensure consistency with Government requirements and policies. Where ISKA SA policies differ from the requirements of South Australian Government Legislation and/or Regulations, or are silent, Government requirements will be adopted by the ISKA SA.
- 4.0.4 The ISKA SA reserves the right to review their policy and change in accordance to meet with Government Regulation.

4.1 ISKA Health & Safety Policy

- 4.1.1 The ISKA is committed to provide a safe and healthy sports environment.
- 4.1.2 This policy recognises that the health and safety of all ISKA members or employees is the responsibility of all in maintaining a Health and safety environment within the organisation.
- 4.1.3 The ISKA acknowledges its legal, moral and social responsibility to provide a healthy and safe workplace/ training, and to secure the health and safety of its employees, members and visitors.
- 4.1.4 All members involve with the ISKA must provide and maintain a safe training and equipment within the organisation.
- 4.1.5 It is the responsibility of all within the ISKA to recognise the hazards occurring within the organisation, the ISKA will take every practical step to provide and maintain a safe and health environment for its members.
- 4.1.6 Members who run their own clubs and are in charge or own their own training facilities are:
 - *Responsible for the effective implementation of their company or dojo training facilities.*
 - *Health and safety policy must observe, implement and fulfill its responsibilities under the acts and*

- *regulations that apply to ISKA Australia.*
- *Must make regular assessments of safety performances within their clubs facilities.*
- *Must provide clear training instructions to all its members to limit risk of any injuries.*

- 4.1.7 Students or Members within the ISKA organisation have a duty to take the care of which they are capable for their own health and safety and others affected by their actions at training or when competing at tournaments.
- 4.1.8 Students or Members within the ISKA organisation shall comply with the safety procedures and directions agreed within the Dojo rules.
- 4.1.9 Students or Members within the ISKA organisation must not interfere with or misuse items or facilities provided in the interests of health, safety and welfare for all within the organisation.
- 4.1.10 The ISKA reserves the right to carry its own Risk Assessment with its members to achieve a health and safe environment within the organisation.
- 4.1.11 The ISKA urges all its members to review their Health and Safety requirements at all times, and for anymore information to contact Work Cover within their State.
- 4.1.12 Event promoters / organisers will be responsible for ensuring an approved COVID Safety Management Plan is in place for each event.

SCHEDULE 1 – SECTION 5

ISKA South Australia Members Protection Policy

5.0 Background

- 5.0.1 The ISKA SA is committed to providing its members with a safe and healthy sports environment.
- 5.0.1 The ISKA SA supports and adopts the ISKA Australia Members Protection Policy as described in Schedule 1 section 5.1.
- 5.0.2 The ISKA SA will endeavor to ensure consistency with Government requirements and policies.
- 5.0.3 The ISKA SA reserves the right to review their policy and change in accordance to meet with Government Regulation.

5.1 ISKA Australia Members Protection Policy

- 5.1.1 The ISKA, Members and affiliated clubs, branches and states, is committed to the Health, Safety and well-being of all its members and is dedicated to providing a safe environment for participating in Martial Arts activities.
- 5.1.2 Abuse is defined as anything, which individuals or organisations do, or fail to do, that directly or indirectly harms people or damages their prospects of a Safe and Healthy development. This includes physical abuse, emotional abuse, inappropriate training, inappropriate touching, Sexual abuse and neglect. (*National Association for the Prevention of Child Abuse and Neglect, 2000*)
- 5.1.3 This Member Protection Policy conveys a message to all ISKA Australia members, and prospective members, responsible for Martial Arts activities, particularly those involving members under 18 years of age, about minimizing risk exposure of those members.
- 5.1.4 All ISKA Members, particularly age managers, coaches, officials, trainers and management personnel, have a responsibility to provide safeguards dedicated to the well being of all other members.
- 5.1.5 The abuse of youth (or any members or person), by other members or external source, is not acceptable and will not be tolerated.

- 5.1.6 The ISKA encourages all incidents of such abuse, as described in this policy, to be reported immediately to the appropriate authorities.
- 5.1.7 The ISKA supports the designation of such authorities by the respective state, branch and club affiliates of the ISKA in a protective procedure for handling inappropriate behavior by an ISKA member or external influence.
- 5.1.8 The ISKA Australia (Board) continues its support of the development of specific procedures and processes for addressing member protection in each state, in accordance with ISKA Australia Policies and the laws of that state.
- 5.1.9 Trainers and Event promoters / organisers will be responsible for ensuring an approved COVID Safety Management Plan is in place for their gym or event.

SCHEDULE 1 – SECTION 6

ISKA South Australia Refund Policy

6.0 Background

- 6.0.1 The ISKA SA supports and adopts the ISKA Australia Refund Policy as described in Schedule 1 section 6.1.
- 6.0.2 The ISKA South Australia reserves the right to review their policy and change in accordance to meet with Government Regulation.

6.1 ISKA Australia Refund Policy

- 6.1.1 The ISKA does not issue refunds prior to one week to the start of the event.
- 6.1.2 It is the ISKA's policy to issue a free credit to the next ISKA tournament in lieu of a refund at the discretion of the promoter. Nor does the ISKA issue refunds in any circumstances after the conclusion of the event.
- 6.1.3 It is the ISKA's policy to issue a free credit to the next tournament on a case by case basis.

SCHEDULE 1 – SECTION 7

ISKA South Australia Minors in Competition Policy

7.0 Background

- 7.0.1 This Policy aims to be consistent with the requirements of South Australian *Children and Young People (Safety) Act 2017* and *Children and Young People (Safety) Regulations 2017*¹.
- 7.0.2 This policy will apply to all styles and all sanctioned events and has the sole purpose of the protection of children and young people from harm, and is the paramount consideration in the administration, operation and enforcement of this policy.
- 7.0.3 ISKA Child Protection and Intervention Policy and Guidelines will be reviewed annually and updated in line with any legislative changes that have significant impact on the manner in which child protection and intervention issues are to be dealt with.
- 7.0.4 All ISKA SA policies, regulations and rules (as approved) will apply to competition involving minors.
- 7.0.5 Only accredited and approved ISKA SA Officials are permitted to officiate tournaments that include minors.
- 7.0.6 The ISKA South Australia reserves the right to review their policy and change in accordance to meet with Government Regulation.
- 7.0.7 Competitors under 18 years are not permitted to compete against competitors 18 year and older.
- 7.0.8 Age limits / requirements apply to specific rule classes.

7.1 Policy Measures and Procedures

- 7.1.1 Specific measures and procedures under this policy, to support the purpose outline in section 7.0, include:
- Screening and Suitability Process
 - The ISKA SA will:

¹ Children and Young People (Safety) Act 2017
[https://www.legislation.sa.gov.au/LZ/C/A/Children%20and%20Young%20People%20\(Safety\)%20Act%202017.aspx](https://www.legislation.sa.gov.au/LZ/C/A/Children%20and%20Young%20People%20(Safety)%20Act%202017.aspx)

- Ensure that all people representing the ISKA, who working or volunteering with children and young people at ISKA sanctioned events, are suitable.
 - Take all reasonable steps to make sure the ISKA engages the best possible officials / people to work with children and young people.
 - Ensure that all people representing the ISKA, who working or volunteering with children and young people at ISKA sanctioned events understand and comply with ISKA Interacting with Children Guidelines and Mandatory Reporting requirements and procedures.
 - Compliance with *The Child Safety (Prohibited Persons) Act 2016* which requires people who are working with children or providing child-related work to have a working with children check (WWCC). This is unless an exclusion applies.
- Stakeholder Collaboration
 - The ISKA SA will work with the South Australian Government and Tournament Promoters / organisers to ensure:
 - best practice policies and procedures in child protect and well-being are implemented at all sanctioned events/promotions; and
 - the event/promotion is in full compliance with the South Australian Children and Young People (Safety) Act and Regulations 2017.
- Mandatory Reporting
 - ISKA Representatives and Tournament Officials are aware they have a personal responsibility to report a child at risk to the ISKA Chief Official and Promoter in the first instances.
 - All ISKA events / promotions must have a Mandatory Reporting (procedure) of Suspicion that a Child or Young Person (up to 18 years) is or may be at Risk of Harm.
 - Reporting procedures will include:
 - Preparing a report - report needs to include a statement of your observations, information and opinions on which you base your suspicions.
 - How to make a report – for example:
 - If a child is in immediate danger or in a life-threatening situation, contact the police immediately by dialling 000.
 - To report suspicions (on reasonable grounds) that a child or young person is, or may be at risk, call the 24-hour Child Abuse Report Line on 13 14 78.
- Promotion and Promoter Requirements

- The Promoter / Event or Tournament Organiser to be sanctioned by the ISKA, involving minors, must undertake the following for their event:
 - Take all appropriate measure to:
 - comply with ISKA Minors in Competition Policy.
 - understand and comply with the requirements of South Australian Children and Young People (Safety) Act 2017, Children and Young People (Safety) Regulations 2017 and The Child Safety (Prohibited Persons) Act 2016.
 - Adopt strategies that will help to foster a safe and positive environment for children and young people to participate.
 - Employ risk management and prevention strategies for the effective management of child safety, neglect and abuse issues within sport.
 - Develop and lodge a child safe environments compliance statement for the event/tournament if required by legislation.
 - Have established, coordinated strategies for dealing with / reporting of child abuse and neglect in a responsible, effective and consistent manner.
 - Put event procedures in place that ensure minors are appropriately supervised by a parent, guardian or their Trainer (with necessary Working with Children Government/Police clearances), at all times.

7.2 Child Safety and Well Being

- 7.2.1 The focus of the policy and guidelines is tournament safety, participation and the prevention of child abuse in the sporting environment.
- 7.2.2 The ISKA SA is committed to ensuring that the safety, welfare and wellbeing of children are maintained at all times during their participation in activities run by the ISKA and its member bodies and tournament promoters.
- 7.2.3 Safety and well-being of the competitor will always be put before competition.
- 7.2.4 The ISKA SA will work with tournament promoters to ensure policy, legislative and regulatory requirements are met and standards are maintained.
- 7.2.5 ISKA guidelines for interacting with children:

These guidelines are for coaches, officials and other personnel who have contact with children at ISKA Sanctioned Events to protect them from risk and to keep children safe.

- Maintain appropriate boundaries
Coaches and other personnel in positions of authority should maintain clear:
- Physical boundaries
 - Use drills to develop fitness, not as a punishment
 - Only use physical contact that is appropriate for the development of a particular skill and has the permission of the athlete
 - Work within sight of others at all times
- Emotional boundaries
 - Use positive feedback on performance, not negative feedback about the person
 - Be encouraging and avoid put-downs
- Social boundaries
 - Attend sport related events such as sponsorship and fundraising events, celebrations and annual meetings but do not socialise with athletes outside sporting functions
 - Do not socialise with athletes via social media
 - Sexual boundaries
 - Do not have sexual relationships with athletes you are coaching
 - Do not touch athletes in ways likely to make them feel uncomfortable
- Minimise physical contact
Generally, physical contact with players or participants should be to:
 - Develop sport skills
 - Give sports massage

7.2 Child Protection & Intervention Policy

7.2.1 This policy and guidelines promote the care and protection of children participating in ISKA SA sanctioned events.

7.2.2 ISKA Sanctioned Events must promote a safe, fair and supportive environment for all children.

7.2.2 ISKA SA Event Officials will report all instances of alleged child abuse or neglect and follow the appropriate notification procedures (as outline in section 7.1)².

² Reporting procedures:

7.2.3 All events / promotions must have a Mandatory Reporting of Suspicion that a Child or Young Person (up to 18 years) is or may be at Risk of Harm.

7.2.4 Each ISKA event involving minors will have procedures in place to assist all staff, officials, coaches, members and volunteers to recognise child abuse and neglect and follow the appropriate notification procedures when reporting alleged abuse.

7.3 Minors in Competition Policy – Sports Karate and Traditional Martial Arts (Schedule 5)

7.3.1 Non-Contact: means strictly no contact of any kind

7.3.2 Touch Contact: “Light touch contact” or “touch contact” means there is no penetration or visible movement of the Opponent as a result of the contact. In addition, there is no intention to cause harm or heavy contact. Light touch is allowed to all legal target areas except to the face or head.

7.3.3 Moderate Touch Contact: “Moderate touch contact” or “Light contact” means there is slight penetration or slight target movement. Moderate touch may be made to all legal target areas except the head and face.

7.3.4 In regard to traditional, sports karate or sports and combat Jiu Jitsu tournaments involving minors – the safety and well-being of the competitor will always be put before competition.

7.3.5 Minors must at all times be under the direct supervision of a parent, guardian or trainer with appropriate Government / Police working with Children clearances.

7.3.6 Minimum competitor ages 10 years

7.3.7 Minors between the ages of 10 - 11 can compete in traditional, sports karate or sports and combat Jiu Jitsu tournaments (as specified under ISKA Rules) that involve individual or team demonstrations of skills only. There will be no contact competition of any kind permitted – strictly non-contact.

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1. Preparing a report - report needs to include a statement of your observations, information and opinions on which you base your suspicions.
 2. How to make a report:
 - If a child is in immediate danger or in a life-threatening situation, contact the police immediately by dialling 000.
 - To report suspicions (on reasonable grounds) that a child or young person is, or may be at risk, call the 24-hour Child Abuse Report Line on 13 14 78.

7.3.8 Minors between the ages of 12 -13 can compete in traditional, sports karate or sports and combat Jiu Jitsu tournaments (as specified under ISKA Rules Schedule 5) that involve “touch contact” with strictly “no head contact”. The number and type of submission techniques permitted for Jiu Jitsu tournaments will be significantly limited to minimise risk. Use of approved full protective gear (head guard, mouth guard, chest guard and shin pads) are required. Jiu Jitsu tournaments will be exempt from use of chest guards.

7.3.9 Minors between the ages of 14 -15 can compete in traditional, sports karate or sports and combat Jiu Jitsu tournaments (as specified under ISKA Rules) that involve “light contact”³. Touch contact to the head will be permitted with use of approved Head Protection mandatory. Submission techniques for Jiu Jitsu tournaments will be limited. The referee will treat all submission attempts with extreme caution to minimise risk. Use of approved full protective gear (head guard, mouth guard, chest guard and shin pads) are required. Jiu Jitsu tournaments will be exempt from use of chest guards.

7.3.10 Minors between the ages of 16 -17 can compete in sports karate and combat Jiu Jitsu tournaments (as specified under ISKA Rules) that involve “full contact competition”. Contact to the head will be permitted with use of approved Head Protection mandatory. All head contact and submission techniques for Jiu Jitsu tournaments will be treated by the referee with extreme caution to minimise risk. Use of approved full protective gear (head guard, mouth guard, chest guard and shin pads) are required. Jiu Jitsu tournaments will be exempt from use of chest guards.

7.3.11 All ISKA rules, regulations, policies medical and safety requirements for traditional, sports karate or sports and combat Jiu Jitsu tournaments as specified under the Approved ISKA Rules Schedule 5 will apply to tournaments involving minors.

7.4 Minors in Competition Policy – All Combat Sports Styles (Full Contact Karate, Kickboxing, K-1, Oriental Rules, Muaythai, San Shou and Mixed Martial Arts) – Schedules 2,3 and 4.

7.4.1 Non-Contact: means strictly no contact of any kind

7.4.2 Touch Contact: “Light touch contact” or “touch contact” means there is no penetration or visible movement of the Opponent as a result of the contact. In addition, there is no intention to cause

³ Touch Contact – contact with no notable power or force and without the intention to cause harm.

harm or heavy contact. Light touch is allowed to all legal target areas except to the face or head.

- 7.4.3** Moderate Touch Contact: “Moderate touch contact” or “Light contact” means there is slight penetration or slight target movement. Moderate touch may be made to all legal target areas except the head and face, where only Touch Contact is permitted and there is no intention to cause harm or heavy contact.
- 7.4.4** In regard to all Combat Sports Styles under ISKA Official Rules Schedules 2,3,and 4 (referred to as Combat Sports Rules) where tournaments involve minors – the safety and well-being of the competitor will always be put before competition.
- 7.4.5** All minors are restricted to Demonstrations, Novice / C-Class Rules (depending on age), which include additional safety measures from the standard rules.
- 7.4.6** Minors under the age of 12 cannot compete in any type of Combat Sports tournament as specified under ISKA Combat Sports Rules. Non-Contact demonstrations of skill may be permitted for minors 10-12.
- 7.4.7** Minors between the ages of 12 -13 can compete in all styles of tournaments (as specified under ISKA Rules) only under “Touch Contact”⁴ rules that involve heavily modified Novice/C-Class rules and with absolutely no head contact, and no use of elbows or knees. Submission techniques for MMA bouts will be significantly limited. The referee will treat all submission attempts with extreme caution to limited to minimise risk. Bouts will be a maximum of 2 rounds X 1.5 minutes with 1.5 minute break. Use of approved full protective gear (head guard, mouth guard, chest guard and shin pads) are required. Non-Contact demonstrations of skill may be permitted for minors 12-14.
- 7.4.8** Minors between the ages of 14 -15 can compete in all styles of tournaments (as specified under ISKA Rules including “Light Contact”⁵ Karate and Martial Arts, Kickboxing, Muaythai, San Shou and MMA) that involve heavily modified “light contact” novice rules. Touch contact to the head will be permitted with use of approved Head Protection mandatory. The use of elbows and knees to the head will not be permitted. Submission techniques for MMA bouts will be limited. The referee will treat any head contact and submission attempts with extreme caution to limited to minimise risk. Bouts will be a maximum of 2 rounds

⁴ Touch Contact – contact with no notable power or force, and without the intention to cause any harm or damage.

⁵ Light Contact rules - well-controlled techniques that aim to make contact but do not aim to cause any damage and are not applied with any significant force.

X 1.5 minutes with 1.5 minute break. Use of approved full protective gear (head guard, mouth guard, chest guard and shin pads) will be required. Non-Contact demonstrations of skill may be permitted for minors 14-15.

7.4.9 Minors between the ages of 16 -17 can compete in all styles of tournaments as specified under ISKA Combat Sports Rules that involve modified Novice / C-Class Rules and “full contact competition” – with additional restrictions. The use of elbows and knees to the head will not be permitted. Full contact to the head will be permitted with use of approved Head Protection (mandatory). Head contact for all styles and submission techniques for MMA bouts, will be treated by the referee with extreme caution to minimise risk. Bouts will be a maximum of 3 rounds X 2 minutes with 1.5 minute break. Use of approved full protective gear (head guard, mouth guard, chest guard and shin pads) will be required.

7.4.10 Competitors under 18 years are not permitted to compete against competitors over 18 years in any style of full contact Combat Sports (as defined in Schedules 2 to 4).

7.4.11 All ISKA rules, regulations, policies, medical and safety requirements in Schedules 1 to 4 as specified under the Approved ISKA Official Rules will apply to tournaments involving minors.

ISKA South Australia – Schedule 2

Kickboxing Rules



ISKA SOUTH AUSTRALIA

KICKBOXING

Rules & Regulations

(INCLUDES - KICKBOXING, FULL CONTACT MARTIAL ARTS, FREE STYLE, ORIENTAL RULES, K-1, THAI STYLE RULES (MUAYTHAI), SAN SHOU RULES, CAMBODIAN STYLE RULES (KHMER))

**VERSION: ISKASA 2020
ORIGINAL: ISKASA 2007**

SCHEDULE 2 - KICKBOXING RULES & REGULATIONS

DEFINITIONS

- **“STATE GOVERNMENT COMBAT SPORT LEGISLATION”** means South Australian *Boxing and Martial Arts Act 2000* and supporting Regulations.
- **“GOVERNMENT REGULATING AUTHORITY”** means the applicable/relevant State Government Sport Office/Commission or equivalent State Government Combat Regulatory Authority.
- **“CHIEF OFFICIAL”** ISKA appointed Tournament Chief Official tasked with ensuring bout, competitor, trainer and official compliance with ISKA and State Government Rules and Regulations.
- **“ISKA”** International Sports Kickboxing/Karate Association.
- **“ISKA REPRESENTATIVE”** ISKA appointed Representative / Director tasked with ensuring event compliance with ISKA and State Government Policies, Rules and Regulation Compliance
- **“COMPETITOR”** means any person who engages in unarmed combat contest / bout / tournament / exhibition.

INTRODUCTION

1.0 Introduction

- All Kickboxing events or activities must comply with the requirements of Schedule 1 and 2 of the ISKA South Australia Official Rules.
- *Schedule 2 Section 1: describes Competitor Class Structure*
- *Schedule 2 Section 2: describes Weight Divisions*
- *Schedule 2 Section 3: describes International Rules*
- *Schedule 2 Section 4: describes Kickboxing Styles (variations to section 3)*
- All Kickboxing events or activities must comply with the requirements of Schedule 2 Section 1 and 2 of the ISKA South Australia Official Rules, and these sections will apply in the case of conflict.
- The ISKA SA will endeavour to ensure consistency between the Rules and Regulations applied to South Australian sanctioned activities and events, and South Australian Government Legislation and Regulations.
- Where ISKA SA Official Rules differ from the requirements of South Australian Government Legislation and/or Regulations, *specifically the Boxing and Martial Arts Act 2000 and supporting Regulations*, or are silent, Government requirements will be adopted by the ISKA SA in all sanctioned activities and events.

SCHEDULE 2 SECTION 1

ISKA South Australia Event Requirements and Competitor Class Structure

1.0 GENERAL

- All Kickboxing (and Combat Sports styles specified in Schedule 2) events or activities must comply with the requirements of Schedule 1.
- All Kickboxing events or activities must comply with the requirements of Schedule 2 Section 1.
- Where any section of any requirements under Schedule 2, conflict with Schedule 2 Section 1, Section 1 will be applied as the overriding regulation (regardless of competition style as outlined in Schedule 2 Section 3 and 4).
- All protective equipment must meet ISKA standards, be approved by the ISKA SA Representative (or appointed Tournament Chief Official) and comply with any relevant South Australian Government requirements.
- All competitors competing without head-guards are required to undertake a MRI scan every three years or as specified under South Australian Government Regulations. The frequency may be increased at the discretion of the ISKA SA Representative, dependant on the competitor's history and history receiving concussion (knocked out) during competition.
- All classification upgrades are to be approved by the ISKA SA Representative.
- All styles compete under a ten-point must system.
- A-Class Rules will follow B Class Rules with variations intended to additionally incorporate a higher level of skill requirement and technical ability. Equally B Class will follow C Class, and C Class will follow Novice.
- The conduct of any bout/match or tournament must be compliant with the South Australian *Boxing and Martial Arts Act 2000* and supporting *Regulations*.
- Should ISKA SA Official Rules differ from the requirements of South Australian Government Boxing and Martial Arts Legislation and/or Regulations, or are silent, Government requirements will be adopted by the ISKA SA in all sanctioned activities and events.

- Should ISKA SA Official Rules Schedule 2 differ from Schedule 1, the requirements of Schedule 1 will be adopted.

1.1 NOVICE CLASS

- a) First time competitors
- b) All rounds to be 3 x 1.5
- c) Novice fighters cannot fight for titles.
- d) Head-Guards must be worn which comply with ISKA Standards and any State Government requirements.
- e) Shin Pads must be worn of equal thickness and comply with ISKA and any State Government requirements.
- f) Approved Chest protection must be worn and comply with ISKA and any relevant State Government requirements.
- g) It is recommended that novice fighters compete in Full Contact or Free Style bouts.

1.2 C CLASS

- a) C-Class are eligible to compete for State titles – but must have a minimum of 4 wins or 6 fights with 2 wins.
- b) C class fighters are not eligible to fight for vacant National titles.
- c) Rounds to be 3, 4 or 5 x 1.5, 2 or 3 minutes, to be set by the ISKA SA Representative.
- d) Chest guards are highly encouraged in this competitor class. Permission for exemption from wearing this protective equipment must be sort from the ISKA SA Representative.
- e) Shin-guards are required unless special exemption and approval has been granted.
- f) Head-guards are required.

1.3 B CLASS

- a) B-Class are eligible to compete for National titles – but must have a minimum of 6 wins or 10 fights with 4 wins.
- b) B class fighters are not eligible to fight for vacant International titles.
- c) Optional to wear shin pads. If one fighter chooses to wear shin pads both fighters must wear shin pads of equal thickness and comply with ISKA requirements.

- d) Optional to wear head guards. If one fighter chooses to wear head guards, both fighters must wear head guards of equal thickness that comply with ISKA requirements. If no head guards are elected, an MRI scan is mandatory (*refer to Schedule 2 Section 3 and Government Regulations under the Boxing and Martial Arts Act 2000*).
- e) Rounds to be 3, 4 or 5 x 2 or 3 minutes.
- f) Where rounds are 3 minutes in length, a 2-minute break will apply.
- g) Variations to round length requirements can be set by the ISKA SA Representative.

1.4 A CLASS

- a) A-Class fighters are eligible to contest any title – but must have a minimum of 10 wins.
- b) Rounds to be set by the Representative.
- c) MRI scans are mandatory for competitors in this class in accordance with Schedule 2 Section 3 and *Government Regulations under the Boxing and Martial Arts Act 2000*.

1.5 EVENT REQUIREMENTS

1.5.1 AMBULANCE, EMT'S, AND QUALIFIED RINGSIDE PHYSICIAN

The ISKA requires the following of all combat sports full contact events:

- A minimum of one qualified ringside physician shall be present at all events. *It is highly recommended that two qualified ringside physician shall be present at the event.*
- A qualified ringside physician must be at ringside during each bout.
- Promoters will ensure a minimum two EMT or professional FIRSTAID personnel for every event. *It is highly recommended that Promoter of full contact events engage an Ambulance on site for the event to mitigate risks.*
- Promoters will ensure the venue is set up to allow immediate access to an ambulance for any emergency or injury (both unimpeded vehicle access to the venue and stretcher access to cage/ring side).
- No contest shall be allowed to continue or commence if an ambulance is utilised to transport a previous competitor to a medical facility, until the ambulance has secured and transported the competitor from the venue.

1.5.2 DRUGS IN SPORT

The ISKA reserves the right to implement “doping” tests on competitors. A positive test for doping according to the list of banned substances by the World Anti-Doping Agency (WADA) or Australian Anti-Doping Agency, leads to immediate disqualification. The promoter/ organiser is required to facilitate and aid in the implementation of doping tests run on the competitors. If a competitor refuses to participate in a doping test he/she is immediately disqualified.

1.5.3 MATCHMAKING

In the interest of competitors safety and ensure the fairness and integrity of every sanctioned bout, all bouts (competitors match up, division and rules) must be approved by the ISKA. The ISKA reserves the right not to sanction any bout in the interest of competitor safety and fairness.

1.5.4 RULES MEETING

A rules meeting for the Fighters and Officials must be held for each promotion in the presence of the ISKA Chief Official or Head Referee. Rules meetings will be determined at the discretion of the ISKA in consultation with the event Promoter and must be held either at the event weigh-in or prior to commencement of the event.

1.5.5 VENUE

In the interest of competitor and spectator safety and to ensure the standard and integrity of every ISKA sanctioned events, promoters must seek ISKA approval of any venue to be used. All venues are to be compliant with the relevant *Building Codes and State Government Work Health Safety Regulations*. All venues must have appropriate security, amenities, emergency exists and equipment, change room facilities and promote the responsible consumption of alcohol.

1.5.6 SECURITY

The Promoter will have responsibility for ensuring appropriate security at the event venue. In the interest of competitor and spectator safety, promoters must seek ISKA approval of Security arrangements.

1.5.7 BEVERAGE AND LIQUOR SALES

If the chosen venue has a liquor license and liquor is intended to be sold at the event, the ISKA must be advised in writing in advance of the show and give its approval. Beverages cannot be sold in bottles. Promoters are responsible for ensuring venues promote the responsible consumption of alcohol.

1.5.8 WORK HEALTH SAFETY

Promoters must ensure events are conducted in full compliance with relevant State *Work Health Safety Legislation and Regulations*.

SCHEDULE 2 SECTION 2

ISKA South Australia Weight Divisions

2.0 General

All Kickboxing events or activities must comply with the requirements of Schedule 2 Section 2 of the ISKA SA Official Rules.

2.1 Weight Divisions

Schedule 2 Section 2.2 and 2.3 provide the Male and Female weight divisions of the ISKA SA to be applied to all classes and styles.

2.2 Male Weight Divisions

-	ATOM WEIGHT	53.2KG
-	FLY WEIGHT	54.5KG
-	BANTAM WEIGHT	56.4KG
-	FEATHER WEIGHT	58.2KG
-	LIGHT WEIGHT	60.0KG
-	SUPERLIGHT WEIGHT	62.3KG
-	LIGHTWELTER WEIGHT	64.5KG
-	WELTER WEIGHT	66.8KG
-	SUPERWELTER WEIGHT	69.5KG
-	LIGHTMIDDLE WEIGHT	72.3KG
-	MIDDLE WEIGHT	75.0KG
-	SUPERMIDDLE WEIGHT	78.1KG
-	LIGHTHEAVY WEIGHT	81.4KG
-	LIGHTCRUISER WEIGHT	84.6KG
-	CRUISER WEIGHT	88.2KG
-	SUPERCUISER WEIGHT	91.8KG
-	HEAVY WEIGHT	96.4KG
-	SUPERHEAVY WEIGHT	+ 96.5KG

2.3 Female Weight Divisions

-	ATOM WEIGHT	BELOW	49.1 KG
-	SUPER ATOM WEIGHT		50.5 KG
-	FLYWEIGHT		51.8 KG
-	SUPER FLYWEIGHT		53.2 KG
-	BANTAMWEIGHT		54.5 KG
-	SUPER BANTAMWEIGHT		56.4 KG
-	FEATHERWEIGHT		58.2 KG
-	LIGHTWEIGHT		60.0 KG
-	SUPER LIGHTWEIGHT		62.3 KG
-	LIGHT WELTERWEIGHT		64.5 KG
-	WELTERWEIGHT		66.6 KG
-	SUPERWELTER WEIGHT		68.5KG
-	LIGHTMIDDLE WEIGHT		71.1KG
-	MIDDLE WEIGHT		73.7KG
-	SUPERMIDDLE WEIGHT		76.3KG
-	LIGHTHEAVY WEIGHT		78.9KG
-	LIGHTCRUISER WEIGHT		81.5KG
-	CRUISER WEIGHT		84.1KG
-	SUPERCRAISER WEIGHT		86.7KG
-	HEAVY WEIGHT		89.3KG
-	SUPERHEAVY WEIGHT		+ 90.0KG

SCHEDULE 2 SECTION 3

ISKA South Australia International Kickboxing Rules

3.0 ISKA INTERNATIONAL KICKBOXING RULES

3.0.1 Schedule 2 Section 3 describes ISKA International Rules.

3.0.2 Schedule 1, Schedule 2 Sections 1, 2 and 4 describe the only acceptable variations to Schedule 2 Section 3.

3.1 THE RING

3.1.1 CONSTRUCTION OF THE RING

The ring shall be constructed as follows:

- Size: A square with each side and shall be a regulation Boxing ring not less than 17 feet (5.3m) square within the ropes.
- Floor And Corner: Must be well constructed with no obstructions and with a minimum extension outside the ring of at least 3 feet (91 cm).
- The minimum floor height should be 4 feet (1.22 metres) with a maximum of 5 feet (1.48 metres) from the building floor. The corner posts should have a diameter of between four (10.00 cm) to five inches (12.70cm) with a height of 58 inches (1.47 metres) from the ring floor.
- All four posts must be properly cushioned.
- Ring Floor: The ring floor shall be padded in a manner as approved by the ISKA. The floor must be padded by either cushioning, rubber, soft cloth, rubber mat, or similar material with a minimum thickness of 1 inch (2.50 cm) and a maximum of 1.5 inch (3.7 cm).
- The padding should be completely covered by a canvas cloth. No vinyl or other plastic rubberized covering will be permitted.
- Ring Steps: At least three (3) sets are required. The width of each step should be at least 3.50 feet (1.07 metres). One set is located at each corner and a third shall be positioned centrally for the doctor and other officials.
- Plastic Bin: To be located at the fighter's corner for the disposal of tissues, bandages or any other garbage.

3.1.2 HEIGHT OF THE RING

The ring platform shall not be more than four feet (4') above the floor of the building and shall be provided with suitable steps for use by fighters as per Section 3.1.1.

Ring-side tables must be no higher than ring platform level on elevated rings; no ringside tables will be permitted next to floor level on non-elevated rings.

3.1.3 RING ROPES

The ring ropes shall consist of four ropes not less than one inch (1") in diameter stretched and linked to the four corner posts.

The lower rope shall be 18 inches (.5m) above the ring floor, the middle rope 35 inches (.9m) above the floor, the upper rope 52 inches (1.3m) above the floor. The lowest rope shall have applied around it padding of a thickness not less than one-half inch (1/2") and of type and construction to be approved by the ISKA.

All rope ties will be vertical, approximately 6 feet apart, made of a soft material.

3.1.4 RING EQUIPMENT

The promoter of the event will provide all necessary ring equipment including stools, subject to the approval of the ISKA, for use by fighters and seconds at all events, except for those items to be supplied by the fighters and those items to be supplied by the seconds (see Section 3.1.6 *Ring Accessories*).

3.1.5 BELL

There will be a bell at the ring, no higher than the floor level of the ring. The bell will be clear in tone so that the fighters may easily hear it when it is sounded.

3.1.6 RING ACCESSORIES

The following equipment is required at ringside.

1. *Break area at both corners.*
2. *Two drinking water bottles and two spray bottles. No other type of bottle is allowed ringside.*
3. *Two towels.*
4. *Two bowls of water.*
5. *Tables and chairs for the officials.*
6. *Alarm bell.*
7. *Two stop clocks.*
8. *Score sheets.*
9. *Locking box for keeping the score sheets.*
10. *One set of round indicators, signs or boards.*
11. *Two pairs of spare boxing gloves.*
12. *One spare set each of red and blue boxing shorts.*
13. *Groin protector with one or two ties.*

14. *Two cloth squares to facilitate a groin protector change or adjustment.*
15. *Stretcher.*
16. *Blunt edged scissors.*

3.1.7. SANITATION

All promoters are held responsible for ensuring acceptable sanitary standards be met, with respect to dressing rooms, showers, water bottles, towels or other equipment. Physicians and ISKA Officials are to make a particular examination at every event for violations of these rules. The ring must be swept, dry-mopped, or other wise adequately cleaned before the event and prior to the fights.

3.2 FIGHTER ELIGIBILITY

3.2.1. PRE-CONDITIONS FOR PROFESSIONAL STATUS

All fighters seeking professional status must get written approval from their ISKA State Representative. Requirements for approval will include an accurate, current listing of all of fighter's bouts, including promoters, event dates, opponents, scheduled number of rounds, and outcomes.

In order to qualify for a professional status, fighters must have competed in at least 10 approved and verified 3 or 4 round bouts as amateurs.

3.2.2. FIGHTERS ASSOCIATION MEMBERSHIP

ISKA licensing is mandatory for all fighters and promoters. Note that promoters and competitors must have satisfy all licencing or registrations as required under Government Regulations (Boxing and Martial Arts Act 2000) to qualify for ISKA SA licensing.

3.2.3. SUSPENDED FIGHTERS

Any fighter who is currently under suspension by the ISKA will not be permitted to participate in any amateur or professional ISKA events for the duration of his suspension.

3.2.4. EXHIBITION BOUTS

All exhibition bouts are not to be considered as sanctioned bouts by the ISKA. In order to be included in an ISKA Sanctioned event, any exhibition type contest (point matches, exhibition boxing, exhibition kick-boxing etc.) must receive advance

approval from the ISKA SA Representative and comply with all standard policies, rules and regulations.

The ISKA SA Representative or Tournament Chief Official, may deny any exhibition bouts which may be considered to be unsafe (a mis-match due to weight spread or experience, for example) or inconsistent with the general standards established by the ISKA.

3.3 PRE-FIGHT REGULATIONS

3.3.1. EXAMINATION OF APPLICANTS

Any fighter applying for eligibility to compete in an ISKA event must be examined by a physician certified by the ISKA, to establish both physical and mental fitness for competition.

Examinations must be compliant with the requirements of Government as specified under the *South Australian Boxing and Martial Arts Act / Regulations 2000*. Such examination must be taken at such time as directed by the ISKA.

At a minimum the ISKA requires that competitors:

- HIV-1 Test (a blood test which verifies the applicant is HIV negative (current within 12 months)
- HEPATITUS B Test (A blood test which verifies the applicant is Hepatitis B (HVsAg) negative (current within 12 months)
- HEPATITUS C Test (A blood test which verifies the applicant is Hepatitis C (HCVsAb) negative (current within 12 months)
- ANNUAL MEDICAL approved by a physician stating the athlete is approved for combative sports as indicated on the membership application
- FEMALE CONTESTANTS – Pregnancy tests must be taken within 24 hours prior to the start of any full contact competition / event.
- PRE-FIGHT EXAMINATION - At the time of weigh-in or on the same day as the match, all contestants must pass a pre-fight medical examination. The physician shall examine all contestants before they compete, with the examination shall take place.

Check-list: heart, blood pressure, pulse, lungs, hearing, teeth, evidence of a hernia, musculature, skin, negative

Hepatitis B (HBsAg), Hepatitis C (HCVsAb) and HIV tests. If a contestant is deemed by the physician to be out of shape, suffering from injury or illness, affected by drugs or narcotics, mentally unbalanced or in any other way unfit to participate in the match, the contestant shall not be permitted to compete.

- ALL COMPETITORS competing without head guards are required to comply with Government Regulations regarding undertaking and passing Magnetic Resonance Imaging (MRI) testing of the head/brain before competing. In addition to this:
 - The ISKA requires that all A Class MMA Competitors at a minimum undertake and pass an annual MRI whilst actively competing (or as required by Government Regulations).
 - It is also recommended that ALL competitors, regardless of the Class of Rules, who are competing without head guards, undertake and pass a MRI at a minimum of every 2 years (or as required by State Government Regulations).
 - Additional MRIs can also be ordered if a competitor has been suspended as a result of a knockout during competition or training.

3.3.2. WEIGHT DISTRIBUTION

The current ISKA World Ratings should be consulted for current weight categories and weight spreads. Current ratings may be obtained from the ISKA Australia Headquarters.

3.3.3. WEIGH-IN TIME

Fighters will be weighed on or before the day of the match, at a time to be determined by the ISKA, on scales approved by the ISKA.

By special permission of the ISKA, preliminary fighters may be allowed to weigh in, and be examined not later than two hours before the scheduled time of the first bout of the program. All weights stripped.

3.3.4. MAKING WEIGHT - NON-TITLE BOUTS

In non-title professional bouts, if a fighter fails to make the specified weight in his contract, he/she will forfeit, according to the following schedule:

1-2lbs over = 15% penalty
3-4lbs over = 30% penalty
5-7lbs over = 40% penalty

8lbs & over = 50% penalty

The forfeited prize money will be distributed 50% to the opponent and 50% to the promoter. If both fighters are overweight, both are subject to penalties according to the above schedule, with the fighter's share of the forfeited prize money to be distributed according to the ISKA.

All professional fighters must sign an ISKA approved contract for each bout, with the promoter of that event.

In amateur bouts where a fighter fails to make weight the ISKA the SA Representative or ISKA Tournament Chief Official may permit the bout to take place if the weight spread is permissible. However, should the overweight fighter win, the bout will not be credited to his or his opponent's record.

If the overweight fighter loses, the loss will go on his record and the win will be credited to his opponent's record.

If both fighters are overweight or underweight and the weight spread falls within the permissible range, the ISKA SA Representative or ISKA Tournament Chief Official will have the authority to permit the bout to proceed.

The ISKA SA Representative or ISKA Tournament Chief Official will permit the bout to continue and the outcome will be recorded on the records of both fighters. Amateur fighters, who repeatedly weigh in overweight or underweight, will be subject to disciplinary action by the ISKA.

3.3.5. MAKING WEIGHT - TITLE BOUTS

In title bouts, both professional and amateur, if a fighter cannot make weight at the prescribed time, he/she will be allowed to weigh a second time, two hours later, at a place designated by the ISKA SA Representative or ISKA Tournament Chief Official. If the fighter fails to make weight at this second weigh-in, and these weigh-ins occur the day before the bout, he/she may weigh again, no sooner than eight hours before the start time of the event on the day of the bout; that is, should the fighter fail to make weight at the original time, and fail to make weight two hours later, he/she may weigh again no sooner than noontime the next day, if the event is scheduled to begin at 8.00pm.

If the official weigh-in is scheduled the day of the bout, the fighter not making weight will be weighed again two hours later.

If he/she still does not make weight, then he/she may attempt a final weigh-in two hours before the start of the event. In other

words, if the fighter cannot make weight at the originally scheduled time, and cannot make weight two hours later, he/she will not be weighed again until two hours before the start time of the event.

In this case, if the event is to start at 8.00pm, his final official weigh-in should be at 6.00pm.

If a fighter cannot make weight at the final "official" weigh-in and that fighter is the champion, the title will be declared vacant and the bout will ensue. Should the challenger win the bout, he/she will become champion. In the event the former champion wins the bout, the title be declared vacant, and a run off for the title will be established, according to the rules of the ISKA. If the fighter who cannot make weight is the challenger, the bout will proceed as scheduled; however, should the challenger win the bout, the title will be declared vacant, and a run off will be established, according to the rules of the ISKA. In either case, the fighter who cannot make weight will also be subject to the purse penalties as specified in his contract and by the ISKA.

Any exception to these rules regarding weight making in professional title bouts requires the approval of the ISKA.

3.3.6. MAXIMUM ALLOWABLE WEIGHT LOSS

The maximum amount of weight a fighter will be allowed to lose, during any period of time within 32 hours before the start time of the event, is 4% of that fighters weight at his initial weigh-in. For example, if a fighter weighs-in at 150lbs., at noontime the day before the event, but is overweight according to his contract, the ISKA SA Representative or ISKA Tournament Chief Official will calculate his maximum allowable weight loss as 4% of 150lbs., or 6lbs. ($150 \text{ by } .04 = 6$), and that 6lbs., will be the maximum that fighter will be allowed to lose before the start time of the event.

If the maximum allowable weight loss fails to bring a fighter within the permissible weight spread, that fighter will be declared ineligible to compete in his scheduled bout, and will be subject to the penalties as described below.

3.3.7. MINIMUM AGE OF FIGHTERS

Schedule 1 Section 7 requirements apply to this all styles under Schedule 2.

