

2009 SKITA RULES AT A GLANCE

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

O = Options to Choose (7 total)

SG = Super Grands Requirement

AM = Amateur Int'l's Requirement

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

FORMS

1. **RINGS** - 20'X 20' for ages 12 and up, 15'X 15' or larger for ages 12 and under if they're under blackbelts, 20'X 40' for Chinese forms divisions if requested by the player.
2. **FINAL DECISIONS** - Made only by the Rules Arbitrator.
3. **NUMBER OF JUDGES** - Every blackbelt division must have five (5) Judges. Under blackbelt divisions can have three (3) Judges.
4. **LOCATION OF JUDGES** - Every division must have five (5) Judges.
4. **LOCATION OF JUDGES** - Options:
 - a) One side of the ring for contemporary or open forms, corners for traditional forms.
 - b) One side of the ring.
5. **UNIFORM** - Player must wear a traditional or sport karate uniform with no foul language on it. T-shirts as part of a school uniform are allowed in Chinese (soft style) divisions only. The top may be removed during the performance if appropriate for the Rules Arbitrator. *NOTE: Different detailed uniform specifications as outlined in APPENDIX A - SPECIFIC FORMS CRITERIA will apply if specific forms criteria (option 9.a. below) is used.*
6. **AGE** - Player must compete at the age they were on the first day that the circuit's season began. *[At all NBL tournaments: All blackbelt and under blackbelt players must enter divisions based upon the age they were on January 1 at 12 a.m. of the year the tournament season starts, excepting those players who will be turning 18 during the circuit season (NBL season - January 1 to December 31 / SKIL season July 1 to June 30) are allowed to compete in either 17- or 18+ at each tournament during that entire circuit season - even before they turn 18. They cannot compete in both 17- and 18+ at the same tournament and points will stay in the age group the player competes in at each tournament. The same applies for those players that will be turning 35 or 45 during the circuit season except they can compete in both age divisions at the same tournament and retain points in both - see SKITA Rulebook V.B.4.]*
7. **BELT RANK** - Player must compete with the proper color belt worn for the division competing in and at the same rank in all divisions.
8. **AMOUNT OF DIVISIONS** - Player can compete in any amount of divisions.
NOTE: If player is competing in one division when their other division is called, they cannot be disqualified so long as they are presently on deck or up competing and if they have informed the scorekeeper or coordinator of the division that is waiting for them as to what ring they are in.
9. **STYLE** - Options: (no weapons allowed)
 - a) All blackbelt players must compete in the proper style division for the form which is being performed. Detailed specifications are outlined in APPENDIX A - SPECIFIC FORMS CRITERIA, of the SKITA Handbook. A generalization of the specific forms criteria is as follows:
Japanese / Okinawan Forms - Pure white uniform with a maximum total of two (2) emblems on the uniform shoulder and/or chest and sponsor logo on back and nothing on pants. No shirt allowed under uniform top (males) and only white sports bra, sleeveless or sleeved "T" under uni form top (females), no jewelry, max 4 kiai, no kicks above chest, no multiple kicks, no elevated spin kicks, no gymnastics. Traditional unaltered Japanese/Okinawan forms only.
Kenpo / Kajukenbo Forms - Black uniform with a maximum total of two (2) emblems on the uniform shoulder and/or chest and sponsor logo on back and nothing on pants. No shirt allowed under uniform top (males) and only black or white sports bra, sleeveless or sleeved "T" under uni form top (females), no jewelry. High kicks only allowed in forms that traditionally have them. Traditional unaltered Kenpo, Kajukenbo, Polynesian forms only.
Korean Forms - Pure white or black/blue traditionally trimmed uniform top with a maximum total of two (2) emblems on the uniform shoulder and/or chest and sponsor logo on back and nothing on pants. No shirt allowed under uniform top (males) and only white sports bra, sleeveless or sleeved "T" under uniform top (females), no jewelry, max 5 kihap, no gymnastics, no splits, etc. Traditional unaltered Korean forms only.
Chinese Forms - Traditional forms only in traditional divisions.
Hard Creative / Hard Musical Forms - Sport or traditional uniform (no T-shirts), soft style techniques not allowed. Form must include:
 1) Series of at least 5 consecutive hand techniques 2) Spinning kick landing to a hand technique or split.
 3) Series of at least 3 kicks w/o touching down with the kicking leg (while kicking) from a standing position or from an aerial position.
