

Kenpo Connections



- *Kenpo*
- *Inspire*
- *Competition*
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Kenpo Karate Championships

Ed Parker's Kenpo Karate

Version 2023 1.1



Kenpo Connections KICK Rulebook 2023

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1. Definitions

Organisers: Sinead Byrne of Kenbu Dojo and Dawn Venton of Jersey Kenpo are the organisers of the Kenpo Connections KICK event and competition to which these rules apply.

Competitor: Anybody who competes in any event that is being organised by the events group.

School Leader: Every group of competitors should appoint a person as contact for the events group.

(Centre) Referee: In sparring divisions there will be one referee and 2 or 4 judges, of whom one is the (centre) referee or person in charge of the ring. He or she is the person who will decide on any question regarding the rules, or any other question about the procedures of the event. The referee is also responsible for the safety of competitors.

Centre Judge: In every forms and techniques division there will be 3 or 5 judges, of whom one is the judge in charge. He or she is the person who will decide on any question regarding these rules, or any other question about the procedures of the event.

Arbitrator: A qualified person, asked by the events group to solve any disagreements on the application of these rules. There may be more than one arbitrator at the event.

Appropriate Uniform: The uniform as prescribed by the organization the competitor is a member of and that applies at least to the following criteria:

- The uniform must be clean
- The uniform can not have any materials employed or attached that can cause danger or injuries to the competitor or the opponent. Nor can the uniform be of a design that causes such dangers.
- The uniform will at least cover the entire body of the competitor, the arms from shoulder to just above the elbow and the legs from the hip till below the knee. The uniform will not cover the hands, feet or head of the competitor. Unless for religious reasons ie. An appropriate sport Hijab may be worn, if unsure speak to your instructor.

• Knowledge

2. General Rules (these rules apply to all divisions)

2.1. Liability and insurance

The events group accepts no liability for any damage or loss of property of the competitors, nor for any injuries of the competitors due to taking part in the event, or due to any other reason. The team leaders of every group are responsible for adequate insurance of the competitors coming from his/her school.

2.2. The Ring

The ring for any of the competitions mentioned in these rules is marked on a level surface. The actual competition area is clearly marked. The size of the ring should be at 6 x 6 Meters.

2.3. Not showing up

At the start of a division, announcements are made for the competitors to report to the ring. The announcements are made three times. Competitors, who do not report to the ring within one minute after the 3rd call, are disqualified from that particular division. In the case of a freestyle match, the opposing competitor will be announced winner.

2.4. Tournament management

The organisers can at any time add or cancel divisions.

2.5. Unforeseen cases and disputes over the interpretation of these rules

If any unforeseen situation arises in these rules, or in case of doubt about the interpretation of these rules, the referee or the arbitrator will decide how to act. If such an unforeseen case occurs, the ring official in charge will decide how to solve the problem, unless he/she chooses to call the arbitrator. If a school leader, (or someone appointed by her/him) of any of the competitors disagrees on a decision made, the arbitrator will be called to solve the problem. The decisions made by the arbitrator will be final.

2.6. Competitor

All competitors must present themselves suitably attired and ready to compete. They may be divided into separate divisions based on style, size, gender, rank, origin of the form or age. To enter an adult division, a competitor must be aged 18 years or older. A competitor must enter the division corresponding to his/her age, sex, and belt colour.

2.7. Late Entries and Order of Performance

It is the responsibility of the competitor to be at the ring prior to the time that the division starts. Once the division is organized and the first competitor begins, there will be no additional entries. If a competitor comes late but the first competitor has not started, they may be permitted to compete at the sole discretion of the Organisers but must compete first and immediately.

The order of the performance will be predetermined. Switching the order of performance is generally not allowed between competitors. In sparring events the order may be switched in the first round only if two competitors from the **same school** have been drawn to fight each other.

2.8. Divisions

The organisers may decide to merge or split divisions depending on the number of entries. No competitor will be allowed to compete in any division other than the one he or she should be in. Exceptions to this rule can only be made by the organisers, following a request by the competitor's school leader.

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2.9. Competitor's Health

Every competitor must be in good physical health to take part in this event. This is to minimise the likelihood of injuries.

2.10. 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 ("Fairness Rule"). However, the arbitrator and/or their appointed representative should overrule, modify or change a delineated rule only in extreme cases.