No fighter shall participate in an ISKA professional Full Contact Karate or Kickboxing events, if he/she is less than 18 years of age, unless permitted by both the fighter's country of origin, the

jurisdiction where the match takes place and the ISKA Chief Official.

Fighters must be 16 years old to participate in amateur full contact bouts (under Novice or C-Class Rules), in exhibition or demonstration bouts only, and only with the signed, written consent of the parents or legal guardians, which must be delivered to the ISKA SA Representative no later than one month prior to the bout. Underage amateur fighters will be required to wear certain head and body protective gear as specified under ISKA Rules and at the direction of the ISKA SA Representative. All fighters (over 18 years) seeking professional status, or 16 and 17 years old fighters seeking amateur status, must provide proof of age, such as a birth certificate or legitimate driver's license.

Refer to ISKA SA Official Rules Schedule 1 for requirements relating to competitors under 16 years, noting that participation in full contact is not permitted, strict style, degree of contact restrictions and Government Child Protection Regulatory requirements, apply for under-age competitors.

3.3.8. ADVANCE APPEARANCE OF MAIN EVENT FIGHTERS

In world and intercontinental and international title bouts, both the champion and the challenger will be present in the event locale according to the date stated in their ISKA Title Contract. This date will be no less than 3 days before the event, unless, with ISKA approval, the fighter and promoter agree otherwise.

All fighters participating in World and Intercontinental and International title bouts, and the promoter of these bouts, will enter an agreement using the ISKA Title Contract, as directed by the ISKA. Terms of the contract may be modified with ISKA approval, but no rematch clauses, agreements between the promoter and the fighter regarding officials, or clauses that interfere beyond established guidelines, with a fighter's availability to other promoters, will be allowed.

Breach of this contract by either party may lead to fines or suspension levied by the ISKA, in addition to any legal remedies.

3.3.9. APPEARANCE BONDS AND FORFEITS

All fighters, both amateur and professional, may be required to post appearance bonds with a promoter for whom they are to appear. In the event the fighter fails to appear, this bond is to be forfeited and divided 50% to the promoter and 50% to the

fighter's opponent for training expenses. The amount of the forfeit money must be specified in the fighter's contract.

Appearance bonds in amateur bouts will not exceed \$25.00. In professional bouts they will not exceed 50% of the purse.

Fighters bonds will be required only with the express permission of the ISKA.

3.3.10. FIGHTERS MUST REPORT

All fighters, or representative second, must attend the pre-fight meeting held by the ISKA SA Representative or ISKA Tournament Chief Official. This meeting will typically following the weigh-in, or during the afternoon before the event. In addition, fighters will be required to report for physicals, and to their dressing rooms, at the time specified by the ISKA. Failure to do so will result in fines as per the ISKA fine schedule, and possibly result in the fighter being dropped from the event. All fines will be retained by the ISKA.

All fighters, once they report to the ISKA SA Representative, ISKA Official in charge of dressing rooms immediately prior to the start of an event, are not to leave the facility, and are subject to urinalysis and fines, if they do not remain in approved areas.

3.3.11. FIGHTERS APPEARANCE

All fighters must be clean and present a tidy appearance. It will be at the sole discretion of the ISKA SA Representative or ISKA Tournament Chief Official to determine whether facial adornments (moustaches, goatees, excessive sideburns) and length of hair present any potential hazard to the safety of the fighter or the opponent, or will interfere with the supervision or conduct of the bout. The excessive use of grease or any foreign substance is not permitted. The Referee, Chief Official or the ISKA SA Representative, shall insist upon removal of any such excessive grease or foreign substance. Non-compliance by the contestant shall be sufficient cause for disciplinary action, such as purse deduction, or disqualification.

3.3.12. FIGHTERS DISQUALIFIED OR DECLARED INELIGIBLE DUE TO REGULATIONS

Fighters who are declared ineligible for their bouts due to excessive weight, misrepresented age, physical incapacities pre-known to the fighter, or other wilful violation of ISKA regulations, will be subject to fines and suspension by the ISKA. Unless otherwise specified in the fighters contract, the promoter will have no obligation to the ineligible fighters, and may demand reimbursement from the fighter for any expenses or purse pre-

paid by the promoter. The promoter will, however, be obligated to pay the expenses of the opposing fighter who presents himself properly, plus any cancellation settlements if provided for in that fighters contract.

Fighters who are disqualified during their bout for wilful gross rule violations, or unprofessional performance, or who represent themselves improperly following their bout, may be subject to the same penalties, at the discretion of the ISKA SA Representative, in consultation with the ISKA National Director.

3.4 FIGHTERS ~ EQUIPMENT AND SECONDS

3.4.1. UNIFORM

A uniform approved the ISKA must be worn by all fighters upon entering the ring. For Full Contact Karate matches, the uniform should include long pants that reach the ankle and these should be neat, clean and not torn. The pants will be of the lace-up or elastic type, rather than drawstring type. Appropriate approved Kickboxing shorts must be worn for all matches fought under Freestyle, Oriental, Thai and Cambodian Kickboxing rules. The ISKA SA Representative or ISKA Senior Official must approve any exception to this dress code in advance. Fighters must furnish their own uniforms.

Fighters who present themselves in improper uniforms will be fined from \$25.00 up to 10% of their purse by the ISKA SA Representative, and will not compete in their bout until they present themselves according to regulations. Prior to the start of a contest, all male fighters will remove their uniform jackets or gowns, and any other adornments that are not required equipment. Black belts may be worn at the option of the fighter in Full Contact Karate matches only, and must be tied securely around the waist.

3.4.2 PROTECTIVE EQUIPMENT

The following is required and applies to all combat sports styles detailed in Section 4;

- All fighters will wear regulation gloves, head-guards and foot protective equipment approved by the ISKA (as determined by competition class requirements).
- If the gloves and footpads have been used previously, they must be whole, clean and subject to inspection by the referee or by an ISKA Official as to condition. If found imperfect, they shall be changed before the bout starts.

- No breaking, roughing, or twisting of gloves or footpads shall be permitted.
- Shinpads (of soft substance) and headguards must be worn by all Novice and C Class fighters.
- Shinpads and headguards are subject to the approval of the ISKA SA Representative.
- For B Class fighters the wearing of shinpads or headguards in any style of match is optional but encouraged. An exemption must be sort under the conditions of Schedule 2 Section 1. If headguards are not used, a MRI scan is required for this class of fighter consistent with State Government Regulations and ISKA requirements (refer Schedule 2 Section 1 and Section 3.3.1).
- For A Class fighters the wearing of shinpads or headguards is not required. A MRI scan is required for this class of fighter consistent with State Regulations and ISKA requirements (refer Schedule 2 Section 1 and Section 3.3.1).
- No rings, jewellery, or items other than those authorized may be worn. Elbow pads and forearm pads shall not be worn.
- All male fighters must wear an approved groin protector. A plastic cup with an athletic supporter is adequate, but an abdominal guard is preferable. All female fighters must wear foul-proof breast protection approved by the ISKA.
- All fighters must wear fitted mouthpieces.
- Fighters must furnish their own footpads, groin protectors (or breast protectors for women), and mouthpieces. Where a fighter cannot supply this equipment, the promoter is required to.
- All promoters must have several extra sets of gloves, shin pads and footpads of common sizes to be used in case gloves or footpads are broken or in any way damaged beyond use during the course of a bout.
- Fighters who do not present themselves properly equipped at the start time of their bout shall be subject to fines by the ISKA SA Representative, and may be penalized by the referee, including being counted out of the match, if any equipment problems cannot be solved within five (5) minutes of the referees order to correct such problems.

3.4.3. GLOVES STANDARD SPECIFICATION

The following is required;

- All gloves must be of a professional quality and must be approved and inspected by the ISKA SA Representative or ISKA Tournament Chief Official before the event. An ISKA Official will also inspect gloves at the event.
- All gloves must be made so as to fit the hands of any fighter whose hands may be unusual in size.
- All weight categories of 153lbs/69.5kg and lighter will use 8oz gloves in professional matches. If one fighter is above 153lbs/69.5kg and one fighter is below, 10oz gloves will be used.
- All weight categories heavier than 153lbs/69.5kg will use 10oz gloves, as may Novice and C Class fighters with the approval of the ISKA SA Representative or ISKA Tournament Chief Official.
- The ISKA SA Representative must approve the make and type of all gloves in advance.
- The promoter will provide all gloves.
- The referee must inspect and approve any tape used on the gloves.

3.4.4. HEADGUARD STANDARD SPECIFICATION

All headgear must be approved by the ISKA and compliant with any relevant State Government Regulations or requirements.

A-Class fighters will not wear headgear except at the direction of the ISKA.

The ISKA SA Representative must approve the make and type of all head-guards in advance.

The promoter will provide all head-guards.

The referee must inspect and approve the fit and specific suitability of all head-guards.

3.4.5 GLOVES - ADDITIONAL MAIN EVENT STIPULATIONS

Gloves for all professional title bouts shall be new and furnished by the promoter of the event. Gloves for amateur title bouts or non-title main events must be new, or approved in advance by the ISKA SA Representative. Each fighter's chief handler shall help in securing the gloves.

3.4.6 HAND AND FOOT WRAPPINGS

The following is required;

- The wrapping of hands or feet is not mandatory. Fighters who wish to wrap their hands or feet shall be responsible for their own gauze and tape.
- Gauze shall be of the soft or soft-stretch type, and shall not exceed 2 inches in width. Tape shall be of the soft adhesive type and shall not exceed 1.5 inches in width. One ten-yard roll of gauze, and not more than two yards of tape, are the maximum allowable amounts for each hand. No other materials, including pre-made hand wraps (except as approved in amateur competition), shall be allowed; nor shall any amounts exceeding those listed be allowed under any circumstances.
- Gauze shall be for the protection of the hand only, and the amount shall be the discretion of ISKA Officials. Tape shall be present only to hold the gauze in place, and no more than one layer of tape be allowed on the striking surface of the hand and only 1 strip between the fingers not to exceed 1/4 in width and 4" in length. Up to twelve (12) feet of tape may be used to wrap each foot and ankle.
- The ISKA SA Representative, Tournament Chief Official, or Referee, must inspect all hand and foot wrappings, and must sign across the knuckles of the hand wrappings before the gloves are secured on the hands.

3.4.7 NUMBER OF SECONDS AND THEIR APPEARANCE

The following is required;

- Each fighter may have two seconds (and a trainer) of his/her choice, and each second, while assisting in the fighter's corner, must wear an ISKA approved uniform (subject to the approval of the ISKA SA Representative or Tournament Chief Official), must present a neat and tidy appearance, provide a pail, cuspidor, tape, water bottle and other equipment necessary to perform his function, and fix a place for the fighter to wait during the rest periods.

- Seconds may not sit, stand on, lean on or touch the ring apron during the course of a round, nor otherwise interfere physically or verbally with the bout or the duties of the officials.
- The referee may, at his discretion, levy penalty points for improper and unprofessional conduct by the seconds.
- During the bout, the seconds are not allowed to advise, help or instruct their competitor. Any violation of the rules by the seconds or the competitor may result in the competitor's disqualification.
- The seconds are not allowed to signal to interested parties, the condition of his /her competitor.
- Prior to the start of each round seconds will remove all towels, water bottles, etc out of the ring area.
- During the interval, the seconds will ensure that their competitor is properly attired. In case of any problem they shall inform the referee immediately.
- The seconds shall ensure that the ring floor is kept dry to prevent any slipping.
- The seconds are forbidden to direct bad or insulting language at the competitor or injure him either during or after the fight, and can be expelled from ringside for such an infringement by the ISKA Chief Official or referee.
- Prior to a championship match, an involved person will hold a meeting between the referee, judges, competitor's managers and the seconds to confirm the rules and procedures of the match and to confirm the penalties for any improper conduct or violations.
- Seconds should be 18 years or older, unless specific approval is granted by the ISKA Chief Official.

3.4.8 THROWING WATER PROHIBITED

Any excessive or undue spraying of water on any fighter between rounds is prohibited. Seconds will wipe dry the ring canvas in their corner before the start of each round. Fighters will spit only in the pails, and not the ring. The ISKA Chief Official, Referee or Ringside Physician also have the authority to stop a contest/bout.

3.4.9 THROWING IN THE TOWEL

A manager or chief second may toss a towel into the ring in token of the defeat of his principal. However, such manager or chief second must follow the towel into the ring as soon as it is possible for him to do so.

3.5 CONDUCT OF BOUTS

3.5.1 DURATION OF ROUNDS

Each round will be two minutes in duration for Full Contact and Freestyle matches, and may be three minutes under Kickboxing, Oriental, K-1, Muaythai, San Shou or Cambodian Rules (collectively referred to as Combat Sports Rules). The time runs continuously, and may be called or stopped only by the referee in special cases, such as equipment or uniform adjustment, harmful injury or commitment of a foul.

Most amateur bouts shall be three rounds in length. Two round bouts are allowed only during the eliminations of tournament-style, amateur only, events. Amateur title bouts may be four or five rounds at the discretion of the ISKA.

Professional Full Contact and Freestyle bouts shall be five or more, to a maximum of twelve, rounds in length. Non-title bouts shall be a maximum of ten rounds.

World, Continental, International and National title bouts shall be twelve, ten, eight or five rounds depending on Class and ISKA International/ National requirements.

State title bouts shall be 3 or 5 rounds depending on Class.

Non-title Combat Sports bouts utilise three minute rounds and will be three to five rounds in duration.

3.5.2 REST PERIODS

Rest periods between rounds will be one minute in duration, except where approval is given by the ISKA for a two minute rest period during all Combat Sports bouts.

3.5.3 REFEREE INSTRUCTION

The referee will, before starting a bout, ascertain from each fighter the name of his chief handler and will hold said chief handler responsible for the conduct of his assistant handler(s) during the progress of a bout. The referee will call the fighters together before each bout for final instructions, at which time each fighter will be accompanied by his chief handler only.

For Full Contact Karate matches, immediately before the bout commences, the referee will call the fighters to the centre of the ring and conduct the traditional Karate bow in the following manner:

- a) *The fighters, while standing approximately four to six feet from one another, will face the referee;*
- b) *The referee will first bow to the fighters, who will return the bow and then bow to each other in customary fashion; and*
- c) *From the position in which the bow takes place, the fighters will prepare to fight as the referee signals the timekeeper that the first round will commence.*

3.5.4 PERSONS ALLOWED IN RING

No persons other than the fighters and the referee may be in the ring during the progress of a round. Judges shall not enter the ring for any reason throughout the entire event. The referee may penalize or disqualify any fighter whose corner personnel or fans break this rule.

3.5.5 AUTHORISED OFFENSIVE TECHNIQUES

All offensive Full-Contact Karate and Kickboxing punching, kicking and striking techniques are authorized, with the exception of those techniques specified as "Fouls" in Section 3.5.6 and those identified in Schedule 2 Section 4.

Permitted techniques include those techniques in various Karate, Kung Fu, Tae Kwon Do, Kickboxing and similar systems of fighting. The various offensive techniques may be executed according to the individual fighter's style or system of fighting.

3.5.6 FOULS

Refer also to Schedule 2 Section 4 for style variation rules and fouls.

Fouls may be classified at the discretion of the referee, into three categories: 1-point, 2-point and 3-point fouls. The referee will base his decision as to the severity of the penalty on the intent of the fighter committing the foul and the result of the foul.

At the time of the infraction, the referee will indicate to the scorekeeper the number of points that are to be subtracted from each scoring judge's ballot at the end of the round, or he/she

may simply issue a warning to the fighter, wherein no points will be subtracted. Fouls include:

- a) Head butting.
- b) Striking with the elbow or knee under Kickboxing rules. Section 4 identifies the Combat Sports Styles where use of elbows and knees is permitted.
- c) Striking or kicking to the groin.
- d) Striking or kicking any area below the waist in a Full Contact Karate match. Under Freestyle Rules, roundhouse type kicks are allowed below the waist, to four inches above the knee. Under Oriental, K-1, Muaythai and Cambodian Style Rules, roundhouse type kicks are allowed to the entire leg, except for that area that extends for two inches above and two inches below the midpoint of the knee. Muaythai, San Shou and Cambodian Style Rules also allow hook kicks to the target areas of the legs.
- e) Intentional striking or kicking to the back of the head, the neck, or to the throat.
- f) Special foul rules exist concerning the spinning backfist. As with all other hand strikes, this technique must be executed with the padded knuckle section of the glove. On the first attempt that strikes with the forearm or bottom fist (hammer-fist), the referee must declare a 1-point penalty; each successive similar foul will again result in at least a 1-point penalty. The first spinning backfist attempt that lands with the elbow will result in a 2-point penalty; any successive attempts that land with the elbow will result in a 2 or 3 point penalty, or disqualification.
- g) Linear, or straight-in, striking or kicking to the spine.
- h) Punching or kicking a fighter when he/she is down. A fighter is considered down when any part of his body other than his feet touches the floor. If a fighter is on his way to the floor, his opponent may continue to attack until he/she has touched the floor with any part of his body other than his feet.
- i) Take downs, other than legal sweeps.
- j) Intentionally pushing, shoving or wrestling an opponent to the canvas or out of the ring with any part of the body.
- k) Illegal sweeping (see special notes on sweeping in Rule 9 of this section).

- l) Attacking on the break when both fighters have been instructed to take a step back by the referee.
- m) Attacking after the bell has sounded to end the round.
- n) Holding and hitting; such as holding with one hand, especially behind the neck, and hitting with the other hand. Under Oriental Rules, limited "neck wrestling" is permitted for the purpose of executing knee strikes to the front or sides of the torso (lower limit the waistline, level with the navel - upper limit the chest, immediately below the line of the clavicle). Provided that a fighter is attempting legal knee strikes under Oriental Rules, a fighter may continue a "neck wrestling" strategy, until the referee determines that more than five seconds has elapsed since the last knee strike attempt, or there is other reason to break the fighters. Thai and Cambodian Style Rules place no strict time limit on "neck wrestling", leaving the referee the freedom to break the fighters at his discretion.
- o) Grabbing or holding onto an opponents foot or leg, followed by a take down, strike or kick. Under Oriental, Thai and Cambodian Style Rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the referees estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint.
- p) Holding the ropes with one hand while striking or defending with the other hand or the legs.
- q) Leg checking in Full Contact Karate - extending the leg to check an opponent's leg to prevent him from kicking. (The fighter's kick which was checked, will be counted by the kick judge as an attempted kick). Under Freestyle, Oriental, K-1 Muaythai, San Shou and Cambodian Style Rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.
- r) Purposely going down without being hit, which will result in referee automatically administering an 8-count, as specified in the rule on knock downs (no points will be subtracted from the score card by the scorekeeper in this case, but the judges will consider this just as any knockdown).
- s) The use of abusive language in the ring or corner, as determined by the referee.

- t) Hitting or flicking with an open glove or thumb, or striking with the inside, or bottom of the glove.
- u) Intentionally evading contact.
- v) Clinching - holding or otherwise tying-up an opponent's arm to prohibit him from punching.
- w) Intentionally delaying the contest through improper equipment, seconds remaining in the ring after the start of the round, beginning a round without a mouthpiece or by intentionally dropping or spitting out the mouthpiece, etc.

Clarifying Note for Interpretation of Rules

A fighter who executes a fouling technique which is deemed malicious (with the intent of causing injury above and beyond the scope reasonably expected in a bout of this nature), may be subject to bearing the medical, as well as related recovery and recuperation expenses of the fighter who is injured as a result of such a fouling technique.

If a fighter is injured from a fouling technique and the fighter is allowed to continue, and, if the fight is stopped later on in the bout due to further damage to the injury, the scorecards will be consulted. If the fighter who did the fouling is ahead, a technical draw is awarded. If the fighter who is fouled is ahead, he/she wins the bout by a technical decision.

3.5.7 SCORING THE FOULS

When the referee determines that a foul has been committed and that the fight will continue, the scorekeeper will automatically deduct the appropriate number of points on each scoring judge's scorecard.

When both fighters commit fouls, the appropriate points will be deducted from each scoring judge's scorecard for each fighter.

In the event that a fighter commits two 3-point fouls in one round, or commits the same foul two or more times during the course of the bout, the fighter may be disqualified by the referee. The referee may also let the fight continue if he/she feels that no malicious intent was involved, and instruct the scorekeeper to deduct the appropriate points for each foul.

No fighter will be scored less than zero in a round.

3.5.8 FOULING, STOPPING THE BOUT

If the referee determines that the fouled fighter needs time to recover, he/she may stop the bout (and the time) and give the

injured fighter a reasonable amount of time to recover, up to a maximum of five (5) minutes under normal circumstances. At the end of this reasonable rest period the referee and the ring physician will determine if the fouled fighter can continue the bout. If he/she can, time in that round will be resumed, and the bout will continue.

The scoring of the foul will be based on the following determination by the referee.

- A. If the referee determines that the foul was obviously committed by one of the fighters, and that the fouled fighter did not contribute to the injury (by ducking into a knee, moving into an oncoming forehead, etc.), the referee will instruct the scorekeeper to deduct the appropriate number of points from the scorecard of the fighter committing the foul.
- B. If the referee determines that the injured fighter was responsible for his own injury, the referee will not penalize his opponent in any manner. In this case, if the referee or ring physician determine that the injured fighter is unable to continue, he/she will lose by technical knockout.
- C. If the referee determines that there was no fault attributable to either fighter (that the injury was caused by both fighters), the referee will allow the injured fighter time to recover as in (A) above, but will not penalize either fighter. If, at the end of the recovery period, the referee or the ring physician determine that the fouled fighter cannot continue, the scores will be added prior to that round and the bout awarded to the fighter leading at that time. This foul is referred to as a "no fault" foul and the decision is a "technical decision". If the "no fault" foul occurs in the first round of any fight the referee will declare a "technical draw". An amateur bout must last at least one full round, a non-world title professional bout must last at least two full rounds, and a professional world title bout must last at least three full rounds for a "technical decision" to be awarded. Otherwise, a "technical draw" is awarded.
- D. Blind Fouls - If an injury occurs due to a suspected foul, that the referee was unable to see (blind foul), the Referee may, at his sole and final discretion, confide with any or all of the three judges, both kick judges, and the ISKA Representative, to determine where the fault may be placed. He/she may consider any, all, or none of the opinions expressed by these officials, in making his

determination. In World Title bouts which are televised, the referee may, at his sole discretion, ask for a replay of the technique in question before rendering his decision. A referee's decision on fouls may be overruled at ringside only by the ISKA SA Representative, ISKA Tournament Chief Official, or the Senior World Representees in attendance, and then, only in the instance of a clear error or misapplication of the rules.

3.5.9 SWEEPING

Refer also to Schedule 2 Section 4 for style variation rules.

In Full Contact Karate matches, sweeps must be executed with the arch of the foot and delivered to the outside part of the leg, and only to the lower portion of the calf or ankle. The sweeping technique must be an obvious attempt to unbalance the opponent's front leg, and must clearly not be an attempt to injure the leg. Sweeps will be permitted to the inside part of the leg, front part of the leg, or to the rear leg only in matches fought under Freestyle, Oriental, Thai and Cambodian Style Rules. All forms of sweeping permitted under San Shou Rules.

It is the fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal.

A successful sweep is not considered a knockdown.

3.5.10 INTENTIONAL EVASION OF CONTEST

A fighter intentionally avoiding any physical contact with his opponent will receive a warning from the referee. If a fighter continues to avoid a confrontation with his opponent after receiving a warning during that round, he/she may be penalized by the referee. If the fighter continues to evade action, either in the same round or in any round, the referee may at his discretion, award more penalties, or stop the bout and declare a technical knockout.

3.5.11 THE POWER TO STOP THE CONTEST

Either the referee, the physician, the ISKA SA Representative, Tournament Chief Official or the Senior World Council member in attendance, shall have the power to stop the contest.

A fighter's corner may also stop the bout by throwing in the towel.

The referee shall have the power to stop a bout at any stage during the bout, including the rest periods, if he/she considers it too one-sided, or that either fighter is in such condition that to continue might subject him to serious injury. In either case, the referee shall have the power to render a decision. Should both fighters be in such condition that to continue might subject them to serious injury, the referee will declare the match a technical draw.

In cases where a fighter receives a cut eye from a fair blow or an accidental foul, or any other injury which the referee believes may incapacitate the fighter, the referee may call the attending physician into the ring for examination of the fighter before he/she decides to stop the bout. Time will be called during the examination.

The ringside physician shall have the power to enter the ring, whether or not he/she is summoned by the referee, to ascertain the extent of any injury he/she believes may have occurred, or any serious injury he/she believes may have been suffered by a fighter. The physician shall notice his/her desire to enter the ring, by instructing the ISKA SA Representative or ISKA Tournament Chief Official to have the bell rung. The ringing of a bell, thus ordered mid-round, shall signal the referee to temporarily stop the bout for an examination. Time will be called during the examination.

Either the referee or the attending physician shall have the power to terminate the bout. Should the physician request termination for medical reasons, the referee will automatically terminate the bout.

The referee shall have the sole power to render the decision in the event of termination, but must take the direction of the attending physician or ISKA Tournament Chief Official.

3.5.12 MOUTHPIECES

No fighter will be permitted to begin any round without a mouthpiece. Failure to begin a round with the mouthpiece inserted shall be deemed by the referee to be "delay of bout" foul, and shall draw a warning or penalization as determined by the referee. In either professional or amateur bouts, whenever the mouthpiece is knocked out by a fair blow or a foul tactic, or however the mouthpiece is dropped or spit out by the fighter, the referee shall call time out, stop the bout, and replace the mouthpiece, allowing the fighters' seconds to clean off the

mouthpiece if necessary. Willful dropping, or spitting out of the mouthpiece by a fighter, shall also be deemed as a "delay of bout" foul, and the fighter shall be penalized accordingly by the referee.

In all competitor classes and during all bouts, the mouthpiece is replaced whenever it is lost for any reason. All fighters must bring two mouthpieces to the ringside for use during their match.

3.5.13 PROCEDURE FOR FAILURE TO COMPETE

In any case where the referee decides that the fighters are not honestly competing, that a knockout is a "dive", or a foul is actually prearranged termination of the bout, he/she will not finish the knockdown count, nor disqualify a fighter for fouling, nor render a decision. He/she shall stop the bout and declare it ended, not later than before the end of the last round, and order purses of both fighters held pending investigation and disposition for the funds by ISKA. The announcer shall inform the audience that a "no decision" was rendered.

The ISKA SA Representative or ISKA Tournament Chief Official will have the final authority in rendering a decision on the match, including dispensation of purse monies.

3.5.14 FAILURE TO RESUME BOUT

No fighter shall leave the ring during the one-minute rest period between rounds. Should a fighter not come out of his corner when the bell sounds at the commencement of a round, the referee will begin counting as though the fighter were knocked down, and the scoring judges will consider the situation as an actual knockdown when scoring the round. At the conclusion of the count, should the fighter fail or refuse to resume fighting, the referee will award a technical knockout to his opponent, unless the circumstances indicate to the referee the need for an investigation or disciplinary action, in which event the referee will not make a decision, and will order the purse or purses of either or both fighters withheld.

3.5.15 WIPING HAND PADS

Before a fallen fighter resumes fighting after having been knocked down, or having slipped or fallen to the canvas, the referee will wipe the fighter's gloves free of any dirt or moisture.

3.5.16 METHOD OF COUNTING OVER A FIGHTER WHO IS DOWN

When a fighter is knocked down, the referee will send the standing fighter to the furthest neutral corner of the ring, pointing to that corner. The timekeeper will immediately begin holding up fingers to determine how many seconds have passed. The referee will look to the timekeeper to pick up the count. He/she will audibly announce the passing of the seconds, and continue the count holding up fingers in front of the fighter who was knocked down. If a fighter is knocked down, the referee will begin a mandatory eight count. If the fighter then appears able to continue, he/she will allow the bout to resume. The referee's count is the only official count. The referee shall not count past eight if a fighter has risen to his feet.

A fighter may not be saved by the bell, even in the last round. However, if the bell sounds, ending a round sounds before a fighter begins to fall, the fighter will be allowed to return to his corner, being helped, if necessary, by only one of his seconds.

Should the opponent fail to stay in the furthest neutral corner, the referee will cease counting until he/she has returned to it, and then resume the count at the point from which it was interrupted. If the fighter does not rise before the count of ten, he/she will be declared knocked out and the bout will be awarded to his opponent.

If, in the referee's opinion, the downed fighter will not be able to rise by the count of ten, and he/she believes the fighter requires more immediate attention, he/she may signal the end of the bout before the count of ten by waving his arms in front of his face and immediately summoning the fighter's corner personnel and the ring physician to attend the down fighter.

A fighter will be declared knocked down if any portion of his body, other than his feet, touch the floor. A fighter will not be declared knocked down if he/she is pushed or accidentally slips to the floor. The decision as to whether a contestant has been pushed or slipped to the floor, rather than being knocked down, will be made by the referee.

If the fighter taking the count is still down when the referee calls the count of ten, the referee will wave both arms to indicate that he/she has been knocked out, and will signal that the opponent is the winner. A round's ending before the referee reaches the count of ten, will have no bearing on the count; there is no saving by the bell. In all bouts, the fallen fighter must rise before the count of ten to avoid being knocked out. The referee may determine during the rest period between rounds, that a fighter is unable to continue the bout safely and is thus the loser of the bout by technical knockout.

The referee may, at his discretion, request that the ringside physician examine a fighter during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is completed.

When a fighter has been wrestled, pushed, or has fallen through the ropes during a bout, the provision of section 3.5.20 shall apply. The timekeeper will begin the count pursuant to that rule.

If both fighters go down simultaneously, counting will be continued as long as one of them is down. If both fighters remain down until the count of ten, the bout will be stopped, and the decision will be a technical draw. If one fighter rises before the count of ten, and the other fighter remains down, the first fighter to rise shall be declared the winner by knockout. If both fighters rise before the count of ten, the round will continue.

3.5.17 RESUMING COUNT

Should a fighter who is knocked down rise before the count of ten is reached, and go down immediately without being struck, the referee shall resume the count where it was left off. If the fighter is standing for more than two seconds, or is in some way touched by his opponent before going down, the referee will begin a new count.

3.5.18 COUNTING FOR KNOCKDOWNS

As soon as a fighter has been knocked down, the official timekeeper begins calling the count (from one to ten) while the referee directs the opponent to the farthest neutral corner. When the referee has finished directing the standing fighter, he/she returns to the fallen fighter and counts over him, picking up the count from the timekeeper.

In other words, if the timekeeper has reached the count of four by the time the referee returns to the fallen fighter, the referee begins counting with the number "five". He/she continues to check the timekeeper's signal to make sure his (the referee's) timing of the count is correct.

3.5.19 STANDING 8-COUNT

In all bouts, the referee may, at his discretion, administer a standing 8-count to a fighter who is in trouble, but who is still standing.

The referee shall direct the opponent to a neutral corner, then begin counting from one to eight, examining the fighter in trouble as he/she counts. If, after completing the 8-count, the referee

determines the fighter is able to continue, he/she shall order the bout to resume.

If the referee determines the fighter is not able to continue, he/she shall stop the bout and declare the opponent the winner by technical knockout.

3.5.20 WHEN A FIGHTER FALLS FROM THE RING DURING A ROUND

When a fighter has been wrestled, pushed, or has fallen over or through the ropes during a bout, the referee will call time out, and, if the fallen fighter's ability to return to the ring seems at all questionable, may ask the ringside physician to examine the fighter. If, in the opinion of the physician and referee, the fallen fighter is able to continue the bout, he/she will be allowed assistance back into the ring from only one handler from his corner. The handler will do no more than assist the fallen fighter, and if found performing any other task as are normal during rest periods, i.e; stopping a cut, etc; the referee will immediately penalise or disqualify the fallen fighter.

A fighter who deliberately wrestles, pushes, or throws an opponent from the ring, or who hits him when he/she is partly out of the ring and prevented by the ropes from assuming a position of defence, will be penalized by the referee. If the tactic results in injury, the guilty fighter may be disqualified according to the appropriate ruling under Fouls.

When a fighter intentionally falls through the ropes, or was knocked from the ring by a fair blow (that is to say not wrestled, pushed, or otherwise shoved through the ropes by his opponent), the referee will begin counting the fallen fighter as though he/she has been knocked out in the ring. The fighter's seconds, in this instance, will not be allowed to assist the fighter back into the ring.

Once standing on the ring platform outside the ropes, the fighter must enter the ring immediately, where he/she may either resume the bout, or the referee may finish the count.

When the fighter has fallen over or through the ropes, the other shall retire to the farthest neutral corner and stay there until instructed to continue the bout by the referee.

3.5.21 THREE KNOCKDOWN RULES

There will be a "three knockdown rule" in effect in any bout. The rules applies to three knock downs in one round.

The referee will in all circumstances have the authority to stop a contest or allow it to continue, except in the case where three knock downs or standing eight-counts have occurred in one round number.

Leg knockdowns will not be considered as a legitimate knockdown for the purpose of the "three knockdown rule".

Refer also to Schedule 2 Section 4 for style variation rules.

3.6 RINGSIDE OFFICIALS, PERSONNEL AND DUTIES

3.6.1. RINGSIDE OFFICIALS

The following ringside officials are required for each sanctioned bout:- A referee, three scoring judges, one timekeeper, one scorekeeper, one assistant timekeeper, one assistant scorekeeper (if required for kick-counting), ISKA Tournament Chief Official and a physician.

All officials must be approved by the ISKA SA Representative that are to be employed at all ISKA sanctioned events.

All ISKA Officials must be ISKA certified.

The ISKA SA Representative will appoint to each event an ISKA Tournament Chief Official. If no such appointment is made, the ISKA SA Representative will assume the Chief Official responsibilities.

The ISKA SA Representative will work with the promoter in the assignment of the other ringside officials, but the final authority for the selection and appointment of all ringside officials shall rest with the ISKA SA Representative.

The decision of the ISKA SA Representative shall be final with regard to changes in number and qualification of the officials.

3.6.2 THE REFEREE

A. Primary Obligation

The prime duty of the referee is to ensure the safety of the competitor's to the maximum degree.

B. Responsibilities

The referee's uniform will consist of blue trousers and shirt, bearing the logo of the ISKA and flat canvas shoes. No glasses or jewellery are allowed.

The referee shall ensure the following:

1. Fairness in the application of the rules and regulations to all parties.
2. No impoliteness in manner or speech either to the competitors or the audience.
3. Close supervision of the match.
4. Protection of a weaker fighter against serious injury.
5. Inspection of the boxing gloves and anklets.
6. Ensure both competitors shake hands prior to the first and final rounds.
7. For a championship or title defence fight, the referee must inform the competitors and their seconds of the rules and regulations governing the fight and this is to be done in the dressing room, prior to the fight itself.
8. Three verbal orders are recognised :
 - *"STOP" when ordering the competitors to stop fighting.*
 - *"BREAK" when ordering the competitors to separate.*
 - *"FIGHT" when ordering the competitors to continue the match.*
 - *When the competitors are ordered to "BREAK", both must step back one step before continuing to fight.*
9. The referee shall use the correct signal to ensure a competitor's understanding of any rule infringement.
10. At the match end, he/she will collect the score sheets from each of the three judges and indicate the winner to the audience, by raising that competitor's hand. The scoresheets will then be handed to the Chief Official for verification.
11. For a championship match, the referee will collect the scoresheets from the judges at the end of each round, inspect and submit them to the ISKA SA Representative or ISKA Tournament Chief Official, in addition to raising the winner's hand after the result announcement.

12. Should it be necessary to stop the match or penalise a competitor, he/she will immediately advise the reason to the ISKA Chief Official after making the announcement.
13. In case of an accident to the referee, which prevents him from continuing, the senior judge will act on his behalf.
14. The referee is forbidden to give a verbal count or warning that gives either an unfair advantage or disadvantage to any fighter.
15. He/she is forbidden to comment or speculate on any match unless receiving prior approval from the ISKA SA Representative or ISKA Tournament Chief Official.
16. All referees are subjected to a yearly medical inspection and certification by the doctor of the ISKA and must be physically fit at the start of any match.

C. Duties

1. To stop the match immediately if he/she considers that one competitor is significantly more skilled or stronger than the other.
2. To stop the match immediately when a competitor is in difficulties or is injured.
3. To stop the match immediately if he/she considers that one or both fighters are faking or not trying their best.
4. To stop the match or warn the competitor for committing a foul or breaking the rules.
5. To immediately disqualify a competitor who defiantly breaks the rules, injures or shows any aggression to the referee.
6. To disqualify both the competitor and his/her seconds if his/her seconds deliberately break the rules or do not follow his/her directions.
7. To disqualify any competitor who intentionally or accidentally causes a foul.
8. To stop the match if he/she considers that a competitor having received a count, is unable to effectively continue the match.
9. To disallow any advantage to a competitor who intentionally fouls in any way.

D. Rule Infringement Warnings

Prior to giving a warning for rule infringement, the referee shall stop the fight, use the correct warning signal to ensure the competitor's understanding and then indicate the offending competitor to the judges. Any competitor, who is so indicated or warned 3 times or more, may be disqualified. In the event of a serious rule infringement, the referee's decision is final.

E. The Purpose of A Warning

The purpose of warning is to advise or warn any competitor not to break the rules during the fight.

F. Count Procedure For A Competitor Falling Out of The Ring

1. If a competitor falls through the ring ropes, the referee shall order his opponent to stand in the other corner and if the competitor remains outside the ropes, the referee shall start to count. (A count to 10).
2. If a competitor falls out of the ring, the referee shall count to 20 (20 seconds).
3. When a fall-out takes place, the referee will start counting, however if the competitor returns to the ring before the count ends, he/she will not be penalised.
4. If anyone prevents the fallen competitor from returning to the ring, the referee shall warn such person or stop the fight if he/she continues his action.
5. If both competitors fall out of the ring, the referee shall start counting. If one competitor tries to prevent his opponent from returning to the ring before the count ends, he/she will be warned or disqualified.
6. If both competitors fall out of the ring, the referee shall start counting, the one that returns to the ring before the count ends, will be considered the winner. If neither competitor can, the result will be considered a draw.

G. Uniform

The judges shall wear the uniform as specified by the ISKA.

3.6.3 THE JUDGES

A. Responsibilities

1. The judges are independent and free to score as per the rules and normal practice.
2. Each judge shall sit on a different side and should be separate from the audience.
3. The judges shall remain neutral during the match, except when a rule violation is noticed, when he/she should notify the referee exclusively. This should be done during the round interval.
4. At the end of each round, the judges shall complete the score sheet for that round.
5. The judges are not allowed to leave their seat until the match ends and result has been announced.

B. Uniform

The judges shall wear the uniform as specified by the ISKA.

3.6.4 THE TOURNAMENT CHIEF OFFICIAL

The ISKA SA Representative will appoint an ISKA Tournament Chief Official for each event. In the event no ISKA Chief Official is appointed, the ISKA SA Representative will assume all Chief Official's responsibilities.

A. Responsibilities

1. To appoint the referee and judges for each match and promotion.
2. To monitor and improve the standards of the referee and judges and ensuring conformity to the rules and standard practice.
3. To verify that the referee and judges perform their duty and responsibilities and to advise the ISKA if any irregularity takes place.
4. To solve any prior problem regarding the promotion, reporting the result to the Tournament Committee (see Section 3.6.7).
5. Make the decision to the referee and the judges.

6. To verify the score sheet to ensure that:
 - a. The score has been tallied correctly.*
 - b. The name of the fighters are correct.*
 - c. The correct winner has been named.*
 - d. To authenticate the score sheet and inspect the score.*
 - e. To announce the result of the match to the audience*
7. To make any decision in case that the referee or judges could not continue.
8. To report to the ISKA SA Tournament Committee and ISKA SA Representative, the name of any competitor who violates the rules or shows poor performance.

3.7.5. KICKING JUDGES

Duties

For Full Contact Karate matches (where required), there will be two kicking judges positioned at ringside, whose responsibility is to determine the legality of the kicks executed by the fighters, and to keep count of the number of kicks the determine to be legal. The kicking judge assigned to fighter A, will sit opposite fighter A's corner, and the kicking judge assigned to fighter B, will sit opposite fighter B's corner.

Both kicking judges will keep track of the number of kicks executed by their assigned fighters with hand held cards containing 8 flip cards numbered 1,2,3,4..... through to 8. When the first legal kick is thrown, the kicking judge will drop a card to show the number 7. As each subsequent legal kick is thrown, the kicking judge will hold up the appropriate number until all eight (8) kicks have been thrown. At that time the kicking judge will continue to count the kicks, and will write down the number of kicks thrown by his assigned fighter during the round on the kicking judges tally sheet to be picked up as soon as the bout is over.

If a fighter executes less than the minimum number of required legal kicks in any one round, the kicking judge will immediately notify the referee of the number of kicks thrown. The referee will in turn notify the scorekeeper, who will record the appropriate penalty. Violations of the minimum kick requirement will not be announced to the audience, unless the ISKA SA Representative or Tournament Chief Official so directs.

The promoter of the event shall supply all flip cards for the kicking judges.

3.6.5 SCORE KEEPERS (KICK COUNTING)

Duties

In the case of kick counting- At the end of each round, the scorekeeper will take the scoring judges ballot slip from the ISKA Tournament Chief Official who will have collected them from the three scoring judges, and will take the number of kicks from the two kicking judges cards, and then he/she will tabulate the results onto his master score card.

The scorekeeper shall tally all foul points, having been instructed by the referee at the end of each round as to the amount of penalty points, deducting these appropriately from each judges score under the ten-point scoring system, and entering the results on the master scorecard. If the match should end in a knockout or a technical knockout, the scorekeeper shall enter the exact time of the KO/TKO on the master scorecard.

At that time, the scorekeeper shall make the final tallies and deliver the totals to the Tournament Chief Official, who will verify the accuracy of the scores. Where appropriate he/she will check the tiebreaker ballots. The Representative will then report the results of the bout to the referee and the announcer, making sure the scorekeeper has also tallied MKR score sheets showing the total legal kicks executed by each fighter in Full Contact Karate matches.

3.6.6 STATE GOVERNMENT

The ISKA SA Representative will work with the State Government Regulating Authority in the performance of his/her duties to ensure all ISKA Sanctioned events / bouts / tournaments (and participating promoters and competitors) are compliant with South Australian Government Legislation and/or Regulations, specifically the *Boxing and Martial Arts Act 2000* and supporting Regulations.