 4) One of the following kicks: a jumping front thrust, flying side, split, tornado, whip, two or more kicks while airborne, gyroscope or capoeira.
 b) Player must compete in the proper style division for the form they are performing. The performance must display only traditional techniques that are inherent to forms of the style being represented by the player. All other general specifications apply.
10. **MUSIC** - Choreographed musical forms divisions cannot use background music w/o choreography. Occasional sound effects can be added but any player's attempted choreography to sound effects CANNOT be considered by the Judges as part of their choreography requirement. The form must follow the rhythm (various beats) of the music.
 Options for blackbelt divisions:
 - a) Judges will award one of the following musical choreography scores:
 1) 2 points = Sufficient choreography to music where an obvious attempt was made by the player to choreograph the majority of the form.
 2) 1 point = Attempted choreography of the form where only a few techniques are choreographed. For example the beginning and/or ending of the form.
 3) 0 points = Basically not choreographed. A few techniques may hit beats on purpose or accidentally.
 A total of 7-10 points means a player's overall score remains the same.
 A total of 4-6 points means a player's overall score will have 0.05 point deducted by the Scorekeeper.
 A total of 0-3 points means a player is disqualified by the Scorekeeper.
 - b) Judges will not award a separate musical choreography score.
11. **SEQUENCE** - Luck of the Draw must be done at ringside with no more than one division staged ahead of time and the shuffled and draw must be done in front of all players (coaches) of that division that are available at that time. First card picked is first up.
SEQUENCE - Players will be seeded according to their rankings.
12. **AVAILABILITY** - When the division has been declared closed and/or the charting has started, no late entries are accepted.
13. **TIME LIMIT** - Up to three (3) minutes is allowed from the time the player enters the ring or when the player's music is started, whichever is first.
14. **RESTARTS** - No penalties or deductions for the first restart per person, per division, for any blackbelt or underbelt. However, no restarts allowed in blackbelt traditional forms divisions. No second restarts are allowed at all.
15. **MUSIC PLAYER** - Unless provided by the Promoter, the Player must provide their own music player and someone to run it.
16. **SCORING RANGE** - Blackbelts will be scored 9.90-10.00 and underbelts 9.80-9.90. The first three compete before any scores are given. With only one or two players the winner is chosen by Judges show of hands. (Except at SG/AM where scores will be given).
Special Option (Not SG/AM): Before the division begins the Center Referee can declare use of an option requiring that all the Judges must give one of the first three players a score of 9.96 (UBB 9.86), another one of the first three players a score higher than 9.96 (UBB 9.86) and the other a score less than 9.96 (UBB 9.86). The exception will occur if 2 or more of the first 3 players are DQed or make an obvious error that would otherwise lower their score and make this system ineffective.
17. **TIES** - Ties between two or more players in the top four (4) places and for eighth place will be broken by the Scorekeeper tallying up which player(s) had the most Judges votes. If any Judge(s) tied players (gave the same score) then each player gets a vote. If after the tally any players are still tied with the most overall votes then they must run their forms again by luck of the draw, with a show of hands to determine a winner. A second show of hands may be required for three or more tied players to break their tie.
18. **GRANDCHAMPIONSHIPS** - All scores must be 9.95 - 10.00. Ties will be broken same as eliminations. Player performance must comply with the division that was won (i.e., - music cannot be added to a creative form). There will be a fine of \$25 levied against any player who is scheduled and desires to compete in the finals, but that fails to report to the Statisticians table before the eliminations end that day. All divisions or grand championships where prize money is advertized require that a player must be willing to compete to win any money. While players can agree in advance to split any prize money amongst themselves, the money will not be awarded to a player if the Arbitrator feels that the player(s) appear to have pre-determined a winner in advance. The only exception is if either the medical personnel or Center Referee grant an medical exception not to compete based upon a legitimate medical concern.

