

## WSKL Rules & Guidelines

RINGS are 20'x 20' and will be matted for safety and function for both forms & sparring.

WSKL will provide music boxes for all musical divisions.

FINAL DECISIONS are made by an Arbitrator.

### EXCEPTIONS RULE

- Judges and Arbitrators, at the approval of the Promoter, may modify any existing rules in the event of unforeseen circumstances that impact the fairness of competition. Examples of exceptions may include technology glitches, interference that disrupts normal competition, or other anomalies that give a disadvantage to a competitor that is of no fault of their own.

### JUDGES

- 3 judges are located at the front of the ring
- SCORING - For Black Belts the scoring range is 9.90 - 10.0
- SCORING - For Under Belts the range is 9.80 - 9.90
- There will be a 2-point deviation during scoring.
  - o In an effort to promote fair scoring, the 2-point deviation ensures that one judge's score cannot be more than 2 tenths off the next highest/lowest score. If it is, that score must be adjusted up or down to bring it within 2 tenths of the next highest/lowest score.
- Judge's scores will reflect the competitors place based on his/her performance in the specific divisions against the other competitors in that specific division. (Relative Scoring)
- The Judges will score "AFTER" they have seen all the Competitors in that Division.

### AGE

- Your competition age is based on hold you are/were as of Dec. 1<sup>st</sup> of that division year.
- Competitors can only compete in divisions that their age is eligible for.

### BELT RANK

- You must compete with the proper colored belt that fits that division. (Novice - White, Yellow, Orange. Intermediate - Green, Blue, Purple. Advance – Red, Brown).
- Black Belts cannot compete in an Under Belt division.
- Competitors may compete up in rank (Under Belt to Black Belt), but once you do so, you will have to compete at that rank level for the rest of the WSKL season. You must also wear that belt rank during competition.
- Competitors cannot compete down in rank.

All forms and weapons divisions will be split at 12 competitors.

#### Musical Divisions:

- Forms and weapons are combined in all musical divisions
- Music is NOT allowed in Creative or Extreme Divisions
- WSKL will provide music boxes. Competitors must have music on personal device.

#### CREATIVE FORMS:

- Competitors CANNOT DO any inverted techniques.
  - o Inverted means when both feet and hips are above your head. (Cartwheel, front/back flip, handspring etc.)
- Competitors may spin more than 360 degree - "vert." kicks.
- Creative forms will be judged on martial arts technique and execution, as well as creativity and difficulty of choreography.

#### EXREME FORMS:

- Competitors have no restriction of movement or technique.
- Extreme forms will be judged on martial arts technique and execution, as well as creativity and difficulty of choreography.

#### TRADITIONAL FORMS

- Traditional implies "traditional in style." Competitors do not need a recognized/sanctioned form.
- WSKL has no time limits in traditional divisions.
- WSKL has not limits to the number of yells in traditional divisions.
- Traditional Forms cannot include any inverted techniques.
  - o Inverted means when both feet and hips are above your head. (Cartwheel, front/back flip, handspring etc.)

#### UNDER BELT TRADITIONAL

- Traditional implies "traditional in style." Competitors do not need a recognized/sanctioned form.
- Competitors may perform any form they learn at their school, as long as they do not break any Traditional Forms rules.

#### JAPANESE FORMS

- No kicks above chest level in the **Black Belt Divisions only**.
- Under-belt competitors performing "Japanese style forms, may kick/punch/block have based on their school's instruction.
- All competitors must wear a martial arts uniform (Any Color) and Belt.
- Black belts must wear a traditional Gi or Dobok.
- No tee shirts for any competitor.

#### KOREAN or AMERICAN STYLE

- Competitors must wear a martial arts uniform (Any color) and Belt.
- Black Belts must wear a traditional Gi/Dobok.
- No tee shirts in any forms divisions.

## WEAPONS

- A drop is when the weapon falls to the ground, and out of control of the competitor.
- Drops are not a dis-qualification.
- Judges will deduct .05 off the score at the time of scoring.
  - o The score should be no higher than a 9.95 for Black Belts and 9.85 for Under Belts if a drop occurred.

## CREATIVE WEAPONS

- There are no restrictions of manipulations, throws, release etc. of their weapons.
- Competitors CANNOT DO - anything inverted.
  - o Inverted means when both feet and hips are above your head. (Cartwheel, front/back flip, handspring etc.)
- Competitors may spin more than 360 degree - "vert." kicks.
- Creative forms will be judged on martial arts technique and execution, as well as creativity and difficulty of choreography.

## EXTREME WEAPONS

- There are no restrictions of manipulations, throws, release etc. of their weapons.
- Competitors have no restriction of movement or technique.
- Extreme forms will be judged on martial arts technique and execution, as well as creativity and difficulty of choreography.