3.6.7 TIME KEEPER

Seating for the timekeeper and announcer will be located next to the ring.

Duties

The timekeeper will give the appropriate signal for the starting and ending of each round. He/she will keep the time during each round, starting and stopping the official clock, for time-outs designated to him by the referee. He/she will keep the time during the rest period for each round according to the rules. Ten seconds before the beginning of each round, the timekeeper will

give warning to the handlers of the fighters by suitable signal. The following procedures are to be used:

- a) A five seconds warning is to be given prior to the start of each round, to enable the seconds to clear the ring.
- b) A bell is used to signal the start and end of each round.
- c) To deduct the break time as per the referee's instructions.
- d) Ensure all timings are correct by using both a watch and stop clock.
- e) In the case of a competitor receiving the count during rounds 1-4 and the round time ends (3 minutes), the bell should be rung immediately after the referee finishes the count and orders the competitors to continue.
- f) In the final round, the bell should be rung immediately when the round timing passes 3 minutes, even if the referee is still counting.

Equipment

All necessary sounding and recording equipment will be provided to the timekeeper by the promoter.

3.6.8 ANNOUNCER

Duties

- a) To announce the competitor's names, corner and weight prior to the fight and again as the competitor's arrive in the ring.
- b) To order the seconds to leave the ring when the bell rings.
- c) To announce the round number at the start and finish of each round.
- d) To announce the winner's name and corner, when the referee raises the competitor's hand.

3.6.6. METHOD OF SCORING FOR JUDGES

The three scoring judges of a bout will select a winner of each round at the end of each round, marking their ballots accordingly. These ballots will be collected by the assistant scorekeeper, and tabulated at the end of each round by the scorekeeper and the ISKA Tournament Chief Official (or ISKA SA Representative if also acting Chief Official). Once ballots have been marked by the respective scoring judges, no changes

of the ballots will be allowed except at the express direction of the ISKA SA Representative or ISKA Chief Official.

Scoring the Bout

Scoring judges score all rounds by recording a score of ten points for the winner of each round, and a score of not less than five points for the loser of each round, utilizing both whole and half points, according to the following qualifications:

- 10-10 Indicates an even round. Neither fighter distinguished himself as being a more effective fighter than the other. In addition, the fighters appeared equal in the other areas that may be used to break an even round, such as opponent control, ring strategy, and overall conditioning and abilities as a complete Karate / Kickboxing competitor (with the emphasis on kicking ability).
- 10-9 Indicates one fighter distinguished himself as the more effective fighter during the round, as described above. This score is used often, and indicates an obvious margin between the fighters. Should one fighter have been only slightly better than the other, a more appropriate score would be 10 - 9.5.
- 10-8 Used sparingly, but indicates a round in which one fighter was in constant control, and unquestionably outclassed his opponent. This fighter must also have obviously stunned his opponent, usually including at least one knockdown or standing 8-count. If there were no knockdowns or standing 8-counts, there must still have been enough damage done to indicate that at least one of these occurrences was imminent, and in this case a more appropriate score may be 10 - 8.5.
- 10-7 Very seldom used. Indicates total domination by one fighter to the point of the referee nearly stopping the bout. The losing fighter must have been completely dominated and controlled, generally including at least two knockdowns or standing 8-counts. A 10 - 7.5 score may be given to indicate a round that a scoring judge feels falls in between the qualifications for a 10 - 7 round and a 10 - 8 round.
- 10-6 10-6 is rarely used, and are generally seen only on National, Continental, or World Title bouts. One fighter must have been so completely dominated as to have been knocked down at least three times, and never to have really been in the fight at all. Score of 10 - 6 require these circumstances.

10-5 10-5 is almost never used, One fighter must have been so completely dominated as to have been knocked down at least three times, and never to have really been in the fight at all. At a score 10 - 5 the referee should be considering stopping the bout.

Points shall be totalled on each scoring judge's scorecard to determine that judge's selection of a winner. Each judge's selection will count as one vote towards determining the overall winner of the bout. If a judge's scorecard, when totalled, reflects an equal number of points for both fighters, that judge will have voted for a draw. If two judges' have an equal number of points for both fighters, the bout will be declared a draw. If one judge has an equal number of points for both fighters and the other judges' scores each favour a different fighter, the match shall be declared a draw. If two judges' scores favour one fighter, and the other judge votes for a draw, the fighter receiving two votes shall be declared the winner by majority decision. If all three judges' scores favour one fighter, that fighter will be declared the winner by unanimous decision. If one judge votes for a fighter, and the other two judges vote for the other fighter, the fighter receiving the two votes shall be declared the winner by split decision.

In all bouts of national title level and above, there will be no draws. At all such title matches, a tie-breaker ballot will have been distributed to all three judges prior to the start of the match. All judges will indicate a winner on the tie-breaker ballot, based upon their overall perception of the match from start to finish (rather than round by round). The tie-breaker ballots will be collected along with the ballot for the final round. These tie-breaker ballots will only be used to break a tie. Where a judge's score already determines his vote, his tie-breaker ballot will be absolutely ignored.

Should it be necessary to substitute a judge during a match due to sickness, the scores will stand for the rounds already completed. A substitute judge, appointed by the Tournament Chief Official, will score the remaining rounds of the match. Should a tiebreaker be required, the Tournament Chief Official will make the tiebreaking vote on the basis of his perception of the match as a whole. This vote will only be used when the score of the substituted judge turns out to be a draw.

Scoring Practices

The standard scoring practice is as follows :

Scoring from a strike either by a punch, kick, knee or elbow:

- Points will be awarded for a correct Boxing style, combined with hard and accurate strikes.
- Points will be awarded for aggressive and dominating skill.
- Points will be awarded for a fighter actively dominating his opponent.
- Points will be awarded for the use of defence and counter-attack.
- Points will be deducted from a competitor who fouls or breaks the rules.

Non scoring strikes:

- A strike which is against the rules.
- A strike in defence against the leg or arm of an opponent.
- A weak strike.

3.6.6. THE DECISION

The three scoring judges of a bout will select a winner of each bout. This should conform to the following rules and regulations:

- a) A Knock-Out (K.O.) is awarded when the opponent is knocked down and unable to continue within the 10 second count.
- b) A Technical Knock-Out (T.K.O.) is awarded:
 - When a competitor is seriously hurt or weakened.
 - When a competitor cannot continue the match after the break.
 - On the doctor's recommendation, when the referee is unsure whether a competitor can continue the match due to injury or being seriously weakened.
 - Receiving a count three in the same round and unable to continue the match.
- c) If both competitors are seriously injured and cannot continue the match;
 - If less than three rounds: a draw is declared;
 - If three rounds have been reached, individual score decides.
- d) Winning due to the opponent's retirement because of injury.
- e) Winning due to the opponent's violation of the rules.
- f) Winning on points.
- g) "No decision" as a result of both parties colluding together to cheat or not fighting properly.

- h) "No contest" as a result of the ring being damaged and the match not being able to continue, or if an external event occurs during the fight, causing it to be stopped.
- i) Equal Score "Draw".
- j) When both competitors' scores are equal.
- k) When both competitors receive a count of 10.

3.6.7. TOURNAMENT COMMITTEE

Structure

The committee is appointed by the ISKA SA Representative. The match committee will comprise of at least 3 judges and one referee for the ring with the match ISKA Chief Official responsible for match supervision.

3.6.8. QUALIFICATION OF OFFICIALS

Referee's Qualification

- All referees must be trained and tested by the ISKA, and certified and registered as a referee, by the ISKA SA Representative or Australian Director.
- Not over 65 years of age unless an extension is approved by the SA Representative.
- Must resign immediately on the order of the ISKA SA Representative or when unable to perform his/her duties.
- Able to satisfy any relevant State Government requirements.

Judge's Qualification

- All referees must be trained and tested by the ISKA, and certified and registered as a judge by the ISKA SA Representative or Australian Director.
- Not over 65 years of age unless an extension is approved by the ISKA SA Representative.
- Must resign immediately on the order of the ISKA SA Representative or when unable to perform his/her duties.
- Able to satisfy any relevant State Government requirements.

Medical Practitioner

- Hold a medical certificate endorsed by the ISKA.
- Certified by the ISKA as properly qualified to be a ringside physician.

- Hold proper certification as to their work experience, health, age and occupation.
- Able to satisfy any relevant State Government requirements.

3.6.9. FINAL AUTHORITY

The ISKA Tournament Chief Official (or ISKA SA Representative if acting as Chief Official) may authorise a correction to the final result as follows:

1. If the referee makes a decision significantly contrary to the normal rules and practice.
2. If it is discovered that the judges have made a conspicuous score sheet error.

The event announcer will give the time at which the bout was stopped and will detail for the audience the nature of the decision.

3.6.10. CHANGE OF DECISION

A decision rendered at the termination of any bout and announced is final, and cannot be changed unless there is a protest, and the ISKA SA Representative and National Director, determines that any one of the following occurred:

1. There was collusion affecting the results of any bout.
2. The compilation of the score card of the judges shows an error which would indicate that the official decision had been given to the wrong fighter.
3. There was a clear violation of the rules or regulation governing ISKA bouts which affected the result of any bout.

If the ISKA Commissioner in consultation with the ISKA SA Representative and National Director, determines that any of the above occurred with regard to any bout, then the decision rendered shall be changed as the ISKA Commissioner may direct.

3.6.11. INTERPRETATION

The ISKA Tournament Chief Official (or ISKA SA Representative) will have the final decision on the interpretation or on any item not covered under these rules and regulations.

3.6.12. ANNOUNCING THE RESULT

After the ISKA Tournament Chief Official (or ISKA SA Representative) has completed verifying the accuracy of the final scores of each bout, the Representative will give the ring announcer the results on "Announcer's Final Result Sheet". The announcer shall then, inform the audience of the decision over the public address system. The referee will indicate the winner as the announcer gives the winner's name.

In the event of a draw, the announcer and the referee will make appropriate designation. In the event of a knockout, a technical knockout, disqualification or forfeit, the announcer and referee will officially designate the winner and give the time at which the bout was stopped. In the event of a technical draw, the

3.6.13. PROTESTS

All protests over the decision of a match shall be verbally registered only by the protesting fighter and/or his trainer to the ISKA Tournament Chief Official or ISKA SA Representative prior to the end of the event, who will note the nature of the protest in his/her Representative's report.

All protests must be received at the appropriate ISKA office, in writing and accompanied by all pertinent evidence (videotapes, affidavits, etc.), no later than 10 days following the bout in question. No protest will be considered unless accompanied by the appropriate fee:

- *Non-title bouts - state, provincial, or regional office - \$50*
- *State, provincial, or regional titles - state, provincial, or regional office - \$100.*
- *National titles - national office - \$100.*
- *Continental titles - Commissioner - \$150.*
- *International, Intercontinental or World titles - Commissioner - \$200.*

In the event either party is dissatisfied by the decision rendered by the state, provincial or regional office, that party may appeal to the ISKA Commissioner accompanied by an additional \$150.00 appeal fee.

All decisions by the ISKA Commissioner are final.

The standard for review is "clear" evidence which would justify a change of decision, or "clear" circumstances which in the best interest of the sport, would justify a change in decision.

3.7 PHYSICAL EXAMINATION AND SAFETY REGULATIONS

It is the intention of section 3.7 to be compliant / consistent with the requirements of South Australian Government - specifically the Boxing and Martial Arts Act 2000 and supporting Regulations.

3.7.1. PHYSICAL EXAMINATIONS AND FEES

The attending physician will have a suitable place or room which to make his examinations. His fees shall include temporary or emergency treatment to any injured fighter in the arena or dressing room. The fees for such examination shall be borne by the promoter. The physician to be retained must have been the recipient of an M.D or D.O. degree, or recognized international equivalent.

3.7.2. TIME AND EXAMINATION

A thorough physical and eye examination will be given to each fighter by the attending physician at the time of weigh-in.

3.7.3. EXAMINATION ORDERED BY THE ISKA

Any fighter who has been signed to a contract for a fight at any event may be ordered by the ISKA to appear at any time to be weighed or to be examined by any physician designated by the ISKA.

Any fighter who participates in an ISKA sanctioned event, may, at the request of the ISKA SA Representative, be required to submit to a pre-fight or post-fight blood and/or urine examination for foreign substances. Any fighter who refuses to submit to the examination will be immediately suspended for a length of time as specified by the ISKA, and will be subject to disciplinary action and penalties as provided in contractual agreements with the ISKA and promoter.

3.7.4. REJECTIONS AND REPORTS

Should any fighter examined prove unfit for competition, the fighter must be rejected, and an immediate report of the fact made to the promoter and the ISKA SA Representative. The examining physician will, one hour before the start of any event, clarify in writing to the ISKA SA Representative that the fighters are in good physical condition.

3.7.5. REPORTS OF ILLNESS

Whenever a fighter, because of injury or illness, is unable to take part in a bout for which he/she is under contract, he/she or his manager must immediately report the fact to the ISKA. The

fighter will then submit to an examination by a physician designated by the ISKA. The examination fee of the physician is to be paid by the fighter, or the promoter, if the latter requests an examination.

3.7.6. CONTINUOUS PRESENCE OF PHYSICIAN AND EMERGENCY MOBILE UNIT

At least one licensed physician, possessing an M.D. or equivalent degree, and one standby emergency mobile unit, both approved in advance by the ISKA, must be in attendance at all ISKA sanctioned events. The mobile unit must include a full range of resuscitative equipment and be parked inside or adjacent to an entrance of the building hosting the event. The physician must sit at immediate ringside throughout the duration of the bouts. A stretcher and oxygen tank, and containers of "instant ice", must be readily available at ringside.

No bout will be allowed to proceed unless the physician is in his seat. The physician shall not leave until after the decision in the final bout. He/she shall be prepared to assist if any serious emergency arises, and will render temporary or emergency treatments for cuts or minor injuries sustained by the fighters.

Under no circumstances are the fighters seconds permitted to enter the ring, or to attend to a fighter in any manner whatsoever, during the course of a round. The ringside physician cannot attend to an injured fighter during the course of a fight, but can only render a professional opinion as to whether or not an injured fighter can resume the bout.

3.7.7. REPORT OF INJURY

All attending physicians must report all cases in which the fighters have been injured during a bout, or have applied for medical aid after an event. If a fighter has suffered a knockout, or any other severe injuries, whether in or out of the ring, and whether or not connected with Karate or Kickboxing, and has on such account been treated by his/her personal physician or has been hospitalised, he/she and his manager must promptly submit to the ISKA a full report from such physician or hospital.

3.7.8. FIGHTERS KNOCKED OUT

Fighters who have been knocked out will be kept lying down until they have recovered. When a fighter is knocked out, no one will touch him except the referee or chief handler, who will remove his mouthpiece, until the ringside physician enters the ring and personally attends the fallen fighter and issues such instructions as he/she sees fit to the fighter's handlers. If a fighter suffers an injury, has been knocked out, or has

participated in an unusually punishing bout, or if a technical knockout decision has been rendered against him by the referee, such fighter will be placed on the ill and unavailable list for such period of time as may be recommended by any approved ISKA physician who may examine him. A fighter who loses a bout by knockout will be suspended from competition by the ISKA for a minimum of 30 days. A fighter who loses a bout by technical knockout will be suspended for a minimum of 30 days, or longer, if substantial head or body trauma was involved (refer to requirements under section 3.7.13).

3.7.9. SUSPENSION FOR DISABILITY

Any fighter rejected by an examining physician will be suspended until it is shown that he/she is fit for further competition.

Any fighter suspended for 30 or 60 days for his medical protection, or suspended for a hard fight will take the same examination as required for the eligibility physical, except as directed by the ISKA. The physician may require any other procedures, including an electroencephalogram, if indicated.

3.7.10. TIME BETWEEN BOUTS

Unless special approval is obtained from the ISKA Commissioner, if a fighter has competed anywhere in a bout lasting one full round or more, he/she will not be allowed to fight again until one full week has elapsed.

3.7.11. ADMINISTRATION OR USE OF DRUGS

Use by a fighter of any of the listed substances, or any other drugs, will result in disqualification from his bout, and fines and suspension by the ISKA Commissioner.

3.7.12. MONSEL'S SOLUTION

The use of Monsel's Solution, or any similar drug or compound for the stopping of haemorrhage in the ring is prohibited. Only such preparations as are approved by the ISKA may be used to stop haemorrhage in the ring. Collodion is an approved haemorrhage stopper.

3.7.13 MEDICAL SUSPENSIONS

A contestant who was knocked out as a result of a blow to the head, or whose match was stopped by the referee because of several tough blows to the head which have made him/her

defenceless and unable to continue, shall be suspended from competition and sparring matches. Suspension periods starting from the day of the latest match:

- One (1) knockout: Minimum 30 days suspension
- Two (2) knockouts during a period of three (3) months: Minimum three (3) months suspension.
- Three (3) knockouts during a period of twelve (12) months: Minimum twelve (12) months suspension.

Listed suspension periods are minimum periods and can be extended at the ringside physician's discretion.

In the event that a match was not stopped the physician still has the right to decide on a suspension if he/she deems it necessary due to the contestant having received many tough blows to the head.

SCHEDULE 2 SECTION 4

ISKA South Australia Kickboxing Styles ***(Variations to section 3)***

4.0 General

- Schedule 2 Section 4 represent variations to the General Kickboxing Rules as described in Schedule 2 section 3.
- All Kickboxing events or activities must comply with the requirements of Schedule 1 and Schedule 2 Section 1 of the ISKA South Australia Official Rules.
- Where any section of any requirements under Schedule 2 Section 3, conflict with Schedule 2 Section 1, Section 1 will be applied as the overriding regulation.
- Where any section of any requirements under Schedule 2 Section 3, conflict with Schedule 2 Section 2, Section 2 will be applied as the overriding regulation.
- Where any section of any requirements under Schedule 2 section 3, conflict with Schedule 2 section 4, Section 3 will be applied as the overriding regulation.

4.1 Variations to International Kickboxing Rules and Regulations (Styles)

The following variations (styles) apply to all International and Australian sanctioned tournaments

4.1.1 Full Contact Martial Arts Rules

- a) Kicks and punches above the belt only.
- b) Foot-pads and shin-guards are mandatory.
- c) Head-guards are mandatory (unless modified rules applied).
Modification by removing strikes to the head would permit head-guards not to be required.
- d) Sweeps must be to the front leg only from the outside in or back to front and to the boot or low calf only.
- e) Rounds are two minutes long with a one minute rest.

4.1.2 Free style Rules

- a) The rounds are 1.5 x 1 minute for novice fighters (3 fights or under).
- b) If one opponent has more than 3 fights the round duration will still be under novice rules.
- c) 2x1 minute rounds for above novice fights.

- d) Round-house type kicks are permitted to the legs above and below the knee.
- e) Shin-guards and Head-guards are dependant on competitor class (refer to Schedule 2 Section 1). If one opponent elects to wear shin or head protection, his/her opponent must wear them, unless an agreement is made.
- f) Novice type and C Class fighters may only fight 3 round bouts.
- g) Sweeps are allowed to the inside or outside of the front or back leg.

Note: Generally Shin-guards of equal thickness are required for novice fighters. Shin-guards are optional for above novice fighters. If one opponent elects to wear shin pads, his opponent must wear them, unless an agreement is made. Both fighters shin pads are to be of equal thickness, unless agreed upon by both fighters.

4.1.3 Oriental Rules

Oriental rules follow the Free-style rules (Section 4.1.2) except for the following:

- a) Knee strikes are permitted to the body and head
- b) Limited neck wrestling and grapple is permitted if knee strikes are working. Grapple is stopped after 5 seconds if no strikes are immediate.
- c) Back fist is permitted.
- d) Catching and holding the kick leg and striking once is permitted.
- e) Dumping is not allowed.
- f) Shin-Guards and Head-Guards are dependant on competitor class (refer to Schedule 2 section 1).
- g) Novice fighters are not encourage to compete under these rules.

4.1.4 K-1

K-1 Rules follow Oriental rules (Section 4.1.3) except for the following:

- h) Single (consecutive) knee strikes are permitted to the body and head
- i) Limited neck wrestling and grapple is permitted, however only a single knee strike and the use of a single hand for grappling are permitted.
- j) Back fist is permitted.
- k) Catching and holding the kick leg and striking once is permitted.
- l) Dumping is not allowed.
- m) Shin-Guards and Head-Guards are dependant on competitor class (refer to Schedule 2 section 1).
- n) Novice fighters are not encourage to compete under these rules

4.1.5 Thai Style Rules (Muaythai)

Thai rules follow the Oriental rules except for the following:

- a) Elbow strikes may be permitted.
- b) Hook kicks and spinning hook kicks may be used to the legal targets on the legs.
- c) Neck wrestling and grapple is permitted if knee strikes are working. Grapple is stopped after no strikes are immediate.
- d) Spinning back fist and Spinning elbows permitted.
- e) All fights may be 2 or 3 minute rounds.
- f) World title fights will be 7 x 2 or 5 x 3 minute rounds

4.1.6 San Shou Rules (Chinese boxing / Sanda)

San Shou follows the Oriental Rules with the following variations

- a) Grappling and Wrestling permitted
- b) Throws and takedowns permitted
- c) Leg Sweeping permitted
- d) Knees and Elbows optional depending on Class.
- e) No dumping of opponents on the head is permitted.
- f) No takedowns which intentionally result in opponents landing on each other for the purpose of inflicting injury.
- g) No ground based Grappling, Wrestling or Striking permitted

Detailed San Shou Rules

Refer to Schedule 3 of the ISKA SA Official Rule Book for detailed San Shou Rules.

4.1.7 Mixed Martial Arts (MMA)

Mixed Martial Arts (MMA) Rules will follow San Shou Rules (as per section 4.1.6) with variations, intended to additionally incorporate Jujitsu, submissions, wrestling and ground based fighting techniques based on Traditional Martial Arts styles or forms (as deemed by the ISKA - for example Karate, Taekwondo, Kungfu, KunKhmer, Muaythai and alike).

Refer to Schedule 4 for full Mixed Martial Arts Rules.

4.2 STATE BASED MODIFIED RULES (Styles)

In addition to Section 4.1, the following modified variations (styles) can be applied to South Australian sanctioned tournaments;

4.2.1 Cambodian Style Rules (Khmer)

Cambodian rules follow the Oriental rules except for the following:

- a) Elbow strikes may be permitted.

- b) Hook kicks and spinning hook kicks may be used to the legal targets on the legs.
- c) Neck wrestling and grapple is permitted if knee strikes are working. Grapple is stopped after no strikes are immediate.
- d) Spinning back fist and Spinning elbows permitted.
- e) All fights may be 2 or 3 minute rounds.
- f) World title fights will be 7 x 2 or 5 x 3 minute rounds

4.2.2 Elimination Tournament Matches

Any style can be applied to an Elimination tournament

ISKA South Australia General Rules and Regulations apply with the following variations;

- Each match is three rounds in duration.
- The three-knockdown rule becomes a two-knockdown rule for all matches except the final.
- One or two reserve fights are held prior to the single elimination matches. If for any reason a fighter who wins and advances through the brackets is unable to continue, a reserve match competitor, or the fighter's opponent from the most recent match, takes his place. There are certain exceptions to this rule (i.e. a fighter who lost a match by knockout might not be eligible to replace another fighter).
- A fighter can compete in no more than four bouts in a single tournament.
- A fighter can be saved by the bell only in the last round.

ISKA South Australia – Schedule 3

San Shou Rules (Standard and International)



ISKA SA SAN SHOU RULES

VERSION: ISKASA 2020
ORIGINAL: ISKASA 2013



ISKA SA SAN SHOU STANDARD & INTERNATIONAL RULES

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SECTION 1.0: ISKA SOUTH AUSTRALIA OFFICIAL RULES

1.0 INTRODUCTION

San Shou tournament rules as sanctioning by the ISKA in South Australia, capture both modern San Shou and the traditional San Shou (San Da) tournament rules, and allow for a wide array of full contact punching, kicking, grappling, takedowns and throws, with the use of knees and elbows permitted for some competitor classes.

All San Shou events and participants shall be subject to the following requirements¹:

- ISKA SA Policies and Regulations specified in the Official ISKA SA Rules (SCHEDULE 1) and requirements detailed in SCHEDULE 2 Section 3.
- Relevant national, state and international laws and governing requirements.
- A strict Code of Code and participant behaviour.
- Competitors must be at least 18 years old to compete in B or A Class Rules.
- Competitors must be at least 16 years old to compete in C Class Rules and must wear head guards.
- Competitors will be classified into Classes based on experience.
- Competitors must seek formal approval from the ISKA to be categorised into a Class.
- It should be noted that the ISKA SA's aim (were permitted under Government Regulations) is to achieve consistency with ISKA International Rules.

2.0 OPTIONAL TECHNIQUES

Rules identified as "Optional", fall into the following categories:

- **OPTIONAL EQUIPMENT:** Several areas within the rules covering the use of equipment have been identified as Optional – this identifies rules that only apply if they are approved for use by the ISKA.
- **OPTIONAL TECHNIQUES:** Techniques or Rules Identified as optional will require both ISKA approval and agreement from both competitors for its use.

¹ ISKA South Australia Official Rules (SCHEDULE 1 & SCHEDULE 2) apply to all forms of ISKA San Shou rules (as contained in this document) with several variations highlighted below which allow for the specific rules of this style of competitive martial art rules.

SECTION 2.0: ISKA POLICIES & REGULATIONS

2.1 COMPLIANCE WITH GOVERNMENT REGULATIONS

ISKA sanctioned events will be conducted in full compliance with State Government Boxing and Martial Arts Legislation and Regulations.

In the event that any ISKA rules, regulations or policies outlined in this document (or any ISKA rules documents), conflict with the relevant State Government Regulations, the ISKA will always adopted and apply State Government requirements.

The ISKA will sanction events in accordance with State Government Competitor, Promoter, Promotion and Event Official participation requirements.

2.2 CONSISTENCY WITH INTERNATIONAL RULES & UNIFIED RULES

ISKA sanctioned San Shou events will be conducted consistent with ISKA International San Shou Rules and Regulations, whilst also ensuring full compliance with State Government Boxing and Martial Arts legislation and regulations.

Where there is a conflict between ISKA International Rules, State Government requirements will be adopted by the ISKA.

2.3 ISKA NATIONAL DATABASE EVENT REGISTRATION

All Promoters are required to register their event in a timely manner, with the ISKA South Australia and State Government Boxing and Martial Arts Authority, and receive necessary approvals from ISKA for each specific requested bout.

2.4 ISKA POLICIES

All ISKA South Australia sanctioned events and participants (competitors, trainers, officials etc) in these events, must comply fully with:

- All ISKA Policies as defined in SCHEDULE 1 of the ISKA SA Official Rules, and
- All relevant State Government Policies/Regulations.

Sanctions/penalties will be applied by the ISKA to individuals, promoters and clubs for noncompliance at the discretion of the ISKA SA State Representative and Committee.

2.5 ISKA CODE OF CONDUCT

All ISKA South Australia sanctioned events and participants (promoter, competitors, trainers, officials etc) in these events, must comply fully with the ISKA Code of Conduct (refer to SCHEDULE 1). Sanctions, including expulsion from events and bans, will be applied by the ISKA to individuals, promoters and clubs for noncompliance at the discretion of the ISKA SA State Representative and/or ISKA Tournament Chief Official.

2.6 OFFICIALS

All ISKA Officials (chief official, referees, judges, inspectors, score keepers, time keepers) must be approved and appointed by the ISKA South Australia to work on ISKA sanctioned events.

Officials must meet relevant ISKA and any State Government requirements and qualification standards, for participating in a promotion as a Combat Sport Official. All Officials will take direction from the ISKA appointed event Chief Official.

2.7 SPLIT OR DIFFERENT STYLE EVENTS

Cards split between professional and amateur matches shall be left at the discretion of the ISKA in consultation with the relevant State Government Authority.

2.8 WEIGH-IN

Weigh in to be overseen / conducted by ISKA Officials. Weigh in will be determined at the discretion of the ISKA.

2.9 LICENSING

All promoters will be required to qualify for and obtain both an ISKA Australia Promoter's License and a State Government Promoter's License.

- ISKA Promoter Licensing will be solely determined at the discretion of the ISKA Australia (or relevant ISKA State Representative).
- State Government Licensing will be solely determined at the discretion of the State Government.

2.10 AMBULANCE, EMT'S, AND QUALIFIED RINGSIDE PHYSICIAN

The ISKA requires the following of all combat sports full contact events:

- A minimum of one qualified ringside physician shall be present at all events. *It is highly recommended that two qualified ringside physician shall be present at the event.*
- A qualified ringside physician must be at ringside or cageside during each bout.
- Promoters will ensure a minimum two EMT or professional FIRSTAID personnel for every event. *It is highly recommended that Promoter of full contact events engage an Ambulance on site for the event to mitigate risks.*
- Promoters will ensure the venue is set up to allow immediate access to an ambulance for any emergency or injury (both unimpeded vehicle access to the venue and stretcher access to cage/ring side).
- No contest shall be allowed to continue or commence if an ambulance is utilised to transport a previous competitor to a medical facility, until the ambulance has secured and transported the competitor from the venue.

2.11 DRUGS IN SPORT

The ISKA reserves the right to implement "doping" tests on competitors. A positive test for doping according to the list of banned substances by the World Anti-Doping

Agency (WADA) or Australian Anti-Doping Agency, leads to immediate disqualification.

The promoter / organiser is required to facilitate and aid in the implementation of doping tests run on the competitors. If a competitor refuses to participate in a doping test he/she is immediately disqualified.

2.12 MATCHMAKING

In the interest of competitors safety and ensure the fairness and integrity of every sanctioned bout, all bouts (competitors match up, division and rules) must be approved by the ISKA. The ISKA reserves the right not to sanction any bout in the interest of competitor safety and fairness.

2.13 COMPETITORS

Competitors shall:

- Meet the age requirements for Combat Sport competition according to the laws of the State and ISKA SA Official Rules SCHEDULE 1.
- Be in good physical and mental shape.
- Undertake pre-fight medical examined and blood tests.
- Be well prepared to compete in San Shou and have experience from competing in full contact martial arts.
- When entering a competition be responsible for ensuring that all relevant martial arts experience is reported.

2.14 AGE

ISKA requirements are to be consistent with ISKA SA Official Rules SCHEDULE 1:

- All competitors must satisfy any age requirements for Combat Sport competition as determined by the relevant State Government Combat Sports Authority.
- All competitors competing under A Class or B Class rules, must attain the age of 18 years before the date of the contest.
- Competitors must attain the age of 16 years before the date of the contest to compete under San Shou rules, must have parental/guardian consent and will be limited to competing under C Class rules. Full protective equipment as specified under this SCHEDULE is mandatory.
- Competitors under 18 years are not permitted to compete against competitors over 18 years.

2.15 RULES MEETING

A rules meeting for the Fighters and Officials must be held for each promotion in the presence of the ISKA Chief Official or Head Referee. Rules meetings will be determined at the discretion of the ISKA in consultation with the event Promoter and must be held either at the event weigh-in or prior to commencement of the event.

2.16 CONSUMABLES BEFORE AND DURING THE CONTEST

Only water or an approved electrolyte drink by the ISKA, may be consumed during the bout. Competitors should not consume “energy” or “high caffeine content” drinks on the date of the contest.

2.17 AMATEUR STATUS

The term “Amateur” shall be used in this Rulebook to describe all Competitors / Fighters that are not Professionals. Fighters shall be considered Amateurs providing they do not meet one or more of the following conditions:

- The fighter is (or has been) under any form of professional contract
- The fighter is listed on a Pro-Ranking list of one any major Combat Sport organization
- The fighter has been classified as a professional by any State Combat Sports Authority.

2.18 C CLASS AND B CLASS

• NOVICE VS ADVANCED

Amateur Mixed Martial Arts bouts shall be contested using either “Novice Amateur Division Rules” (C Class), designated for competitors who have competed in less than (3) Combat Sports bouts, or using “Advanced Amateur Division Rules” (B Class) for competitors who have competed in more than three (3) verifiable Combat Sports bouts, regulated by a recognised sanctioning body or State Government Commission. All bouts are subject to ISKA matchmaking approval.

The difference between Novice and Advanced division rules is as follows:

- It is a foul to strike to the head of a grounded competitor in a Novice (C Class) division bout.
- It is a foul to strike an opponent with an elbow to any part of the body, in a Novice (C Class) division bout.
- It is a foul to strike with a knee to the head or face of an opponent in a B or C Class division bout.
- Novice (C Class) competitors must use approved Head guards and Shin Guards.

The complete set of “fouls” are can be found in SCHEDULE 4 Section 16 (below).

2.19 APPLICATION OF RULES

Bouts between competitors who have more than three fights may be contested using Advanced Division rules. Bouts between competitors with three fights or less may not be contested using Advanced Division rules.

Division qualification / or exemption from these requirements can only be granted by the ISKA and must be based on relevant and comparable experience in martial arts or Combat Sports competition.

2.20 EQUIPMENT

In the interest of competitors safety and event standards, all equipment used for the event (including cage or ring), shall be approved at the discretion of the ISKA and must satisfy any applicable State Government Boxing and Martial Arts Regulations Regulatory requirements.

2.21 MAXIMUM NUMBER OF BOUTS PER CARD

The maximum number of bouts on one fight card will be at the discretion of the ISKA. The ISKA will be informed by any relevant State Government Boxing and Martial Arts Regulations.

2.22 INSURANCE

Promoters will be required to obtain “*appropriate and reasonable*” insurance for conducting a Combat Sports Event, including but not limited to Public Liability that covers spectators, competitors and officials. Promoters will also be required to satisfy any State Government insurance requirements.

2.23 SHOW DATE REQUEST

Show date requests will be determined at the discretion of the ISKA South Australia and lodged with the State Government Boxing and Martial Arts Authority.

2.24 VENUE

In the interest of competitor and spectator safety and to ensure the standard and integrity of every ISKA sanctioned events, promoters must seek ISKA approval of any venue to be used. All venues are to be compliant with the relevant *Building Codes and State Government Work Health Safety Regulations*. All venues must have appropriate security, amenities, emergency exists and equipment, change room facilities and promote the responsible consumption of alcohol.

2.25 SECURITY

The Promoter will have responsibility for ensuring appropriate security at the event venue. In the interest of competitor and spectator safety, promoters must seek ISKA approval of Security arrangements.

2.26 BEVERAGE AND LIQUOR SALES

If the chosen venue has a liquor license and liquor is intended to be sold at the event, the ISKA must be advised in writing in advance of the show and give its approval. Beverages cannot be sold in bottles. Promoters are responsible for ensuring venues promote the responsible consumption of alcohol.

2.27 WORK HEALTH SAFETY

Promoters must ensure events are conducted in full compliance with relevant State *Work Health Safety Legislation and Regulations*.

2.28 SANITARY EQUIPMENT

All promoters are held responsible for and must correct any violation of ISKA rules or State Government Regulatory requirements regarding the sanitary conditions with respect to dressing rooms, showers, water bottles, towels or other equipment.

Physicians and ISKA Representatives are to observe every event for violations of these rules. The cage/ring must be swept, dry-mopped, or otherwise adequately cleaned/sanitised before the event and prior to the fights.

2.29 MEDICAL EXAMINATIONS AND COMPETITION PHYSICIAN

ISKA requires all competitors to comply with State Government Boxing and Martial Arts Regulatory Medical Requirements.

The following requirements are in addition to any State Government Boxing and Martial Arts Regulatory, Legislative or procedural requirements.

All events must have at least one licensed physician shall be appointed competition / ring or cage side physician, in addition to EMT support.

At a minimum the ISKA requires that competitors:

- HIV-1 Test (a blood test which verifies the applicant is HIV negative (current within 12 months)
- HEPATITUS B Test (A blood test which verifies the applicant is Hepatitis B (HBsAg) negative (current within 12 months)
- HEPATITUS C Test (A blood test which verifies the applicant is Hepatitis C (HCVsAb) negative (current within 12 months)
- ANNUAL MEDICAL approved by a physician stating the athlete is approved for combative sports as indicated on the membership application
- PRE-FIGHT EXAMINATION - At the time of weigh-in or on the same day as the match, all contestants must pass a pre-fight medical examination. The physician shall examine all contestants before they compete, with the examination shall take place.

Check-list: heart, blood pressure, pulse, lungs, hearing, teeth, evidence of a hernia, musculature, skin, negative Hepatitis B (HBsAg), Hepatitis C (HCVsAb) and HIV tests. If a contestant is deemed by the physician to be out of shape, suffering from injury or illness, affected by drugs or narcotics, mentally unbalanced or in any other way unfit to participate in the match, the contestant shall not be permitted to compete.

- ALL COMPETITORS competing without head guards are required to comply with Government Regulations regarding undertaking and passing Magnetic Resonance Imaging (MRI) testing of the head/brain before competing. In addition to this:
 - The ISKA requires that all A Class MMA Competitors at a minimum undertake and pass an annual MRI whilst actively competing (or as required by Government Regulations).

- It is also recommended that ALL competitors, regardless of the Class of Rules, who are competing without head guards, undertake and pass a MRI at a minimum of every 2 years (or as required by State Government Regulations).
- Additional MRIs can also be ordered if a competitor has been suspended as a result of a knockout during competition or training.

If a competitor is deemed by the physician to be out of shape, suffering from injury or illness, affected by drugs or narcotics, mentally unbalanced or in any other way unfit to participate in the match, the competitor shall not be permitted to compete.

Women are not allowed to compete when pregnant and pregnancy tests will be required as part of the medical examination.

The physician shall be present during each match. The physician shall interrupt the match if he/she deems a competitor unfit to continue. In such an event the physician shall immediately call for the attention of the referee by throwing a towel into the competition area.

If a competitor needs assistance in getting back to the corner for the round break, the competitor shall be examined by the physician who among other things shall examine balance and responsiveness while standing without support.

The physician shall be risk averse when making judgment calls and always consider a “worst case-scenario”.

If the physician finds it necessary for the competitor to have further examinations he/she shall send the competitor to a hospital.

In the event of a suspected injury such as for example a slight concussion, the physician is allowed to detain the competitor to conduct a follow-up exam. The competitor shall in such an event stay on site. At such a follow-up examination the physician shall determine whether the competitor is in need of further care or not, and if yes whether or not that includes being sent to a hospital for further examination, and if applicable recommend follow-up treatment.

All decisions and conclusions made during the follow-up exam shall be documented by the physician and handed in to the organiser.

In case of a knockout the physician shall determine how long the competitor shall be put on suspension (in accordance with SCHEDULE 4 Section 11, ISKA policy and State Government Regulatory requirements) and have said decision.

3.0 ISKA COMPETITOR CLASS STRUCTURE

The following will apply to all competitors:

- Competitors will be classified into Classes based on experience to ensure an appropriate level of skill requirement and technical ability, for the level of competition rules.
- Competitors and Promoters/Matchmakers must seek formal approval from the ISKA to be categorised into a Class.

- Class will include
 - A Class
 - B Class
 - C Class
 - Novice
- SCHEDULE 2 of the ISKA South Australia rules provides guidelines to be adopted, under SCHEDULE 4, which include:
 - *To compete in a specific Class, Competitors must satisfy the specific requirements for that particular Combat Sport Class.*
 - *Experience considered will include all full contact combat sport competitions / bouts (defined as – Muaythai, Kickboxing, San Shou, Oriental / K1 Rules, Full Contact Martial Arts / Karate, MMA, Taekwondo, Judo, Jiu-Jitsu or other approved combat sport).*

4.0 OFFICIAL'S STRUCTURE FOR EACH EVENT

The following minimum standard structure is to be in place for each San Shou International Rules event/tournament:

ISKA CHIEF OFFICIAL X 1
ISKA STATE REPRESENTATIVE X 1
RINGSIDE PHYSICIAN (X 1 MINIMUM)
FIRST AID STAFF (X 1 MINIMUM)
HEAD REFEREE X 1
REFEREES X 2
HEAD JUDGE X 1
JUDGES X 3
HEAD INSPECTOR X 1
INSPECTORS X 2
TIME KEEPERS

5.0 OFFICIAL'S STRUCTURE FOR EACH BOUT

The following minimum standard structure is to be in place for San Shou International Rules bout:

1 CHIEF OFFICIAL
1 REFEREE
3 JUDGES
2 RINGSIDE INSPECTORS
2 BACKSTAGE INSPECTORS
RINGSIDE PHYSICIAN (1 MINIMUM) + FIRST AID STAFF (1 MINIMUM)
1 TIME KEEPER

SECTION 3.0: SAN SHOU INTERNATIONAL RULES

The following *section* make up the ISKA rules for the conduct of San Shou bouts and tournaments, in addition to Schedule 1 and Schedule 2 Sections 1-3.

1.0 WEIGHT CLASSES / WEIGH-IN

Competitors shall be divided into the following weight classes:

1.1 STANDARD (TRADITIONAL RULES) WEIGHT DIVISIONS²

MALE WEIGHT DIVISIONS

<u>DIVISION</u>	<u>CUT OFF</u>
• ATOM WEIGHT	53.2KG and under
• FLY WEIGHT	54.5KG
• BANTAM WEIGHT	56.4KG
• FEATHER WEIGHT	58.2KG
• LIGHT WEIGHT	60.0KG
• SUPERLIGHT WEIGHT	62.3KG
• LIGHTWELTER WEIGHT	64.5KG
• WELTER WEIGHT	66.8KG
• SUPERWELTER WEIGHT	69.5KG
• LIGHTMIDDLE WEIGHT	72.3KG
• MIDDLE WEIGHT	75.0KG
• SUPERMIDDLE WEIGHT	78.1KG
• LIGHTHEAVY WEIGHT	81.4KG
• LIGHTCRUISER WEIGHT	84.6KG
• CRUISER WEIGHT	88.2KG
• SUPERCUISER WEIGHT	91.8KG
• HEAVY WEIGHT	96.4KG
• SUPERHEAVY WEIGHT	+ 96.5KG

FEMALE WEIGHT DIVISIONS

<u>DIVISION</u>	<u>CUT OFF</u>
• ATOM WEIGHT BELOW	49.1 KG and under
• SUPER ATOM WEIGHT	50.5 KG
• FLYWEIGHT	51.8 KG
• SUPER FLYWEIGHT	53.2 KG
• BANTAMWEIGHT	54.5 KG
• SUPER BANTAMWEIGHT	56.4 KG
• FEATHERWEIGHT	58.2 KG
• LIGHTWEIGHT	60.0 KG
• SUPER LIGHTWEIGHT	62.3 KG

² Note: These weight divisions are equal to those under ISKA International Kickboxing and Muay Thai Rules.

