

CRUSHER COMBAT SPORTS INC.
Be FIRST Championships Tournament
Sport Karate - Continuous Sparring

RULES + REGULATIONS – 2022.

GENERAL:

This is a semi-contact Sport Karate continuous **Sparring** tournament that will not allow ANY Excessive contact. We want our tournaments to be safe and respectful. This tournament is used solely for getting exposure to the sport and used as training. It will not tolerate any unsportsmanlike conduct with the intent of hurting their opponents, this is NOT an amateur fight, it is strictly used to gain experience and most of all for **FUN** ! Basically we want everyone participating able to go to school or work the next day. !!

COMPETITION COMMANDS:

Bow! - You must bow to your opponent and bow to the referee. Touch gloves before start.
Fight! –.To begin the match and to restart after any interruptions.
Break! - The fight is to cease immediately, it can only restart with the “Fight” command.

WEIGHT + EXPERIENCE DIVISIONS:

You will be placed in the division that is most suitable for you. We will be taking in account your experience, belt ranking, age and weight to make is as evenly matched and safe as possible !! Divisions may be combined depending on registration but competitors will be notified previous to the event. You will be required to weigh in when you arrive morning of the tournament wearing the clothing you will be competing in.

CLOTHING:

Every fighter must compete in clean and appropriate fight wear.

- Uniform - Gi / Belt
- Traditional pants with school Tshirt or tank top.
- Board shorts / thai shorts / Rash guard

SAFETY EQUIPMENT:

The sparring match will only be carried out if the fighters are both wearing and agreeing upon complete safety equipment. Required Protective Gear : Adults Boxing Gloves 16oz , Kids Boxing Gloves 10oz , Head gear , mouth guard, interior groin cup , Shin with foot instep Pads are also required for adult/kid divisions.. Hands/wrist can only be protected by using basic cloth hand wraps. Safety equipment must be in good condition and must be approved prior to competition by CCSinc staff and referees. Children can use body protectors (optional). We recommend trainers to bring the best protectors you have for sharing in case your students gear isn't approved. We will have equipment available to purchase if needing anything at the event.
Also Be sure to have finger+toe nails trimmed.

MEDICAL REQUIREMENTS:

All competitors are recommended to see their family doctor to ensure that you are in good physical and mental health to participate in this Martial Arts Event. Fighters or their legal guardian/parent must be responsible for your own health insurance. Do NOT compete if you have a rash or infection of any kind that could spread to your opponents. DO NOT ATTEND IF YOU ARE feeling sick or been around anyone feeling unwell. You will not be allowed to compete and will be disqualified without refund.

THE MATCH:

The duration of kids/youth match 8-17yrs of age is 1 minute/30secs.

The duration of the adults match 18 yrs + is 2 minutes.

You must stay in the boundaries of your ring, if intentional you may be eliminated.

The fight will only be stopped if injury occurs , safety gear has shifted or severe penalty is in order

All divisions are round robin. / Single elimination format may be used in some events. -March 2022

SCORING SYSTEM:

There will be 3 judges per ring. (We require each school participating to please have 2 volunteers that can help with judging, reffing, coaching, timing ect... it takes many volunteers to make these events successful !!)

The evaluation of each match should be made according to the number of targets hit, the effectiveness of the attack, the deliverance of a clean technique and the overall impression of the athletic performance. **You must use technique and speed rather than strength + power !!**

Children/Youth 8yrs-17yrs will NOT be allowed ANY contact to the face or head. Techniques must be pulled before any contact occurs. Punches, kicks and knees to body and legs 50% power. We want everyone to have a good experience!

Adults : 18 + Contact can be made to the front and sides of headgear, body and legs. Must kick 3 inches above the knee. Foot sweeps are allowed if match is taking place on mats.

You will be warned and possibly disqualified for excess contact (using too much force), Unclean Fighting style (brawling), constant turning of the back to the opponent, and using illegal strikes or foul language.

Absoluty NO snapping of the head. 50% touch to headgear + 80% body /legs!

A close fight will be judged by overall impression and not by considering the single target hits.

At the end of the matches judges will point to the fighter they have chosen the winner, if a draw both hands of the judges will point to either fighter. Draw round will be immediately following.

If your opponent is disqualified for any reason you are awarded the winner of the match and continue to the next round.

RULES OF PLAY-LEGAL STRIKES:

Punches – straight, hook or uppercut to headgear.

Kicks – front, side, roundhouse, hook, crescent, Spinning + jumping kicks allowed.(complete control)

Knees allowed to body and legs. (adult only)

Leg catch allowed but you must execute legal strike immediately without taking more than 3 steps !

RULES OF PLAY-ILLEGAL FOULS:

Strikes of any kind to the groin, spine, back of head, knees and neck.

Elbows.

Knees to head.

Spinning back fists. Any technique done blindly.

Holding Ropes.

Attacking a downed or seriously injured opponent.

Failing to fight.

Talking.

Not listening to referee.

Bad Sportsmanship.

Running out of bounds, you must circle to stay on matted area or in boxing ring.

Striking with power + strength will NOT be awarded, possible penalty or disqualification.

Judges will be scoring on technique with full control, speed and movement.

Remember this is NOT A FIGHT, this is a Continuous “SPARRING” Tournament. Nobody is to get hurt or seriously injured. Have some fun and learn something new !

SPORT KARATE CONTINUOUS SPARRING RULES-BE FIRST CHAMPIONSHIPS 2022.