3. Freestyle Sparring Rules

3.1. Equipment

Competitors must wear an appropriate uniform as prescribed by their organization. This includes a belt in the colour that represents their level. The following safety-equipment is mandatory:

- Mouth guard - A properly-fitted mouthpiece is required.
- Safety boots - A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot
- Safety gloves - a soft padded, surface must cover the fingers, wrist and any striking surface of the hand. The use of bag gloves is not permitted.
- Head guard - The front, sides and back of the head must be covered by a soft padded surface. Facemasks are optional but not required
- Shin guards are not mandatory but are highly recommended. These must be made of soft material.

The following equipment is highly advised to be worn by all competitors. Anyone competing without, is doing so at their own risk.

- Shin guards are not mandatory but are highly recommended. These must be made of soft material.
- Groin Guard (Male and Female)
- Chest Guard (Female)

Other;

Jewellery and any other additions to the appropriate uniform are not allowed. Any competitor that shows up without the proper equipment has one minute to correct this. If the competitor does not succeed to do so, he or she will be disqualified from the division.

3.2. Duration of a match

- All first bracket sparring matches will be 2 rounds of 1 minute (1:00) with a twenty second break between (0:20)
- All brackets after the first round, will then be the standard one (1) round of one minute thirty seconds (1:30) in total.

3.3. Point Values and Winner Determination

- All legal techniques that score will be awarded one (1) point to the scoring competitor
- All penalty points awarded will be one (1) point value to the non fouling competitor
- For all first bracket sparring matches. Scores will continually accumulate over the course of both rounds with no max score. The competitor with the highest score being declared the winner at the end of the second minute and progressing forwards. In the event of a tie at this stage, sudden death applies and first competitor to score wins.
- For all brackets that follow. The competitor who earns ten (10) points automatically wins. If no one scores ten (10) points by the end of the one and a half (1:30) minutes the competitor who is ahead wins.
- In the event of a tie at this stage, thirty (30) seconds is added to the clock, if still tied then sudden death applies and first competitor to score wins.
- In some cases the losing competitors from the first rounds may fight again to even out the winners brackets. This is not guaranteed and at the descretion of the event organsier.

3.4. Removal and changing of Officials

If a competitor feels that an official should be removed from a sparring division, he/she may make a protest to one of the tournament arbitrators. **The decision regarding the actual removal of the official is the arbitrator's decision.** The decision is final. **All protest shall be made in an orderly, proper, and sportsmanlike manner.** If a competitor has a protest about anything, they should make the protest to the referee. The referee may summon the arbitrator to the ring to render a decision on the protest. All protests must be filed immediately. No protest is allowed after competition has resumed. A sparring official can be changed at any time during a division once a match has stopped.

3.5. Late Entries

It is the responsibility of the competitors to be registered, weighed-in and at his/her ring prior to the time his/her sparring division starts. Once the first sparring match has started in his/her division, no other competitors can enter that division.



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3.6. How Points are Awarded

Scoring points are awarded by a majority vote of the ring officials. The majority of officials do not have to agree on the same technique being scored, only that a point was scored.

- **Legal Target Areas:** covered area of head, face, ribs, stomach, chest, abdomen
- No face contact for children's divisions, or adults (18 years and older) white to green belts; light face contact only allowed for adult brown and black belts.
- **Illegal Target Areas:** Spine, back of neck, throat, sides of neck, groin and legs are all illegal target areas. Any attacks to these areas could result in a warning and/or penalty points. No face contact for children and for all white to green belts.
- **Non-Target Areas:** Hips, top of head, shoulders, buttocks, arms, and feet are all non-target areas. Points cannot be scored to non-target area. If it is deemed that a competitor is actually attacking these areas, warning and/or penalty point may be awarded.
- **Legal Techniques:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. 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 governing sport point karate.
- **Illegal Techniques:** Head butts, hair pulls, bites, scratches, elbows, knees, sweeps, eye attacks of any kind, any stomps or kicks to the head of a downed opponent, slapping, grabbing, uncontrolled blind techniques, any uncontrolled dangerous techniques that are deemed unsafe in sport karate.
- **Grabbing:** No grabbing of the uniform, gear or any part of the body. Any violation of this rule will result in a warning.
- **Ground fighting:** If a fighter falls on the ground, the referee may allow up to 3 seconds for both competitors to score a point (as long as safety allows). The fighter standing cannot strike the head for safety reasons. Deliberately dropping to the floor to avoid or evade fighting is not legal. A fighter is down when any part of the body, other than the feet is touching the floor.