- LIGHT WELTERWEIGHT 64.5 KG
- WELTERWEIGHT 66.6 KG
- SUPERWELTER WEIGHT 68.5KG
- LIGHTMIDDLE WEIGHT 71.1KG
- MIDDLE WEIGHT 73.7KG
- SUPERMIDDLE WEIGHT 76.3KG
- LIGHTHEAVY WEIGHT 78.9KG
- LIGHTCRUISER WEIGHT 81.5KG
- CRUISER WEIGHT 84.1KG
- SUPERCRAISER WEIGHT 86.7KG
- HEAVY WEIGHT 89.3KG
- SUPERHEAVY WEIGHT + 90.0KG

1.2 INTERNATIONAL RULES WEIGHT DIVISIONS

MALE COMPETITORS

DIVISION	CUT OFF
• FLYWEIGHT:	57KG and under
• BANTAMWEIGHT:	60KG
• FEATHERWEIGHT:	65KG
• LIGHTWEIGHT:	70KG
• WELTERWEIGHT:	77KG
• MIDDLEWEIGHT:	84KG
• LIGHT HEAVYWEIGHT:	93KG
• HEAVYWEIGHT:	120KG
• SUPER HEAVYWEIGHT:	OVER 120KG.

FEMALE COMPETITORS

DIVISION	CUT OFF
• FLYWEIGHT:	45.4 KG and under
• BANTAMWEIGHT:	48.5 KG
• FEATHERWEIGHT:	52.2 KG
• LIGHTWEIGHT:	56.7 KG
• SUPER LIGHTWEIGHT:	61.2 KG
• WELTERWEIGHT:	65.8 KG
• SUPER WELTERWEIGHT:	70.4KG
• MIDDLEWEIGHT:	75.0KG
• SUPER MIDDLEWEIGHT:	79.6KG
• LIGHT HEAVYWEIGHT:	85KG
• HEAVYWEIGHT:	90KG
• SUPER HEAVYWEIGHT:	+90KG.

1.3 MAKING WEIGHT

- Weighing of all mixed martial artists shall take place in accordance with the requirements for professional and amateur competitors as directed by the ISKA State Representative or Chief Official.
- All competitors must make weight inside the bounds of their nominated weight class before a bout is sanctioned.
- An official event weigh-in will be conducted at least 24hrs before a competitors bout is scheduled to occur.
- At this weigh-in the nominated weight must be met (and a 200g allowance can be given in doing so).
- All competitors shall be examined at the pre-fight examination to screen for in excessive or extreme weight loss practices leading to dehydration.
- A competitor that fails to make the required weight will be given up to an hour to try again.
- If the nominated weight is not made within the maximum allowable time, the opponent will be given the following options:
 - to accept the bout regardless (and receive 10% of their opponent's appearance fee) or
 - to decline the bout

Note: When a competitor fails to make their required weight, the match, if accepted by the opponent, shall still not continue to have any official sanctioning in matters of championships or weight class rankings.

2.0 BOUT & ROUND DURATIONS

2.1 BOUT DURATION

- 3 x 2 minute or 3 x 3 minute rounds for non-championship / non-title fights with a minimum of 60 second breaks per round. Optional: 90 sec break per round
- 3 x 3 minute or 5 x 3 minute rounds for championship/title fights with a 60 second breaks per round Optional: 90 sec break per round (with ISKA approval and depending on Title level).

3.0 COMPETITION / COMBAT AREA

3.1 OVERVIEW

- All contests will take place in either a Ring or Safety Enclosure that has been approved by the ISKA SA.

- The Ring or Safety Enclosure will meet all requirements set forth by the ISKA and any State Government Regulation requirements, and also be subject to inspection prior to each event by the ISKA SA (such as the ISKA Chief Official & Head Referee).
- Safety Enclosure can only be used if permitted under / consistent with State Government Boxing and Martial Arts Regulations.

3.2 THE RING

The ring specifications for mixed martial arts must meet the following requirements:

- (1) The ring may be no smaller than twenty feet square and no larger than thirty-two feet square within the ropes;
- (2) One of the corners must have a blue designation, the corner directly across must have a red designation;
- (3) The ring floor must extend at least eighteen inches beyond the ropes. The ring floor must be padded with “ensolite” or similar closed-cell foam, with at least one inch layer of foam padding.

Padding must extend beyond the ring ropes and over the edge platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps and ridges may not be used;

- (4) The ring platform must no be more than four feet above the floor of the building and must have suitable steps for the use of the contestants;
- (5) Ring posts must be made of metal, not more than three inches in diameter, extending from the floor of the building to a minimum height of fifty-eight inches above the ring floor, and must be properly padded in a manner approved by the commission. Ring posts must be eighteen inches away from the ring ropes;
- (6) There must be five ring ropes, not less than one inch in diameter and wrapped in soft material. The lowest rope must be no higher than twelve inches from the ring floor;
- (7) There must not be any obstruction or object, on any part of the ring floor.

3.3 SAFETY ENCLOSURES

Safety Enclosure specifications for must meet the following requirements:

- (1) The competition area canvas shall be no smaller than 18 feet by 18 feet and no larger than 32 feet by 32 feet. The fighting area canvas shall be padded in a manner as approved by the State Government and ISKA SA, with at least one inch layer of foam padding.
- (2) Padding shall extend beyond the fighting area and over the edge of the platform. No vinyl or other plastic rubberized covering shall be permitted.

- (3) The competition fighting area canvas shall not be more than four feet above the floor of the building and shall have suitable steps or ramp for use by the participants.
- (4) Posts shall be made of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by the ISKA SA.
- (5) The fighting area canvas area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing.
- (6) All metal parts shall be covered and padded in a manner approved by the ISKA SA and shall not be abrasive to the contestants.
- (7) The fence shall provide two separate entries onto the fighting area canvas.

4.0 EQUIPMENT

4.1 REQUIREMENTS

- All equipment must be approved by the ISKA.
- All equipment must inspected by and satisfy the ISKA State Representatives or ISKA Tournament/Event Chief Official to ensure that they meet ISKA requirements.
- All competitors must use the same (type, brand, weight) of all equipment provided by the promoters and approved for use by the ISKA (Head Guards, Gloves, Shin Pads etc)

4.2 SPECIFICATIONS FOR BANDAGES / WRAPS

- In all weight classes, the bandages on each competitor's hand shall be restricted to soft gauze cloth not more than 15 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.
- Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.
- The bandages shall be evenly distributed across the hand.
- A maximum of 5 layers may be evenly wrapped around the hands.

- Bandages and tape shall be placed on the competitor's hands in the dressing room in the presence of the inspector and in the presence of the manager or chief second of his or her opponent.
- Under no circumstances are gloves to be placed on the hands of a competitor until the approval of the inspector is received.

4.3 MOUTH PIECES

- All competitors are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending physician.
- The round cannot begin without the mouthpiece in place.
- If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece and reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.

4.4 PROTECTIVE EQUIPMENT

- Male competitors shall wear a groin protector of their own selection, of a type approved by the ISKA State Representatives or Chief Official.
- Female competitors shall wear a chest protector during competition. The chest protector shall be subject to approval of the ISKA State Representatives or Chief Official. Groin protect will remain optional.
- Head guards will be used for all Novice and C Class bouts.

4.5 GLOVES

- **ALL SAN SHOU STYLES:**
 - Gloves must have the approval of the ISKA SA and meet any South Australian Government standards as determined.
 - No competitor shall supply their own gloves for participation.
 - The gloves shall be new (fewer than 3 fights) for all bouts and in good condition or they must be replaced.
 - New Gloves must be used for Title bouts
- **STANDARD (TRADITIONAL) RULES**
 - Competitors will use 8 or 10 ounce kickboxing gloves subject to State Government Regulations.

- **INTERNATIONAL RULES**

- Competitors may request approval from the ISKA to wear 6 or 8 ounce MMA gloves.
- Glove must have sufficient padding, on the front and back of the fist and knuckles.

4.6 APPAREL

- All apparel must be approved by the ISKA.
- Each competitor shall wear Mixed Martial Arts shorts, Kickboxing or Muaythai shorts, or biking shorts.
- Female competitors may wear an appropriate tight fitting top (i.e sports top, crop top, t-shirt etc etc).
- Gi's or shirts are prohibited during competition.
- Shoes are prohibited during competition.

4.7 APPEARANCE

- All competitors shall be cleanly shaven immediately prior to competition, except that a competitor may wear a closely cropped moustache.
- Hair shall be trimmed or tied back in such a manner as not to interfere with the vision of either competitor or cover any part of a competitor's face.
- Jewellery or piercing accessories are prohibited during competition.

4.8 GENERAL EQUIPMENT

- For each bout, the promoter shall provide a clean water bucket and a clean plastic water bottle in each corner.

5.0 LEGAL TECHNIQUES

5.1 OVERVIEW

Techniques considered legal or permitted under are defined below and are all subject to section 6 – *Illegal Techniques & Fouls*:

Legal techniques can be considered to fall in 2 categories

1. Standing Striking Techniques
2. Grappling and Wrestling

By definition a competitor 'standing' has only their feet in contact with the mat at any given moment in time.

A competitor becomes 'grounded' when any part of their body other than their feet comes in contact with the mat.

The ISKA SA will apply the following definitions:

- **Both Competitors Standing:** When both competitors are standing, the full range of allowable strikes (punches/kicks/knees/elbows), are permitted to all legal areas.
- **One Competitor Standing, One Grounded:** In the case of one competitor being grounded and the other standing, NO STRIKING will be permitted by either competitor.

5.2 STANDING STRIKING TECHNIQUES

Standing strike techniques (both competitors standing) permitted under ISKA Rules (subject to section 6 – *Illegal Techniques & Fouls*), include:

- Standing Strikes with hand, feet, legs and knees, to legs, arms, body and head.
- Spinning back-fists and back-fists.
- Knees strikes to the body
- Knees strikes to the head: permitted but will remain optional.

Knee strikes to the head are not permitted for Novice and C Class bouts but will remain optional for non-title B and A Class bouts. Both competitors must agree to the use of knees to the head, subject to rule requirements, except Full Rules Title Bouts.

- Elbows to the body & Elbow strikes to the head: permitted under A Class Rules.

Elbow strikes to the head are not permitted for Novice, C or B Class bouts but will remain optional for non-title A Class bouts. Both competitors must agree to the use of elbows, subject to rule requirements, except Full Rules Title Bouts.

- Grappling, Wrestling, Throws, Takedowns and Leg Sweeps.
- Use of protective equipment (as per SCHEDULE 2 Section 3):
 - All fighters will wear regulation gloves, head-guards and foot protective equipment approved by the ISKA (as determined by competition class requirements).
 - If the gloves and footpads have been used previously, they must be whole, clean and subject to inspection by the referee or by an ISKA Official as to condition. If found imperfect, they shall be changed before the bout starts.
 - No breaking, roughing, or twisting of gloves or footpads shall be permitted.

- Shinpads (of soft substance) and headguards must be worn by all Novice and C Class fighters.
- Shinpads and headguards are subject to the approval of the ISKA SA Representative.
- For B Class fighters the wearing of shinpads or headguards in any style of match is optional but encouraged. An exemption must be sought under the conditions of Schedule 2 section 1. If headguards are not used, a MRI scan is required for this class of fighter consistent with State Government Regulations and ISKA requirements (refer SCHEDULE 2 Section 1 and Section 3.3.1).
- For A Class fighters the wearing of shinpads or headguards is not required. A MRI scan is required for this class of fighter consistent with State Regulations and ISKA requirements (refer Schedule 2 Section 1 and Section 3.3.1).
- No rings, jewellery, or items other than those authorized may be worn. Elbow pads and forearm pads shall not be worn.
- All male fighters must wear an approved groin protector. A plastic cup with an athletic supporter is adequate, but an abdominal guard is preferable. All female fighters must wear foul-proof breast protection approved by the ISKA.
- All fighters must wear fitted mouthpieces.
- Fighters must furnish their own footpads, groin protectors (or breast protectors for women), and mouthpieces. Where a fighter cannot supply this equipment, the promoter is required to.
- All promoters must have several extra sets of gloves, shin pads and footpads of common sizes to be used in case gloves or footpads are broken or in any way damaged beyond use during the course of a bout.
- Fighters who do not present themselves properly equipped at the start time of their bout shall be subject to fines by the ISKA SA Representative, and may be penalized by the referee, including being counted out of the match, if any equipment problems cannot be solved within five (5) minutes of the referee's order to correct such problems.

5.3 GRAPPLING AND WRESTLING

Grappling and Wrestling techniques (standing) permitted under ISKA Rules (subject to section 6 – *Illegal Techniques & Fouls*), include:

- Standing Grappling, Wrestling, Throwing and Take-Down techniques will be permitted.

- It is the intent of the rules that the only Grappling, Wrestling, Throwing and Take-down Techniques that can be applied be limited to, and must fall be categorised as: San Shou, Sports Jiu-jitsu, Brazilian Jiu-jitsu, Wrestling, Karate, Taekwondo, Judo or other legitimate and internationally recognised “Traditional Martial Art”, as determined and recognised by the ISKA.
- Head-lock techniques may not be used in any throwing or takedown technique of any kind.
- All must be deemed “active” which includes executing or working toward effective offense or defence.
 - All grappling will be permitted only whilst deemed active or effective by the referee.
 - Effective grappling is deemed as actively working toward: control, successful executions of a legal strike, takedown or reversal.
 - If competitors are deemed in “nullified” or “inactive” defensive positions or if the fight has stalled on the ground or in standing grapple – grappling will be stopped by the referee.
 - Once the referee has determined that grappling whilst is inactive, stalled or in stalemate – the bout will be restarted.

6.0 ILLEGAL TECHNIQUES & FOULS

The following are illegal techniques or fouls under ISKA SA Rules and will result in penalties if committed:

1. **Butting with the head:**

Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

2. **Eye gouging of any kind**

Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the competitor’s eye socket are not eye gouging and shall be considered legal attacks.

3. **Biting or Spitting at an opponent**

Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit during an exhibition of unarmed combat.

4. **Hair or Ear pulling**

Pulling of the hair in any fashion is an illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way.

5. **Fish Hooking**

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered “Fish hooking”. Fish hooking generally is the placing of fingers into the mouth or your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

6. **Groin attacks of any kind**

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal

7. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent

A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity.

8. Downward pointing of elbow strikes

Ceiling to floor or 12 to 6 elbow strikes are prohibited manoeuvres.

9. All forms of joint manipulation

10. Strikes to the spine or the back of the head

Strikes behind the crown of the head and above the ears are not permissible within the Mohawk area. Strikes below the top of the ear are not permissible within the nape of the neck area. *Note: The back of the head is considered from the crown of the head down the centre-line of the skull into the spine, with a 1 inch variance to each side. Strikes that are thrown to areas behind the ears but not within the specific area limitation are legal strikes.*

11. Heel kicks to the kidney

12. Throat strikes of any kind

Including, without limitation, grabbing the trachea. No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. (note: there will be no use of pumping of the forearm against the throat when applying a forward forearm choke – forearm, excludes hand, wrist and elbow).

13. Clawing, pinching, twisting the flesh or grabbing the clavicle

Any attack that targets the competitor's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal. Any manipulation of the clavicle is a foul.

14. Striking a grounded opponent.

Ground based strike techniques are not permitted under ISKA San Shou Rules. A grounded opponent is any fighter who has more than just the soles of their feet on the ground. (i.e. could have one shin or one finger down to be considered a downed fighter)

15. Stomping of any kind

(Note) Axe kicks are not stomps.

16. Spiking the opponent to the canvas onto the head or neck (pile-driving)

A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the canvas or flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent they may bring that opponent down in any fashion they desire because they are not in control of their opponents body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the canvas.

17. Throwing an opponent out of the Ring or Safety Enclosure area.

A fighter shall not throw their opponent out of the ring or Safety Enclosure.

18. Attacking an opponent after the bell has sounded the end of the period of unarmed combat

19. Attacking an opponent who is under the care of the referee.

20. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight

21. Holding or grabbing the fence

A fighter may hold, but may not put their hands on the ropes or fence and push off of it at anytime.

22. Holding opponent's shorts or gloves;

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts

23. Conducts that contravenes the ISKA SA Code of Conduct policy for all participants (competitors, trainers, seconds), including:

- The use of abusive language in the fighting area
- Unsportsmanlike conduct that causes an injury to opponent

24. Attacking an opponent on or during the break.

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition

25. Interference from seconds

Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

26. Flagrant disregard of the Referee's/Officials Instructions

A fighter MUST follow the instructions of the referee at all times. Any deviation or non-compliance may result in the competitor's disqualification. All participants (competitors, seconds and trainers) MUST follow the instructions of ISKA Tournament Officials and Chief Official at all times.

27. Conducts that contravenes the ISKA SA Rules, Regulations or Policies

Note: The ISKA Representative may modify rules for any bout only to the extent that they represent an improvement in safety and only in the form of adding further techniques to be considered illegal or limitations to any bout.

7.0 REFEREE GUIDELINES ON WARNINGS AND FOULS

7.1 STOPPING A CONTEST

- The referee shall put the safety of the fighter above all else in making a decision to stop a bout.
- The ISKS SA “**Safety First**” procedures applies to all Bouts.
- The referee and ringside physician are the sole arbiters of a bout and are the only individuals authorized to enter the fighting area at any time during competition and authorized to stop a contest. In the interest of safety, the ISKA Chief Official will also retain the same rights.
- Note that the Referee, Chief Official or Ringside Physician can call a stop to the action while the timer is running.
- A fighter’s corner can also stop the bout by throwing in the towel.

7.2 WARNINGS

- The referee shall issue a single warning for the minor infractions. After the initial warning, if the prohibited conduct persists, the referee will issue a penalty.
- The penalty may result in a deduction of points or disqualification.
- Severity of the penalty relates to the impact the illegal act had on the bout.
- Note that a competitor should never profit from an illegal act.
 - If the act in question results in giving the competitor a positional advantage, the referee must stop the action to take away the advantage.
 - If the competitor uses an illegal technique to escape from a disadvantaged position, the referee will reposition the competitors to the closest position.

7.3 FOULS

- Refer to Section 6.
- Disqualification occurs after any combination of two in a single round of the fouls listed above or after a referee determines the foul was intentional and flagrant.
- Fouls assessed by the referee will result in a point deduction by the judge from the offending competitor’s score.
- Only a referee can assess a foul. Judges shall not make that assessment and cannot factor such into their scoring calculations. The ISKA Chief Official may direct the referee.

- A fouled competitor has up to five minutes to recuperate.
- If a foul is committed, the referee shall:
 - Call time;
 - Check the fouled competitor's condition and safety; and
 - Assess the foul to the offending competitor, deduct points, and notify each corner's seconds, judges and the official scorekeeper.
- A competitor shall not gain a tactical benefit from a foul.

8.0 INJURIES SUSTAINED DURING COMPETITION

8.1 REGULATIONS GOVERNING INJURIES

The following regulation will apply to all bouts:

- If competitor sustains an injury during competition due to a legal maneuver that is severe enough to terminate a bout, the injured competitor loses by technical knockout.
- If competitor sustains an injury during competition due an intentional foul is severe enough to terminate a bout, the competitor causing the injury loses by disqualification.
- If a competitor sustains an injury during competition due to an intentional foul and the bout continues, the referee shall notify the scorekeeper to deduct two points from the competitor who committed the foul.
- If an injury sustained during competition because of an intentional foul cause the injured competitor to be unable to continue at a subsequent point in the contest, the injured competitor shall win by technical decision, if he or she is ahead on the scorecards.
- If the injured competitor is even or behind on the score cards at the time of stoppage, the outcome of the bout is a technical draw.
- If a competitor injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favour, and you treat the injury in the same manner as an injury produced by a fair blow.
- If an injury sustained during competition due to an accidental foul and the foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before the competitors complete two rounds in a three round bout or if stopped before three rounds in a five round bout.
- If an injury sustained during competition from an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the competitor who is ahead on the scorecards at the time the bout referee stops the bout. This happens only when the referee

stops the bout when the competitors completed two rounds of a three round bout, or three rounds of a five round bout.

- There will be no scoring of an incomplete round. However, if the referee penalises either competitor, the judge will deduct the appropriate points when they calculate the final score.

9.0 TYPES OF BOUT RESULTS

9.1 BOUT RESULTS

The following are the types of bout results:

A. TECHNICAL KNOCKOUT

- **Wave off:** When a competitor physically uses his hand to indicate that he or she no longer wishes to continue; or
- **Physical Signs of Distress:** When a competitor show clear and visible signs of distress and the referee decides that he or she does not wish to continue;
- **Verbal TKO:** When a competitor verbally announces to the referee that he or she does not wish to continue;
- **Referee Stoppage:**
 - Referee stops bout;
 - When an injury as a result of a legal manoeuvre is severe enough to terminate a bout;
- **Physician Stoppage:** Ringside physician stops bout;
- **Chief Official Stoppage:** Chief Official stops bout

B. KNOCKOUT

- **Referee Stoppage:**
 - Referee stops bout as one competitor is unable to respond within an 8 count
 - Referee determines competitor is unable to continue
 - Referee determines a competitor is unable to defend themselves appropriately;

C. DECISION VIA SCORE CARDS

- **Unanimous:** When all three judges score the bout for the same competitor;
- **Split Decision:** When two judges score the bout for one competitor and one judge scores for the opponent; or
- **Majority Decision:** When two judges score the bout for the same competitor and one judge scores a draw;
- **Draws:**
 - **Unanimous** - When all three judges score the bout a draw;
 - **Majority** - When two judges score the bout a draw; or

- **Split** - When all three judges score differently and the score total results in a draw;

D. DISQUALIFICATION

When an injury sustained during competition due to an intentional foul is severe enough to terminate the contest;

E. FORFEIT

When a competitor fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out,

F. TECHNICAL DECISION

When an injury sustained during competition due to an intentional foul, causes the injured competitor to be unable to continue. If the bout has reached the second round, the scorecards will determine the outcome of the bout.

G. TECHNICAL DECISION

When the bout is prematurely stopped due to injury and a competitor is leading on the score cards; and

H. NO CONTEST

When the referee stops a contest due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the scorecards.

10.0 JUDGING

10.1 STANDARD OR TRADITIONAL RULES 10-POINT (DOUBLE 5 POINT) SCORING SYSTEM

The following will make up the guidelines for judging SAN SHOU STANDARD OR INTERNATIONAL RULES bouts by applying the 10 Point (double 5 point) scoring System.

- A “Double five point must system” may be used to judge bouts. The system is called a “Double five point must” because the winner of each of the two combative aspects receives five points for that aspect, with the loser receiving less and essentially involves isolating the 2 major aspects of San Shou competition.
- Stand Up and Takedown fighting skill and action.
- The criteria for scoring are the same differentials as for the 10 point system, except with 5 points as the initial starting score
- The use of half points is acceptable.
- Three Judges will score each round with a;
 - 5 point must system for stand up fighting skills (i.e. 5 points to the winner, and 4.5 or less to the loser per round); and a

- 5 point must system for takedown fighting skills (i.e. 5 points to the winner, and 4.5 or less to the loser of the takedown match per round).
- Judges will use the following objective scoring criteria (generally accepted as the International Standard) when scoring a round;
 1. A round is to be scored as a **10-10** Round when both contestants appear to be fighting evenly and neither contestant shows superiority by even a close margin. This score should rarely be used.
 2. A round is to be scored as a **9.5- 9.5** Round when one contestant wins the striking and the other takedown/grappling by a very close margin.
 3. A round is to be scored as a **10-9** Round when a contestant wins both striking and grappling/takedown by a close margin, landing the greater number of effective legal strikes, demonstrating effective takedowns and grappling, and utilizing other effective legal techniques.
 3. A round is to be scored as a **9-9** Round when one contestant wins striking and one contestant wins takedown / grappling.
 4. A round is to be scored as a **10-8** Round when a contestant wins by a large margin, by effective striking and effective takedowns / grappling that have great impact on the opponent.
 5. A round is to be scored as a **10-7** Round when a contestant totally dominates by effective striking and or effective grappling, which put the opponent in great danger throughout the round. In a **10-7** round referee stoppage may be eminent. This score should rarely be used.

10.2 INTERNATIONAL RULES 10-POINT MUST SCORING SYSTEM

The following will make up the standard guidelines for judging SAN SHOU INTERNATIONAL RULES bouts by applying the 10 Point Must System:

- All bouts will be evaluated and scored by three judges.
- The 10-Point Must System will be the standard system of scoring a bout.
- Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).
- Judges will use the following objective scoring criteria (generally accepted as the International Standard) when scoring a round;

1. A round is to be scored as a **10-10** Round when both contestants appear to be fighting evenly and neither contestant shows superiority by even a close margin. This score should rarely be used.

2. A round is to be scored as a **10-9** Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, demonstrating effective grappling, and utilizing other effective legal techniques.

3. A round is to be scored as a **10-8** Round when a contestant wins by a large margin, by effective striking and or effective grappling that have great impact on the opponent.

4. A round is to be scored as a **10-7** Round when a contestant totally dominates by effective striking and or effective grappling, which put the opponent in great danger throughout the round. In a **10-7** round referee stoppage may be eminent. This score should rarely be used.

- Judges shall evaluate martial arts techniques, such as:
 - EFFECTIVE STRIKING
 - EFFECTIVE GRAPPLING / TAKEDOWNS / THROWS
 - CONTROL OF THE FIGHTING AREA AND
 - EFFECTIVE AGGRESSIVENESS

Consideration should also be given to defence.

The following guidelines should be considered in making this assessment.

- Equal consideration to be given to both
 - 1) Striking and
 - 2) Grappling/takedowns/throws.
- Sliding scale: Judges shall use a sliding scale and recognize the length of time the competitors are either striking OR grappling/ attempting takedowns or throws.

10.3 EFFECTIVE STRIKING

Effective Striking is determined by assessing the impact of legal strikes landed by a contestant and the number of such legal strikes.

Judging Criteria for Effective Striking:

- Heavier strikes that have a visible impact on the opponent will be given more weight than the number of strikes landed.
- These assessments include causing an opponent to appear stunned from a legal blow, causing the opponent to stagger, appearance of a cut or bruise from a legal strike and causing the opponent to show pain.
- Cumulative impact on a fighter will also be weighed. If neither fighter shows an advantage in impact of strikes, the number of strikes will determine the most effective striker.

Assessing Effective Striking

In order for a Judge to be in a position to appropriately use and apply the specific criteria to judging a San Shou International Rules bout, Judges will evaluate any visible sign of debilitation (damage), including:

- Appearing stunned from a blow to the head, the body or from a body slam.
- Wincing from a strike to the body.
- The appearance of a cut or a bruise resulting from a legal strike.
- Ceasing forward movement, becoming defensive or hastily retreating after being struck.
- Staggering or favouring a leg that has been kicked.
- Debilitation (or fatigue) resulting from the efforts required to avoid or escape takedown attempts, wrestling holds or submission attempts.

10.4 EFFECTIVE TAKEDOWNS / THROWS

Effective Takedowns are judged by determining by the force of the take down and the position it nets the competitor as a result of a takedown.

Judging Criteria for Effective Takedowns

Judging Criteria include:

- Determining the degree of force of the take down.
- The position it nets the competitor as a result of a takedown.

Assessing Effective Takedowns

In order for a Judge to be in a position to appropriately use and apply the specific criteria to judging a San Shou International Rules bout, a Judge must be able to recognise:

- High amplitude takedowns and throws which have great impact will be scored more heavily than a takedown which does not have great impact.
- A competitor who gets an opponent to the ground but without force and ends up being controlled in their opponents guard will get little credit for that take down. Solid takedowns should put the opponent on the ground hard and reap a positional advantage like side control or mount.

10.5 EFFECTIVE GRAPPLING

Effective grappling may be defined in the most general sense as the execution of any legal non-striking skill that even temporarily diminishes the opponent's ability to function successfully. Effective Grappling is judged by considering the amount of successful executions of a grappling control, legal takedowns, reversals and throw attempts.

Judging Criteria for Effective Grappling

Judging Criteria include:

- The ability of the competitor to keep their opponent in a dominated position from which they can land effective strikes or threaten with submissions
- The amount of control a competitor demonstrates on the ground.
- Take downs from standing position to mount position,
- Passing the guard to a dominant position
- Bottom position competitor using an active, threatening guard to create submission attempts.
- Submission attempts which come close to ending a fight.
- Submission attempts which cause an opponent to weaken or tire from the effort required to defend the technique.

Assessing Effective Grappling

In order for a Judge to be in a position to appropriately use and apply the specific criteria to judging a San Shou International Rules bout, a Judge must be able to:

- Evaluate whether the grappling was used merely to reduce or stall their opponent's effectiveness. Or, is the grappling being used to initiate and advance a transitional positioning strategy in an effort to acquire a submission or full mount position for damage inflicting strikes.
- Recognize who is being the more offensive or controlling competitors when on the ground; it will not always be the man on top
- Understand that the relative physical position of each competitor is not as important as how each competitor takes advantage of that position to gain success in the match. Similar to the distinction between using strikes to "force the opponent to defend" and using strikes that result in a "damaging attack", far more value is placed on how a competitor capitalizes on their "hold position" (whether by using it to strike effectively, to advance to a further superior position or to attempt a submission) than on by merely gaining or maintaining what may be generally recognized as a "superior" position.
- Submission attempts which come close to ending a fight will be weighted more highly than attempts which are easily defended.
- Submission attempts which cause an opponent to weaken or tire from the effort required to defend the technique will also be weighted highly in scoring.

10.6 SECONDARY JUDGING CRITERIA

FIGHTING AREA CONTROL

Fighting area control is judged by determining who is dictating the pace, location and position of the bout.

The following comments should be considered by all Judges (they are based on internationally recognised guidelines). Judging Criteria include:

- Determining who is dictating the pace, location and position of the bout.
- This includes determining the following:

In order for a Judge to be in a position to appropriately use and apply the specific criteria to judging a San Shou bout, a Judge must consider:

- *Countering a grappler's attempt at takedown by remaining standing and legally striking;*
- *Taking down an opponent;*
- *Moving forward and landing a legal strike*
- *Avoiding being struck; taken down or reversed while countering with offensive attacks*

AGGRESSIVENESS

Effective Aggressiveness is judged by considering the degree of moving forward scoring with a legal technique.

DEFENCE

Effective defence is based on avoiding being struck; taken down or reversed while countering with offensive attacks. Effective defence is to be considered when splitting close bouts, where other criteria are insufficient to split competitors.

Guideline: Judges should note that it is generally considered that:

- *Defence is its own reward. A fighter who chooses to avoid using defensive actions will invariably suffer the consequences. For example: if a fighter decides that they do not want to block or avoid a strike or avoid a throw or takedown then they will suffer the results of those offensive actions being used against them.*
- *The only role defensive action plays is to keep a fighter in the fight longer so that they can attempt to score using offensive actions.*
- *Having two competitors avoid offensive actions and rely solely on defence goes against the basic primary consideration of any combative sport: To score using offense.*

11. SUSPENSIONS

A contestant who was knocked out as a result of a blow to the head, or whose match was stopped by the judge because of several tough blows to the head which have made him/her defenceless and unable to continue, shall be suspended from competition and sparring matches. Suspension periods starting from the day of the latest match:

- One (1) knockout: Minimum 30 days suspension

- Two (2) knockouts during a period of three (3) months: Minimum three (3) months suspension.
- Three (3) knockouts during a period of twelve (12) months: Minimum twelve (12) months suspension.

Listed suspension periods are minimum periods and can be extended at the physician's discretion.

In the event that a match was not stopped the physician still has the right to decide on a suspension if he/she deems it necessary due to the contestant having received many tough blows to the head.

MRIs can also be ordered if a competitor has been suspended as a result of a knockout during competition or training.

ISKA South Australia – Schedule 4

Mixed Martial Arts (MMA) Rules

ISKA

SOUTH

AUSTRALIA

MIXED MARTIAL ARTS RULES AND POLICIES

2020



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ISKA SOUTH AUSTRALIA SCHEDULE 4 MIXED MARTIAL ARTS RULES AND REGULATIONS

INTRODUCTION

The following rules are a subsection of the complete ISKA Official Rule Set and will make up SCHEDULE 4 of the approved ISKA South Australia Official Rules.

ISKA South Australia Official Rules SCHEDULE 1 apply to SCHEDULE 4 Mixed Martial Arts (MMA).

SCHEDULE 4 follows SCHEDULE 2 with several variations highlighted below which allow for the specific rules of this style of competitive martial art rules.

All events and participants shall be subject to the following requirements:

- All martial arts events and participants in these events shall be subject to all ISKA SA Policies and Regulations specified in the complete ISKA SA Rules.
- All events and participants in these events shall be subject to relevant National and State laws, regulations and governing requirements (in South Australia - the *Boxing and Martial Arts Act 2000* and supporting Regulations).
- All events and participants will adhere to a strict Code of Code and participant behaviour (refer to SCHEDULE 1).
- A-Class Mixed Martial Arts (MMA) Rules will follow B Class MMA Rules with variations intended to additionally incorporate a higher level of skill requirement and technical ability. Equally B Class will follow C Class.
- Competitors must seek formal approval from the ISKA to fight under A-Class Rules (or to graduate from B-Class to A-Class). Competitors must satisfy the ISKA SA Combat Sport Competitors Class Structure to fight A-Class rules. Note: A-Class Rules will require minimum 6 bouts or 4 wins in full contact combat sport (defined as – Muaythai, Kickboxing, San Shou, Oriental / K1 Rules, Full Contact Martial Arts / Karate, MMA, Jiu-Jitsu or other approved combat sport) with at least 3 Mixed Martial Arts bouts.
- Age requirements must satisfy SCHEDULE 1. Competitors must be at least 18 years old to compete under A-Class or B-Class Rules / and apply for professional status. Competitors must be 16 years or older to compete under C Class Rules (with full protective equipment and additional safety precautions to be adopted by the referee to protect competitors) and may only hold amateur status. Note competitors over 18 can not compete against competitors under 18 years.
- It should be noted that the ISKA SA's aim (were permitted under State Government legislation/regulations) is to achieve consistency with ISKA International MMA Rules and Internationally accepted Uniform MMA Rules.

- The ISKA SA will endeavour to ensure consistency between ISKA Rules and Regulations applied to South Australian sanctioned activities and events, and relevant South Australian Government Legislation and Regulations.
- Where ISKA SA Official Rules differ from the requirements of South Australian Government Legislation and/or Regulations, specifically the *Boxing and Martial Arts Act 2000* and supporting Regulations, or are silent, Government requirements will be adopted by the ISKA SA in all sanctioned activities and events.
- Promoters and Event Organisers are required to verify they have obtained Government approval to conduct a Combat Sports Competition/Event and have an approved COVID-19 Safety Management Plans in place as may be required.

DEFINITIONS

- **“STATE GOVERNMENT COMBAT SPORT LEGISLATION”** means South Australian *Boxing and Martial Arts Act 2000* and supporting Regulations.
- **“GOVERNMENT REGULATING AUTHORITY”** means the applicable/relevant State Government Sport Office/Commission or equivalent State Government Combat Regulatory Authority.
- **“CHIEF OFFICIAL”** ISKA appointed Tournament Chief Official tasked with ensuring bout, competitor, trainer and official compliance with ISKA and State Government Rules and Regulations.
- **“ISKA”** International Sports Kickboxing/Karate Association.
- **“ISKA REPRESENTATIVE”** ISKA appointed Representative tasked with ensuring event compliance with ISKA and State Government Policies, Rules and Regulation Compliance
- **“MIXED MARTIAL ARTS”** (MMA) means unarmed combat involving the use of a combination of techniques from different disciplines of the martial arts, including, without limitation, grappling, submission holds, kicking and striking. *Note – as MMA is reflected as a set of rules, these rules are subject to any applicable limitations set forth in these Rules and other applicable regulations as determined by the ISKA or relevant Government Regulating Authority.*
- **“COMPETITOR”** means any person who engages in unarmed combat contest / bout / tournament / exhibition.

1. EVENT POLICIES

COMPLIANCE WITH GOVERNMENT REGULATIONS

ISKA sanctioned events will be conducted in full compliance with State Government Combat Sport Legislation and Regulations (South Australian *Boxing and Martial Arts Act 2000* and supporting *Regulations*).

In the event that any ISKA rules and regulations outlined in this document (or any ISKA rules documents), conflict with the relevant State Government Regulations, the ISKA will always adopted and apply State Government requirements.

The ISKA will sanction events in accordance with all State Government Competitor, Promoter, Promotion and Event Official participation requirements.

CONSISTENCY WITH INTERNATIONAL RULES & UNIFIED RULES

ISKA sanctioned Mixed Martial Arts events will be conducted consistent with ISKA International Mixed Martial Arts Rules and Regulations and the Association of Boxing Commissions (ABC -USA) Unified Mixed Martial Arts Rules, whilst also ensuring full compliance with State Government Boxing and Martial Arts legislation and regulations.

Where there is a conflict between ISKA International or Unified Rules, State Government requirements will be adopted by the ISKA.

ISKA NATIONAL DATABASE EVENT REGISTRATION

All Promoters are required to register their event in a timely manner, with the ISKA Australia and State Government Sports Commission (or appropriate equivalent) and receive necessary approvals from ISKA for each specific requested bout.

ISKA POLICIES

All ISKA Australia sanctioned events and participants (competitors, trainers, officials etc) in these events, must comply fully with:

- All ISKA Policies as defined in SCHEDULE 1 of the ISKA SA Official Rules, and
- All relevant State Government Policies/Regulations.

Sanctions/penalties will be applied by the ISKA to individuals, promoters and clubs for noncompliance at the discretion of the ISKA SA State Representative and Committee.

ISKA CODE OF CONDUCT

All ISKA Australia sanctioned events and participants (promoter, competitors, trainers, officials etc) in these events, must comply fully with the ISKA Code of Conduct (refer to SCHEDULE 1). Sanctions, including expulsion from events and bans, will be applied by the ISKA to individuals, promoters and clubs for noncompliance at the discretion of the ISKA SA State Representative and/or ISKA Tournament Chief Official.

OFFICIALS

All Officials (chief official, referees, judges, inspectors, score keepers, time keepers) must be approved and appointed by the ISKA Australia to work on ISKA sanctioned events.

Officials must meet relevant ISKA and State Government requirements and qualification standards, for participating in a promotion as a Combat Sport Official. All Officials will take direction from the ISKA appointed event Chief Official.

SPLIT OR DIFFERENT STYLE EVENTS

Cards split between professional and amateur matches shall be left at the discretion of the ISKA in consultation with the relevant State Government Commission or equivalent.

WEIGH-IN

Weigh in to be overseen / conducted by ISKA Officials. Weigh in will be determined at the discretion of the ISKA in consultation with the State Government Sport Commission/ Combat Sport Authority.

LICENSING

All promoters will be required to qualify for and obtain both an ISKA Australia Promoter's License and a State Government Promoter's License.

- ISKA Promoter Licensing will be solely determined at the discretion of the ISKA Australia (or relevant ISKA State Representative).
- State Government Licensing will be solely determined at the discretion of the State Government.

AMBULANCE, EMT'S, AND QUALIFIED RINGSIDE PHYSICIAN

The ISKA requires the following of all combat sports full contact events:

- A minimum of one qualified ringside physician shall be present at all events. *It is highly recommended that two qualified ringside physician shall be present at the event.*
- A qualified ringside physician must be at ringside or cageside during each bout.
- Promoters will ensure a minimum two EMT or professional FIRSTAID personnel for every event. *It is highly recommended that Promoter of full contact events engage an Ambulance on site for the event to mitigate risks.*
- Promoters will ensure the venue is set up to allow immediate access to an ambulance for any emergency or injury (both unimpeded vehicle access to the venue and stretcher access to cage/ring side).
- No contest shall be allowed to continue or commence if an ambulance is utilised to transport a previous competitor to a medical facility, until the ambulance has secured and transported the competitor from the venue.

DRUGS IN SPORT

The ISKA reserves the right to implement "doping" tests on competitors. A positive test for doping according to the list of banned substances by the World

Anti-Doping Agency (WADA) or Australian Anti-Doping Agency, leads to immediate disqualification.

The promoter/ organiser is required to facilitate and aid in the implementation of doping tests run on the competitors. If a competitor refuses to participate in a doping test he/she is immediately disqualified.

MATCHMAKING

In the interest of competitors safety and ensure the fairness and integrity of every sanctioned bout, all bouts (competitors match up, division and rules) must be approved by the ISKA. The ISKA reserves the right not to sanction any bout in the interest of competitor safety and fairness.

COMPETITORS

Competitors shall:

- Meet the age requirements for Combat Sport competition according to the laws of the State and ISKA SA Official Rules SCHEDULE 1.
- Be in good physical and mental shape.
- Undertake pre-fight medical examined and blood tests.
- Be well prepared to compete in MMA and have experience from competing in full contact martial arts.
- When entering a competition be responsible for ensuring that all relevant martial arts experience is reported.

AGE

Schedule 1 section 7 applies to MMA Rules under Schedule 4.

ISKA requirements:

- All competitors must satisfy age requirements for Combat Sport competition as determined by the relevant State Government Combat Sports Authority / Commission (or equivalent Government authority).
- All competitors competing under A Class MMA or B Class MMA rules, must attain the age of 18 years before the date of the contest.
- Competitors must attain the age of 16 years before the date of the contest to compete under MMA rules, must have parental/guardian consent and will be limited to competing under C Class MMA rules.
- Competitors under 18 years are not permitted to compete against competitors over 18 years.

RULES MEETING

A rules meeting for the Fighters and Officials must be held for each promotion in the presence of the ISKA Chief Official or Head Referee. Rules meetings will be determined at the discretion of the ISKA in consultation with the event Promoter

and must be held either at the event weigh-in or prior to commencement of the event.

CONSUMABLES BEFORE AND DURING THE CONTEST

Only water or an approved electrolyte drink by the ISKA, may be consumed during the bout. Competitors should not consume “energy” or “high caffeine content” drinks on the date of the contest.

AMATEUR STATUS

The term “Amateur” shall be used in this Rulebook to describe all Competitors / Fighters that are not Professionals. Fighters shall be considered Amateurs providing they do not meet one or more of the following conditions:

- The fighter is (or has been) under any form of professional contract
- The fighter is listed on a Pro-Ranking list of one any major MMA or Combat Sport organization
- The fighter has been classified as a professional by any State Combat Sports Authority.