WEAPONS

1. **PROCEDURE** - (same as forms)
2. **SPECIFICATIONS** - Weapons must be authentic to martial arts and must be protected from sharpness.
3. **STYLE** - If option 02-a in forms is chosen, then specific criteria for hard traditional weapons applies and only the following weapons will be allowed: Kai (oar), kama (no rope), katana, kuwa (hoe), long bo, naginata, nunchaku, sai, tonfa and yarihoko. Each of those weapons have specific size and weight requirements for size of the player. See SKITA Handbook "APPENDIX A # B-Hard Traditional Weapons" for specifics.
EXAMPLE - Long Bo:
 - a) Length - Must be at least the height of the player and can be to a maximum of four (4) inches taller than the player
 - b) Construction - Must be hardwood, unadomed
 - c) Weight/Thickness - According to below chart

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

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

SELF DEFENSE & BREAKING

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

SPARRING

1. **RINGS** - (same as forms) 2. **FINAL DECISIONS** - (same as forms) 3. **NUMBER OF JUDGES** - Each ring must have three (3) or five (5) Judges.
 4. **LOCATION OF JUDGES** - With a majority rule by the Judges in the ring, they may sit in ring corners just outside the ring with Center Referee standing or may stand and move about inside the ring to judge.
 5. **UNIFORM** - (same as forms except the following) No T-Shirts or sweatshirts (in place of uniform tops) or pants above the knees are allowed. Additionally, the sleeves must reach the elbows. Jewelry is not allowed unless covered by safety equipment. No metal can be worn on the uniform. No shoes.
 6. **SAFETY EQUIPMENT** - Mouth piece, groin cup (males), hand, foot, and head gear is required. Cups cannot be worn outside the uniform.
 7. **AGE** - (same as forms) 8. **BELT RANK** - (same as forms) 9. **AMOUNT OF DIVISIONS** - (same as forms) 10. **SEQUENCE** - (same as forms)
 11. **AVAILABILITY** - (same as forms) 12. **WEIGH-IN** - All players must weigh-in and compete in the weight division(s) in which they qualify.
 13. **TIME LIMIT** - Up to two (2) minutes running time depending on option 07-a or 07-b.
 14. **COACHING** - Allowed from coaches' box or designated area. Coaches in coaches' boxes cannot call or physically signal points for their player during a break for a call in scoring so as to confuse Judges calls for points. Coaches can enter/exit coaches' box at any time during the match, but only one coach can be in the box or within 3' of the box at any time. One point penalty awarded by Center Referee for each infraction.
 15. **TIME OUT** - A player or coach can call one (1) time out per match for up to ten (10) seconds when play is already stopped.
 16. **SCORING AREAS** - Options:
 04-a → a) Head, face, ribs, chest, abdomen and kidneys.
 04-b → b) Head, face, ribs, chest, abdomen, kidneys and groin.
 17. **TECHNIQUES** - Allowable techniques include all kicks, punches, back fists, knife hands, ridge hands, sweeps to the back or side of the lower front leg, grabs up to three (3) seconds, spins and aerials. All other techniques are illegal. Eye contact must be made with technique contact.
 18. **CONTACT** - Definitions: Contact - Technique within a four (4) inch zone
 Light - Just a touch, no blood.
 Moderate - Slight penetration of opponent, no blood.
 Excessive - Extreme penetration, possible swelling, redness or bleeding.
 Options:
 05-a → a) All ranks must use either light or no contact (the individual player's option) to score to head scoring areas (and the groin if it is a scoring area); and light or moderate contact to score to body scoring areas.
 05-b → b) Blackbelts and divisions with blackbelts in them must use either light or no contact (the individual player's option) to score to head scoring areas (and the groin if it is a scoring area); and light or moderate contact to score to body scoring areas. Under blackbelts (unless the division includes blackbelts) must use no contact to face scoring areas (or groin if it is a scoring area), light or no contact (the individual player's option) to headgear scoring areas and light contact to body scoring areas.
 05-c → c) Same as option (b) except all ranks must use no contact to score to the face scoring areas (and groin, if it is a scoring area).
 19. **OUT OF BOUNDS** - Out of bounds is when neither foot is inside or touching the boundary line.
 20. **FORCED OUT VS. RUNNING OUT** - A player is not penalized for fighting out or being forced out of the ring, but can be penalized one (1) point for running out to avoid fighting by the Center Referee.
 21. **DOWNED OPPONENT** - Either Player has three (3) seconds to score when one player is down. Any kicking motions towards the head and punches making head contact to a downed opponent are illegal and determined and penalized by the Center Referee.
 22. **PENALTIES** - Excessive contact, illegal contact, illegal techniques and contact to non-scoring areas are subject to penalty points or disqualification by a majority vote of the Judges. All other penalties including hitting after call to stop, out of bounds, dropping to the floor to avoid fighting without throwing a technique, unsportsmanlike conduct and coaches calling points and/or signaling points so as to confuse the Judges during scoring (1 point for such infraction) are subject to penalty points and disqualification by the Center Referee. (See APPENDIX C - Sparring penalties at a glance).
 23. **SCORING** - Points are awarded by majority vote of the Judges. Options:
 06-a → a) One (1) point for hand and kicking techniques, two (2) points for head and spin kicking techniques and three (3) points for spinning head kicks and spinning aerial kicks. (Kicks are only one point when either player is down.)
 06-b → b) One (1) point for hand and kicking techniques.
 06-c → c) One (1) point for hand and two (2) points for kicking techniques. (Kicks are only one point for groin kicks and one point when either player is down.)
 24. **POINT AND PENALTY** - A point can be given to one player and a penalty point to the other player at one calling by majority vote, thus giving a player two scores when points are called at a break. However, a point and penalty cannot be given to the same player by one Judge.
 25. **NUMBER OF POINTS TO WIN** - Options:
 07-a → a) The player with the most points after two (2) minutes playing time or a ten (10) point or more spread. Time shall be stopped by the Scorekeeper whenever play is stopped during the last 30 seconds of each match.
 07-b → b) The first player to five (5) points or the player who accumulates the most points after two (2) minutes playing time, whichever is first.
 26. **JUDGING ERROR** - A Judge making an admitted error may immediately change the error before the next play is started.
 27. **TIES** - Result in sudden death overtime.
 28. **INJURY** - The Center Referee or the Medical Personnel can prohibit a player from continuing due to injury.
 29. **FINALS** - Total points in two (2) minutes wins.