3.7. Contact Levels Defined

- **Focus:** means the strike stops short of contact. Focus contact to the head can be used to score a point.
- **Light Touch Contact:** means there is no penetration or visible movement of the opponent as a result of the technique. Light touch may be made to all Legal Target Areas. Light Touch Contact to the face is only allowed for adult brown and black belts.
- **Moderate Touch Contact:** means slight penetration or slight target movement. Moderate Touch Contact is not permitted to the head and face. Moderate touch may be made to all other Legal Target Areas.
- **Excessive Contact:** is made when an opponent strikes with force in excess of what is necessary to score a point. Though it is largely a judgment call, indications that contact has been excessive may be accessed by the following reactions:
 1. Visible snapping back of a competitor's head from the force of a blow.
 2. 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).

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3. A knockout of an opponent.
4. 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**).
5. The distortion or injury of the body from the force of a blow to the body.
6. Wild swinging of limb.

- **Touch Contact Requirements:** All ranks may make focus contact to the head to score a point, and light or moderate touch contact to the body to score a point. Adult competitors may make light touch contact to the head to score a point.

3.8. Warnings and Penalties

Only one warning is allowed without a penalty point for breaking the rules. After the first warning is given, a penalty point is awarded to the opponent on each and every subsequent violation of the rules. If a competitor receives three warnings (including the first non penalty point warning) in any one match, he/she is automatically disqualified and his/her opponent is declared the winner. If the result of the first rules 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.

- A competitor cannot be penalized and still receive 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 penalized and at the same time receive a point or points for scoring.
- If a competitor is injured and it is considered that they are responsible for their 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, their 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).

3.9. Out-of-Bounds

A competitor is out-of-bounds **as soon as they have at least one foot outside of the boundary line**. A judge or referee should shout stop when they see a competitor out of bounds. **The referee has to stop the match upon any side judge calling stop**. An out-of-bounds competitor may be scored on by their opponent so long as the opponent has both feet inside the boundary line and the referee has not signaled to stop. In the event of a jumping technique, the attacking competitor must land in-bounds in order to score.

A separate count should be kept of line fouls and a warning could be given on the advice of one judge. 3rd line foul to result in a point over and 4th line foul disqualification.

3.10. Coaching

- Never, at any time can a coach, friend, 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 allowed.

- A coach cannot ask for a time out (only a competitor may ask for a time out).
- As in all sports, coaching **IS ALLOWED**. Only one coach is allowed for a competitor.
- A coach can never, at any time, interfere with the proper running of the ring or the decisions of the referee or judges.
- Penalty points for any of the above coaching infractions are issued by the referee to the relevant competitor.

3.11. Number of officials

In adult under belt and all children's divisions, there will normally be one referee and two judges. In all adult black belt divisions, there will be one referee and either two or four judges. There must also be a time/scorekeeper.

3.12. Task of the referee and side judges

The referee is responsible to enforce the rules in favour of fair play and safety of the competitors. Only the referee may award points / penalties, start, stop the match. The referee is responsible for clearly announcing points to both competitor and scorekeeper. The referee has to make eye contact with the scorekeeper when awarding points. The referee is an intermediary for competitors, officials and audience and makes all announcements clearly audible and visible.

If the referee calls break, the side judge can ask the referee for 2 calls if they think they have seen a foul.

3.13. Safety of the Competitors

If any blood is drawn, the match will be ended. In general the opponent will be disqualified. After consultation between, ring officials and medical staff however, the decision can be made that the opponent will not be disqualified. Although possible at the discretion of the referee and medical staff it is likely that the injured competitor may not be allowed to continue for safety reasons.

3.14. Voting

Only the 3 or 5 officials together vote on a possible point. Other decisions can be made by the referee only. When the referee sees a possible point, he/she will stop the match by calling `Break`. After he/she declares what the vote is for (i.e. point or penalty) the corner-judges point their flags to the side they vote for. Corner-judges vote **immediately**. Late flags will not be accepted.

3.15. Flags or hand signals for point sparring

The officials call points as they see them. When the referee or side judge believes a point has been scored he/she shall call out the word, "**Stop!**" Once fighters return to their lines, the officials will call simultaneously for a point, warning, etc.

The Referee may ignore late calls!

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Starting position waiting for a call from the referee.

- **Point is scored:** If flags are used, a side judge raises the appropriate colour flag of the competitor who he/she feels scored the point. When a side judge sees a point he/she should yell out the word, "Point!" in a loud, clear voice to let the referee know he/she has a call.



Point Red



Point White

- **No point scored:** A side judge crosses his/her flags or wrists at waist level to indicate that he/she believes no point was scored.