C CLASS AND B CLASS MMA

• NOVICE VS ADVANCED

Amateur Mixed Martial Arts bouts shall be contested using either “Novice Amateur Division Rules” (C Class), designated for competitors who have competed in less than (3) Combat Sports bouts, or using “Advanced Amateur Division Rules” (B Class) for competitors who have competed in more than three (3) verifiable Combat Sports bouts, regulated by a recognised sanctioning body or State Government Commission. All bouts are subject to ISKA matchmaking approval.

The difference between Novice and Advanced division rules is as follows:

- It is a foul to strike to the head of a grounded competitor in a Novice (C Class) division bout.
- It is a foul to strike an opponent with an elbow to any part of the body, in a Novice (C Class) division bout.
- It is a foul to strike with a knee to the head or face of an opponent in a B or C Class division bout.
- Novice (C Class) competitors must use approved head guards. *If permitted under relevant State Government Regulation, C Class competitors over 18 may undertake an MRI to compete without a head guard.*
- Novice (C Class) competitors must use approved shin guards. *If permitted by relevant State Government Regulation, competitors over 18 will be permitted to compete without shin guards.*

The complete set of “fouls” are can be found in section 16.

APPLICATION OF RULES

Bouts between competitors who have more than three fights may be contested using Advanced Division rules. Bouts between competitors with three fights or less may not be contested using Advanced Division rules.

Division qualification / or exemption from these requirements can only be granted by the ISKA and must be based on relevant and comparable experience in martial arts or Combat Sports competition.

EQUIPMENT

In the interest of competitors safety and event standards, all equipment used for the event (including cage or ring), shall be approved at the discretion of the ISKA and satisfy any applicable State Government Regulatory requirements.

MAXIMUM NUMBER OF BOUTS PER CARD

The maximum number of bouts on one fight card will be at the discretion of the ISKA. The ISKA will be informed by any relevant State Government Boxing and Martial Arts Regulations.

INSURANCE

Promoters will be required to obtain “*appropriate and reasonable*” insurance for conducting a Combat Sports Event, including but not limited to Public Liability that covers spectators, competitors and officials. Promoters will also be required to satisfy any State Government insurance requirements.

SHOW DATE REQUEST

Show date requests will be determined at the discretion of the ISKA South Australia and lodged with the State Government Boxing and Martial Arts Authority.

VENUE

In the interest of competitor and spectator safety and to ensure the standard and integrity of every ISKA sanctioned events, promoters must seek ISKA approval of any venue to be used. All venues are to be compliant with the relevant *Building Codes and State Government Work Health Safety Regulations*. All venues must have appropriate security, amenities, emergency exits and equipment, change room facilities and promote the responsible consumption of alcohol.

SECURITY

The Promoter will have responsibility for ensuring appropriate security at the event venue. In the interest of competitor and spectator safety, promoters must seek ISKA approval of Security arrangements.

BEVERAGE AND LIQUOR SALES

If the chosen venue has a liquor license and liquor is intended to be sold at the event, the ISKA must be advised in writing in advance of the show and give its approval. Beverages cannot be sold in bottles. Promoters are responsible for ensuring venues promote the responsible consumption of alcohol.

WORK HEALTH SAFETY

Promoters must ensure events are conducted in full compliance with relevant State *Work Health Safety Legislation and Regulations*.

SANITARY EQUIPMENT

All promoters are held responsible for and must correct any violation of ISKA rules or State Government Regulatory requirements regarding the sanitary conditions with respect to dressing rooms, showers, water bottles, towels or other equipment.

Physicians and ISKA Representatives are to observe every event for violations of these rules. The cage/ring must be swept, dry-mopped, or otherwise adequately cleaned/sanitised before the event and prior to the fights.

OFFICIAL'S STRUCTURE FOR EACH EVENT

The following minimum standard structure is to be in place for each MMA Rules event/tournament:

ISKA CHIEF OFFICIAL X 1
ISKA STATE REPRESENTATIVE X 1
RINGSIDE PHYSICIAN (X 1 MINIMUM)
FIRST AID STAFF (X 1 MINIMUM)
HEAD REFEREE X 1
REFEREES X 2
HEAD JUDGE X 1
JUDGES X 3
HEAD INSPECTOR X 1
INSPECTORS X 4
SCORE KEEPER
TIME KEEPER

OFFICIAL'S STRUCTURE FOR EACH BOUT

The following minimum standard structure is to be in place for MMA Rules bout:

1 CHIEF OFFICIAL
1 REFEREE
3 JUDGES
2 RINGSIDE INSPECTORS
2 BACKSTAGE INSPECTORS
RINGSIDE PHYSICIAN (1 MINIMUM) + FIRST AID STAFF (1 MINIMUM)
SCORE KEEPER
TIME KEEPER

2. MEDICAL EXAMINATIONS AND COMPETITION PHYSICIAN

ISKA requires all competitors to comply with State Government Boxing and Martial Arts Regulatory Medical Requirements.

The following requirements are in addition to any State Government Boxing and Martial Arts Regulatory, Legislative or procedural requirements.

All events must have at least one licensed physician shall be appointed competition / ring or cage side physician, in addition to EMT support. At a minimum the ISKA requires that competitors:

- HIV-1 Test (a blood test which verifies the applicant is HIV negative (current within 12 months)
- HEPATITUS B Test (A blood test which verifies the applicant is Hepatitis B (HBsAg) negative (current within 12 months)
- HEPATITUS C Test (A blood test which verifies the applicant is Hepatitis C (HCVsAb) negative (current within 12 months)
- ANNUAL MEDICAL approved by a physician stating the athlete is approved for combative sports as indicated on the membership application
- FEMALE CONTESTANTS – Pregnancy tests must be taken within 24 hours prior to the start of the event.
- PRE-FIGHT EXAMINATION - At the time of weigh-in or on the same day as the match, all contestants must pass a pre-fight medical examination. The physician shall examine all contestants before they compete, with the examination shall take place.

Check-list: heart, blood pressure, pulse, lungs, hearing, teeth, evidence of a hernia, musculature, skin, negative Hepatitis B (HBsAg), Hepatitis C (HCVsAb) and HIV tests. If a contestant is deemed by the physician to be out of shape, suffering from injury or illness, affected by drugs or narcotics, mentally unbalanced or in any other way unfit to participate in the match, the contestant shall not be permitted to compete.

- ALL COMPETITORS competing without head guards are required to comply with Government Regulations regarding undertaking and passing Magnetic Resonance Imaging (MRI) testing of the head/brain before competing. In addition to this:
 - The ISKA requires that all A Class MMA Competitors at a minimum undertake and pass an annual MRI whilst actively competing (or as required by Government Regulations).
 - It is also recommended that ALL competitors, regardless of the Class of Rules, who are competing without head guards, undertake and pass a MRI

- at a minimum of every 2 years (or as required by State Government Regulations).
- Additional MRIs can also be ordered if a competitor has been suspended as a result of a knockout during competition or training.

If a competitor is deemed by the physician to be out of shape, suffering from injury or illness, affected by drugs or narcotics, mentally unbalanced or in any other way unfit to participate in the match, the competitor shall not be permitted to compete.

The physician shall be present during each match. The physician shall interrupt the match if he/she deems a competitor unfit to continue. In such an event the physician shall immediately call for the attention of the referee by throwing a towel into the competition area.

If a competitor needs assistance in getting back to the corner for the round break, the competitor shall be examined by the physician who among other things shall examine balance and responsiveness while standing without support.

The physician shall be risk averse when making judgment calls and always consider a “worst case-scenario”.

If the physician finds it necessary for the competitor to have further examinations he/she shall send the competitor to a hospital.

Women are not allowed to compete when pregnant and pregnancy tests will be required as part of the medical examination.

In the event of a suspected injury such as for example a slight concussion, the physician is allowed to detain the competitor to conduct a follow-up exam. The competitor shall in such an event stay on site. At such a follow-up examination the physician shall determine whether the competitor is in need of further care or not, and if yes whether or not that includes being sent to a hospital for further examination, and if applicable recommend follow-up treatment.

All decisions and conclusions made during the follow-up exam shall be documented by the physician and handed in to the organiser.

In case of a knockout the physician shall determine how long the competitor shall be put on suspension (in accordance with SCHEDULE 4 Section 23, ISKA policy and State Government Regulatory requirements) and have said decision.

3. WEIGHT DIVISIONS

Except with the approval of the ISKA, the classes for Mixed Martial Arts contests or exhibitions and the weights for each class shall be:

AMATEUR DIVISION MIXED MARTIAL ARTISTS

Amateur mixed martial artist shall be divided into the following classes:

- Strawweight: 52.2 kg (115 *lbs.*) & under with not more than a 10 *lbs.* spread
- Flyweight 52.3 - 56.7 kg (115-125 *lbs.*)
- Bantamweight 56.8 - 61.2 kg (126-135 *lbs.*)
- Featherweight 61.3 - 65.8 kg (136-145 *lbs.*)
- Lightweight 65.9 - 70.3 kg (146-155 *lbs.*)
- Welterweight 70.4 - 77.1 kg (156-170 *lbs.*)
- Middleweight 77.2 - 83.9 kg (171-185 *lbs.*)
- Light Heavyweight 84.0 - 93.0 kg (186-205 *lbs.*)
- Cruiser Heavyweight 93.1 - 104.3 kg (206-230 *lbs.*)
- Heavy Weight 104.4 - 120.2 kg (231-265 *lbs.*)
- Super Heavyweight +120.3 kg (over 265 *lbs.*)

PROFESSIONAL DIVISION MIXED MARTIAL ARTISTS

Professional mixed martial artist shall be divided into the following classes:

- Strawweight: 52.2 kg (115 *lbs.*) & under
- Flyweight 52.3 - 56.7 kg (115-125 *lbs.*)
- Bantamweight 56.8 - 61.2 kg (126-135 *lbs.*)
- Featherweight 61.3 - 65.8 kg (135-145 *lbs.*)
- Lightweight 65.9 - 70.3 kg (145-155 *lbs.*)
- Welterweight 70.4 - 77.1 kg (155-170 *lbs.*)
- Middleweight 77.2 - 83.9 kg (170-185 *lbs.*)
- Light Heavyweight 84.0 - 93.0 kg (185-205 *lbs.*)
- Heavyweight over 93.1 - 120.2 kg (205 to 265 *lbs.*)
- Super Heavyweight over +120.3 kg (over 265 *lbs.*)

In non-championship fights, there shall be allowed a 1 pound weigh allowance. In championship fights, the participants must weigh no more than that permitted for the relevant weight division.

The ISKA may also approve catch weight bouts, subject to their review and discretion and subject to the condition that the contest would still be fair, safe and competitive.

4. RING/FIGHTING AREA REQUIREMENTS AND EQUIPMENT

(A) Mixed Martial Arts contests and exhibitions may be held in a ring or in a fenced area, which must be approved by the ISKA.

(B) A ring used for a contest or exhibition of Mixed Martial Arts must meet the following requirements:

- The ring must be no smaller than 20 feet square and no larger than 32 feet square within the ropes. One corner shall have a blue designation and the corner directly opposite must have a red designation.

- The ring floor must extend at least 18 inches beyond the ropes. The ring floor must be padded with ensolite or similar closed-cell foam, with at least a 1-inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge of the platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges must not be used.
- The ring platform must not be more than 4 feet above the floor of the building and must have suitable steps for the use of the Competitors.
- Ring posts must be made of metal, not more than 3 inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the ring floor, and must be properly padded in a manner approved by the ISKA or State Government Authority / Commission.
- Ring posts must be at least 18 inches away from the ring ropes.
- There must be five ring ropes, not less than 1 inch in diameter and wrapped in soft material. The lowest ring rope must be 12 inches above the ring floor.
- There must not be any obstruction or object, including, without limitation, a triangular border, on any part of the ring floor.

(C) A fenced area used in a contest or exhibition of Mixed Martial Arts must meet the following requirements:

- The fenced area must be circular or have at least six equal sides and must be no smaller than 20 feet wide and no larger than 32 feet wide.
- The floor of the fenced area must be padded with ensolite or another similar closed-cell foam, with at least a 1-inch layer of foam padding, with a top covering of canvas, duck or similar material tightly stretched and laced to the platform of the fenced area. Material that tends to gather in lumps or ridges must not be used.
- The platform of the fenced area must not be more than 4 feet above the floor of the building and must have suitable steps for the use of the Competitors.
- Fence posts must be made of metal, not more than 6 inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the floor of the fenced area, and must be properly padded in a manner approved by the ISKA or State Government Authority / Commission.
- The fencing used to enclose the fenced area must be made of a material that will prevent a Competitor from falling out of the fenced area or breaking through the fenced area onto the floor of the building or onto the spectators, including, without limitation, chain link fence coated with vinyl.
- Any metal portion of the fenced area must be covered and padded in a manner approved by the ISKA and must not be abrasive to the Competitors.
- The fenced area must have two entrances.
- There must not be any obstruction on any part of the fence surrounding the area in which the Competitors are to be competing.

5. STOOLS

- (A) A stool of a type approved by the ISKA shall be available for each Competitor.
- (B) An appropriate number of stools or chairs, of a type approved by the ISKA shall be available for each Competitor's seconds. Such stools or chairs shall be located near each Competitor's corner for use outside of the fighting area.
- (C) All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each bout.

6. EQUIPMENT

For each bout, the promoter shall provide a clean water bucket, a clean plastic water bottle, and any other supplies as directed by the ISKA, in each corner.

7. SPECIFICATIONS FOR HAND-WRAPPING

- (A) In all weight classes, the bandages on each Competitor's hand shall be restricted to soft gauze cloth of not more than 15 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.

*Substances other than surgeon's tape and soft gauze shall not be utilized.
(Example) Pre-wraps shall not be permitted.*

- (B) Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.

- (C) The bandages shall be evenly distributed across the hand.

- (D) Bandages and tape shall be placed on the Competitor's hands in the dressing room in the presence of the ISKA Inspector/Official and in the presence of the manager or chief second of his or her opponent.

- (E) Under no circumstances are gloves to be placed on the hands of a Competitor until the approval of the ISKA Inspector/Official.

8. MOUTHPIECES

- (A) All Competitors are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending physician.

- (B) The round cannot begin without the mouthpiece in place.

(C) If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece, and reinsert the mouthpiece at the first opportune moment without interfering with the immediate action.

9. PROTECTIVE EQUIPMENT

All protective equipment shall be subject to the approval of the ISKA.

NOVICE / C-CLASS

(A) Approved shin guard with instep pads, supplied by the promoter, and in good condition, must be worn by all competitors competing in C Class Rules.

(B) Approved Head Guards, supplied by the promoter, and in good condition, must be worn by all competitors competing in C Class Rules.

(C) Female mixed martial artists must wear a chest protector or other properly fitted sports bra during competition.

(D) Male mixed martial artists shall wear a groin protector of their own selection, of a type approved by the ISKA.

(E) Female mixed martial artists wearing groin protectors is optional.

B-CLASS

(A) An MRI clearance is required to compete without a head guard.

(B) Female mixed martial artists may wear a chest protector or other properly fitted sports bra during competition.

(C) Male mixed martial artists shall wear a groin protector of their own selection, of a type approved by the ISKA.

(D) Female mixed martial artists wearing groin protectors is optional.

A-CLASS

(A) An MRI clearance is required to compete without a head guard.

(B) Male mixed martial artists shall wear a groin protector of their own selection, of a type approved by the ISKA.

(C) Female mixed martial artists wearing groin protectors is optional.

(D) Female mixed martial artists may wear a chest protector during competition.

10. GLOVES

Glove requirements may vary between Government Jurisdictions, as such State Government Regulations for Gloves weights (ounces) will be applied to ISKA sanctioned events. Otherwise, the following rules will apply:

C - CLASS AND B - CLASS

- (A)** The gloves shall be in good condition for all contests.
- (B)** All competitors shall wear gloves at least 6 ounces.
- (C)** Gloves should be supplied by the promoter and approved by the ISKA.
- (D)** No Competitor shall supply their own gloves for participation.

A-CLASS

- (A)** The gloves shall be in good condition for all contests.
- (B)** All Competitors shall wear glove which are at least 4 ounces
- (C)** Gloves should be supplied by the promoter and approved by the ISKA.
- (D)** No Competitor shall supply their own gloves for participation.

11. APPAREL

AMATEUR

- (A)** Each Competitor shall wear Mixed Martial Arts shorts (board shorts), biking shorts kick-boxing shorts or other shorts approved by the ISKA.

Shorts with a grip panel are not permitted. Shorts with metal parts are not permitted unless properly covered.

- (B)** Gi's, shirts, and biking pants with a grip panel are prohibited during competition for male Competitors.

Female competitors must wear rashguard shirts. Male competitors may wear rashguards.

- (C)** Shoes are prohibited during competition.

PROFESSIONAL

(A) Each Competitor shall wear Mixed Martial Arts shorts (board shorts), biking shorts, kick-boxing shorts or other shorts approved by the ISKA.

Shorts with a grip panel are not permitted. Shorts with metal parts are not permitted.

(B) Gi's or shirts are prohibited during competition except that female Competitor's musts wear shirts approved by the ISKA.

(C) Shoes and any type of padding on the feet are prohibited during competition.

12. APPEARANCE

(A) Each Competitor must be clean and present a tidy appearance.

(B) The excessive use of grease or any other foreign substance may not be used on the face or body of a Competitor. The ISKA referee, inspector or official shall cause any excessive grease or foreign substance to be removed.

(C) The ISKA referee, inspector or chief official shall determine whether head or facial hair presents any hazard to the safety of the Competitor or his opponent or will interfere with the supervision and conduct of the contest or exhibition. If the head or facial hair of a Competitor presents such a hazard or will interfere with the supervision and conduct of the contest or exhibition, the Competitor may not compete in the contest or exhibition unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of the ISKA.

(D) A Competitor may not wear any jewellery or other piercing accessories while competing in the contest or exhibition.

(E) The ISKA Chief Official may prevent any competitor from competing in any match or event due to the competitor's personal hygiene, length of head hair, length of facial hair, or any other aspects of personal appearance that may present a hazard to the safety of the competitor or their opponent, or that may interfere with the supervision or conduct of the event.

13. ROUND LENGTH

AMATEUR, C-CLASS, B-CLASS

(A) Each non-championship Mixed Martial Arts contest is to be for 3 rounds, each round no more than 3 minutes duration, with a rest period of 1 minute between each round.

(B) Championship Mixed Martial Arts contest is to be at least 3 and maximum 5 rounds, each round no more than 3 minutes duration, with a rest period of 1 minute between each round.

PROFESSIONAL, A-CLASS

(A) Each non-championship Mixed Martial Arts contest is to be for 3 rounds, each round no more than 5 minutes duration, with a rest period of 1 minute between each round.

(B) Each championship Mixed Martial Arts contest is to be for 5 rounds, each round no more than 5 minutes duration, with a rest period of 1 minute between each round.

14. STOPPING CONTEST

(A) The referee is the arbiter of a contest and authorized to stop a contest. The referee must take advice / direction from the ringside physician. The Referee must also take advice from the ISKA Chief Official with respect to the decision to stop a contest.

(B) The ring/cage-side physician or ISKA Chief Official are also authorized to stop a contest.

(C) The Competitor's Corner is permitted to "throw in the towel" to end the bout.

15. JUDGING

(A) All bouts will be evaluated and scored by 3 judges who shall evaluate the contest from different location around the ring/fighting area. The referee may not be one of the 3 judges.

(B) The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and 9 points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).

(C) Judges shall evaluate Mixed Martial Arts techniques, such as:

- effective striking and grappling,
- control of the ring/fighting area and
- effective aggressiveness.

(D) Criteria Consideration: Effective Striking/Grappling shall be considered the first priority of round assessments. Effective Aggressiveness is a 'Plan B' and should not be considered unless the judge does not see any advantage in the Effective Striking/Grappling realm. Cage/Ring Control ('Plan C') should only be needed when all other criteria are 100% even for both competitors. This will be an extremely rare occurrence.

(E) Effective Striking/Grappling: Legal blows that have immediate or cumulative impact with the potential to contribute towards the end of the match with the

immediate weighing in more heavily than the cumulative impact. Successful execution of takedowns, submission attempts, reversals and the achievement of advantageous positions that produce immediate or cumulative impact with the potential to contribute to the end of the match, with the immediate weighing more heavily than the cumulative impact.

Top and bottom position fighters are assessed more on the impactful/effective result of their actions, more so than their position.

This criterion will be the deciding factor in a high majority of decisions when scoring a round. The next two criteria must be treated as a backup and used only when Effective Striking/Grappling is 100% equal for the round.

(H) Effective Aggressiveness: Aggressively making attempts to finish the fight. The key term is 'effective'. Chasing after an opponent with no effective result or impact should not render in the judges' assessments.

Effective Aggressiveness is only to be assessed if Effective Striking/Grappling is 100% equal for both competitors.

(G) Fighting Area Control: Fighting area control is assessed by determining who is dictating the pace, place and position of the match.

Fighting Area Control shall only to be assessed if Effective Striking/Grappling and Effective Aggressiveness is 100% equal for both competitors. This will be assessed very rarely.

(J) The following objective scoring criteria shall be utilized by the judges when scoring a round;

- **10 – 10 round**

- A 10 – 10 round in MMA is when both fighters have competed for whatever duration of time in the round and there is no difference or advantage between either fighter.
- A 10 – 10 round in MMA should be extremely rare and is not a score to be used as an excuse by a judge that cannot assess the differences in the round.
- A 10 – 10 round in MMA is a necessity to have for the judge's possible score, mainly due to scoring incomplete rounds. It is possible to have a round where both fighters engage for 5 minutes and at the end of the 5-minute time period the output, impact, effectiveness and overall competition between the two fighters is exactly the same. It is possible, but highly unlikely. If there is any discernible difference between the two fighters during the round the judge shall not give the score of 10 – 10. Again, this score will be extremely rare.

- **10 – 9 Round**

- A 10 – 9 Round in MMA is where one combatant wins the round by a close margin.
- A 10 – 9 round in MMA is the most common score a judge assesses during the night. If, during the round, the judge sees a fighter land the better strikes, or utilize effective grappling during the competition, even if by just one technique over their opponent, the judge shall give the winning fighter a score of 10 while assessing the losing fighter a score of 9 or less.
- It is imperative that judges understand that a score of 9 is not an automatic numerical score given to the losing fighter of the round. The judge must consider: Was the fighter engaged in offensive actions during the round? Did the losing fighter compete with an attitude of attempting to win the fight, or just to survive the offensive actions of their opponent?
- A score of 10 – 9 can reflect an extremely close round or a round of marginal domination and/or impact.

- **10 – 8 Round**

- A 10 – 8 Round in MMA is where one fighter wins the round by a large margin.
- A 10 – 8 round in MMA is not the most common score a judge will render, but it is absolutely essential to the evolution of the sport and the fairness to the fighters that judges understand and effectively utilize the score of 10 – 8.
- A score of 10 – 8 does not require a fighter to dominate and/or impact their opponent for the full 5 minutes of a round. The score of 10 – 8 is utilized by the judge when the judge sees verifiable results on the part of both or either fighter. If a fighter has little to no offensive output during a 5-minute round, it should be normal for the judge to award the losing fighter 8 points instead of 9.
- When assessing a score of 10-8, judges shall evaluate Impact, Dominance, and Duration and, if two of the 3 are assessed to have been present, a 10-8 score shall be seriously considered. If all three are present, a 10-8 score shall be awarded.

- **10 – 7**

- A 10 – 7 Round in MMA is when a fighter completely overwhelms their opponent in Effective Striking and/or Grappling and stoppage is warranted.
- A 10 – 7 round in MMA is a score that judges will rarely give.
- It takes both overwhelming Dominance of a round, but also significant Impact that, at times, causes the judge to consider that the fight could be stopped.
- Judges shall assess for multiple blows that diminish the fighter, and/or grappling manoeuvres that place the fighter in dominant situations with impact being inflicted that visibly diminishes the losing fighter's ability to compete.

(K) Impact – A judge shall assess if a fighter impacts their opponent significantly in the round, even though they may not have dominated the action. Impact includes visible evidence such as swelling and lacerations.

Impact shall also be assessed when a fighter's actions, using striking and/or grappling, lead to a diminishing of their opponents' energy, confidence, abilities and spirit. All of these come as a direct result of impact. When a fighter is impacted with strikes, by lack of control and/or ability, this can create defining moments in the round and shall be assessed with great value.

(L) Dominance – As MMA is an offensive based sport, dominance of a round can be seen in striking when the losing fighter is forced to continually defend, with no counters or reaction taken when openings present themselves. Dominance in the grappling phase can be seen by fighters taking dominant positions in the fight and utilizing those positions to attempt fight ending submissions or attacks. Merely holding a dominant position(s) shall not be a primary factor in assessing dominance. What the fighter does with those positions is what must be assessed.

(M) Duration – Duration is defined by the time spent by one fighter effectively attacking, controlling and impacting their opponent; while the opponent offers little to no offensive output. A judge shall assess duration by recognizing the relative time in a round when one fighter takes and maintains full control of the effective offense. This can be assessed both standing and grounded.

(N) In the event of an incomplete round due to an accidental foul the round is judged using the same criteria as full rounds.

16. FOULS

16.1 FOULS FOR NOVICE DIVISION (C CLASS)

C CLASS

The following are fouls and will result in penalties such as warning, point deduction or disqualification, at the discretion of the referee or chief official, if committed:

1. Butting with the head

The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head to head, head to body or otherwise is Illegal.

2. Eye gouging of any kind

Eye gouging by means of fingers, chin, or elbow is Illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.

3. Biting an opponent

Biting in any form is Illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit during an exhibition of unarmed combat.

4. Spitting at an opponent or Official

Spitting at an opponent or official is Illegal.

5. Fish Hooking

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish hooking". Fish hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

6. Hair pulling

Pulling of the hair in any fashion is an Illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way. If a fighter has long hair, they may not use their hair as a tool for holding or choking in any fashion.

7. Spiking the opponent to the canvas onto the head or neck (pile-driving)

A pile driver is considered to be any throw where you control your opponent's body placing his feet towards the sky with his head straight down and then forcibly drive your opponents head into the canvas or flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent they may bring that opponent down in any fashion they desire because they are not in control of their opponent's body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the canvas.

8. Strikes to the spine. The spine includes the tailbone.

Spine including the area from the trapezius muscle down the spine to the tailbone is protected. The entire rear portion of the neck is also Illegal to attack starting at the occipital junction and stopping at the top of the trapezius.

9. Strikes to the Head

- **Ground Opponent**

The use of strikes to the head of a ground opponent is not permitted under this Rule Class.

- **Strikes to the back of the head**

The back of the head is defined as the area starting at the crown of the head and running directly down the centreline of the head with a one inch variance to each side.

10. Throat strikes of any kind and/or grabbing the trachea

No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. If during stand up action of a fight a punch is thrown and the punch lands in the throat area of the fighter, this shall be viewed as a clean and legal blow.

11. Fingers outstretched toward an opponent's face/eyes

In the standing position, a fighter that moves their arm(s) toward their opponent with an open hand, fingers pointing at the opponent's face/eyes, will be a foul. Referees are to prevent this dangerous behaviour by communicating clearly to fighters. Fighters are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.

12. Elbow Strikes

The use of elbow strikes is not prohibited.

13. Groin attacks of any kind

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal. It should be clear that groin attacks are the same for men and women.

14. Kneeing and/or Kicking the head of a grounded opponent

A grounded fighter is defined as any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands palm/fist down, and/or any other body part must be touching the fighting area floor. A single knee, arm, makes the fighter grounded without having to have any other body part in touch with the fighting area floor. At this time, kicks or knees to the head will not be allowed.

15. Knee Strikes

The use of Knee strikes to the head is not permitted under this Rule Class.

16. Stomping of a grounded fighter*

Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel.

Note Axe kicks are not stomps.

Note: A grounded fighter is defined as Any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands palm/fist down, and/or any other body part must be touching the fighting area floor. It

needs to be clear to all fighters that once an opponent has become grounded, stomps of any kind, even to the feet, are not permitted under this Rule Class.

17. Holding opponent's gloves or shorts

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts

18. Holding or grabbing the fence or ropes with fingers or toes

A fighter may put their hands or feet on the fence and push off of it at any time. A fighter may place their hands or feet onto the cage and have their fingers or toes go through the fencing material at any time. When a fighter's fingers or toes go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position it now becomes an ILLEGAL action. A fighter may not grab the ropes or wrap their arms over or under the ring ropes at any time. The fighter may not purposely step through the ropes. If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from the offending fighter's scorecard if the foul caused a substantial effect in the fight. If a fighter grabs hold of the cage and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be re-started by the referee, standing in a neutral position after determining if a point deduction is appropriate.

19. Small joint manipulation

Fighters must grab the majority of fingers or toes for use as defence or manipulation. Fingers and toes are small joints. Wrists, ankles, knees, shoulders and elbows are all large joints.

20. Throwing an opponent out of the ring or caged area

A fighter shall not throw their opponent out of the ring or cage.

21. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent

A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity.

22. Clawing, pinching, twisting the flesh

Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is Illegal.

23. Applying any foreign substance to the hair or body to gain an advantage

24. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury)

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall or delay the action of the fight.

25. Use of abusive language in the fighting area.

The use of abusive language is not allowed during MMA competition. It is the sole responsibility of the referee to determine when language crosses over the line to abusive. It should be clear that fighters can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (Racially motivated or Derogatory language).

26. Flagrant disregard of the referee's instructions

A fighter **MUST** follow the instructions of the referee at all times. Any deviation or noncompliance may result in points being deducted from the fighter's scorecard, or the fighter being disqualified from the match.

27. Unsportsmanlike conduct that causes an injury to opponent.

Every athlete competing in the sport of MMA is expected to represent the sport in a positive light emphasizing sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on a competitor who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.

28. Attacking an opponent after the bell has sounded the end of the period of unarmed combat.

The end of a round is signified by the sound of the bell and the call of time by the referee. Once the referee has made the call of time, any offensive actions initiated by the fighter shall be considered after the bell and Illegal.

29. Attacking an opponent on or during the break

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

30. Attacking an opponent who is under the care of the referee.

Once the referee has called for a stop of the action to protect a fighter who has been incapacitated or is unable to continue to compete in the fight, fighters shall cease all offensive actions against their opponent.

31. Interference from a mixed martial artist's corner or seconds

Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion or disregarding instructions of corner / cage-side officials.

16.1.1 FOULS FOR MODIFIED C CLASS

16.1.1.1 Modified C CLASS (Submission Fighting)

All fouls as outlined in section 16.1 in addition it will be a foul to strike to the head. Striking only allowed to the body and legs whilst standing. Note: Head guards not required.

16.1.1.2 Modified C CLASS (Submission Grappling)

All fouls as outlined in section 16.1 in addition it will be a foul to strike to the head or body at any time. Note: Head guards not required.

16.2 FOULS B CLASS DIVISION

B CLASS

This class of rule are permitted after a competitor has had three (3), verifiable, amateur combat sports fights regulated by a recognized martial arts or Combat Sports sanctioning body or State Government Commission, and subject to ISKA matchmaking approval.

The following are fouls and will result in penalties such as warning, point deduction or disqualification, at the discretion of the referee or chief official, if committed:

1. Butting with the head

The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head to head, head to body or otherwise is Illegal.

2. Eye gouging of any kind

Eye gouging by means of fingers, chin, or elbow is Illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.

3. Biting an opponent

Biting in any form is Illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit during an exhibition of unarmed combat.

4. Spitting at an opponent or Official

Spitting at an opponent or official is Illegal.

5. Fish Hooking

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish hooking". Fish hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

6. Hair pulling

Pulling of the hair in any fashion is an Illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way. If a fighter has long hair, they may not use their hair as a tool for holding or choking in any fashion.

7. Spiking the opponent to the canvas onto the head or neck (pile-driving)

A pile driver is considered to be any throw where you control your opponent's body placing his feet towards the sky with his head straight down and then forcibly drive your opponents head into the canvas or flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent they may bring that opponent down in any fashion they desire because they are not in control of their opponent's body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the canvas.

8. Strikes to the spine. The spine includes the tailbone.

Spine including the area from the trapezius muscle down the spine to the tailbone is protected. The entire rear portion of the neck is also Illegal to attack starting at the occipital junction and stopping at the top of the trapezius.

9. Strikes to the back of the head

The back of the head is defined as the area starting at the crown of the head and running directly down the centreline of the head with a one inch variance to each side.

10. Throat strikes of any kind and/or grabbing the trachea

No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. If during stand up action of a fight a punch is thrown and the punch lands in the throat area of the fighter, this shall be viewed as a clean and legal blow.

11. Fingers outstretched toward an opponent's face/eyes

In the standing position, a fighter that moves their arm(s) toward their opponent with an open hand, fingers pointing at the opponent's face/eyes, will be a foul. Referees

are to prevent this dangerous behaviour by communicating clearly to fighters. Fighters are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.

12. Elbow Strikes

Elbow strikes

The use of elbow strikes to the head is not prohibited under this Rule Class.

Downward pointing elbow strike (12 to 6)

The use of a linear “straight up straight down” elbow strike is prohibited. Any variation of this straight up and down linear elbow strike makes the strike legal. Any arc, or any angle change from straight up to straight down makes the strike legal. Any variation of position does not alter the legality of the strike.

13. Groin attacks of any kind

Any attack to the groin area including, striking, grabbing, pinching or twisting is Illegal. It should be clear that groin attacks are the same for men and women.

14. Kneeing and/or Kicking the head of a grounded opponent

A grounded fighter is defined as any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands palm/fist down, and/or any other body part must be touching the fighting area floor. A single knee, arm, makes the fighter grounded without having to have any other body part in touch with the fighting area floor. At this time, kicks or knees to the head will not be allowed.

15. Knee Strikes

The use of Knee strikes to the head is not permitted.

16. Stomping of a grounded fighter*

Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel. (Note) Axe kicks are not stomps.

Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.

* A grounded fighter is defined as Any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands palm/fist down, and/or any other body part must be touching the fighting area floor. It needs to be clear to all fighters that once an opponent has become grounded, Stomps of any kind are not permitted, even to the feet.

17. Holding opponent's gloves or shorts

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts

18. Holding or grabbing the fence or ropes with fingers or toes

A fighter may put their hands or feet on the fence and push off of it at any time. A fighter may place their hands or feet onto the cage and have their fingers or toes go through the fencing material at any time. When a fighter's fingers or toes go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position it now becomes an illegal action. A fighter may not grab the ropes or wrap their arms over or under the ring ropes at any time. The fighter may not purposely step through the ropes. If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from the offending fighter's scorecard if the foul caused a substantial effect in the fight. If a fighter grabs hold of the cage and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be re-started by the referee, standing in a neutral position after determining if a point deduction is appropriate.

19. Small joint manipulation

Fighters must grab the majority of fingers or toes for use as defence or manipulation. Fingers and toes are small joints. Wrists, ankles, knees, shoulders and elbows are all large joints.

20. Throwing an opponent out of the ring or caged area

A fighter shall not throw their opponent out of the ring or cage.

21. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent

A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity.

22. Clawing, pinching, twisting the flesh

Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.

23. Applying any foreign substance to the hair or body to gain an advantage

24. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury

Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall or delay the action of the fight.

25. Use of abusive language in the fighting area.

The use of abusive language is not allowed during MMA competition. It is the sole responsibility of the referee to determine when language crosses over the line to abusive. It should be clear that fighters can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (Racially motivated or Derogatory language).

26. Flagrant disregard of the referee's instructions

A fighter **MUST** follow the instructions of the referee at all times. Any deviation or noncompliance may result in points being deducted from the fighter's scorecard, or the fighter being disqualified from the match.

27. Unsportsmanlike conduct that causes an injury to opponent.

Every athlete competing in the sport of MMA is expected to represent the sport in a positive light emphasizing sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on a competitor who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.

28. Attacking an opponent after the bell has sounded the end of the period of unarmed combat.

The end of a round is signified by the sound of the bell and the call of time by the referee. Once the referee has made the call of time, any offensive actions initiated by the fighter shall be considered after the bell and illegal.

29. Attacking an opponent on or during the break

A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

30. Attacking an opponent who is under the care of the referee.

Once the referee has called for a stop of the action to protect a fighter who has been incapacitated or is unable to continue to compete in the fight, fighters shall cease all offensive actions against their opponent.

31. Interference from a mixed martial artist's corner or seconds

Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion or disregarding instructions of corner / cage-side officials.

16.3 FOULS A CLASS DIVISION

A CLASS

The following are fouls and will result in penalties such as warning, point deduction or disqualification, at the discretion of the referee or chief official, if committed:

1. Butting with the head

The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head to head, head to body or otherwise is Illegal.

2. Eye gouging of any kind

Eye gouging by means of fingers, chin, or elbow is Illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.

3. Biting an opponent

Biting in any form is Illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit during an exhibition of unarmed combat.

4. Spitting at an opponent or Official

Spitting at an opponent or official is Illegal.

5. Fish Hooking

Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish hooking". Fish hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

6. Hair pulling

Pulling of the hair in any fashion is an Illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way. If a fighter has long hair, they may not use their hair as a tool for holding or choking in any fashion.

7. Spiking the opponent to the canvas onto the head or neck (pile-driving)

A pile driver is considered to be any throw where you control your opponent's body placing his feet towards the sky with his head straight down and then forcibly drive

your opponents head into the canvas or flooring material. It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent they may bring that opponent down in any fashion they desire because they are not in control of their opponent's body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the canvas.

8. Strikes to the spine. The spine includes the tailbone.

Spine including the area from the trapezius muscle down the spine to the tailbone is protected. The entire rear portion of the neck is also illegal to attack starting at the occipital junction and stopping at the top of the trapezius.

9. Strikes to the back of the head

The back of the head is defined as the area starting at the crown of the head and running directly down the centreline of the head with a one inch variance to each side.

10. Throat strikes of any kind and/or grabbing the trachea

No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. If during stand up action of a fight a punch is thrown and the punch lands in the throat area of the fighter, this shall be viewed as a clean and legal blow.

11. Fingers outstretched toward an opponent's face/eyes

In the standing position, a fighter that moves their arm(s) toward their opponent with an open hand, fingers pointing at the opponent's face/eyes, will be a foul. Referees are to prevent this dangerous behaviour by communicating clearly to fighters. Fighters are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.

12. Downward pointing elbow strike (12 to 6)

The use of a linear "straight up straight down" elbow strike is prohibited. Any variation of this straight up and down linear elbow strike makes the strike legal. Any arc, or any angle change from straight up to straight down makes the strike legal. Any variation of position does not alter the legality of the strike.

13. Groin attacks of any kind

Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal. It should be clear that groin attacks are the same for men and women.

14. Kneeing and/or Kicking the head of a grounded opponent

A grounded fighter is defined as any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands palm/fist down, and/or any other body part must be touching the fighting area floor. A single knee, arm, makes the fighter grounded without having to have any other body part in touch with the fighting area floor. At this time, kicks or knees to the head will not be allowed.

15. Stomping of a grounded fighter*

Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel. (Note) Axe kicks are not stomps. Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.

** A grounded fighter is defined as Any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands palm/fist down, and/or any other body part must be touching the fighting area floor. It needs to be clear to all fighters that once an opponent has become grounded, Stomps of any kind are not permitted, even to the feet.

16. Holding opponent's gloves or shorts

A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts

17. Holding or grabbing the fence or ropes with fingers or toes

A fighter may put their hands or feet on the fence and push off of it at any time. A fighter may place their hands or feet onto the cage and have their fingers or toes go through the fencing material at any time. When a fighter's fingers or toes go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position it now becomes an Illegal action. A fighter may not grab the ropes or wrap their arms over or under the ring ropes at any time. The fighter may not purposely step through the ropes. If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from the offending fighter's scorecard if the foul caused a substantial effect in the fight. If a fighter grabs hold of the cage and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be re-started by the referee, standing in a neutral position after determining if a point deduction is appropriate.

18. Small joint manipulation

Fighters must grab the majority of fingers or toes for use as defence or manipulation. Fingers and toes are small joints. Wrists, ankles, knees, shoulders and elbows are all large joints.

19. Throwing an opponent out of the ring or caged area

A fighter shall not throw their opponent out of the ring or cage.

20. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent

A fighter may not place their fingers into an open laceration in an attempt to enlarge the cut. A fighter may not place their fingers into an opponent's, nose, ears, mouth, or any body cavity.

21. Clawing, pinching, twisting the flesh

Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.

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A fighter MUST follow the instructions of the referee at all times. Any deviation or noncompliance may result in points being deducted from the fighter's scorecard, or the fighter being disqualified from the match.

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Every athlete competing in the sport of MMA is expected to represent the sport in a positive light emphasizing sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on a competitor who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.

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A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

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Once the referee has called for a stop of the action to protect a fighter who has been incapacitated or is unable to continue to compete in the fight, fighters shall cease all offensive actions against their opponent.

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Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion or disregarding instructions of corner / cage-side officials.

16.4 FOULS – ALL DIVISIONS

A) DISQUALIFICATIONS

Disqualification may occur after any combination of fouls or after a flagrant foul at the discretion of the Referee or Chief Official.

B) POINT DEDUCTIONS

Fouls may result in a point being deducted by the official scorekeeper from the offending Competitor's score. The scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction.

C) REFEREE

Only a referee can assess a foul. If the referee does not call the foul, the Chief Official may intervene and direct the referee.

Judges must not make that assessment on their own and should not factor such into their scoring calculations.

D) FOUL PROCEDURE

If a foul is committed:

- The referee shall call timeout.
- The referee shall order the offending Competitor to a neutral location.
- The referee shall check the fouled Competitor's condition and safety.
- The referee shall then assess the foul to the offending Competitor and deduct points if the referee deems it appropriate, and notify the ISKA or State Government Commission, the corners, the official scorekeeper of his decision on whether the foul was accidental or intentional and whether a point is to be taken away.

If a bottom Competitor commits a foul, unless the top Competitor is injured, the contest will continue and:

- The referee will verbally notify the bottom Competitor of the foul.
- When the round is over, the referee will assess the foul and notify the ISKA Chief Official or State Government Commission, the corners, the judges and the official scorekeeper.
- The referee may terminate a contest based on the severity of a foul. For such a flagrant foul, the Competitor committing the foul shall lose by disqualification.

