

SPORT KARATE MMA RULES 2020

This event is a new event being held at Compete 2020.

Sport Karate MMA is a combination of Continuous Sparring and Submission Grappling with takedowns from Judo and controlled punching and kicking from Karate. These divisions are for martial arts/ karate students to take their fighting ability to the next level under safe rules and guidelines.

RING SIZE (same as point and continuous sparring)

REQUIRED EQUIPMENT

- 1. Hand pads** A soft padded surface must cover the fingers, wrist and any striking surface of the hand.
- 2. Foot Pads.** A soft padded surface must cover the instep, sides, toes, ankles and back of the heel of the foot.
- 3. Mouth piece.** Properly fitted mouthpiece is required
- 4. Groin protector** for all male competitors
- 5. Head Gear** the front, side and back of the head must be covered by a soft padded surface.

RECOMMENDED EQUIPMENT

Shin guards.

UNIFORM (Same as point sparring)

OFFICIALS

Each match will be controlled by a center referee and 2 corner officials.

The Center Referee's duty is to start and stop any match and issue warnings and penalty points. Generally speaking the operation of each ring depends on all officials, especially the center referee. However in Sport Karate MMA most of the responsibility lies on the Center referee so the Center referee for these division has to be very FIRM with controlling their ring.

The Center Referee has the final say on if a competitor is able (qualified) to participate in this division. Before the start of the division a skills check must be passed by all competitors. If a competitor does not pass a refund will be given. The Center Referee has final say on whether a competitor passes the skills test or not. The Center Referee can stop any match if he determines a competitor is unable to continue for any reason. He alone can disqualify a competitor.

The Corner Official's duty is to issue all the points for legal techniques to legal target areas (same as point and continuous sparring) to the competitors.

TIME LIMIT/Length of the Match

For Junior Competitors and beginners

two 30 second matches with a 30 second break in between

For Adults and Advanced competitors

two 45 second matches with a 30 second break in between

Point Value and Winner Determination

- a. All legal hand techniques that score will be awarded one point.
- b. All legal kicking techniques that score will be awarded one point
- c. All takedowns done by sweeping opponent's leg from inside of the leg or outside of the leg will be awarded one point. Sweeping the opponents leg must be followed by a takedown.

Kicking the opponents leg will be a penalty. Competitor may grab the opponents uniform top in an attempt to take down.

d. After a takedown, a reverse mount will be awarded one point.

e. After a takedown, a submission/mount for more than 10 seconds, the competitor will be declared the winner

f. Competitor with the higher score at the end of the match is the winner

g. A competitor giving up will forfeit the match and the opponent will be declared the winner by KO

h. The center referee can stop the match if he feels a competitor is not able to fight back. The other competitor will be declared the winner.

i. A strike to an illegal target area or using an illegal technique will result in one penalty point or, based on the severity, disqualification.

Legal, illegal and non target areas

a. **Legal target areas:** sides of the head, ribs, chest, abdomen, collar bone, and kidneys

b. **Illegal target areas:** face, spine, back of the head, throat, sides of the neck, groin, legs, knees, and back

c. **Non target areas:** hips, buttocks, shoulders, arms and feet.

Legal and illegal techniques

a. **Legal techniques:** all controlled sport karate techniques except for those listed as illegal.

b. **Illegal techniques:** head butts, elbow strike, knee strike, slapping, uncontrolled blind techniques, slamming the body during takedown, uncontrolled throws, hair pulling, using your chin, biting, scratching, any kind of eye strike, kicking the legs, shin strike, any stomps, any other uncontrolled, dangerous techniques that are deemed unsafe.

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