TEAM SPARRING

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

CONTINUOUS SPARRING

1. **RINGS** - (same as forms) 2. **FINAL DECISIONS** - (same as forms) 3. **NUMBER OF JUDGES** - Each ring must have five (5) Judges
 4. **LOCATION OF THE JUDGES** - Four (4) sitting in corners outside ring, Center Referee is standing.
 5. **UNIFORM** - (same as point sparring) 6. **SAFETY EQUIPMENT** - (same as point sparring) 7. **AGE** - (same as forms)
 8. **BELT RANK** - (same as forms) 9. **NUMBER OF DIVISIONS** - (same as forms) 10. **SEQUENCE** - (same as point sparring)
 11. **AVAILABILITY** - (same as forms) 12. **WEIGH-IN** - (same as point sparring) 13. **TIME LIMIT** - The match shall last for two (2) minutes.
 14. **COACHING** - (same as point sparring) 15. **TIME OUT** - (same as point sparring)
 16. **SCORING AREAS** - Head, face, ribs, chest, abdomen and kidneys. 17. **TECHNIQUES** - (same as point sparring)
 18. **CONTACT** - Definitions (same as point sparring) All ranks must use no contact to the face scoring areas, light or no contact (the individual player's option) to score to head scoring areas, and light or moderate contact to score to body scoring areas.
 19. **OUT OF BOUNDS** - (same as point sparring) 20. **FORCED OUT VS. RUNNING OUT** - (same as point sparring)
 21. **DOWNED OPPONENT** - When either player is down, the play is stopped and players reassembled.
 22. **PENALTIES** - Penalties and disqualifications are given out only by the Center Referee. Three (3) to five (5) point penalty (Center Referee Discretion) for moderate contact to face, kicking at downed opponent or hitting after a call to stop. Two (2) point penalties for more than three hand techniques, touching the face, intentional dropping to floor (even after attempting to score), contact to non scoring areas, illegal techniques, running out of bounds, etc. Disqualification for excessive contact and unsportsmanlike conduct (See APPENDIX C - Sparring Penalties at a Glance).
 23. **SCORING** - One (1) point for hand and kicking techniques, two (2) points for hand and spin kicking techniques, and three (3) points for spinning head kicks and spinning aerial kicks.
 24. **DETERMINING THE JUDGES' SCORE** - Two Judges keep a point tally for one player and two Judges keep a point tally for the other. Play is continuous as Judges use clickers or write down each score that they see. Halfway through the match the Judges will give their scores for the two players and then tally points for the opposite player for the remaining sixty (60) seconds.
 25. **SCOREKEEPING** - The Scorekeeper tallies the four (4) Judges' scores for each player and adds in any penalty points for each player to determine each Player's final total score.
 26. **JUDGING ERROR** - (same as point sparring) 27. **TIES** - (same as point sparring) 28. **INJURY** - (same as point sparring)
 29. **FINALS** - (same as regular play)