G) LOW BLOW FOUL

Low Blow Foul:

- A competitor who has been struck with a low blow is allowed up to 5 minutes to recover from the foul as long as in the ringside doctor's opinion the competitor may possibly continue on in the contest.
- If the competitor states that they can continue on before the five minutes of time have expired, the referee shall, as soon as practical, restart the fight.
- If the competitor goes over the 5 minute time allotment, and the fight cannot be restarted, the contest must come to an end with the outcome determined by the round and time in which the fight was stopped. See Section 17 below.

H) FOULED BY OTHER THAN LOW BLOW

Competitor Fouled by other than low blow:

- If a contest of Mixed Martial Arts is stopped because of an accidental foul, the referee shall determine whether the Competitor who has been fouled can continue or not. If the Competitor's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the Competitor who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the Competitors, the referee shall inform the ISKA Chief Official of his/her determination that the foul was accidental.

- If a competitor is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured competitor to the ringside doctor and have the ringside doctor examine the competitor as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the competitor can continue in the contest, the referee shall as soon as practical restart the fight. Unlike the low blow foul rule, the competitor does not have up to 5 minutes of time to use, at their discretion, and must continue the fight when instructed to by the referee.
- For a foul other than a low blow, if the injured competitor is deemed not fit to continue, by the referee, the referee must immediately call a halt to the bout. If the competitor is deemed not fit to continue, by the referee, even though some of the 5 minute foul time is still remaining, the competitor cannot avail himself of the remaining time and the fight must be stopped.
- If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed 5 minutes. If 5 minutes is exceeded, the fight cannot be re-started and the contest must end.

17. INJURIES SUSTAINED BY FAIR BLOWS AND FOULS

(A) If an injury sustained during competition as a result of a legal manoeuvre is severe enough to terminate a bout, the injured Competitor loses by technical knockout. 10

(B) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, is severe enough to terminate a bout, the Competitor causing the injury loses by disqualification.

(C) If an injury is sustained during competition as a result of an intentional foul, as determined by the referee, and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the Competitor who committed the foul.

(D) If an injury sustained during competition as a result of an intentional foul, as determined by the referee, causes the injured Competitor to be unable to continue at a subsequent point in the contest, the injured Competitor shall win by technical decision, if he or she is ahead on the score cards. If the injured Competitor is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(E) If a Competitor injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favour, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(F) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have

been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

(G) If an injury sustained during competition as a result of an accidental foul, as determined by the referee, is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the Competitor who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed.

(H) Incomplete rounds should be scored utilizing the same criteria as the scoring of other rounds up to the point said incomplete round is stopped.

18. TYPES OF CONTEST RESULTS

The following are the types of bout results:

1. SUBMISSION

Submission by:

- **Tap Out:** When a competitor physically uses his hand to indicate that he or she no longer wishes to continue; or
- **Verbal tap out:** When a competitor verbally announces to the referee that he or she does not wish to continue; or makes audible sounds such as screams indicating pain or discomfort.
- **Technical Submission:** When a submission is executed to its completeness which cause the referee to intervene and stop the contest. Example, a choke causes a fighter to go unconscious, or a joint lock causes a fracture.

2. TECHNICAL KNOCKOUT

Technical Knockout by:

- **Referee stops** bout;
- **Ringside physician stops** bout; or
- **Injury:** When an injury as a result of a legal manoeuvre is severe enough to terminate a bout;

3. KNOCKOUT BY FAILURE TO RISE FROM THE CANVAS

4. DECISION VIA SCORE CARDS

- **Unanimous:** When all three judges score the bout for the same competitor;
- **Split Decision:** When two judges score the bout for one competitor and one judge scores for the opponent; or

- **Majority Decision:** When two judges score the bout for the same competitor and one judge scores a draw;

5. DRAWS

- **Unanimous** - When all three judges score the bout a draw;
- **Majority** - When two judges score the bout a draw; or
- **Split** - When all three judges score differently and the score total results in a draw;

6. DISQUALIFICATION

- When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest;

7. FORFEIT

- When a competitor fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out

8. TECHNICAL DRAW

- When an injury sustained during competition as a result of an intentional foul causes the injured competitor to be unable to continue and the injured competitor is even or behind on the score cards at the time of stoppage; or;
- in Double Knockout Situations, the referee shall stop a contest or exhibition at any stage if the referee determines that both combatants are in such a condition that to continue might subject the combatants to serious injury;

9. TECHNICAL DECISION

- When the bout is prematurely stopped due to injury and a competitor is leading on the score cards.

10. NO CONTEST:

- When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the score cards.

19. OFFICIALS

19.1 REFEREE

Every match shall be overseen by a licensed referee (as required by State Government regulations) approved by the ISKA Australia.

The referee shall be dressed in a shirt and dress pants and shall wear soft shoes so that no damage or discomfort can be unintentionally inflicted on the contestants.

The referee shall be physically fit in order to stay alert, close to the contestants at all

times and able to intervene when necessary, thus ensuring the highest possible safety for the contestants.

The referee shall ensure that both contestants are wearing appropriate protection.

The referee shall ensure that all parties involved in the match abide by the rules.

The referee shall put the contestants' safety first and immediately stop a match if and when;

- it is apparent that one contestant is so superior that the other stands the risk of being injured.
- one of the contestants is in a questionable position of disadvantage.
- one of the contestants is not able to put up a proper defence.

The referee has three verbal commands at his/her disposal during the match:

- "FIGHT" tells the contestants that the match has started; initially, after a time-out or after a round break.
- "STOP" tells the contestants to cease competing and stay in the current position.
- "BREAK" tells the contestants to cease competing, separate and assume a neutral position.

The referee shall ensure that unauthorized techniques are not used to the advantage of one contestant.

The referee shall disqualify a contestant if the contestant or the contestant's coaches deliberately, severely or repeatedly break the rules.

The referee shall stop the match if and when;

- a contestant uses unauthorized techniques
- a contestant otherwise breaks the rules.
- anything is thrown into the competition area.
- a coach or a contest physician throws a towel or something equivalent into the competition area.

In the event of an accident or foul the referee can issue a time-out for up to five (5) minutes to examine the fouled contestant's condition and determine whether or not he/she can safely continue. The referee may call for the contest physician to aid the assessment.

If the contest cannot be restarted within the allotted five minutes the contest must end and the outcome will be decided as a no contest or technical decision.

In the event of a foul that consists of a blow or kick to the groin area, a so called low blow, the referee shall, upon request from the injured contestant issue a time-out for up to five (5) minutes, allowing him/her to recuperate.

The referee shall stop the match at the sound of the signal that marks the end of a round.

The referee shall raise the arm of the winner when the results of the match have been made public by the speaker.

The referee shall take direction from the Chief Official.

19.2 JUDGES

Every match shall be judged and the score kept by three ISKA approved and licensed judges.

The judges shall be seated separately from the audience and from each other.

The judges shall remain neutral during the course of the match.

If a judge identifies a violation of the rules he/she shall notify the referee during the next round break.

The judges shall award points to the contestants for each round by filling out a score sheet. This task shall be carried out independently and without contact with the other judges or any other person. The results of the scoring shall be clearly marked on the score sheet.

The winner of a round is decided based on the criteria's for judging.

Upon completion of each round the judges shall submit the score sheets to the secretary.

The judges are not allowed to leave their seats until the match is over and the results have been relayed.

19.3 SCORE KEEPER

The ISKA will appoint a score keeper for the competition.

Upon completion of each round the score keeper shall collect the score sheets from the judges.

Upon completion of the second round the score keeper is responsible for summing up the total score and handing the scorecards to the referee.

19.4 TIMEKEEPER

A timekeeper shall be appointed by the organizer to ensure correct timing of rounds, round breaks and time-outs in the match.

The timekeeper signals the start of each round.

The timekeeper shall indicate when ten (10) seconds remain of the round.

The timekeeper shall indicate when fifteen (15) seconds remain of a round break. When the referee signals a time-out, the time passed during the time-out shall not count as part of the round.

The timekeeper is responsible for keeping the time from the point the time-out starts and shall notify the referee when the time-out reaches two minutes and fifty seconds (2.50) and three (3) minutes respectively.

The clock shall not be stopped by anything other than a time-out signalled by the Referee.

19.5 SPEAKER (MC)

A speaker shall be appointed by the organizer with the task of keeping officials and personnel informed of the competition over loudspeaker.

The speaker shall announce the names of the contestants, ring corner and weight before they enter the ring.

The speaker shall call on the coaches to leave the competition area before the match starts as well as when the timekeeper indicates that fifteen (15) seconds remains of the round break.

The speaker shall announce the number of the round before each round starts.

The speaker shall announce the name and ring corner of the winner.

20. COACHES

The contestant shall have no less than one (1) and no more than two (2) coaches.

The coaches are only allowed to enter the competition area during round break and then only in close proximity to their contestant's corner.

All equipment shall be removed from the competition area at the end of the round break by the coaches and they shall also ensure that the competition area is kept dry and clean to prevent slipping.

During the round break the coaches are allowed to give verbal instructions to the contestant. The coaches are allowed to bring the contestant water and bagged ice.

During the round break the coaches are required to inform the referee of any injuries sustained by the contestant.

The coaches shall bring towels to the competition area so that if they find their contestant unable to continue they may throw in the towel, thus forfeiting the match.

The coaches can give advice and encouragement in a contained manner during the course of the match.

The contestants can be told off, warned or disqualified for an offense against the rules made by the contestant's coaches.

Coaches will take direction from the corner inspector or referee.

21. PROTEST

If a contestant or his/her coaches finds the result of a match to be incorrect then a protest can be handed in to the organizer within forty eight (48) hours upon conclusion of the match.

A protest shall be submitted from the contestant's team manager, not from the contestant personally.

The protest shall contain information regarding which match it concerns, what the protest is in regards to, reasons for protesting, how one finds that the match should be judged as well as complete contact information.

If in consultation with the event Chief Official, Head Judge and Head Referee, there is agreement that there is sufficient justification for a review of the decision, the protest will be referred to the ISKA State Director who in consultation with the ISKA National Director, organise three qualified judges (*who did not judge the bout* at the event) to review the bout.

The results of a match shall only be changed if an obvious mistake has been uncovered, one that had an effect on the outcome of the match and was made by the referee, the judges or another official.

22. KNOCKOUT

A contestant who was knocked out as a result of a blow to the head, or whose match was stopped by the referee because of several tough blows to the head, shall immediately be examined by the physician.

The physician is required to make an assessment on whether or not the contestant needs further examination in a hospital and/or a brain scan.

The physician shall document, when applicable, knockouts and the exams that followed in hospital or elsewhere, periods of suspension and the like.

23. SUSPENSIONS

A contestant who was knocked out as a result of a blow to the head, or whose match

was stopped by the judge because of several tough blows to the head which have made him/her defenceless and unable to continue, shall be suspended from competition and sparring matches. Suspension periods starting from the day of the latest match:

- One (1) knockout: Minimum 30 days suspension
- Two (2) knockouts during a period of three (3) months: Minimum three (3) months suspension.
- Three (3) knockouts during a period of twelve (12) months: Minimum twelve (12) months suspension.

Listed suspension periods are minimum periods and can be extended at the physician's discretion.

In the event that a match was not stopped the physician still has the right to decide on a suspension if he/she deems it necessary due to the contestant having received many tough blows to the head.

MRIs can also be ordered if a competitor has been suspended as a result of a knockout during competition or training

ISKA South Australia – Schedule 5

Sports Karate and Traditional Martial Competition Rules

ISKA South Australia – Schedule 5.1

Sports Karate Rules



International Sports Karate Association

South Australia

Sports Karate Rules

2020

Introduction

This rulebook contains the standard rules that all sanctioned International Sports Karate Association (ISKA) Sports Karate events are to be conducted in the Oceanic Region, including but not limited to Australia and New Zealand.

Note: Schedule 1 of the ISKA South Australia Official Rules applies to this Schedule (Sports Karate Rules). Should Schedule 5.1 conflict with any part of Schedule 1, Schedule 1 will apply.

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1. Jurisdiction

All events sanctioned by the International Sports Karate Association Incorporated Board of Directors in which sports karate competition is conducted shall be governed by the rules set forth in this Rule book without exception or modification.

2. General Rules and Information

2.1 Know your Officials

Table Official: a Table Official is the base level entry grade for officials and is responsible for timekeeping, recording of scores and warnings etc and entering all results of the events into the Uventex system. A Table Official must have completed the online ISKA Table Officials' course. Table Officials wear a black ISKA issued polo shirt.



Judges: assists the Referee to control and judge events. A Judge must have completed the online ISKA Table Official and Judges course. A Judge wears a yellow ISKA issued polo shirt.

Referee: is tasked with ultimate control of a ring at an ISKA tournament event. They must have superior knowledge of the ISKA Rule Book and have completed the online ISKA referees course including having completed in the past the online Table Official and Judges courses. The Referee is the final level for problem solving on the ring before referral to the Arbitrator. A Referee wears a green ISKA issued polo shirt.



Arbitrator: is an independent person or body officially appointed to settle a dispute. The Arbitrator would have completed all the courses as a Table Official, Judges and Referees and must have a superior understanding of the ISKA Rule Book. The Arbitrator makes the final ruling on issues referred to them on the day of the tournament by the Referee. An Arbitrator wears a white business shirt.

2.2 The Function of the Referee

The Referee is the most experienced Official on the ring and be thoroughly versed on the Rules. They are in complete charge of the ring and the match. They promote the safety of the Competitors, enforce the rules and ensure fair play. To this end, they start and stop the match, awards points, make penalty decisions, administrate the voting of the other Judges, communicate clearly with the Table Official and announce the winner of each match. The Referee shall announce in a loud clear voice all official decisions and shall indicate both verbally and via the use of gestures the Competitor affected by any official decision(s).

The Referee has the following authority over;

- The match start and end on their command (not the command of the Table Official)
- Has final decision on any disputes on score
- Has the power to issue warnings and award penalty points without a majority decision
- Can overrule a majority call only to issue a warning or penalty point
- Automatically has power to disqualify a Competitor
- Has power to issue time-outs. A Competitor can ask for a time-out but it is the up to the discretion of the Referee to issue one

2.3 The Function of the Judge

The Judges call points as they see them. The Referee may consult the Judges to help in determining penalties or warnings although the Referee alone has the power to issue them. Judges will be asked to make a call on rulings where the disqualification rulings apply. It is the majority vote of the Judges and Referee that determines a scoring point.

2.4 The Function of the Table Official

The Table Official assists in monitoring the duration of a match and the keeping of scores. They will start and stop time at the command of the Referee and will inform the Referee when the time has expired. In sparring, the Timekeeper does not start or stop the match. Their only duty is to keep time for the Referee.

2.5 Timeliness of Decision Making:

All Officials should make their decisions at the same time. If in the opinion of the Referee, a Judge is deemed to be making a decision intentionally slowly, the Referee has the right to disqualify or cancel the decision. Noise not allowing the Judges to hear the Referee and the honest mistake of raising the wrong hand should be taken into consideration.

2.6 Number of Officials on Rings

A minimum of three (3) Officials are required for all Divisions plus a least one (1) Table Official.

2.7 Referee and Judge hand signals

If a Competitor scores a two-point kick, the Officials should hold up two fingers, specifically the index and middle fingers creating a “V” sign.

If only one point is being called, the Judge should raise an open hand.





Hands are placed over eyes if Judge did not see a point scored.

Fists are placed together if Judge believes that both opponents scored at the same time, clashed.



A Judges will raise a fist if they believe a Competitor has committed a foul.



A Judge will cross their wrists at waist level to indicate that they believe no point was scored.

2.8 Know your Skill Levels for Entry

Skill Level Classification

If you have been training in any style of martial arts for the following time periods this would be your skill level for entry into any ISKA tournament events.

Novice: you have been training in any style of martial arts for 0-9 months

Intermediate: you have been training in any style of martial arts for more than 9 months up to 2 years

Advance: you have been training in any style of martial arts for more than 2 years and up to 4 years

Expert level: you have been training in any style of martial arts for more than 4 years

Black belts: if you have achieved your Black belt in any style you would be classified as expert level

For example: If you have been training for two years at a Taekwondo Club and have achieved your blue belt but you changed over to a Shotokan Club and started back at your white belt in this style, you would still be classified as advanced level as you have been training in martial arts for over 2 years. It is required that you enter into the ISKA tournament as an advance skill level competitor.

2.9 Know how to Behave

ISKA prides itself on providing a fair, safe and competitive playing field. As a result poor sportsmanship and displays of disrespect to any individual present at any event will not be tolerated.

Further to the above statement the following rules have been established in the interests of the Competitor, official, and spectator.

Any Competitor who conducts themselves in a way unbecoming of a Martial Artist will be immediately dismissed from the event and will be considered for suspension from future events

Behaviour that is grounds for dismissal and is considered unbecoming includes but is not limited to, foul language, verbal or physical threats to another individual, argumentative encounters with an official or other individual

Any coach or instructor, who conducts themselves in a way unbecoming of a Martial Artist, as explained above, will be immediately dismissed from a given event and will be considered for suspension from future events

Any spectator who behaves in an unbecoming manner or is disrespectful towards another individual will be immediately dismissed from a given event

The designated Arbitrator for the event and/or a Director reserve the right to expel any person present from an event in accordance with these guidelines at their discretion

Please note all Policies in ISKA SA Official Rules SCHEDULE 1 apply to SCHEDULE 5.

2.10 How to be prepared for Competition

Competitors must present themselves to the Referee suitably dressed in the correct uniform for the event and physically prepared to compete. Jewellery or any object that the Referee feels might endanger either Competitor cannot be worn. Fingernails and toenails must be properly cut or covered to eliminate any possible chance of injury to an opponent. It is the Competitor's duty to be ready to compete when called upon to do so. If the Competitor is not suitably attired or physically prepared to compete as deemed by the Referee, the Competitor may be penalised for delay of time. It is the Competitor's

responsibility to know the rules. Three calls will be made for competition at ringside, a first call, a second call, and a final call. If a Competitor leaves a ring after the ring competition begins and is not present when their name is called, their name will be called three (3) times at ringside. If they are still not present to compete on the final call they will be disqualified.

2.11 Enter into the Right Age Division

Proof of Age Rule & Legal Age Rule

All Competitors must have proof of age. If there is a reason to question a Competitor's age, they must present a birth certificate, driver's license, or passport to prove their age. If proof of age cannot be presented and the Competitor wins a division the award(s) and rating points (if rating points awarded) will be held until proof of age is provided. Proof of age must be provided within seven days of the event date otherwise no rating points will be awarded.

The age a Competitor at the 30th June of the current competition year is their legal competition age for that year. All Competitors have the option of competing in the same Division all year long for rating purposes by establishing a legal competition age for the year. The legal age rule is developed for rating purposes only.

2.12 Gender Segregation

ISKA will separate Divisions into male and female as it sees fit. Competitors are not permitted to compete in a Division that is gazetted as being for the opposite gender to the one found on their legal identification.

2.13 When can I Enter into Events

Entries can be accepted from the time they go-live on the ISKA system up until the commencement of the Division. Once a Division has commenced i.e. the first Competitor has started their routine or the first fight has started, no additional Competitor/s can be added to the Division. Entries can be made online via the Uventex system.

2.14 Order of Competition

Once the final call for Competitors of a Division has been made at ringside, the Referee and their ring personnel will mark off the names of the Competitors. The order of competition will be as per the computer-generated draw. (Those not using a computerized system will place names in a random order on the draw sheet.) Competitors should not be matched against other Competitors from their own Club in the first round, numbers permitting.

2.15 Weight Rules

It is mandatory for all Competitors, who compete in a weighted Division, to weigh-in before engaging in competition. Only one official weigh-in is required. If any Official feels a Competitor is trying to mask their weight by wearing unreasonable clothes or equipment, they will be asked to remove those articles of clothing before weighing-in. A Competitor cannot compete in a weight division in which they do not make the proper weight. This means a Competitor cannot go up to a heavier weight Division or go down to a lower weight Division.

2.16 What happens if there is a Tie or Draw

Where there are **three (3) judges** only, in the case of a tie or draw, the competitor with more higher scores gets placed ahead.

For example: If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

In the event where there are **five (5) or seven (7) judges** - normally this is only in Grand Championships.

Ties will be broken as follows;

For example; in the case of five (5) or seven (7) Judges, the highest and lowest scores are dropped so that only 3 scores are used.

If, this still does not lead to a break in the tie or draw, the lowest score will be added back into the scores of the drawn Competitors only to break the draw.

If this still does not lead to a break in the tie/draw **then** the highest score will be added back into the scores of the tied/drawn competitors only to break the draw. If this still does not lead to a break in the draw a count-back will occur, which will follow the example provided for the three (3) judges scenario above.

Which is, If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

2.17 How to make a Protest

A Competitor has the right to protest an infraction of the Rules or if a rule mistake was made, not if a judgment call was made. Should a Competitor wish to protest they must first let the Referee know they believe there has been an infraction of the Rules or a mistake made.

The Referee will summon the Arbitrator to the ring to render a decision if the Referee cannot settle the protest to the Competitor's satisfaction. All protests must be made in an orderly, proper, and sportsmanship like manner. All protests must be made immediately. **Protests are not allowed once competition has resumed.** A Competitor may be penalised if they are protesting improperly or without proper cause.

2.18 Fairness Rule

If a question arises that is not covered by this Rule book, the Arbitrator and/or their appointed representative, may at their discretion overrule, modify or change a delineated rule if they believe that enforcing such a rule would result in an inherent unfair outcome to a Competitor. However, this should only be undertaken in extreme cases and after careful consideration. This process shall be carried out in a written form and given either to the Australian Head Referee or a Director and must be taken to the next meeting of the Board.

2.19 Non-Rating Events

These events can vary from tournament or promoter some of the events that are currently in use in various circuits around Australia are team sparring; and board breaking. These events generally do not attract rating points and are trophy events only.

2.20 The Competition Area

The size of the standard ring shall be approximately seven (7) metres by seven (7) metres, six (6) metres by six (6) metres is acceptable for Younger Divisions. If mats are not used the borders of each ring shall be clearly marked. Starting lines should be marked approximately 2 metres apart in the centre of each ring. Additionally, each ring should be posted with a ring number visible to Competitors, Officials and medical personnel from across the floor.

This is the end of the General Rules and Information section.

3. Book One - Traditional Kata/Patterns/Forms and Traditional Weapons

3.1 What the Judges are looking for when judging Traditional Kata and Traditional Weapons Divisions

Competitors in Traditional Kata and Traditional Weapons must exhibit a routine that reflects the essence and traditional values of the Division name in which they are competing. The routine does not have to be a classical “form” handed down over the years, but should not deviate too far in form and content from the styles classical form. Competitors exhibiting a routine that is too “free”, have gymnastics, or other non-martial art techniques in them or are

comprised of elements from more than one style should enter the creative division. Otherwise the Competitor risks disqualification or down grading.

Emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus.

Specifically, for the Traditional Weapons Division, Officials will be looking at the control and ability to correct use, hold and apply the weapon.

3.2 What happens if I drop my Weapon

For safety, a Competitor who unintentionally drops their weapon is automatically disqualified and the lowest score will apply for that event. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5. If a Competitor recklessly or carelessly misuses his/her weapon they may be penalised or disqualified and a zero score will be given.

The Referee should check all weapons for safety. Weapons are subject to Referee's approval (no sharp weapons are allowed in Youth Divisions). The Referee should make sure all spectators and competitors are at a safe distance from the performing Competitor. Safety of all Competitors, judges, spectators and helpers should be considered by all involved.

Therefore, the Competitor's control of his/her weapon is of utmost importance.



A Referee or Judge will check all weapons prior to the event commencing to ensure they are safe.

3.3 What is the Time Limit

A Competitor must be ready to compete when called upon to do so. All Competitors have a maximum of four (4) minutes to present and perform their routine.

The time starts once a Competitor enters the ring. If the Judge feels the Competitor is stalling before they enter the ring, they can call for the Table Official to start the clock.

A Competitor whose routine exceeds the time limit will be disqualified. Competitors in the grand championship or finals will receive five (5) minutes to present and perform their routine.

3.4 What happens if I need to Start Over

A Competitor may start their form over, due to their own negligence **within the first five moves**. The Officials will score that Competitor as though there was not a mistake made but the Scorekeeper will deduct 0.50 points from the Competitor's total score. A Competitor can only start over once. If a Competitor does not finish on the second try, they will be disqualified and the lowest score will apply for that event. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5.

If a Competitor has to start over not due to their own negligence, they may start over without being penalising. It is important that the Referee discuss the penalising procedure with the Judges and Scorekeeper. When a Competitor starts over the clock is reset.

3.5 External Aids

No external aids such as props, weapons, music, etc. can be used these Divisions except those Divisions where it is permissible. No external aids can be used that would damage, disrupt or render the competition area unsafe for the other Competitors, Spectators or Officials.

3.6 Grand Championship Rounds

The Grand Championship round is the "Tournament of Champions," putting the appropriate first place winners against each other. All Competitors should have an equal opportunity to compete at their best. Therefore, routines may be altered or changed including, not having to use the same weapon used during the elimination.

However, a winner of a Non-Weapon Division **cannot** use a weapon in the Grand Championship.

3.7 What happens if there is a Tie or Draw

Where there are **three (3) judges** only, in the case of a tie or draw, the competitor with 'more' higher scores gets placed ahead.

For example: If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

In the event where there are **five (5) or seven (7) judges** - normally this is only in Grand Championships.

Ties will be broken as follows;

For example; in the case of five (5) or seven (7) Judges, the highest and lowest scores are dropped so that only 3 scores are used.

If, this still does not lead to a break in the tie or draw, the lowest score will be added back into the scores of the drawn Competitors only to break the draw. If this still does not lead to a break in the tie/draw **then** the highest score will be added back into the scores of the tied/drawn competitors only to break the draw. If this still does not lead to a break in the draw a count-back will occur, which will follow the example provided for the three (3) judges scenario above.

Which is, If Competitor 1 received the following scores 9; 9; 8; and Competitor 2 received the following scores 9.1; 9.1; 7.8; Competitor 2 wins because they scored higher with Judge 1 and Judge 2.

3.8 What do I wear - Competitor Uniform

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform**.

If a Competitor is not properly prepared or suitably attired for competition,

0.10 points will be deducted from their final score, for each full minute the Competitor is not ready to compete. If the Competitor is still not ready to compete after three (3) minutes have expired, they will be automatically disqualified.



This is the end of Book One – Traditional Kata/Patterns/Form and Traditional Weapons.

4. Book Two – Creative, Musical and Extreme Kata/Patterns/Forms and Weapons

4.1 What the Judges are looking for when judging Creative Forms

Division - Musical Kata/Patterns/Forms/Weapons

The Creative Forms Division allows forms to include contemporary martial arts techniques that have evolved. These may be added to traditional form or the Competitor may devise the form in its entirety.

A form in the Creative Forms Division must only include techniques which originate from martial arts and like the traditional division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. Spinning kicks, jump-spinning kicks, flying kicks, multiple kicks, and split weapon twirls, weapon releases and other creative martial arts techniques are permitted.

Movements that involve more than a 360 degree spin and requires the body to be inverted more than parallel to the floor or are similar to movements found in gymnastics and/or non-martial arts discipline or forms that meet the definition of strictly traditional forms, will result in a downgrade of 0.50 points by the Judges or upon a unanimous vote of the Judges a 'no score' can be issued if the form is deemed inappropriate for the Division.

For safety, a Competitor who unintentionally drops their weapon is automatically disqualified and the lowest score will apply for that event. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5. If a Competitor recklessly or carelessly misuses his/her weapon they may be penalised or disqualified and a zero score will be given.

This Division permits the use of “**Music**” but it is not a requirement.

4.2 What the Judges are looking for when judging Extreme Forms and Extreme Weapons Division

The Extreme Division allow the Competitor to perform any movements whether they originate from traditional or contemporary martial arts system or otherwise. However at least half of the form must originate from martial arts techniques and the Competitor must execute at least one technique that involves an inverted move or greater than 360 degree spin.

Emphasis is placed on the quality of the execution of the techniques and movements, martial arts skills, balance, speed, power, degree of difficulty, and showmanship. In addition, only those movements that portray a definite offensive or defensive martial arts purpose or are included to illustrate extreme flexibility or agility are allowed.

Inclusion of other movements or the performance of a form or weapons form meeting the criteria above for a Traditional or Creative form will result in a downgrade by the Judges or upon a unanimous vote of the Judges a 'no score' can be issued if the form is deemed inappropriate for the Division.

For safety, a Competitor who unintentionally drops their weapon is automatically disqualified and the lowest score will apply for that event. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5. If a Competitor recklessly or carelessly misuses his/her weapon they may be penalised or disqualified and a zero score will be given.

This event permits the use of "**Music**" but it is not a requirement.

4.3 What is the Time Limit

A Competitor must be ready to compete when called upon to do so. All Competitors have a maximum of four (4) minutes to present and perform their routine.

The time starts once a Competitor enters the ring. If the Judge feels the Competitor is stalling before they enter the ring, they can call for the Table Official to start the clock.

A Competitor whose routine exceeds the time limit will be disqualified. Competitors in the grand championship or finals will receive five (5) minutes to present and perform their routine.

4.4 What happens if I need to Start Over

A Competitor may start their form over, due to their own negligence **within the first five moves**. The Officials will score that Competitor as though there was not a mistake made but the Scorekeeper will deduct 0.50 points from the Competitor's total score. A Competitor can only start over once. If a Competitor does not finish on the second try, they will be disqualified and the lowest score will apply for that event. For example, if the score range is between 7.5 and 8.5, each individual Judge will score 7.5.

If a Competitor has to start over not due to their own negligence, they may start over without being penalising. It is important that the Referee discuss the penalising procedure with the Judges and Scorekeeper. When a Competitor starts over the clock is reset.

4.5 External Aids

No external aids such as props, weapons, music, etc. can be used these Divisions except those Divisions where it is permissible. No external aids can be used that would damage, disrupt or render the competition area unsafe for the other Competitors, Spectators or Officials.

4.6 Grand Championship Rounds

The Grand Championship round is the "Tournament of Champions," putting the appropriate first place winners against each other. All Competitors should have an equal opportunity to compete at their best. Therefore, routines may be altered or changed including, not having to use the same weapon used during the elimination.

However, a winner of a Non-Weapon Division **cannot** use a weapon in the Grand Championship.

4.7 What happens if there is a Tie or Draw

Where there are **three (3) judges** only, in the case of a tie or draw, the competitor with 'more' higher scores gets placed ahead.

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For example; in the case of five (5) or seven (7) Judges, the highest and lowest scores are dropped so that only 3 scores are used.

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4.8 What do I wear - Competitor Uniform

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform**.

If a Competitor is not properly prepared or suitably attired for competition,

0.10 points will be deducted from their final score, for each full minute the Competitor is not ready to compete. If the Competitor is still not ready to compete after three (3) minutes have expired, they will be automatically disqualified.



*This is the end of Book Two – Creative, Musical and Extreme
Kata/Patterns/Forms and Weapons.*

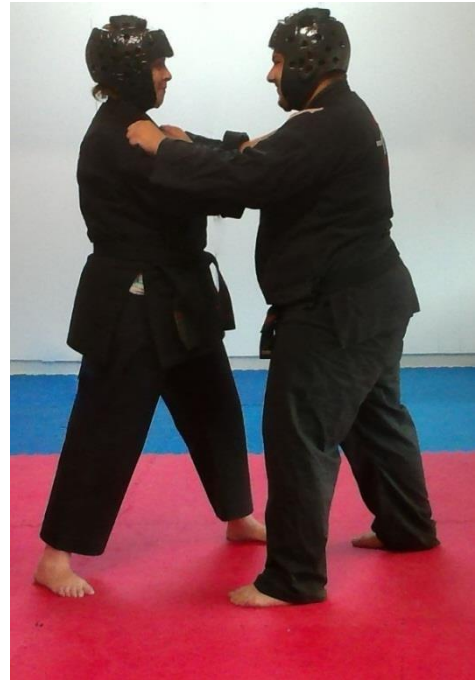
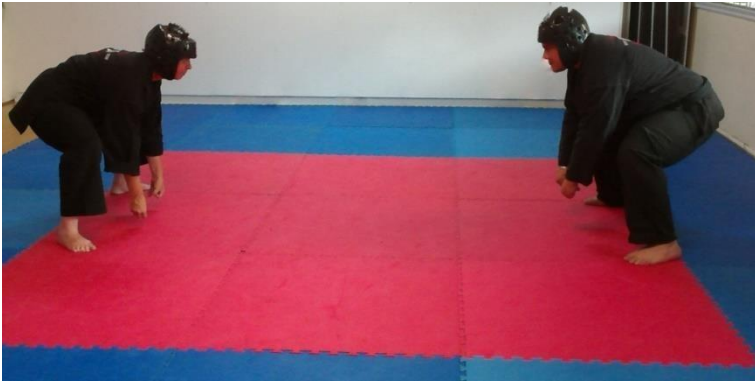
5. Book Three – Sumo

5.1 General Rules

- Each round is equal to one (1) point
- This event is scored at best of three (3) rounds each round or bout is one (1) minute. For example, if a fighter is winning 2 nil (2-0) then they will be declared the winner and the third bout will not be played or whoever is ahead when time permits.
- Where weight categories are required ensure your correct weight is recorded within the closet kilo rounded up on your entry form. For example, if you are 45.6kg recorded your weight on your form as 46kg not 45.6kg as 46kg will be to the closet kilo
- You may also on the day of the tournament be requiring to be weighed by the officials, before you can compete
- Karate Kung Fu or Taekwondo Gi with long sleeves must be worn for this event no short sleeves, T shirts or similar are not allow

5.2 How do I start

Both Competitors must start by doing the Sumo stomp and walking up to each other. They must face each other and place both arms on their opponents opposite shoulders. Bouts can only commence when the Referee calls start. Bouts can only finish when the Referee calls stop. The Referee is the only one who can start or stop bouts and issue warnings.



5.3 How do I Score

You can pull your fellow Competitor out of the ring as long as both hands are on the opposing Competitor. Both feet of your opponent must be out to score a point. You can pull your opponent down by the shoulders or arms. A point will be scored where any part of your opponents body touch the mat, except their feet.

5.4 What can't I do - Illegal Techniques

The following are illegal techniques and you cannot score with them and may receive a warning or disqualification if you perform any of these;

- No throwing of any type allowed such as hip throws
- No Pinching of the opponent's body is allowed. Any Competitor caught pitching will be disqualified
- No talking back to the Referee or disputing his/her final call
- No charging at your opponent at any time
- No Lifting of the leg of any type to an opponent
- No Sweeping of the legs allowed
- No grabbing the face guard

You cannot throw your opponent at any time



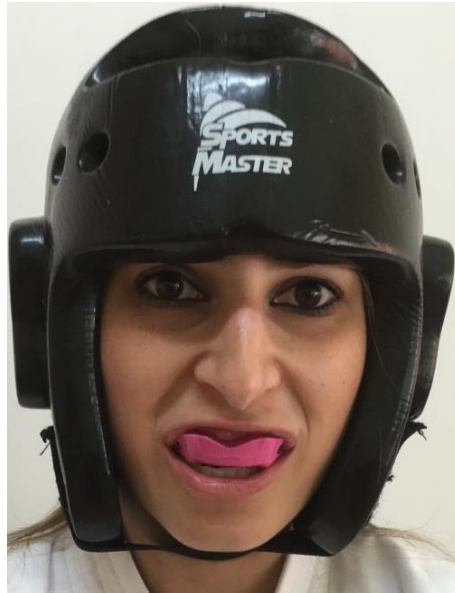
You cannot grab your opponent by their face guard



5.5 What Equipment do I need for this Event

You will need Headgear, a mouth guard and a full Martial Arts Uniform must be worn; Karate, Kung Fu or Taekwondo Gi with long sleeves (No Exceptions). Competitors must supply their own equipment for this event.

Both types of head gear are permitted to wear in Sumo events. Mouth guard is compulsory.



T shirts, shorts or short sleeve gi is not allowed in Sumo events. Only karate type uniforms to be worn including long pants.

If a Competitor is not properly prepared or suitably attired for competition, 0.10 points will be deducted from their final score, for each full minute the Competitor is not ready to compete. If the Competitor is still not ready to compete after three (3) minutes have expired, they will be automatically disqualified.

This is the end of Book Three – Sumo

6. Book Four – Sword Combat

6.1 General Rules

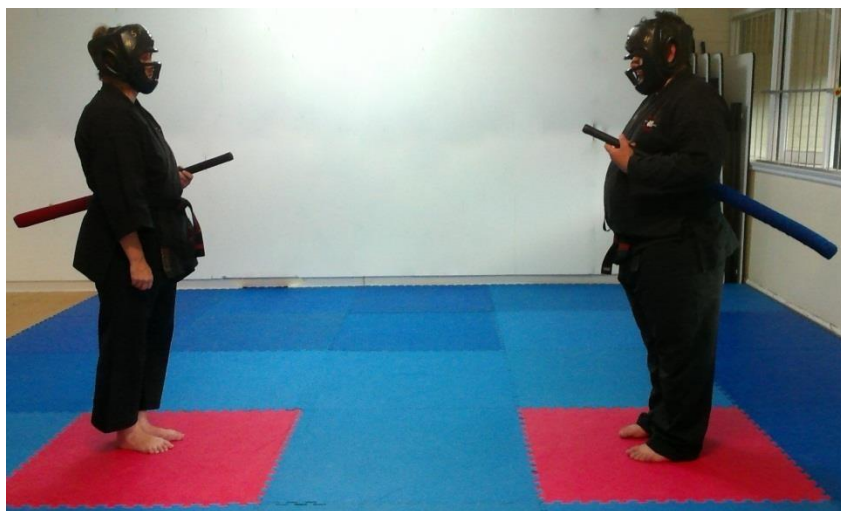
- This event has a time limit ninety seconds (90) seconds
- First to 5 points or whoever is ahead when time permits, will be declare the winner
- Each round can only commence when the Referee calls start
- Each round can only finish when the Referee calls stop
- The Referee is the only one who can start or stop bouts and issue warnings

6.2 Scoring Points

- A hit to the head area scores two (2) points
- All other hits to the rest of the body scores one point, except you cannot score to the fingers and up to the wrist area or the groin area. (Note: from above the wrist area is classified as body part)
- A point can also be scored if the sword strikes the gi or belt as this is considered part of your body

6.3 How do I start

Competitor are to face one another with swords facing away, bow to one another, then come together into ready position with swords equally crossed in front.





6.4 How can I score - Legal Scoring Techniques

You must keep the sword lower than your eye level when swinging or attacking your opponent. Stabbing type swings can be done to the stomach area only not to the face.

Legal scoring techniques (strike areas): Two (2) points for striking the head area.



Legal scoring techniques (strike areas): One (1) point for striking any other part of the body except for the head or any illegal areas.



6.5 What can't I do - Illegal Techniques

You cannot swing the sword back past eye level, as this is classed as a baseball swing. The sword must be in front of the body at all times. In the event of two warnings this will lead to point over. No talking back to the Referee or disputing their final call. Control of the weapon at all times must be applied.

You cannot stab to the face.

Illegal scoring techniques (strike areas): You cannot score by striking the fingers and up to the wrist area.



Illegal technique: you cannot score by poking to the eyes/face area.



Illegal technique: you cannot score with only one hand holding the sword.



Illegal technique: you cannot swing the sword back past eye level, as this is classed as a baseball swing. In the event of two warnings this will lead to point over.



Illegal technique: you cannot hit to the groin area.



6.6 What do I wear - Competitor Uniform

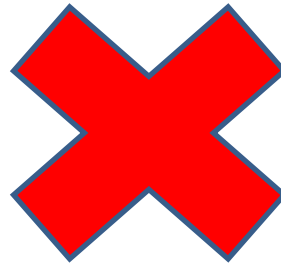
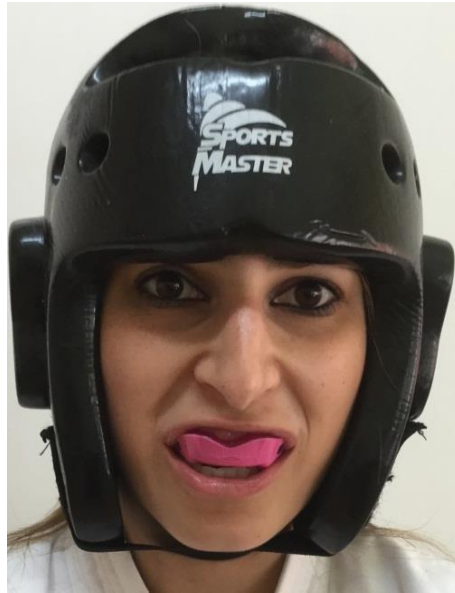
All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform**.

If a Competitor is not properly prepared or suitably attired for competition, 0.10 points will be deducted from their final score, for each full minute the Competitor is not ready to compete. If the Competitor is still not ready to compete after three (3) minutes have expired, they will be automatically disqualified.



6.7 What Equipment do I need for this Event

You will need full Headgear with a face guard. Headgear without a shield is not permitted.



6.8 Approved Sword Length - Note: swords will be provided.

The standard size of a sword for sword combat to be used in the 7 years and above events will be 100 centimetres (cm) plus or minus 5cm.



The standard size of a sword to be used in the 6 years and below events will be 70cm plus or minus 5cm.

70cm



It is to be noted that swords will be provided on the day of the tournament. Competitors do not need to bring their own sword.

This is the end of Book Four – Sword Combat.

7. Book Five – Self Defense

7.1 What is Self Defense

Self-defense is a routine where the Competitor demonstrates how they will defend themselves' from a single or multiple attackers.

A maximum of four (4) attackers are allowed (5 people only on the mats in total).

The routine must be done first slowly to show the Judges what to expect then the routine will be done at '**street speed**'.

The use of any martial art technique is allowed.

No live or sharp weapons are permitted and no music is permitted.

The routine must be kept within the matted area, stepping out will lead to downgrading of Competitors score.

7.2 What is the Time Limit

The time limit for this event is four (4) minutes.

7.3 How do I score

Scoring criteria is based on realism, self-defense effectiveness and entertainment value, technique and speed.

7.4 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.



7.5 Age limit of assistants/helpers on the Mat

Please note that you must use people that do not exceed the age limit of the Division. For example, if competing in 10 to 12 years your helper/s must not be any older than 12 years of age.