## TRADITIONAL WEAPONS

- Traditional implies "traditional in style." Competitors do not need a recognized/sanctioned form.
- Competitors may perform any form they learn at their school, as long as they do not break any Traditional Forms rules.
- Competitors may NOT release or throw weapons.
- Traditional weapons cannot include any inverted techniques.
  - o Inverted means when both feet and hips are above your head. (Cartwheel, front/back flip, handspring etc.)
- Competitors must wear a martial arts uniform (Any color) and Belt.
- Black belts must wear a traditional Gi or Dobok.
- For any infraction of Traditional Weapons rules, Judges will deduct .05 off the score at the time of scoring.

## TEAM FORMS

- Under Belt teams may not include any black belt competitors.
- Belt teams are required to have at least one black belt competitor.
  - o Black belt teams may include under belt competitors.
- All team forms and weapons are combined in one division.
- Music is optional for all team divisions.
- Team divisions will be split at 12 teams.

## ORDER OF COMPETITORS

- The order for each Division will be decided by a random draw.  
Either by a computer system (like Uventex) or by use of cards or chips.
  - o In the case of cards or chips the highest would go last and the lowest member would go first.

## RESTARTS

- Restarts are allowed in the Novice divisions only.
- No restarts are allowed for Intermediate, advanced or Black Belt divisions.

## POINT SPARRING

## JUDGES

- There must be 3 Judges. 1 Center judge, and 2 side judges.
- Fighting grands may have up to 5 judges.

## SAFETY EQUIPMENT

- Mouthpiece, groin cup (males), hand, foot (ring stars can be used), and headgear are required.
- It is recommended for all fighters to wear a face shield and chest protector.
- If a competitor wear glasses, then they must have a face shield.
- Cups "CANNOT" be worn outside of the uniform.
- No open finger gloves: MMA style.
- No open toe boots: MMA or TKD style.

## TIME LIMIT

- 2 Minutes for each match.
- In case of a tie the first point wins. (Sudden death).
- Each player is granted 1, ten second timeout, per match.
  - o The time out can only be called when there's a break in action.
  - o Coaches can call time-outs.

## SCORING

- Points are awarded by a majority vote from the Judges.
- Points are awarded as followed
  - o 1 point for any punch or kick to the body.
  - o 1 point for a punch to the head.
  - o 2 points for a kick to the head.
  - o 3 points for any spin or cartwheel kick to the head.
  - o A jump spin kick to the body is worth 2 points.
- SCORING AREAS
  - o Competitors can score to the Head (this includes the back of the head), Chest, Abdomen & Kidneys
- The player with the most points after 2 minutes wins.
- If a competitor has a 10-point spread, they will be deemed the winner before time runs out.
- Competitors only need to win by 1 point.
- Competitors must win by 2 points in Grand Champion divisions.

## TECHNIQUES

- Hand techniques include straight punches and backfists, with closed hand.
  - o No upper cuts, no wild punches, or haymakers.
- Ridge hand strikes are the only "open hand" techniques allowed.
  - o No palm-heel strikes, or karate chops.
- No kicks below the belt. (Groin, legs etc.)
- No knees or elbow strikes.
- No blind techniques. (i.e. Spinning backfist)
- No ground fighting.
- No excessive contact.
  - o If one or both fighters are striking excessively and or disrespectful, they are eligible for DQ at judge's discretion

## OUT OF BOUNDS

- A competitor cannot score a point if he/she has both feet out of the ring.
- If a competitor has one foot in bounds, and one foot out of bounds, they are considered "in bounds".
  - o That competitor can score as long as one foot is in bounds. If they pick that leg up to kick, they are considered "out of bounds".
- An out of bound competitor may be scored on, if the center judge has not stopped the action.

## UNIFORMS

- Competitors can wear a fighting style uniform or a martial arts Gi.
  - o Wushu style uniforms are acceptable. (No t-shirts allowed unless they are part of your school uniform.)
- All competitors must wear Belt.

## COACHING

- Coaching is allowed not allowed in under black belt divisions.
- Coaching is allowed for Black Belt divisions.
- Coaches must sit in a designated chair next to the ring.

## INFRACTIONS

- A competitor may get an infraction for the following:
  - o Running out of the ring.
  - o Running to avoid being hit.
  - o Falling to the ground to avoid contact.
  - o Continued failure of equipment.
- A competitor may receive a Coach's infraction for the following:
  - o Disrespectful or un-sportsman like conduct.
  - o Delaying the action/ course of the match.
- The order is as follows:
  - o Verbal Warning,
  - o Official Warning, -1 point,
  - o Disqualification