You saw a technique, but no point was scored

- **No See:** The side judge holds his/her hand over his/her eyes indicating that he/she could not see whether a point was scored or not.

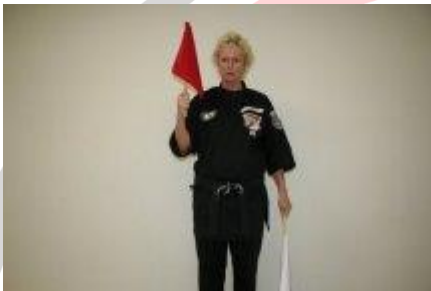


- **Clash:** With or without flags, a side judge makes a motion as though he/she is hitting both fists together or places the tops of both flags together. This means both competitors scored at the same time, therefore, no point.

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- **Penalty:** The judge will wave the flag color of the offending competitor in a circular motion. If no flags are being used, the judge waves hand in a circular motion as he/she points to the offending competitor.



Small circles are made

- **Out:** Any judge calls stop when he/she sees a competitor go out of bounds. If a call is being made and a judge believes the competitor was out of bounds, he/she will wave their flags or hands in the direction of the person they feel went out.
- **Disqualification:** A disqualification vote is taken separately from any other vote. When a disqualification vote is asked for, the referee will say, "Judges Call!" A judge will then hold the flag colour, or point if no flags are being used, at the competitor he/she thinks should be disqualified. If he/she does not believe there should be a disqualification, he/she does not hold up a flag or point to a competitor.



- **Late Call:** All officials should make their calls at the same time. If, in the opinion of the referee, a corner judge is making a late call intentionally, the referee can discount the call (noise not allowing the judges to hear the referee and the honest mistake of raising the wrong flag colour should be taken into consideration).

3.16. Fouls

This is a partial list of possible causes of penalizing and may be used as a guideline to follow in deciding on calling a penalty:

- Using illegal techniques.
- Running out of the ring or falling to avoid fighting (not fighting out).
- Continuing after being ordered to stop (fighting after break).
- Excessive stalling
- Being late or not properly attired for your event when your name is called
- Blind, negligent or reckless attacks even when no contact is made.
- Any unsportsmanlike behavior from the competitor or their coaches, friends, etc.
- Any abusive behavior from the competitor or his/her 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.
- Open-hand techniques to the face.
- Techniques that can injure joints.
- Throws and sweeps
- Grabbing or pulling.
- Head-butts
- Hitting any target that is not allowed (spine, throat, back of the neck, back of the head below the ears, or kicking to the legs).
- Contact with the intention to hurt the opponent or with disrespect for the safety of the opponent.
- Sweeping both legs
- Talking in the ring
- Obstructing the progression of the match on purpose.
- Unsportsmanlike conduct.
- Interference from outside the ring.
- Ignoring the instructions from the referee.
- Turning your back towards the opponent in order to avoid the fight.
- Calling your own points.

The referee will declare fouls. First foul is a warning, every warning after that will result in a point for the opponent. 3rd foul will result in disqualification

4. Forms Rules (traditional, open, creative and weapons)

4.1. Kata choice

Forms category	Allowed forms
White/Yellow/Orange	Short Form 1, Long Form 1, Short Form 2
Purple/Blue/Green	Long Form 3 and below
Brown Belt	Form 4 and below
Black Belt	Form 6 and below

In the traditional Kenpo Karate form divisions only unarmed forms from the Parker System may be used (short form 1 to form 6). Forms or sets that are not part of the competitors own standard training content may not be performed. No music is allowed.

In the Team Form divisions, if the chosen form is a traditional Parker System form, the highest form allowed is the form that belongs to the standard training material of the highest ranked competitor in the team. A team comprises 2 or 3 competitors. Music is not allowed.

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4.2. Manner of Competition

- The competitor is called, after which they have to report to the mat
- The competitor bows, then enters the mat area
- The competitor bows to the panel in attention stance and announces their name clearly and the form or set that will be performed.
- The participant starts the form.
- After completing the form, the competitor remains on the mat until the panel has spoken
- After a gesture by the panel the competitor may leave the mat

4.3. Equipment of the competitors

Competitors have to wear an appropriate Kenpo uniform, including a belt in the colour that represents their level. A t-shirt in the same colour as the suit may be worn under the uniform. Jewellery and any other additions to the appropriate Kenpo uniform are not allowed. Any competitor that shows up at the field without the proper equipment, has one minute to correct this. If the competitor does not succeed to do so, he or she will be disqualified from this division.