This is the end of Book Five – Self Defense.

8. Book Six – Showmanship and Demonstration

8.1 What is Showmanship or Demonstration

This event is designed to allow the Competitor(s) to show off their martial arts talents.

You are not limited to how many people you wish to use but they must be within the ring area.

The use of weapons, props and music is allowed.

The event can be of a serious or comical nature.

This event can be a single competitor event or a team event which will be judged as a combine team effort.

8.2 What is the Time Limit

The time limit for this event is four (4) minutes. Five (5) minutes on Grand Championships only.

8.3 How do I score

Entertainment and skill level are taken into account when scoring this event.

8.4 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.



8.5 Age limit of assistants/helpers on the Mat

A Competitor may use other students/competitors which may be older or younger within their category up to 17 years of age. However, one adult is allowed to participate if their function is to be or hold a prop only.

For an adult/open division any age student/competitor can be used.

This is the end of Book Six – Showmanship and Demonstration.

9. Book Seven – Team Synchronise Form

9.1 What is Team Synchronised Form

A team synchronised form comprises of three (3) members only.

Empty Hand Forms, Weapons Forms or combinations of both are legal. All the technical Martial Arts skills are graded for execution, presentation and difficulty.

9.2 What is the Time Limit

This event has a time limit of four (4) minute. Time starts when the first team member steps into the competition ring and ends when the team is obviously finished in the opinion of the Referee.

9.3 How do I score

This is a team event and will be judged as a combine team effort.

Synchronize Team Form will be graded on how well a team is working in a cooperative joint effort with the majority of techniques being executed together, at the same time, in unison and/or in a domino sequence effect.

9.4 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.



9.5 Age limit of team members

You must use people of the same age or below. For example, if competing in 13 years and under your helper/s must not be any older than 13 years of age.

This is the end of Book Seven – Team Synchronise Form

10. Book Eight – Point Sparring

10.1 Point Values and Winner Determination

Head kicks will be valued at two (2) points.

Kicks to the body and all hand techniques will be valued at one (1) point.

All penalty points awarded will be one (1) point value.

The Winner is determined by the first Competitor who earns five (5) points automatically wins. If no one scores five (5) points by the end of the time limit the Competitor who is ahead wins. In the event of a draw, the two

Competitors will fight until the next clean point is awarded by the Referee.

10.2 How do Officials award points

When the Referee believes there has been a significant exchange of technique or when signalled to do so by a Judge, they shall call out the word, “**STOP**” in a loud voice.

The Referee shall then return the Competitors to their starting marks and address the Judges by saying, “**JUDGES CALL**”. All Judges and the Referee cast their votes simultaneously and assertively in the following manner.

If a Judge Sees a Point: They should hold up one arm and at the same time as they yell out the word “**CALL**” in a loud clear voice to let the Referee know they have a call.

Point Calling: When signalled by the Referee, a Judge raises the appropriate arm and indicates their score. If a Competitor scores a two-point kick, the Officials should hold up two fingers, specifically the index and middle fingers creating a “V” sign. If only one point is being called, the Judge should raise an open hand.

No Point Scored: An Official crosses his/her wrists at waist level to indicate that they believe that a point was not scored.

Did Not See: Should the Official not see a possible point as indicated by another Official, they should hold their hands over their eyes indicating that they could not see whether a point was scored or not.

Clash: Should the Official believe that the Competitors scored at the same time they are to make a motion as though they are hitting both fists together.

Penalty: Should the Official believe that a penalty was made, they are to raise their fist of the offending Competitor above his head.

Disqualification: A disqualification vote is taken separately from any other votes. When a disqualification vote is asked for, the Referee will say, “**JUDGES CALL**”. The Judges will then raise a fist indicating the Competitor who is to be disqualified. If the Judge does not feel the Competitor should be disqualified, they are to cross his/her wrists at waist level.

10.3 How Points are awarded

Scoring points are awarded by a majority vote of the Judges. The majority of Judges do not have to agree on the same technique being scored, only that a point was scored. The only agreement to be made is that the point that scored was a legal technique. A majority of the Judges calling the point must call a two (2) point kick before two points can be awarded otherwise no point is awarded.

What is a Point?

A point is a controlled legal sport karate technique scored by a Competitor that is in-bounds, that strikes an opponent with the allowable amount of focused touch contact or focused control to a legal target area. Criteria that Officials use when deciding if a point was scored are:

- Was it a legitimate and legal sport karate technique?
- Was it delivered with the required focused control or allowed focused touch contact to a legal target area?
- Was the Competitor who scored in-bounds?
- Has the match been stopped by the Referee?
- Was either Competitor downed illegally when the point was scored?
- Was the Competitor who scored the point in control and well balanced?

- Was the technique delivered with an amount of “**controlled force**” that would have incapacitated the Opponent, at least momentarily, if the technique had not been controlled?

10.4 Where are the Target Areas

Legal Target Areas: Legal target areas include the entire head and face, ribs, abdomen, collar bone and kidney area.

Illegal Target Areas: Illegal target areas include the back and spine area, back of neck, throat and sides of the neck, groin, legs and knees. Any attacks to these areas will result in a warning, penalty points and/or disqualification.

Non-Target Areas: Non-target areas include the hips, shoulders, buttocks, arms, and feet. Points cannot be scored to non-target areas. If it is deemed that a Competitor is actually attacking these areas, a warning and/or a penalty point may be awarded.

Legal Techniques: Legal techniques are all controlled sport karate techniques. When determining the legality of a technique, the Official considers if the technique is a legitimate controlled sport karate technique that adheres to all other rules.

Illegal Techniques: Illegal techniques include, head butts, hair pull, bites, scratches, elbows, knees, any attacks to the eye area of any kind, takedowns on hard surface floors, ground fighting on hard surface floors, any stomps or kicks to the head of a downed Opponent, slapping, grabbing, wrestling, uncontrolled blind techniques, any uncontrolled throws takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Grabbing: A Competitor may grab the leg of an up-right opponent in an attempt to score with a sport karate technique for only one second, after which time they must release the leg.

Sweeps, Takedowns, Grabs and Ground Fighting: Sweeps are not to take down an Opponent but only to obstruct the balance. This can only be executed to the front leg at mid-calf or below. These described sweeps are legal on all types of fighting surfaces. The sweep is only to force the opponent off balance so as to execute a technique to an upright opponent. If the sweep were considered to have knocked

down the opponent, then it would be illegal except on a padded surface. It is important to note that sweeps do not make it legal to kick the legs. A sweep must be deemed a proper sweep and not a kick, to be legal. Takedowns and sweeps that are meant to take down an Opponent are allowed only on padded fighting surfaces. Judo throws such as over the hip and shoulder-throws are **not allowed**. If a sweep or takedown is recklessly executed without control it will be judged illegal and the fighter may be warned or penalised.

A point is given when the legal sweep or takedown is effectively and legally followed up. Only a hand technique or a carefully controlled kick or stomp to the body will be allowed on a downed opponent. One foot must be on the ground throughout the stomp or kick. Never, under any circumstances may a Competitor stomp or kick to the head of a downed opponent.

A kick may be trapped or grabbed for one second for purposes of executing a counter attack to an upright opponent or executing a counter attack to a downed opponent on a padded surface.

Ground fighting is only legal on a padded surface. On a padded surface, once a Competitor is on the floor they have two (2) seconds to score. The Referee will say, “**Stop**” after two (2) seconds. Either Competitor may score in the allotted two (2) seconds. A deliberate drop to the floor must be followed up with an attempt to score. Deliberately dropping to the floor to avoid or evade fighting is not legal. All dropping to the floor deliberately on a hard surface is not legal. A fighter is down when any part of the body other than the feet is touching the floor.

10.5 How hard can I hit or kick

Touch Contact Requirements: All adult black belts must make light touch contact to the face and head (headgear) to score a point and light or moderate touch contact to the body to score a point.

Youth black belts cannot make any contact to the face but light touch contact is allowed to the headgear. Please note that youth black belts do not have to touch the head gear with light contact but can score by delivering a controlled, well focused technique approximately three centimetres (3cm) from the head gear or face. Youth black belts must make light or moderate contact to the body to score a point.

No face contact is allowed in any under black belt division (youth or adult), but light touch contact is allowed to the headgear.

Delivering a well-focused controlled technique close to the face or headgear may score a point/s. The higher the rank, the closer the technique should be. All under black belt Competitors must make light or moderate touch contact to the body to score a point.

Light Touch Contact: Light touch contact means there is no penetration or visible movement of the Opponent as a result of the contact. Light touch is allowed to all legal target areas except to the face of all youth and under black belt Competitors. Light touch does not have to be made to the headgear in all Youth Competitors and under black belt Competitors but must be approximately ten centimetres (10cm) away without being blocked.

Moderate Touch Contact: Moderate touch contact means there is slight penetration or slight target movement. Moderate touch may be made to all legal target areas except the head and face.

Excessive Contact: Excessive contact is made when an Opponent strikes with force in excess of what is necessary to score a point. No Competitor is allowed to make excessive contact.

The following requirements will determine if excess contact has occurred:

- Visible snapping back of a Competitor's head from the force of a blow
- A knockdown of an Opponent (not recklessly charging into a technique or occurring in instances where the fallen party either fell, slipped, or was off balance)
- A knockout of an Opponent
- The appearance of severe swelling or bleeding. (Bleeding or other obvious external injury may in itself be grounds for excessive contact if it is considered the fault of a Competitor. Bleeding, however, does not necessarily imply excessive contact).
- The distortion or injury of the body from the force of a blow to the body

10.6 What is the Time Limit

An elimination match shall have a running time of one and a half (1 ½) minutes for under 18 year or two (2) minutes for 18 years and over, unless a Competitor earns enough points to be declared the winner before the time is up. Running time means that the clock continues to run during point calls, unless the Referee calls for a time out. During unusually long point calls, equipment adjustments, or rule clarifications, the Referee shall stop the time.

If at the end of running time the match is tied, the match will continue into sudden victory overtime period until the first Competitor to score a point is declared the winner.

All Grand Champion fighting matches will be a single, two (2) minute round. The Competitor with the most points at the end of the round will be declared the winner. If at the end of running time the match is tied, the match will continue into sudden victory overtime period until the first Competitor to score a point is declared the winner.

10.7 What Equipment do I need

ISKA approved headgear; hand and foot pads, mouthguards and groin cups (for male Competitors only) are mandatory for all Competitors in all Sparring Divisions. As a result of the many brands and styles of martial arts equipment on the market today and more coming out each year, space prohibits listing all the brands, which are considered safe. Oceanic ISKA approved equipment means that each Competitor's equipment will be checked to see if it is safe for use. If it is deemed unsafe, the Competitor will be asked to change the equipment before they can compete. The following is a list of important and required features of ISKA approved safety equipment.



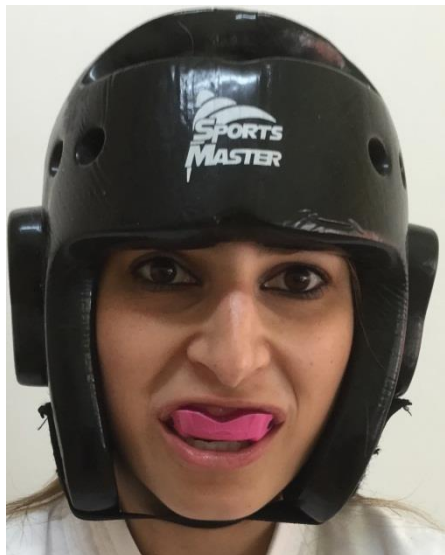
cloth protectors or leather type boxing gloves.

Hand Pads: A soft padded surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand, side of the hand, back of the fist, and the knuckles must be covered with a soft padded surface. No



Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot. No cloth protectors.

Headgear: The front, sides and back of the head must be covered by a soft padded surface.



Mouthguard: A properly fitted mouthpiece is required.

Inappropriate Equipment:
Insufficiently padded gloves, foot and headgear will not be allowed.

Equipment must be

in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. Equipment with heavy or too many seams the striking surfaces are also prohibited. The event Arbitrator ultimately determines the approval or denial of the equipment.



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As ISKA is involved in the promotion and participation in sport karate, only Karate, TaeKwon Do and Kung Fu equipment will be allowed. Boxing and other contact sports equipment are not allowed in ISKA events. Shin, elbow, rib, knee, and breast protectors for female Competitors are recommended for additional safety to all sparring Competitors.

The strapping of hands is prohibited.

10.8 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.

Shorts cannot be worn at any time.





10.9 Warning and Penalties

Only one (1) verbal warning is allowed without penalty for breaking the rules. After the first warning is given, a penalty point is awarded to the Opponent on each and every violation of the rules. If a Competitor receives four (4) warnings (giving 3 penalty points to his/her opponent), in any one match, they are automatically disqualified and his/her opponent is declared the winner. If the result on the first infraction is considered by the Referee to be severe enough they can omit the first warning and issue a penalty point automatically. In doing so, the Referee is omitting any first warning to the offending Competitor. **A penalty point can determine the winner of a match.**

Other Penalty Rules: A Competitor **cannot** be penalized and still received a point on the same call. A penalty always overrules a point by the same Competitor.

A Competitor can receive a point because their Opponent was penalised and at the same time receive a point for scoring. Example: Competitor "A" receives two (2) points because they scored with a kick to Competitor "B" and at the same time Competitor "B" hits Competitor "A" with excessive contact, therefore receiving a penalty.

If, in the opinion of the Referee or medical personnel a Competitor is unable to continue because of an injury caused by an illegal attack executed by their Opponent, the offending Competitor shall be **automatically disqualified**.

If a Competitor is injured and it is considered that they are responsible for his/her own injury, or no fault can be associated with the injury, the opponent will not be penalized (i.e., ducking into a knee, butting heads, etc.) In the event a fighter is unable to continue because of a no-fault foul, his/her opponent will be declared the winner even if they are not ahead at the time of the foul.

If a Competitor scores a point and immediately proceeds to break the rules, even if it was after the point technique, the warning for breaking the rules voids the point (a Competitor cannot receive a point and a warning on the same call).

Causes of Penalising: This is a partial list of possible causes of penalising and may be used as a guideline to follow:

- Attacking illegal and non-target areas
- Using illegal techniques
- Running out of the ring to avoid fighting (not fighting out)
- Falling to the floor to avoid fighting
- Continuing after being ordered to stop (fighting after break)
- Excessive stalling
- Blind, negligent or reckless attacks
- Uncontrolled techniques
- Any unsportsmanlike behaviour from the Competitor or their coach, team-mates, family, friends, etc.
- Any abusive behaviour from the Competitor or their coach, team-mates, family, friends, etc., such that the Referee feels it affects the outcome of the match or the performance of the Officials or other Competitors
- Excessive contact
- Not being prepared or ready when it is time to compete

10.10 Disqualification

Disqualification of a Competitor requires a majority vote by all Officials, except when a Competitor is automatically disqualified when they receive three (3)

penalty points. When a Competitor is disqualified it is proper to notify the tournaments Arbitrator. A Competitor who bows out or accepts a bow out of any grand championship match may be disqualified. If so, all awards and rating points are forfeited. A Competitor who is disqualified for misconduct or malicious behaviour in a final round will not be awarded the trophy or rating points.

Non-Competing Penalty: If in the event of a majority opinion of the Officials that Competitors are not making an obvious attempt to fight in the true spirit of competition, both Competitors will be warned and if it continues, will be disqualified.

Wrong Division: If any Competitor competes in a Division they are not qualified for because of age, weight, gender or style, they will be disqualified.

Out of Bounds: A Competitor is out-of-bounds as soon as they do not have at least one foot touching inside or on the boundary line. Stepping out-of-bounds does not immediately stop the match. The Referee is the only one who can stop the match. An out-of-bounds Competitor may be scored on by their Opponent so long as the in-bounds Competitor has at least one foot in bounds and the Referee has not signalled to stop. In the event of a jumping/flying technique, the attacking Competitor must land with one-foot in-bounds in order to score.

10.11 Coaching

Coaching is a luxury that most Competitors do not have access to at all times. Therefore, it can become an unfair advantage over a Competitor who does not have a coach. Rules are made and enforced so no one Competitor has an advantage or disadvantage over another Competitor. Once the Competitors enter the ring, the rules make the contest as equal and as fair as possible for both Competitors. Therefore, the following rules on coaching apply:

- Never at any time, can coaches, friend/s, team member, etc.; enter the ring without the Referee's permission. Only the Officials, Competitors and medical personnel are normally allowed in a ring
- No abusive, violent, unsportsmanlike or overzealous coaching is allowed
- **A coach cannot ask for a time out** (only a Competitor may ask for a time out)
- A coach can never, at any time, interfere with the proper running of the ring or the decisions of the Judges

The Referee will issue penalties for any of the above coaching infractions.

Starting Position



Examples of Legal Techniques



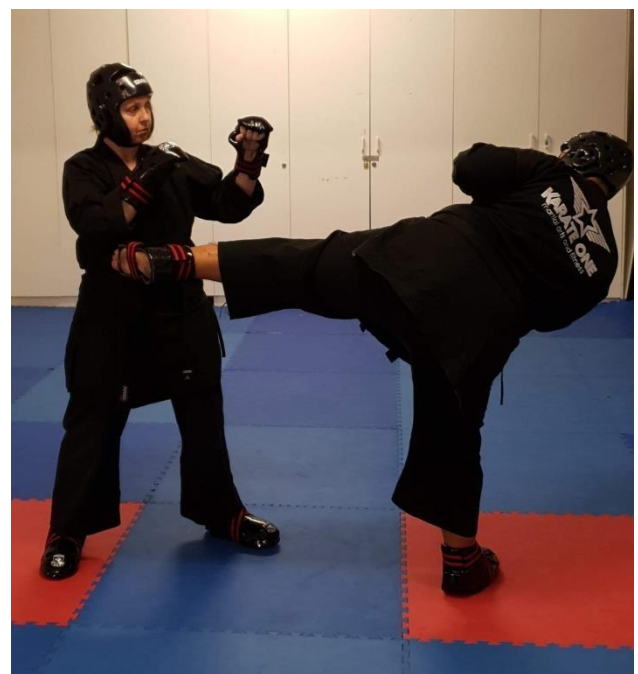
Controlled Punch to Kidneys



Controlled Punch to Chest



Controlled Kick to Head



Controlled Kick to Ribs



Controlled Back fist to Side of Head



Controlled Punch to Chest



Controlled Punch to Face

within 150mm radius

Examples of Illegal Techniques



No Grabbing



No Throwing



No Scratching Face Area



No Stomping



Head Locks

No Punching the back of Head or any part of the Neck

No



No Punching the Throat Area



No Punching the Back Area



No Kicking below the Waistline No Kneeing any Area

This is the end of Book Eight – Point Sparring

11. Book Nine - Clash Sparring

11.1 What is Clash Sparring - General Rules

Points may be scored by attacking and/or by countering an opponent's attack.

Each attack (and/or counter) is limited to a total of three (3) techniques per clash plus one (1) 'disengaging' strike.

Competitors may score multiple points during each clash for successful attacks and/or counter strikes and combinations.

Every kick that scores, earns two-points. Every hand strike that scores, earns one point.

Competitors must "break", step back, or disengage from their opponent after each clash. When "breaking" the Competitors must "step back" or disengage

to a distance outside of which they can't touch each other without moving their feet. Competitors are responsible for self-regulating the break rather than waiting for the Referee to take control, requiring the Referee to take control of the breaks will likely lead to penalization.

Note: Clash Sparring is about scoring and not being scored on, so the sparring strategy needs to be one of “engaging and disengaging”.

Clash Example 1: “Fighter A” attacks, scoring* cleanly with his lead leg roundhouse kick followed immediately by a back fist / reverse-punch combination that also scores.* “Fighter B” manages to counter by scoring* cleanly with his own reverse punch before “Fighter A” can disengage. This clash will yield a 4-1 point advantage for “Fighter A”.

Clash Example 2: “Fighter A” attacks and scores* with a back fist. Before “Fighter A” can disengage (move out of range), “Fighter B” scores* with a reverse punch counter and follows with a back leg round house kick that scores* to the head as “Fighter A” retreats. This clash will yield a 3-1 advantage for “Fighter B”.

‘SCORING**’ occurs only with the allowable amount of **focused touch contact** (the legal amount of contact allowed to certain scoring areas) and **focused control** (an amount of force that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled).*

Competitors are expected to separate (break) after each clash and then continue sparring (re-engage). Failure to separate will result in having the Referee “break” the fighters and may warrant penalization or disqualification.

Rules regarding legal techniques and penalties are identical to those for Point Sparring with the following general exceptions,

- Hook Punches and Uppercuts are prohibited.
- Falling down will result in your opponent being awarded one point
 - Leaving the ring will result in your opponent being awarded one point
 - Clinching or stalling of any kinds will result in your opponent being awarded points

11.2 What is the Time Limit

Each match or bout is ninety (90) seconds running-time.

11.3 How are scores tallied

Each ring will have a **Referee**, two **Judges**, and a **Table Official**.

The Referee will control the action and be the arbiter of safety and fairness.

Judges will keep a record of scoring strikes on hand held devices that will help specify their vote for a winner at the conclusion of each match.

A draw decision by the two Judges will be decided by a “sudden victory extension” decided by the first scoring clash.

The Table Official starts time at the command of the Referee and announces when 90 seconds of “running time” has elapsed (at the 75 second mark, the Table Official will shout out “FIFTEEN SECONDS”). The Table Official will also monitor and adjust the “running time” according to the Refereed specified “timeouts”.

11.4 How do I score a point

All legal hand techniques that score will be awarded one (1) point. All legal kicking techniques that score will be awarded two (2) points. All fouls as determined by the Centre Referee shall result in one (1) penalty point being awarded to the fouling Competitor’s opponent. The judges will evaluate the point scoring (and penalty points) of each Competitor and track them on hand held devices in order to help determine the vote for a winner.

What is a “Scoring Technique”?

A “scoring technique” occurs when a legal sport martial arts technique is scored by a Competitor in-bounds and up-right (not considered down) without time being called that strikes his opponent with the allowable amount of **focused touch contact** and **focused control** to a legal target area.

Focused Touch Contact: Is the legal amount of contact allowed to certain scoring areas.

Focused Control: Is an amount of controlled force that would have incapacitated the opponent at least momentarily if the technique had not been controlled.

What is a “Scoring Combination”?

A “scoring combination” occurs when two or three legal sport martial arts techniques (as defined above) are scored in the sequence of an attack or counter within a clash. A point or points are awarded for each scoring technique that occurs in the combination.

What is a Counter-score?

Since Clash Sparring places a premium on the total number of scoring techniques **rather than who scores first**, all legal scoring strikes are credited. It is each Competitor’s responsibility to defend counter-strikes that occur in response to their own attack the same way they we need to defend their opponent’s attack.

What are Combination Attacks” and “Combination Counters”?

Combination attacks and combination counters are limited to three techniques. Clash Sparring does not allow Competitors to stand in front of each other and “trade shots” indefinitely. The skill of Clash Sparring is best defined as the ability to **“score effectively with combination strikes and escape untouched”**. Combination attacks and counters are strictly limited to three (3) techniques as defined below.

Kicks: Competitors may kick as many times and at as many different targets as they choose within the time and physical limit of a single leg lift. Multiple kicks that occur while a foot remains in the air shall be considered **“one technique”**. Once the kicking foot touches the ground, if another kick is launched (even with the same foot) it will be considered a second technique (maximum of three techniques per combination/clash)

Lead-Hand Strikes: If executed in “quick sequence”, Competitors may strike twice in a row with the same lead-hand technique and it will be considered “one technique” (example: bridging the gap with double back-fist strike). Any break in rhythm or timing, or change in technique will result in each strike being considered separately.

Rear-Hand Strikes: All rear hand strikes will count as a single strike within the three technique limit.

Disengaging Technique: Competitors are allowed a single disengaging strike that is not considered part of the three (3) technique maximum for each clash combination. This strike must be executed as the Competitor is creating space after a clash (disengaging) and be followed by the fighter continuing their disengagement (moving out of range).

LEGAL EXAMPLE 1: Fighter A attacks with jab / reverse punch / back leg double round house kick Fighter B attempts to counter with reverse punch Fighter A steps back and (beginning to disengage) defends with side-kick and continues to disengage to end the clash.

LEGAL EXAMPLE 2: Fighter A attacks with front leg round kick / backfist / ridge hand and then (beginning to disengage) steps back with a lead leg hook kick and continues to disengage to end the clash.

Note: Since Clash Sparring rewards successful attacking and successful countering equally the allowance for a legal Disengaging Technique (beyond the three-technique maximum) provides the attacker with an effective defensive measure beyond merely blocking or retreating.

11.5 Where are the Target Areas

Legal Target Areas are: Entire head and face area, ribs, chest, abdomen, collarbone and kidneys.

Illegal Target Areas are: The spine, back of neck, throat, sides of the neck, groin, legs, knees and back.

Non-Target Areas are: Hips, shoulders, buttocks, arms, and feet.

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

Illegal Techniques are: Hook punches, Uppercuts, Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, ground sparring on a hard surface, any stomps or kicks to the head of a downed Competitor, slapping, grabbing for more than one second (as defined below), uncontrolled blind techniques, any uncontrolled throws, takedowns or

sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Grabbing: A Competitor may grab the uniform top of their opponent in an attempt to score with a sport karate technique for only one (1) second, after which time they must release the uniform. Likewise, the uniform pants may be grabbed for one (1) second to an upright opponent in an attempt to score.

Sweeps, Takedowns, Grabs and Ground Sparring: Sweeps not to take down an opponent but only to obstruct the balance so as to follow up with a sport karate technique can only be executed to the back of the front leg at mid-calf or below. A sweep must be deemed a proper sweep and not a kick, to be legal. Controlled Takedowns and sweeps that are meant to take down an opponent are allowed only a declared approved padded surface. A point or points are awarded only when the legal sweep or takedown is followed up effectively legally and immediately with appropriate scoring sport karate techniques. Only hand techniques or a single carefully controlled kick or stomp to the body is allowed on a downed Competitor. One foot must be on the ground throughout the stomp or kick. Never, under any circumstances, may a Competitor stomp or kick to the head of a downed Competitor. Down sparring must be declared by the proper tournament officials before being allowed, padded surface or not.

Light Touch Contact: Means there is no penetration or visible movement of the Competitor because of the contact. Light touch is required to all legal target areas in all black belt sparring divisions. The face shield of a headgear along with the headgear is a legal target area.

Moderate Touch Contact: Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face shield and face.

Out-of-Bounds: A Competitor is out-of-bounds as soon as they have at least one foot touching inside or on the boundary line. An out of bounds Competitor cannot score a point while out of bounds. An inbounds Competitor can score on an out of bounds Competitor if the Referee has not called 'stop'.

11.6 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.

All sparring uniforms must have sleeves that reach at least to the middle of the forearm. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the sparring divisions.



11.7 What are my Responsibilities

It is the responsibility of the Competitor to know the rules and be ready for competition when called to do so. They must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the Competitor is not at their ring ready to compete when competition begins, they will not be able to compete (see delay of time rule). If a Competitor leaves the ring after the competition begins and is not present when their name is called to compete, their name will be called three times at ringside. If they are still not present to compete, they will be disqualified.

11.8 What if I am not ready for my event - Delay of Start-Time Penalty

Each Competitor must present themselves to the Referee suitably attired with proper uniform and equipment and physically prepared to compete. If they are not prepared to compete as **deemed by the Referee**, the Competitor may be penalized for delay of time. An automatic warning will be issued to the Competitor. A penalty point will be issued for each minute the Competitor is not properly ready to compete. Upon 3 penalty points the offending Competitor will be disqualified.

11.9 What Equipment do I need for this event

ISKA approved headgear; hand and footpads, mouthpieces, groin cups (for male Competitors only) and chest guards (for all Competitors 17 year old and younger) are mandatory for all Competitors in sparring divisions. The Competitor's equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete.

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



Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. (ISKA has approved the use of “Ringstar sparring shoes in all sparring divisions, with the same stipulations placed on other approved sparring gear.)

Head Gear: The front, sides and back of the head must be covered by a soft padded surface. In addition to the head gear, a face shield is required for all Competitors 17 yrs. & under.

Chest Guard: All 17 and younger Competitors must wear an approved chest protector in sparring. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Rib guards that cover only the abdomen area are not approved chest guards. Insufficiently padded gloves, foot, chest and head gear will not be allowed.

Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The tournament’s official rules Arbitrator ultimately determines the approval or denial of

the equipment. A properly fitted mouthpiece required. Shin pads, elbow pads and rib/chest guards are highly recommended for additional safety to all sparring Competitors all divisions.



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11.10 Rank Rules

A Competitor must compete at the highest belt level they have earned in the martial arts. A Competitor can never compete in a Division of which they have not earned that rank. Once a Competitor competes as a black belt legally, they

must always compete as a black belt. A Competitor can never compete in a lower belt division than the level of belt they have earned in the Martial Arts.

11.11 Enter into the Right Age Division

Proof of Age Rule & Legal Age Rule

All Competitors must have proof of age. If there is a reason to question a Competitor's age, they must present a birth certificate, driver's license, or passport to prove their age. If proof of age cannot be presented and the Competitor wins a division the award(s) and rating points (if rating points awarded) will be held until proof of age is provided. Proof of age must be provided within seven days of the event date otherwise no rating points will be awarded.

The age a Competitor at the 30th June of the current competition year is their legal competition age for that year. All Competitors have the option of competing in the same Division all year long for rating purposes by establishing a legal competition age for the year. The legal age rule is developed for rating purposes only.

Note on Age Divisions: Adult sparring Competitors 30 and older have the option to compete down one age Division. For example, a 30 year old Competitor can compete in the 18-29 years Divisions, a 40 year old Competitor can compete in the 30-39 Division etc. A Competitor cannot compete up in an age division.

11.12 How to make a Protest

A Competitor has the right to protest an infraction of the Rules or if a rule mistake was made, not if a judgment call was made. Should a Competitor wish to protest they must first let the Referee know they believe there has been an infraction of the Rules or a mistake made.

The Referee will summon the Arbitrator to the ring to render a decision if the Referee cannot settle the protest to the Competitor's satisfaction. All protests must be made in an orderly, proper, and sportsmanship like manner. All protests must be made immediately. **Protests are not allowed once competition has resumed.** A Competitor may be penalised if they are protesting improperly or without proper cause.

11.13 Late Entries

Once a Division has the first divisional match has started) no Competitor/s can be added to that Division.

11.14 Weight Rules

It is mandatory for all Competitors, who compete in a weighted Division, to weigh-in before engaging in competition. Only one official weigh-in is required. If any Official feels a Competitor is trying to mask their weight by wearing unreasonable clothes or equipment, they will be asked to remove those articles of clothing before weighing-in. A Competitor cannot compete in a weight division in which they do not make the proper weight. This means a Competitor cannot go up to a heavier weight Division or go down to a lower weight Division.

11.15 Warnings and Penalties

One and only one warning is allowed for breaking the rules before a penalty point is awarded. After the first warning is given, a penalty point is awarded for each and every rules violation. If the severity of the first rules violation is deemed by the Referee to be too severe, a penalty point can be issued immediately and the first warning will be forfeited.

Other Penalty Rules: If, in the opinion of the Referee and/or the medical personnel, a Competitor cannot continue because of an injury caused by an illegal penalised attack executed by a Competitor, the offending Competitor shall be automatically disqualified.

Other Cause for Penalisation: Exceeding the maximum allowable number of techniques (three) per clash, consistently executing more than one “disengaging techniques, failing to “break” or create space between the Competitors after each clash, attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid competing, falling to the floor to avoid competing, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behaviour by the Competitor, their coaches, friends, etc., any excessive contact, and delay of time are just some examples of possible penalisation.

11.16 Disqualification

The Referee may at their discretion disqualify a Competitor for fouling or unsportsmanlike behaviour.

Non-Competing Penalty: If the Referee considers that the Competitors are not making an obvious attempt to compete in the true spirit of competition, both Competitors will be warned and if it continues, will be disqualified.

Wrong Division: If any Competitor competes in a Division they are not qualified to compete in due to age, weight, rank, gender, style, etc. they will be disqualified.

11.17 Coaching

The luxury of having a coach is something that most Competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a Competitor who does not have a coach. The rules are made and enforced so no one Competitor has an advantage or disadvantage over another Competitor. Therefore, coaching is allowed but only under the following guidelines:

- Never, at any time, can a coach enter the ring without the Referee's permission
- No abusive, violent, unsportsmanlike or overzealous coaching
- Coaches cannot ask for a time out unless they are protesting a rules violation (only the Competitor may ask for a time out)
- Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges.

A **Coach** is defined as anyone who is trying to help one Competitor in anyway. A coach could be but is not limited to a friend, parent, team-mate, or an official coach. The Referee can issue a warning to a Competitor for each time their coach is interfering with a match or disrupting fair play between contestants. The Referee can ask for a disqualification of a contest but requires a majority vote of all judges.

11.18 Fairness Rule

If a question arises that is not covered by this Rule book, the Arbitrator and/or their appointed representative, may at their discretion overrule, modify or change a delineated rule if they believe that enforcing such a rule would result in an

inherent unfair outcome to a Competitor. However, this should only be undertaken in extreme cases and after careful consideration. This process shall be carried out in a written form and given either to the Australian Head Referee or a Director and must be taken to the next meeting of the Board.

11.19 What is the Ring size

The sizes of the sparring adult black belt rings are 7x7 metres (each mat is one metre by one metre). Starting lines should be marked approximately six feet apart in the middle of the ring. Additionally, each ring should be posted with a ring number visible to Competitors, officials, and medical personnel from across the floor. All youth and under black belt adult rings are 6x6 metre (each mat is one metre by one metre).

This is the end of Book Nine – Clash Sparring

12. Book Ten – Contact Sparring (Continuous Sparring)

12.1 How do I win of a Bout

A bout can be won in 4 ways and the Referee decides who the winner is:

1. By knockout either fully or technical (after 10 count has been applied)
2. By the fighter who dominated the bout with superior scoring techniques
3. By disqualification
4. A fight may be stopped if the competitor is unable to fight or defend themselves and also if the other competitor shows total athletic superiority.

12.2 What is the Time Limit

- For Under 18 years - one and a half minutes (1min 30sec)
- For Over 18 years - two minutes (2 min)

12.3 How will Match Decisions to made

Match decisions can result from the following,

- Legal knockout automatic winner (after a 10 count is applied)
- If time is called and no one is the clear winner the Referee will call for Judges to make a decision. This is done by the Corner Judges turning away from the ring and when called, for them to raise the coloured flag of the person whom they declare has won the match
- In the event of a tie the Referee can either make a decision and declare a winner or extend the fight for either 30 seconds for fighters under the age of 18 years and 1 minute for over 18 years
- Judges when making their decisions should raise their flag straight up on the call, or if they think it was draw cross the flags over their head
- If a fighter is obviously out classed by his opponent and is receiving a lot of punishment stop the fight and declare the dominant competitor the winner



The Referee may stop a fight if they feel a competitor is being over powered and not defending themselves.

12.4 Where are the Target Areas

Legal Target Areas for Leg Techniques: Legal target areas for all karate type kicks include the head (front, sides, top), body (chest, stomach, ribs, and flanks) and foot strikes outer thigh kicks allowed only. All Competitors must agree before the start of the match that thigh kicks will be allowed. In the event all Competitors do not agree, thigh kicks will not be allowed.

Legal Target Areas for Hand Techniques: Legal target areas for hand techniques on the body include the chest, stomach, ribs, and flanks.

Non-Target Areas Leg Techniques: Non-target areas for leg techniques include the back of head, the throat, the arms, the back including the spine and kidneys and anywhere below the hips such as the groin, buttocks, legs, thighs, shins and feet.

Non-Target Areas Hand Techniques: Non-target areas for hand techniques include anywhere above the shoulders such as the throat, face, head; the collar bones, arms and anywhere below the hips such as the groin, buttocks, legs, thighs, shins, feet and the back which includes the spine and kidneys.

Illegal Techniques: Illegal techniques include, head butts, hair pulls, bites scratches, elbows, knees, eye attacks of any kind, takedowns, ground fighting, stomps or kicks to a downed Opponent, slapping, grabbing, uncontrolled blind techniques, spinning back hands and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

12.5 Warnings and Disqualifications

A warning may be given on any breach of the rules.

- Three fouls amounts to a disqualification. (1 foul, 2 foul, 3 foul automatic disqualified)
- Deliberate striking to an illegal target will amount to two fouls or disqualification
- A Judge cannot issue a foul but can inform the Referee of what they saw

This is a partial list of possible causes of penalising and may be used as a guideline to follow:

- Attacking illegal and non-target areas
- Using illegal techniques
- Running out of the ring to avoid fighting (not fighting out)
- A fighter arrives too late or does not turn up for his match.
- Falling to the floor to avoid fighting
- Continuing after being ordered to stop (fighting after break)
- Excessive stalling
- Blind, negligent or reckless attacks
- Uncontrolled techniques
- Any unsportsmanlike behaviour from the Competitor or their coach, team-mates, family, friends, etc.
- Biting, spitting, cursing or making rude sounds or obscene gestures
- Any abusive behaviour from the Competitor or their coach, team-mates, family, friends, etc., such that the Referee feels it affects the outcome of the match or the performance of the Officials or other Competitors
- Excessive contact
- Not being prepared or ready when it is time to compete
- Using Head butts, elbow butts
- All techniques targeting the groin
- All techniques targeting the joints
- All techniques used if the opponent is outside the rings
- All wrestling or judo techniques, strangulation techniques, submissions
- All throws, leg sweeps, foot sweeps

- Actions/moves that are used to evade or hold off the fight. For example, continuously pulling up the front leg or stretching out the front arm without carrying out a particular technique
- Fighting too hesitantly
- Continuously clinching and holding on without successfully applying the technique for longer than three seconds. Clinching with one or two hands is allowed if this is accompanied by a legitimate technique but not, however, if it lasts longer than three seconds
- Continuously grabbing an opponent after an attack technique in order to avoid counter techniques

12.6 What are my Responsibilities

It is the responsibility of the Competitor to know the rules and be ready for competition when called to do so. They must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the Competitor is not at their ring ready to compete when competition begins, they will not be able to compete (see delay of time rule). If a Competitor leaves the ring after the competition begins and is not present when their name is called to compete, their name will be called three times at ringside. If they are still not present to compete, they will be disqualified.

Each Competitor must present themselves to the Referee suitably attired with proper uniform and equipment and physically prepared to compete. If they are not prepared to compete as deemed by the Referee, the Competitor may be penalised for delay of time.

12.7 What if I am not ready for my event - Delay of Start-Time Penalty

Each Competitor must present themselves to the Referee suitably attired with proper uniform and equipment and physically prepared to compete. If they are not prepared to compete as **deemed by the Referee**, the Competitor may be penalized for delay of time. An automatic warning will be issued to the Competitor. A penalty point will be issued for each minute the Competitor is not properly ready to compete. Upon 3 penalty points the offending Competitor will be disqualified.

12.8 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.

All sparring uniforms must have sleeves that reach at least to the middle of the forearm. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the sparring divisions.



12.9 What Equipment do I need

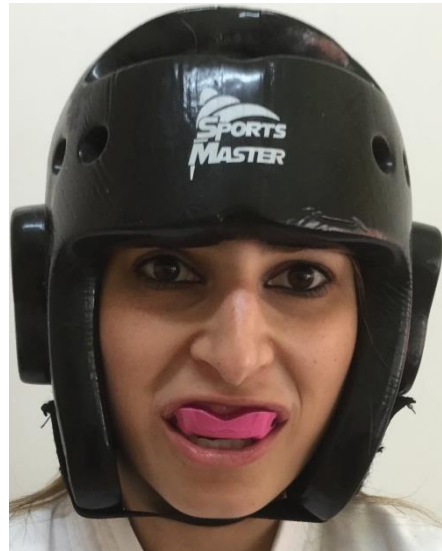
Sparring equipment must consist of, headgear, foam gloves with fingers covered, foam booties heel and toes covered, mouthguard, groin guard (optional for females), chest guard (females only, optional), other padding such as shin guards and forearm protectors are optional.



The following equipment is not acceptable and is prohibited; cloth protectors, all boxing gloves, open hand gloves which do not cover all fingers, padded bag gloves, protectors deemed by the Referee as being insufficiently padded, strapping of the hands and feet.

Approved headgear; hand and foot pads, mouthguards and groin cups (for male Competitors only) are mandatory for all Competitors in all Sparring Divisions.





12.10 Coaching:

Coaching is a luxury that most Competitors do not have access to at all times. Therefore, it can become an unfair advantage over a Competitor who does not have a coach. Rules are made and enforced so no one Competitor has an advantage or disadvantage over another Competitor. Once the Competitors enter the ring, the rules make the contest as equal and as fair as possible for both Competitors. Therefore, the following rules on coaching apply:

- Never at any time, can coaches, friend/s, team member, etc.; enter the ring without the Referee's permission. Only the Officials, Competitors and medical personnel are normally allowed in a ring
- No abusive, violent, unsportsmanlike or overzealous coaching is allowed

- **A coach cannot ask for a time out** (only a Competitor may ask for a time out)
- A coach can never, at any time, interfere with the proper running of the ring or the decisions of the Judges

The Referee will issue penalties for any of the above coaching infractions.

12.11 Rank Rules

A Competitor must compete at the highest belt level they have earned in the martial arts. A Competitor can never compete in a Division of which they have not earned that rank. Once a Competitor competes as a black belt legally, they must always compete as a black belt. A Competitor can never compete in a lower belt division than the level of belt they have earned in the Martial Arts.

12.12 Enter into the Right Age Division

Proof of Age Rule & Legal Age Rule

All Competitors must have proof of age. If there is a reason to question a Competitor's age, they must present a birth certificate, driver's license, or passport to prove their age. If proof of age cannot be presented and the Competitor wins a division the award(s) and rating points (if rating points awarded) will be held until proof of age is provided. Proof of age must be provided within seven days of the event date otherwise no rating points will be awarded.

The age a Competitor at the 30th June of the current competition year is their legal competition age for that year. All Competitors have the option of competing in the same Division all year long for rating purposes by establishing a legal competition age for the year. The legal age rule is developed for rating purposes only.

Note on Age Divisions: Adult sparring Competitors 30 and older have the option to compete down one age Division. For example, a 30 year old Competitor can compete in the 18-29 years Divisions, a 40 year old Competitor can compete in the 30-39 Division etc. A Competitor cannot compete up in an age division.

