



Point Karate

Rules

UNIFORM AND GLOVES

1. The uniform must be a karategi white or black in colour and no semicontact uniform permitted.
2. Only semicontact gloves are permitted and they must cover all fingers and the wrist
3. Sparring boots must totally cover the feet and fingers
4. The headguard must cover the forehead, temple and ears. The use of visors is optional.
5. Shin guards may not have any metallic or wooden parts
6. The use of a mouth guard is mandatory
7. Groin guard for men and chest protector for women are mandatory
8. Children may use body armour.

COMBAT RULES

1. Wearing metallic or other objects (watches, rings, bracelets) are not permitted.
2. The competitor must wait in the corner of the ring as he waits for his name to be called by the Judge.
3. The Judge will inspect the uniform, gloves and all protection.
4. The competitors must go to the center of the ring once their name is called by the Judge. They can assume fighting position and wait for the "fight" command from the Judge.
5. Fighting time is 2 minutes
6. If there is a draw after 2 minutes, there will be an extra round (1 minute). If after the extra round the score remains the same, there will be additional time added at which time the first fighter to score a point is declared the winner.
7. Only the Judge can stop the combat
8. The competitor may have their trainer in the corner of the ring during combat.
9. Trainers may give instructions to the fighter during combat
10. The fighter can ask to stop the combat time in order to fix his uniform by raising an arm
11. If the fighter asks to stop the combat to rest or speak to his trainer, he may be disqualified

LEGAL TARGET

1. head: face, forehead, side, rear
2. body: front, side, rear
3. feet: only for the ashi barai technique

ILLEGAL TARGET

1. the top of the head
2. the top of the shoulders
3. neck
4. below the belt except for the ashi barai technique

LEGAL TECHNIQUES

1. all kinds of kicks as well as jump kicks
2. all kinds of punches except the spinning back fist

ILLEGAL TECHNIQUES

1. Don't fight or run away.
2. Voluntarily stepping out of bounds: After the first and second time, the fighter gets a warning. After the third and fourth time, the fighter loses 1 point. After the fifth time, the fighter is disqualified.

SCORES

1. To gain a point, the fighter must hit a legal target. If it is a jump technique, the fighter must land and stay within the boundary lines.
2. scores:
 - punch: 1 point
 - body kick: 2 points
 - head kick: 3 points
 - jump body kick: 3 points
 - jump head kick: 5 points
 - ashi barai with the fall of the opponent: 2 points

PENALTY

1. voluntary exit
2. violation of the rules can cause a penalty point or disqualification
3. a fighter cannot have a point and a penalty at the same time

GAINING POINTS

1. When a Judge sees a legal technique hit the target, he must stop the fight and award the point.
2. Once the majority of the Judges confirm the hit, the point will be awarded

INJURY

1. If a fighter is injured during combat, the match is stopped. The Medic will check the injury and decide if the fighter can continue on in the competition.
2. If it is a serious injury and the fighter cannot continue in the competition, the opponent is declared the winner only if there are no violations of the rules.
3. If the opponent violates the rules, he is disqualified and the wounded fighter is the winner
4. If the medic says the fighter can continue in the competition, the fight continues
5. In case of injury the Judges will decide to award a point, a penalty or a negative point

VICTORY OF THE MATCH

1. At the end of the 2 minute, the fighter with the most points is the winner.
2. Within the 2 minutes; if a fighter scores 10 points or more than the opponent he is declared the winner.
3. If there is a draw after 2 minutes, there will be an extra round (1 minute). If after the extra round the score remains the same, there will be additional time added at which time the first fighter to score a point is declared the winner.

DIVISIONS

BAMBINI : up to 13 yo

JUNIOR : from 14 yo to 17 yo

SENIOR : from 18 yo to 35 yo

MASTER: from 35 yo to 40 yo Female + 35 yo

VETERAN: more than 40 yo

BAMBINI:

female: -25 / -30 / -35 / -40 / -45 / +45

men: -25 / -30 / -35 / -40 / -45 / +45

JUNIORS:

female: -40 Kg / -45 Kg / -51 Kg / -55 Kg / -59 Kg / -63 Kg / +63 Kg

men -45 Kg / -51 Kg / -55 Kg / -59 Kg / -63 Kg / -67 Kg / -71 Kg / +71 Kg

SENIOR:

female: -50 Kg / -54 Kg / -57 Kg / -60 Kg / -63 Kg / -66 Kg / +66 Kg

men: -57 Kg / -60 Kg / -63 Kg / -67 Kg / -71 Kg / -75 Kg / -81 Kg / -86 Kg / -91 Kg / +91 Kg

MASTER:

female: -60 kg / +60 kg

men: -75 kg / +75 kg

VETERAN:

men: -75 kg / +75 kg