4.4. Not showing up

At the start of a division, announcements will be made for the competitors to report to the ring. The announcements are made at least 3 times. Competitors who do not report to the ring within 1 minute after the 3rd call, will be disqualified from that particular division

4.5. Number of Judges

Every panel consists of at least 3 but preferably 5 judges

4.6. Point system

All members of the panel will award points varying from 5 to 8 for white-green belts and 6 to 9 for brown-black belts. If a competitor does not complete a form, he or she will receive the lowest points, 5.0 or 6.0.

Points may be decimalized. The scorekeeper will process the points of individual judges. The total amount of points will be the score for the competitor.

4.7. Judging criteria

- Charisma
- Difficulty level.
- Balance
- Coordination
- A technical mistake or hesitation will result in deduction of points. If a competitor is unable to complete a form, he or she will be given the opportunity to perform it for the second time. However, points will be reduced to 5.0 (white-green) or 6.0 (brown-black)

Guide for Non Judging officials

Time keeper

The time keeper is required to time all sparring events and apply the time limit as specified by the referee.

The timer starts when the referee initiates the fight. The timer is only paused when the referee signals that this should be done. When the allotted time has expired the time keeper must ensure that the referee is notified immediately. This can be achieved by shouting time and throwing an object such as a small bean bag into the centre of the ring.

Score keeper

This function is required for all events.

The score keeper should have the list of competitors for the event and show it to the referee or centre judge (for forms, weapons and self defence events). A roll call is then carried out to ensure that all competitors are present at the ring. The official in charge of the ring will decide when to start the event.

Self Defence techniques/Forms/Weapons

There may be three or five judges. All members of the panel will award points varying from 5.0 to 8.0 for white-green belts and 6.0 to 9.0 for brown-black belts. If a competitor does not complete a form, he or she will receive the lowest points, 5.0 or 6.0. When the centre judge calls for the scores to be shown all scores must be recorded. In calculating the score the highest and lowest scores must be discounted when there are five judges. In the event of a tie the centre judge will ask for the highest scores to be added back. If the position is still tied the lowest score should be added in.

All Sparring events

The scorekeeper must work out the number of byes required before the division is commenced. This is to ensure that the number of competitors will be brought to one of the following numbers: 2, 4, 8, 16, 32. Please see the following table which shows the number of byes to be awarded and the suggested competitors to be awarded these byes:

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Number of Competitors	1	2	3	4	5	6	7	8
Byes	-	0	1	0	3	2	1	0
Which ones get a bye	-	-	2	-	1, 3, 5	3, 6	4	-
Number of Competitors	9	10	11	12	13	14	15	16
Byes	7	6	5	4	3	2	1	0
Which ones get a bye	2, 3, 4, 5, 6, 7, 8	1, 2, 4, 6, 8, 9	2, 4, 6, 8, 10	3, 6, 9, 12	3, 6, 9	7, 14	8	-
Number of Competitors	17	18	19	20	21	22	23	24
Byes	15	14	13	12	11	10	9	8
Which ones get a bye	2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16	1, 2, 3, 5, 6, 7, 8, 10, 11, 12, 13, 14, 15, 16	1, 2, 3, 5, 6, 7, 8, 10, 11, 12, 13, 14, 16	1, 2, 3, 4, 6, 8, 10, 12, 14, 16, 18, 20	1, 2, 4, 6, 8, 10, 12, 14, 16, 18, 20	2, 4, 6, 8, 10, 12, 14, 16, 18, 20	2, 4, 6, 8, 10, 12, 14, 16, 18, 20	3, 6, 9, 12, 15, 18, 21, 24
Number of Competitors	25	26	27	28	29	30	31	32
Byes	7	6	5	4	3	2	1	0
Which ones get a bye	3, 6, 9, 12, 15, 18, 21	4, 8, 12, 16, 20, 24	5, 10, 15, 20, 25	7, 14, 21, 28	1, 15, 28	1, 15	15	

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Sparring (individuals)

There is only one point awarded at a time regardless of the target. Both points and warnings need to be accumulated.

Sparring (teams)

All points are accumulated and the bout is only halted when time has been called or there is a disqualification.

It should be noted that there is no 4th place in any of our **sparring divisions**.

From time to time both time and score keeper functions may be performed by just one person.



If you have any questions or queires about the rule book. Please contact the event organisers by email

tng europe@gmail.com

If you have questions or queiries on the day, please speak to event organisers or arbitrator at the event.