12.13 How to make a Protest

A Competitor has the right to protest an infraction of the Rules or if a rule mistake was made, not if a judgment call was made. Should a Competitor wish to protest

they must first let the Referee know they believe there has been an infraction of the Rules or a mistake made.

The Referee will summon the Arbitrator to the ring to render a decision if the Referee cannot settle the protest to the Competitor's satisfaction. All protests must be made in an orderly, proper, and sportsmanship like manner. All protests must be made immediately. **Protests are not allowed once competition has resumed.** A Competitor may be penalised if they are protesting improperly or without proper cause.

12.14 Late Entries

Once a Division has the first divisional match has started) no Competitor/s can be added to that Division.

12.15 Weight Rules

It is mandatory for all Competitors, who compete in a weighted Division, to weigh-in before engaging in competition. Only one official weigh-in is required. If any Official feels a Competitor is trying to mask their weight by wearing unreasonable clothes or equipment, they will be asked to remove those articles of clothing before weighing-in. A Competitor cannot compete in a weight division in which they do not make the proper weight. This means a Competitor cannot go up to a heavier weight Division or go down to a lower weight Division.

12.16 Order of Competition

Once the final call for Competitors of a Division has been made at ringside, the Referee and their ring personnel will mark off the names of the Competitors. The order of competition will be as per the computer-generated draw. Those not using a computerized system will placenames in a random order on the draw sheet. Competitors should not be matched against other Competitors from their own Club in the first round, numbers permitting.

12.17 Fairness Rule

If a question arises that is not covered by this Rule book, the Arbitrator and/or their appointed representative, may at their discretion overrule, modify or change a delineated rule if they believe that enforcing such a rule would result in an inherent unfair outcome to a Competitor. However, this should only be undertaken in extreme cases and after careful consideration. This process shall be carried out in a written form and given either to the Australian Head Referee or a Director and must be taken to the next meeting of the Board.

Examples of Legal Techniques



Controlled Punch to Kidneys



Controlled Punch to Chest



Controlled Kick to Head



Controlled Kick to Ribs



Controlled kick to
the Stomach

Examples of Illegal Techniques



No Grabbing



No Throwing



No Stomping
No Scratching Face Area

No Head Locks



No Punching the back of Head or any part of the Neck



No Punching the Throat Area



No Punching the Back Area



No Kicking below the Waistline

No Kneeing any Area



No Head Butts



No Uncontrolled Spinning Back Fist or
Uncontrolled Punches



No Slapping



No Punching below the Hips



No Elbows



No Blind Techniques

This is the end of Book Ten – Contact Sparring

13. Book Eleven - Team Sparring

13.1 Team Sparring Rules

ISKA Point Sparring rules apply to this Division, except in the Open Division where Black Belt point sparring rules apply

Total points for each match will be added together to give the final team score

Each match will be one (1) minute per round for under 18 years and one (1) minute 30 seconds per round for over 18 years. For Grand Championships rounds will be two (2) minute for over 18 years only.

A coin toss will determine which team sends up a fighter first. The loser puts up the first fighter. The opposing team will match the fighter sent up with an appropriate fighter of the same weight.

Each team can have two registered team alternates. Alternates can replace a team member before a fight begins. Alternates are subject to the weight rule unless open weight division.

13.2 How do Officials award points

When the Referee believes there has been a significant exchange of technique or when signalled to do so by a Judge, they shall call out the word, “**STOP**” in a loud voice.

The Referee shall then return the Competitors to their starting marks and address the Judges by saying, “**JUDGES CALL**”. All Judges and the Referee cast their votes simultaneously and assertively in the following manner.

If a Judge Sees a Point: They should hold up one arm and at the same time as they yell out the word “**CALL**” in a loud clear voice to let the Referee know they have a call.

Point Calling: When signalled by the Referee, a Judge raises the appropriate arm and indicates their score. If a Competitor scores a two-point kick, the Officials should hold up two fingers, specifically the index and middle fingers creating a “V” sign. If only one point is being called, the Judge should raise an open hand.

No Point Scored: An Official crosses his/her wrists at waist level to indicate that they believe that a point was not scored.

Did Not See: Should the Official not see a possible point as indicated by another Official, they should hold their hands over their eyes indicating that they could not see whether a point was scored or not.

Clash: Should the Official believe that the Competitors scored at the same time they are to make a motion as though they are hitting both fists together.

Penalty: Should the Official believe that a penalty was made, they are to raise their fist of the offending Competitor above his head.

Disqualification: A disqualification vote is taken separately from any other votes. When a disqualification vote is asked for, the Referee will say, “**JUDGES CALL**”. The Judges will then raise a fist indicating the Competitor who is to be disqualified. If the Judge does not feel the Competitor should be disqualified, they are to cross his/her wrists at waist level.

13.3 How Points are awarded

Scoring points are awarded by a majority vote of the Judges. The majority of Judges do not have to agree on the same technique being scored, only that a point was scored. The only agreement to be made is that the point that scored was a legal technique. A majority of the Judges calling the point must call a two (2) point kick before two points can be awarded otherwise no point is awarded.

What is a Point?

A point is a controlled legal sport karate technique scored by a Competitor that is in-bounds, that strikes an opponent with the allowable amount of focused touch contact or focused control to a legal target area. Criteria that Officials use when deciding if a point was scored are:

- Was it a legitimate and legal sport karate technique?
- Was it delivered with the required focused control or allowed focused touch contact to a legal target area?
- Was the Competitor who scored in-bounds?
- Has the match been stopped by the Referee?

- Was either Competitor downed illegally when the point was scored?
- Was the Competitor who scored the point in control and well balanced?
- Was the technique delivered with an amount of “**controlled force**” that would have incapacitated the Opponent, at least momentarily, if the technique had not been controlled?

13.4 Where are the Target Areas

Legal Target Areas: Legal target areas include the entire head and face, ribs, abdomen, collar bone and kidney area.

Illegal Target Areas: Illegal target areas include the back and spine area, back of neck, throat and sides of the neck, groin, legs and knees. Any attacks to these areas will result in a warning, penalty points and/or disqualification.

Non-Target Areas: Non-target areas include the hips, shoulders, buttocks, arms, and feet. Points cannot be scored to non-target areas. If it is deemed that a Competitor is actually attacking these areas, a warning and/or a penalty point may be awarded.

Legal Techniques: Legal techniques are all controlled sport karate techniques. When determining the legality of a technique, the Official considers if the technique is a legitimate controlled sport karate technique that adheres to all other rules.

Illegal Techniques: Illegal techniques include, head butts, hair pull, bites, scratches, elbows, knees, any attacks to the eye area of any kind, takedowns on hard surface floors, ground fighting on hard surface floors, any stomps or kicks to the head of a downed Opponent, slapping, grabbing, wrestling, uncontrolled blind techniques, any uncontrolled throws takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Grabbing: A Competitor may grab the leg of an up-right opponent in an attempt to score with a sport karate technique for only one second, after which time they must release the leg.

Sweeps, Takedowns, Grabs and Ground Fighting: Sweeps are not to take down an Opponent but only to obstruct the balance. This can only be executed to the front leg at mid-calf or below. These described sweeps are legal on all types of fighting

surfaces. The sweep is only to force the opponent off balance so as to execute a technique to an upright opponent. If the sweep were considered to have knocked down the opponent, then it would be illegal except on a padded surface. It is important to note that sweeps do not make it legal to kick the legs. A sweep must be deemed a proper sweep and not a kick, to be legal. Takedowns and sweeps that are meant to take down an Opponent are allowed only on padded fighting surfaces. Judo throws such as over the hip and shoulder-throws are **not allowed**. If a sweep or takedown is recklessly executed without control it will be judged illegal and the fighter may be warned or penalised.

A point is given when the legal sweep or takedown is effectively and legally followed up. Only a hand technique or a carefully controlled kick or stomp to the body will be allowed on a downed opponent. One foot must be on the ground throughout the stomp or kick. Never, under any circumstances may a Competitor stomp or kick to the head of a downed opponent.

A kick may be trapped or grabbed for one second for purposes of executing a counter attack to an upright opponent or executing a counter attack to a downed opponent on a padded surface.

Ground fighting is only legal on a padded surface. On a padded surface, once a Competitor is on the floor they have two (2) seconds to score. The Referee will say, “**Stop**” after two (2) seconds. Either Competitor may score in the allotted two (2) seconds. A deliberate drop to the floor must be followed up with an attempt to score. Deliberately dropping to the floor to avoid or evade fighting is not legal. All dropping to the floor deliberately on a hard surface is not legal. A fighter is down when any part of the body other than the feet is touching the floor.

13.5 How hard can I hit or kick

Touch Contact Requirements: All adult black belts must make light touch contact to the face and head (headgear) to score a point and light or moderate touch contact to the body to score a point.

Youth black belts cannot make any contact to the face but light touch contact is allowed to the headgear. Please note that youth black belts do not have to touch the head gear with light contact but can score by delivering a controlled, well focused technique approximately three centimetres (3cm) from the head gear or

face. Youth black belts must make light or moderate contact to the body to score a point.

No face contact is allowed in any under black belt division (youth or adult), but light touch contact is allowed to the headgear.

Delivering a well-focused controlled technique close to the face or headgear may score a point/s. The higher the rank, the closer the technique should be. All under black belt Competitors must make light or moderate touch contact to the body to score a point.

Light Touch Contact: Light touch contact means there is no penetration or visible movement of the Opponent as a result of the contact. Light touch is allowed to all legal target areas except to the face of all youth and under black belt Competitors. Light touch does not have to be made to the headgear in all Youth Competitors and under black belt Competitors but must be approximately ten centimetres (10cm) away without being blocked.

Moderate Touch Contact: Moderate touch contact means there is slight penetration or slight target movement. Moderate touch may be made to all legal target areas except the head and face.

Excessive Contact: Excessive contact is made when an Opponent strikes with force in excess of what is necessary to score a point. No Competitor is allowed to make excessive contact.

The following requirements will determine if excess contact has occurred:

- Visible snapping back of a Competitor's head from the force of a blow
- A knockdown of an Opponent (not recklessly charging into a technique or occurring in instances where the fallen party either fell, slipped, or was off balance)
- A knockout of an Opponent
- The appearance of severe swelling or bleeding. (Bleeding or other obvious external injury may in itself be grounds for excessive contact if it is considered the fault of a Competitor. Bleeding, however, does not necessarily imply excessive contact).
- The distortion or injury of the body from the force of a blow to the body

Each team can have two registered team alternates. Alternates can replace a team member before a fight begins. Alternates are subject to the weight rule unless open weight division.

13.6 What are my Responsibilities

It is the responsibility of the Competitor to know the rules and be ready for competition when called to do so. They must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the Competitor is not at their ring ready to compete when competition begins, they will not be able to compete (see delay of time rule). If a Competitor leaves the ring after the competition begins and is not present when their name is called to compete, their name will be called three times at ringside. If they are still not present to compete, they will be disqualified.

13.7 What if I am not ready for my event - Delay of Start-Time Penalty

Each Competitor must present themselves to the Referee suitably attired with proper uniform and equipment and physically prepared to compete. If they are not prepared to compete as **deemed by the Referee**, the Competitor may be penalized for delay of time. An automatic warning will be issued to the Competitor. A penalty point will be issued for each minute the Competitor is not properly ready to compete. Upon 3 penalty points the offending Competitor will be disqualified.

13.8 What Equipment do I need

ISKA approved headgear; hand and foot pads, mouthguards and groin cups (for male Competitors only) are mandatory for all Competitors in all Sparring Divisions. As a result of the many brands and styles of martial arts equipment on the market today and more coming out each year, space prohibits listing all the brands, which are considered safe. Oceanic ISKA approved equipment means that each Competitor's equipment will be checked to see if it is safe for use. If it is deemed unsafe, the Competitor will be asked to change the equipment before they can compete. The following is a list of important and required features of ISKA approved safety equipment.



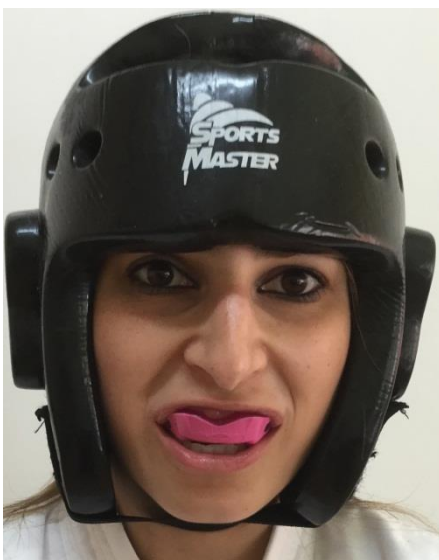
Hand Pads: A soft padded surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand, side of the hand, back of the fist, and the knuckles must be covered with a soft padded surface. No cloth protectors or leather

type boxing gloves.



Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot. No cloth protectors.

Headgear: The front, sides and back of the head must be covered by a soft padded surface.



Mouthguard: A properly fitted mouthpiece is required.

Inappropriate Equipment: Insufficiently padded gloves, foot and headgear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. Equipment with heavy or too many seams on the striking surfaces are also prohibited. The event Arbitrator ultimately

determines the approval or denial of the equipment.

As ISKA is involved in the promotion and participation in sport karate, only Karate, TaeKwon Do and Kung Fu equipment will be allowed. Boxing and other contact sports equipment are not allowed in ISKA events. Shin, elbow, rib, knee, and breast protectors for female Competitors are recommended for additional safety to all sparring Competitors.

The strapping of hands is prohibited.



13.9 What do I wear – Competitor Uniform

Your schools/clubs martial arts uniform must be worn by all Competitors and assistants, no exceptions.

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform in a good state of repair. T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's **official school uniform** or if they list the schools name or logo on the uniform top.

A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation. The appropriate colour belt or sash must be worn in competition.

Shorts cannot be worn at any time.



13.10 Warning and Penalties

Only one (1) verbal warning is allowed without penalty for breaking the rules. After the first warning is given, a penalty point is awarded to the Opponent on each and every violation of the rules. If a Competitor receives four (4) warnings (giving 3 penalty points to his/her opponent), in any one match, they are automatically disqualified and his/her opponent is declared the winner. If the result on the first infraction is considered by the Referee to be severe enough they can omit the first warning and issue a penalty point automatically. In doing so, the Referee is omitting any first warning to the offending Competitor. **A penalty point can determine the winner of a match.**

Other Penalty Rules: A Competitor **cannot** be penalized and still received a point on the same call. A penalty always overrules a point by the same Competitor.

A Competitor can receive a point because their Opponent was penalised and at the same time receive a point for scoring. Example: Competitor "A" receives two (2) points because they scored with a kick to Competitor "B" and at the same time Competitor "B" hits Competitor "A" with excessive contact, therefore receiving a penalty.

If, in the opinion of the Referee or medical personnel a Competitor is unable to continue because of an injury caused by an illegal attack executed by their Opponent, the offending Competitor shall be **automatically disqualified**.

If a Competitor is injured and it is considered that they are responsible for his/her own injury, or no fault can be associated with the injury, the opponent will not be penalized (i.e., ducking into a knee, butting heads, etc.) In the event a fighter is unable to continue because of a no-fault foul, his/her opponent will be declared the winner even if they are not ahead at the time of the foul.

If a Competitor scores a point and immediately proceeds to break the rules, even if it was after the point technique, the warning for breaking the rules voids the point (a Competitor cannot receive a point and a warning on the same call).

Causes of Penalising: This is a partial list of possible causes of penalising and may be used as a guideline to follow:

- Attacking illegal and non-target areas
- Using illegal techniques
- Running out of the ring to avoid fighting (not fighting out)
- Falling to the floor to avoid fighting
- Continuing after being ordered to stop (fighting after break)
- Excessive stalling
- Blind, negligent or reckless attacks
- Uncontrolled techniques
- Any unsportsmanlike behaviour from the Competitor or their coach, team-mates, family, friends, etc.
- Any abusive behaviour from the Competitor or their coach, team-mates, family, friends, etc., such that the Referee feels it affects the outcome of the match or the performance of the Officials or other Competitors
- Excessive contact
- Not being prepared or ready when it is time to compete

13.11 Disqualification

Disqualification of a Competitor requires a majority vote by all Officials, except when a Competitor is automatically disqualified when they receive three (3)

penalty points. When a Competitor is disqualified it is proper to notify the tournaments Arbitrator. A Competitor who bows out or accepts a bow out of any grand championship match may be disqualified. If so, all awards and rating points are forfeited. A Competitor who is disqualified for misconduct or malicious behaviour in a final round will not be awarded the trophy or rating points.

Non-Competing Penalty: If in the event of a majority opinion of the Officials that Competitors are not making an obvious attempt to fight in the true spirit of competition, both Competitors will be warned and if it continues, will be disqualified.

Wrong Division: If any Competitor competes in a Division they are not qualified for because of age, weight, gender or style, they will be disqualified.

Out of Bounds: A Competitor is out-of-bounds as soon as they do not have at least one foot touching inside or on the boundary line. Stepping out-of-bounds does not immediately stop the match. The Referee is the only one who can stop the match. An out-of-bounds Competitor may be scored on by their Opponent so long as the in-bounds Competitor has at least one foot in bounds and the Referee has not signalled to stop. In the event of a jumping/flying technique, the attacking Competitor must land with one-foot in-bounds in order to score.

13.12 Forfeit

Points will be awarded to the opposing team in the event a team forfeits a match. The Officials will handle intentional and unintentional forfeits differently. A team cannot win by forfeiting the final match if it is leading going into the final match.

13.13 Coaching

Coaching is a luxury that most Competitors do not have access to at all times. Therefore, it can become an unfair advantage over a Competitor who does not have a coach. Rules are made and enforced so no one Competitor has an advantage or disadvantage over another Competitor. Once the Competitors enter the ring, the rules make the contest as equal and as fair as possible for both Competitors. Therefore, the following rules on coaching apply:

- Never at any time, can coaches, friend/s, team member, etc.; enter the ring without the Referee's permission. Only the Officials, Competitors and medical personnel are normally allowed in a ring
- No abusive, violent, unsportsmanlike or overzealous coaching is allowed
- **A coach cannot ask for a time out** (only a Competitor may ask for a time out)
- A coach can never, at any time, interfere with the proper running of the ring or the decisions of the Judges

The Referee will issue penalties for any of the above coaching infractions.

13.14 Rank Rules

A Competitor must compete at the highest belt level they have earned in the martial arts. A Competitor can never compete in a Division of which they have not earned that rank. Once a Competitor competes as a black belt legally, they must always compete as a black belt. A Competitor can never compete in a lower belt division than the level of belt they have earned in the Martial Arts.

13.15 Enter into the Right Age Division

Proof of Age Rule & Legal Age Rule

All Competitors must have proof of age. If there is a reason to question a Competitor's age, they must present a birth certificate, driver's license, or passport to prove their age. If proof of age cannot be presented and the Competitor wins a division the award(s) and rating points (if rating points awarded) will be held until proof of age is provided. Proof of age must be provided within seven days of the event date otherwise no rating points will be awarded.

The age a Competitor at the 30th June of the current competition year is their legal competition age for that year. All Competitors have the option of competing in the same Division all year long for rating purposes by establishing a legal competition age for the year. The legal age rule is developed for rating purposes only.

Note on Age Divisions: Adult sparring Competitors 30 and older have the option to compete down one age Division. For example, a 30 year old Competitor can compete in the 18-29 years Divisions, a 40 year old Competitor can compete in the 30-39 Division etc. A Competitor cannot compete up in an age division.

13.16 How to make a Protest

A Competitor has the right to protest an infraction of the Rules or if a rule mistake was made, not if a judgment call was made. Should a Competitor wish to protest they must first let the Referee know they believe there has been an infraction of the Rules or a mistake made.

The Referee will summon the Arbitrator to the ring to render a decision if the Referee cannot settle the protest to the Competitor's satisfaction. All protests must be made in an orderly, proper, and sportsmanship like manner. All protests must be made immediately. **Protests are not allowed once competition has resumed.** A Competitor may be penalised if they are protesting improperly or without proper cause.

13.17 Fairness Rule

If a question arises that is not covered by this Rule book, the Arbitrator and/or their appointed representative, may at their discretion overrule, modify or change a delineated rule if they believe that enforcing such a rule would result in an inherent unfair outcome to a Competitor. However, this should only be undertaken in extreme cases and after careful consideration. This process shall be carried out in a written form and given either to the Australian Head Referee or a Director and must be taken to the next meeting of the Board.

Starting Position



Examples of Legal Techniques



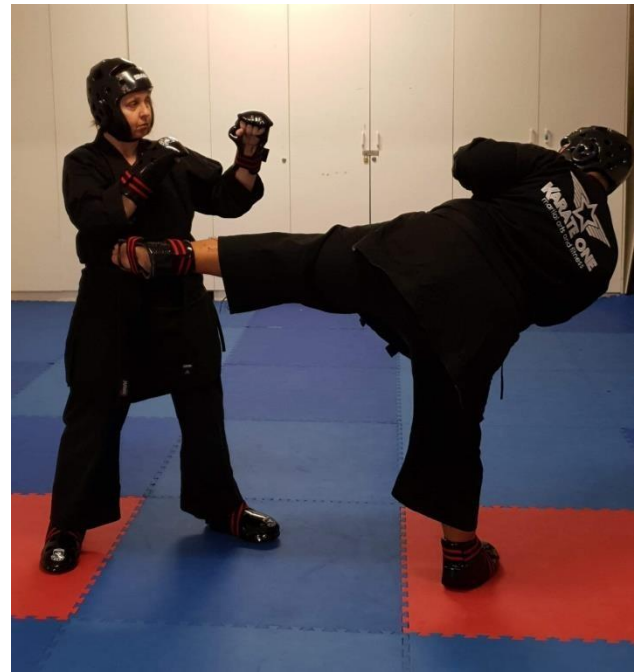
Controlled Punch to Kidneys



Controlled Punch to Chest



Controlled Kick to Head



Controlled Kick to Ribs



Controlled Back fist to Side of Head



Controlled Punch to Chest



Controlled Punch to Face

within 150mm radius

Examples of Illegal Techniques



No Grabbing



No Throwing



No Scratching Face Area



No Stomping



Head Locks

No Punching the back of Head or any part of the Neck

No



No Punching the Throat Area



No Punching the Back Area



No Kicking below the Waistline No Kneeing any Area

This is the end of Book Twelve – Team Sparring

14. Book Twelve - Tricking

14.1 General Rules

All tricks regardless of discipline will be categorised into Power Moves or Combos categories.

14.2 How Battles will be Judged

Battlers will be judged on difficulty, creativity, crowd response, cleanliness, style and battle mentality (exuberance and level of entertainment expressed in a personal character). A person doesn't win just by doing the coolest trick.

Judges will point to who they think won at the end of each round. A person must win two (2) rounds in order to be the overall winner.

14.3 Types of Moves that can be performed

Power Moves: Any single or double trick technique. Can be a set up and trick, or two tricks.

Combo: Any three (3) techniques/tricks or more.

The first Competitor of each round will start by performing either a Power Move or Combo. The second Competitor must match the category (Power Move or Combo) by performing a trick in the same category for their turn. This will allow the Judges to compare power moves to power moves and combos to combos.

There are no limits. Tricks from all disciplines are allowed including: martial arts, dance, break-dance, acrobatics, gymnastics, parkour, free running, etc. No props will be allowed.

14.4 Spinning heel roundhouse kick 360 competition

Spinning Heel Roundhouse Kick 360 competition is done on a time limit of twenty (20) second. Two Competitors perform as many fully completed 360 spinning heel kick as they can within the time limit. The Competitor with the most kicks performed according to the Judges count will win and progress to the next level. This is done on elimination rounds until the last Competitor competes and is declared the winner.

14.5 High Kicks competition

High Kick competition is done on knockout rounds. Each Competitor steps up to perform the high kick at the level the Judge places the pad. This Competition is judged on the Competitors ability to kick the touch pad at various heights. The pad must be kick by the foot area to move to the next round. As a Competitor misses the kick they are eliminated until a single Competitor remains will be declared the winner.

The kicks will be judged in the following order;

1. chest level
2. chin level
3. nose level
4. top of head level
5. approx. 100mm above the head
6. the Judges will then continue to move the pad higher in approx. 100mm increments until only one (1) Competitor remains



All kicks must make contact with the kick pad to be counted

This is the end of Book Eleven – Tricking

15. Definitions Required for ISKA Tournament Rules

Australian Head Referee—controls and oversees the ‘Rulebook’. Trains and approves ISKA Referees and Officials. Deals with any complaints or concerns that have been escalated or cannot be resolved by the Centre Referee or tournament Arbitrator.

Arbitrator - an independent person or body officially appointed to settle a dispute

Association - use in this document will refer to the International Sports Karate Association

Incorporated and its associated entities

Belt Level - reference to martial arts training skills reached

Black Belt - level of martial arts skill usually equated to highly experienced, refer to 'Belt Level'

Board - means the body managing ISKA and consisting of the Directors

Board of Directors - refer to 'Board'

Chairman - the elected Director in charge of the Board

Club— an organisation constituted to play matched in a particular sport

Coach - a person who trains athletes for games, a contest etc. and or to give instruction or advice to in the capacity of a coach

Competitor(s) - a person(s) who takes part in a sporting contest

Competition - the activity or condition of striving to gain or win something by defeating or establishing superiority over others

Competition area - designated space in which the competition is conducted

Control - holding back in reverse the amount of force that, if not restrained or pulled short of full contact, could have incapacitated or inflicted serious damage to an opponent

Difficulty - the complexity and intricacy of the form or weapon routine. The difficulty category is the least critical of the three judging categories, but could become the deciding factor of winning or losing if a judge feels that two Competitors are equally as good in the execution and presentation categories

Director—a member of the board of ISKA

Division(s) - groupings of Competitors at an event

Event(s) - particular contests making up the ISKA calendar

Execution - the act or process of performing (executing) the techniques of the form or weapon routine. The execution stage of judging is the most critical and should weigh the most in the judge's final score

Executive General Manager - the senior most executive leader of ISKA

Expert Level – level of martial arts skill usually equated to highly experienced, you have been training in any style of martial arts for more than 4 years

Floor - See 'Competition area'

Focused Touch - light, medium and excessive

Focused Control - no contact is allowed, but the technique must be focused close enough to the 'no touch' target area

Governed - authority of the policies, actions and affairs of the Board

Instructor - a person who teaches

ISKA - International Sports Karate Association

Judgement Call—an observation ruling by a Referee or Judge that is necessarily subjective because of the disputable nature of the play in question and one that may be appealed but not protested, as opposed to a matter of official rule interpretation

Judges - appointed representative for decision making, approved to judge events such as Kata, traditional weapons, self-defence, showmanship and extreme kata/weapons. Assists the Centre Referee to control and judge events such as, point sparring, contact sparring, clash sparring, sumo and sword combat.

Mat(s) - refer to 'Padded Surface(s)'

Medical personnel - designated attendant to deal with medical issues arising at the event

Oceanic Region - entire region between continental Asia and the Americas, thereby including islands in the Pacific Rim such as the Japanese archipelago, Taiwan, Australia and New Zealand

Official - appointed representative for decision making

Opponent— someone who competes with or opposes another in a contest

Padded Surface - a surface that is resilient enough so that an opponent is able to withstand the shock of a fall or takedown without damage or injury. An actual resilient pad must be present on the surface to be considered padded or soft. Concrete, wood, tile, terrazzo, rubber or any other similar surfaces are not considered padded or soft

Point - a point is a controlled, legal sport karate technique scored by Competitor in-bounds which strikes an opponent with the allowable amount of focused touch contact or focused control to a legal target area

Presentation - the image or impression of the Competitor as reflected in his/her performance of the form or weapon routine. The presentation stage is the second most important or critical and should weigh accordingly in the judges final score

Promoter - key coordinator of an event

Referee – tasked with ultimate control of a ring at an event. Controls events such as point sparring, contact sparring, clash sparring, sumo and sword combat.

Ring - see 'Competition Area'

Rules - direct reference to this document

Rulebook- this document

Sanctioned - event approved by the ISKA Board

Scorekeeper - appointed representative for keeping a record of the Division(s) scores

Spectator - a person who watches an event and does not participate as a Competitor

Street Speed—the speed a moved would be performed in real life conditions

Synchronised Team —a group organised to function cooperatively in a joint effort working at same time or rate, going together or happen at the same time, working in unison or the use of techniques in a domino effect

Timekeeper - appointed representative for monitoring the duration of a match

Tolerance - the ability or willingness to tolerate the existence of opinions or behaviour that one dislikes or disagrees with

Younger divisions - reference to Divisions containing Competitors under the age of 18 years

ISKA South Australia – Schedule 5.2

Light-Kick Sparring Rules



International Sports Karate Association

South Australia

Light-Kick Sparring Rules

2020

INTRODUCTION

This rulebook contains the standard rules that all sanctioned International Sports Karate Association (ISKA) Light-Kick Sparring events are to be conducted in the Oceanic Region, including but not limited to Australia and New Zealand.

Note: Schedule 1 of the ISKA South Australia Official Rules applies to this Schedule (Light-Kick Sparring Rules). Should Schedule 5.1 conflict with any part of Schedule 1, Schedule 1 will apply.

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1. Light-Kick Sparring

1.1 Definition

Competition in Light-Kick sparring should be executed as its name implies, with wellcontrolled techniques.

In Light-Kick competitors fight continuously until Central Referee command STOP or BREAK. They use techniques from full contact, but these techniques must be well controlled when they land on legal targets. Equal emphasis must be placed on both punching and kicking techniques.

Three judges make the complete scoring decisions with the use of clickers.

Schedule 1 of the ISKA South Australia Official Rules applies to this Schedule (Light-Kick Sparring Rules).

1.2 Weigh-In

It is mandatory for all competitors, who compete in a weighted Division, to weigh-in before engaging in competition. Only one official weigh-in is required. If any Official feels a competitor is trying to mask their weight by wearing unreasonable clothes or equipment, they will be asked to remove those articles of clothing before weighing-in. A Competitor cannot compete in a weight division in which they do not make the proper weight. This means a Competitor cannot go up to a heavier weight Division or go down to a lower weight Division.

1.3 Light-Kick Sparring Rules

Competitors will enter the ring and touch gloves. They will then step back and assume a fighting stance and wait for the command FIGHT from the Centre Referee. The Centre Referee will initiate the fight by commanding fight, when the Centre Referee calls STOP, the competitors must return to their starting points on the mat. If the Centre Referee's commands break both competitors must step back and then reengage with their opponent.

The time will only be stopped on the command of the Centre Referee, by calling TIME to the area control table. Time is not stopped to award penalties unless the Centre Referee feels it is necessary to do so.

The Centre Referee should not talk to the competitors during the match unless they have stopped the clock.

Competitors may have one Coach in their corner during the match. The Coach must remain in the allocated coach's area.

No coach will be allowed to enter the fighting area while a match is in progress and no Coach will be allowed to interfere with any Centre referee or judge. No Coach will be allowed to make derogatory remarks about a Centre Referee or judge or comment. A Coach may be removed from their coaching position during the match if they continue to abuse officials or Referees.

Only the Centre Referee may ask for time to be stopped. A Competitor may request the clock to be stopped to adjust safety equipment or check an injury. The Centre Referee does not have to stop the clock if they feel it will take away the advantage from the other Competitor. Time-stops must be kept to a minimum.

If the Centre Referee feels a Competitor is using time-stops to rest or to prevent his opponent from gaining advantage, a warning will be given and the competitor may be following discussion with judges, disqualified for delaying the match or refusing to fight.

1.4 Legal Target Areas

The following parts of the body may be attacked using legal techniques:

- Head
- Front and side
- Torso
- Front and side
- Legs
- Thigh (only from outside to inside and vice versa) which can be attacked using the shin
- Feet
- Only for sweeping

1.5 Illegal Target Areas (Prohibited Techniques and Behaviour)

It is prohibited to:

Any Attacks other than those mentioned in section 7.

- Attacks with malicious or excessive contact.
- Top of the head area.
- Falling or dropping to the floor without due cause.
- Back of the torso (Kidneys and spine).
- Top of the shoulders all parts of Neck area.
- Below the belt (Except for Foot Sweeps).
- Continue after the Centre Referee has called "Stop".
- Turn one's back to the opponent, running away, deliberately falling down.
- All blind, uncontrolled techniques in general.
- Back of the Head.
- Groin.
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- Wrestling and ducking below opponent's waist.
- Throwing.
- Attacking an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knee touches the floor.
- Leaving the Fighting Area (Exits).
- Continue after the command "Stop" or "Break" or the end of the round has been sounded.
- Oil on the face or the body.
- The competitor spits out their mouth-guard voluntarily.

- Ground attacks. A competitor cannot attack an opponent on the ground. The Centre Referee is responsible for stopping the match immediately when one of the two competitors touches the floor with any part of the body apart from their feet. Stomps to the head or body of a downed competitor can lead to a point over to the other competitor or disqualification (Judges must decide by majority decision).
- Unsportsmanlike-like conduct. A competitor shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike conduct, the competitor may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.
- Inappropriately arguing/ commenting on a Centre Referees/Judge's decision.
- Inappropriately arguing/ commenting on a score not given.
- Attacking or verbally abusing an Official either inside or outside the ring.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal of the Coach from the ring area and based on the Arbitrators review possible permanent removal from arena/event.
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

1.6 Legal Techniques

Kicks

- Front kick, side kick, round house kick, hook kick, crescent kick, axe kick, jumping kicks and spinning kicks.

Hands

- All kind of boxing punches.

Leg, foot sweep

- To score with a foot sweep the attacker must remain on their feet at all times. If in the execution of a foot sweep the attacker touches the floor with any part of their body other than their feet, no score will be given. A score will be awarded to the attacker if the opponent touches the floor with any part of their body other than their feet.

Hand and foot techniques should be used equally during the entire fighting period. It is extremely dangerous to strike with the back of the heel; it must be strictly emphasized that the attacking competitor must use control touch contact techniques when executing the following, Axe, Hook, jumping and any type of spinning kicks i.e.: hook or jumping kicks.

1.7 Scoring

A "scoring technique" occurs when a legal sport martial arts technique is scored by a Competitor in-bounds and up-right (not considered down) without time being called that strikes his opponent with the allowable amount of **focused touch contact** and **focused control** to a legal target area.

If a competitor jumps in the air to attack or defend, they must land inside the ring with both feet to score and they must keep their balance. They are not allowed to touch the floor with any part of their body except their feet.

1.8 Referees and Judges

Each of the three judges must be seated in three separate respective corners of the rings.

1.9 Referees

Judges will keep a record of scoring strikes on hand held devices (e.g. clickers) that will help specify their vote for a winner at the conclusion of each match.

A draw decision by the Judges will be decided by a “sudden victory extension” decided by the first scoring clash. Refer to section 8.2 Scoring Techniques.

1.10 Point Values and Winner Determination

- Punch - 1 point
- Kick to the leg (Thighs - Inside / Outside) - 1 point
- Kick to the body - 1 point
- Foot sweep leading the opponent to touch the floor with any other part of the body apart from their feet) - 1 point
- Kick to the head - 2 points
- Jumping kick to the body - 2 points
- Jumping kick to the head - 3 points

1.11 Scoring Techniques

For all legal techniques (Punches, Kicks or Sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will push the button once on the clicker for a hand technique and leg technique to the body or foot, if it is a kick to the head they will push the button twice. If it is a jumping kick to the head they must push the button three times, a jumping kick to the body twice. Indicating the correct competitor (Red or Blue corner), in the event where there is more than one round, points, starting from first round, will continuously be added from the judges. For example, competitor one scores 6 in the first round, competitor two scores five, and these points will carry over to round two in the finals only.

In the event of a tie the Centre Referee will extend the fight for another 30 seconds, the competitor with the most points scored within that time will be declared the winner.

1.12 Bouts

In normal competition one bout is 2 minutes.

At international level, one bout is 2 minutes for preliminary and two bouts are two minutes per bout for finals.

1.13 Decisions

The following decisions could bring the fight to an end; ☐ Winner by points.

- Winner by disqualification of the opponent.

In difficult cases, the Centre Referee may also call out a disqualification without having given a warning beforehand.

For example:

- Knocking out the opponent by an uncontrolled blow to the head or malicious attack.
- For excessive, continuous hitting after the "stop" command.
- By extreme un-sportsman-like conduct of a competitor such as insulting the Centre Referee, Judges, the opponent or coaches.
- Showing overly aggressive behaviour.
- Winner by not showing up.
- Excessive Exits.
- Winner by stopping the fight (Referee Stops Contest, RSC).
- Official Warnings can only be given by a majority decision of judges.

A fight may be stopped if the competitor is unable to fight or defend themselves and also if the other competitor shows total athletic superiority. The Centre Referee decides who the winner is. If the fight is stopped because a competitor is injured, then the officials must make a decision.

1.14 Changing a Decision

All Referee decisions are final and cannot be changed unless agreed by the Arbitrator

- Clear and fundamental mistakes which occurred in calculating the points are discovered.
- One of the judges declares they made a mistake and switched the scores of the competitors.
- There are evident violations of ISKA rules.

1.15 Warnings

Warnings given to a competitor's corner, count against that competitor.

A Centre Referee may, without stopping the fight can give a caution to a competitor where a foul has occurred.

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing the face with arm or elbow, pushing back the opponent.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back, particularly on the back of their neck, head and kidneys.
- Lying down, wrestling or not fighting at all.
- Grabbing.
- Holding.
- Attacking an opponent who is on the floor or getting up.

- Clinching without any reason.
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding the opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Falling down intentionally, in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the call "BREAK".
- Trying to land a blow on the opponent immediately after a "BREAK" call and before withdrawing.
- Insulting the Centre Referee at any time.
- When a warning for all types of fouls has been administered.
- Inappropriate behaviours of a coach or team members and parents.

1.16 Points Over

Criteria for point over, given only by the Centre Referee, □ Unclean fighting style.

- Constant clinching.
- Constant and continuous ducking, turning of the back.
- Not engaging in fight.
- Excessive contact.
- Heavy knock down.
- Any Serious violation of the rules.

1.17 Exit Rules

- 1st Exit = Official Warning
- 2nd Exit = Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
- 3rd Exit = Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
- 4th Exit = Disqualification Verbally communicated to athlete/coach with appropriate hand signal

1.18 Match

A coach must obey by the following rules,

- Only the coach may be at the ring side during breaks.
- No advice is to be given to the competitor during the fight (encouraging is allowed).
- A coach can give up the fight on behalf of their competitor, if the competitor is in difficulty.
- During the match the coach cannot be on the ring.
- A coach who violates the rules may receive a warning or disqualification by the Centre Referee for bad behaviour and be refused to act as a coach for the remainder of the tournament.

Once the Competitors enter the ring, the rules make the contest as equal and as fair as possible for both Competitors. Therefore, the following rules on coaching apply:

- Never at any time, can friend/s, team member, etc.; enter the ring. Only the Officials, Competitors and medical personnel are normally allowed in a ring.
- No abusive, violent, unsportsmanlike or overzealous coaching is allowed.
- A coach can never, at any time, interfere with the proper running of the ring or the decisions of the Judges.

The Centre Referee will issue penalties for any of the above coaching infractions.

1.19 Disqualification

The Centre Referee may at their discretion disqualify a Competitor for fouling or unsportsmanlike behaviour.

1.20 Competitor Uniform

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform or T-shirt where club and club emblem are only displayed and are in a good state of repair.

T-shirts, tank tops and sweatshirts are allowed if they are part of a Competitor's official school uniform or if they list the schools name or logo on the uniform top. A Competitor with offensive words or offensive artwork on the uniform will be denied the privilege of participation.

The appropriate colour belt or sash must be worn in competition.

1.21 Required and Recommended Safety Equipment

ISKA approved headgear; hand; shin guards; footpads; mouthpieces; groin cups (for male Competitors) and chest guards (for all Competitors 17 year and younger) are mandatory for all Competitors in sparring divisions.

The Competitor's equipment will be checked and if it is deemed unsafe, they will be asked to change the equipment before they can compete.

Hand Pads: Must be boxing type gloves. A soft padded surface must cover the fingers, wrist and any striking surface of the hand.

10 to 13 years are allowed 6 to 8 oz. gloves 14 to 17 years are allowed 8 to 10 oz. gloves and above 17 years old are allowed 10 to 14 oz. gloves.

Foot Pads: A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. (ISKA has approved the use of "Ringstar" sparring shoes in all sparring divisions, with the same stipulations placed on other approved sparring gear.)

Shin Guards: Must cover the front of the shins and be of soft padding.

Head Gear: The front, sides and back of the head must be covered by a soft padded surface.

In addition to the head gear, a face shield is required for all Competitors 17 years and under.

Chest Guard: All 17 years and younger Competitors must wear an approved chest protector in sparring. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Rib guards that cover only the abdomen area are not approved chest guards.

Insufficiently padded gloves, foot, chest and head gear will not be allowed.

Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The tournament's official rules Arbitrator ultimately determines the approval or denial of the equipment. A properly fitted mouthpiece is required. Shin pads, elbow pads and rib/chest guards are highly recommended for additional safety to all sparring Competitors in all divisions.

CENTRE REFEREE AND JUDGES HAND SIGNALS



Centre Referee



Warning



Official Warning



One Point Minus



Disqualification

COMPETITOR UNIFORM

All Competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon do, etc.) uniform or T-shirt where club and club emblem are only displayed and are in a good state of repair.

Refer to section 1.20.



REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

Standard Sparring Equipment 17 YEARS AND UNDER



ISKA standard head gear for 17 years and under

ISKA standard boxing type gloves. Refer to Section 1.21 for glove size/weight.

ISKA chest guard compulsory for 17 years and under

ISKA recommended standard shin and bootie
Standard Sparring Equipment



18 YEARS AND ABOVE



ISKA standard
head gear for 18
years and above

ISKA standard
boxing type
gloves.

Refer to Section
1.21 for glove
size/weight.

ISKA
recommended
standard shin and
bootie



STANDARD SPARRING EQUIPMENT FOR 18 YEARS AND ABOVE



STANDARD SPARRING EQUIPMENT FOR 17 YEARS AND UNDER



It is compulsory for all male competitors to wear a groin guard.

Boxing type gloves and headgear must be worn refer to Section 1.21 for glove size/weight.



ISKA sample groin guard only